NDB No. 23491

Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked (1)

Refuse:

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	61.51		0	PAK	1		52.28		
Energy kcal	203		0	PIK	4		173		
Energy kJ	850		0	PIK	4		723		
Protein g	28.73		0	PAK	1		24.42		
Total lipid (fat) g	9.16		0	PAK	1		7.79		
Ash g	1.08		0	PAK	1		0.92		
Carbohydrate, by difference g	0.00		0	PIK	4		0.00		
Fiber, total dietary g	0.0		0	PIK	4		0.0		
Sugars, total g	0.00		0	PIK	4		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	11		0	PIK	4		10		
Iron, Fe mg	2.49		0	PIK	4		2.12		
Magnesium, Mg mg	22		0	PIK	4		19		
Phosphorus, P mg	197		0	PIK	4		168		
Potassium, K mg	298		0	PIK	4		253		
Sodium, Na mg	53		0	PIK	4		45		
Zinc, Zn mg	5.84		0	PIK	4		4.96		
Copper, Cu mg	0.085		0	PIK	4		0.073		
Manganese, Mn mg	0.032		0	PIK	4		0.027		
Selenium, Se µg	33.1		0	PIK	4		28.2		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0		
Thiamin mg	0.076		0	PIK	4		0.065		
Riboflavin mg	0.213		0	PIK	4		0.181		
Niacin mg	6.148		0	PIK	4		5.226		
Pantothenic acid mg	0.525		0	PIK	4		0.446		
Vitamin B-6 mg	0.523		0	PIK	4		0.444		
Folate, total µg	8		0	PIK	4		7		
Folic acid µg	0		0	PIK	4		0		
Folate, food µg	8		0	PIK	4		7		
Folate, DFE µg	8		0	NC	4		7		
Choline, total mg	89.2		0	PIK	4		75.9		
Betaine mg	13.7		0	PIK	4		11.6		
Vitamin B-12 µg	1.99		0	PIK	4		1.69		
Vitamin B-12, added µg	0.00		0	PIK	4		0.00		
Vitamin A, RAE µg	1		0	PIK	4		1		
Retinol µg	1		0	PIK	4		1		
Carotene, beta µg	0		0	PIK	4		0		
Carotene, alpha µg	0		0	PIK	4		0		
Cryptoxanthin, beta µg	0		0	PIK	4		0		
Vitamin A, IU IU	2		0	PIK	4		2		
Lycopene µg	0		0	PIK	4		0		
Lutein + zeaxanthin µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol) mg	0.27		0	PIK	4		0.23		
Vitamin E, added mg	0.00		0	PIK	4		0.00		
Tocopherol, beta mg	0.00		0	PIK	4		0.00		
Tocopherol, gamma mg	0.00		0	PIK	4		0.00		
Tocopherol, delta mg	0.00		0	PIK	4		0.00		
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	PIK	4		0.1		
Vitamin D IU	3		0	PIK	4		3		
Vitamin K (phylloquinone) µg	1.5		0	PIK	4		1.2		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23491

Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.536		0	PIK	4		3.006		
4:0....g	0.000		0	PIK	4		0.000		
6:0....g	0.000		0	PIK	4		0.000		
8:0....g	0.000		0	PIK	4		0.000		
10:0....g	0.004		0	PIK	4		0.004		
12:0....g	0.006		0	PIK	4		0.005		
13:0....g									
14:0....g	0.233		0	PIK	4		0.198		
15:0....g	0.026		0	PAK	1		0.022		
16:0....g	2.028		0	PIK	4		1.724		
17:0....g	0.067		0	PAK	1		0.057		
18:0....g	1.165		0	PIK	4		0.990		
20:0....g	0.002		0	PAK	1		0.002		
22:0....g									
24:0....g	0.006		0	PAK	1		0.005		
Fatty acids, total monounsaturated....g	4.059		0	PIK	4		3.450		
14:1....g	0.030		0	PAK	1		0.026		
15:1....g	0.014		0	PAK	1		0.011		
16:1 undifferentiated....g	0.302		0	PIK	4		0.256		
16:1 c....g	0.162		0	PAK	1		0.138		
16:1 t....g	0.007		0	PAK	1		0.006		
17:1....g	0.049		0	PAK	1		0.041		
18:1 undifferentiated....g	3.656		0	PIK	4		3.108		
18:1 c....g	1.982		0	PAK	1		1.685		
18:1 t....g	0.259		0	PAK	1		0.220		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.009		0	PIK	4		0.007		
22:1 undifferentiated....g	0.000		0	PIK	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.455		0	PIK	4		0.387		
18:2 undifferentiated....g	0.358		0	PIK	4		0.304		
18:2 n-6 c,c....g	0.213		0	PAK	1		0.181		
18:2 CLAs....g	0.019		0	PAK	1		0.016		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.013		0	PAK	1		0.011		
18:3 undifferentiated....g	0.020		0	PIK	4		0.017		
18:3 n-3 c,c,c (ALA)....g	0.009		0	PAK	1		0.008		
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c....g	0.000		0	PAK	1		0.000		
20:3 undifferentiated....g	0.009		0	PAK	1		0.007		
20:3 n-3....g									
20:3 n-6....g	0.009		0	PAK	1		0.007		
20:4 undifferentiated....g	0.054		0	PIK	4		0.046		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003		0	PIK	4		0.003		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.010		0	PIK	4		0.009		
22:6 n-3 (DHA)....g	0.001		0	PIK	4		0.001		
Fatty acids, total trans....g	0.279		0	PIK	4		0.237		
Fatty acids, total trans-monoenoic....g	0.266		0	PIK	4		0.226		
Fatty acids, total trans-polyenoic....g	0.013		0	PIK	4		0.011		
Cholesterol....mg	82		0	PIK	4		70		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.252		0	PAK	1		0.214		
Threonine....g	1.254		0	PAK	1		1.066		
Isoleucine....g	1.344		0	PAK	1		1.142		
Leucine....g	2.399		0	PAK	1		2.039		

NDB No. 23491

Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	2.604		0	PAK	1		2.213		
Methionine....g	0.766		0	PAK	1		0.651		
Cystine....g	0.339		0	PAK	1		0.288		
Phenylalanine....g	1.157		0	PAK	1		0.983		
Tyrosine....g	0.998		0	PAK	1		0.848		
Valine....g	1.446		0	PAK	1		1.229		
Arginine....g	1.913		0	PAK	1		1.626		
Histidine....g	0.990		0	PAK	1		0.842		
Alanine....g	1.760		0	PAK	1		1.496		
Aspartic acid....g	2.722		0	PAK	1		2.314		
Glutamic acid....g	4.544		0	PAK	1		3.862		
Glycine....g	1.551		0	PAK	1		1.318		
Proline....g	1.316		0	PAK	1		1.119		
Serine....g	1.163		0	PAK	1		0.988		
Hydroxyproline....g	0.235		0	PIK	4		0.200		
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0		
Caffeine....mg	0		0	PIK	4		0		
Theobromine....mg	0		0	PIK	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Footnotes:

1 Estimation of the nutrient profile for this composite were based upon the market shares of 1/8" fat trim cuts.

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23298

Beef, Australian, imported, Wagyu, external fat, Aust. marble score 4/5, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	30.25		1	A	1		8.58		
Energy kcal	596		0	NC	4		169		
Energy kJ	2492		0	NC	4		706		
Protein (N x 6.25) g	6.54		1	A	1		1.85		
Total lipid (fat) g	63.27		1	A	1		17.94		
Ash g	0.40		1	A	1		0.11		
Carbohydrate, by difference g	0.00		0	NC	4		0.00		
Fiber, total dietary g	0.0		1	A	1		0.0		
Sugars, total g	0.00		1	A	1		0.00		
Sucrose g	0.00		1	A	1		0.00		
Glucose (dextrose) g	0.00		1	A	1		0.00		
Fructose g	0.00		1	A	1		0.00		
Lactose g	0.00		1	A	1		0.00		
Maltose g	0.00		1	A	1		0.00		
Galactose g	0.00		1	A	1		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	2		1	A	1		1		
Iron, Fe mg	1.00		1	A	1		0.28		
Magnesium, Mg mg									
Phosphorus, P mg									
Potassium, K mg									
Sodium, Na mg	37		1	A	1		10		
Zinc, Zn mg									
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se µg									
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		1	A	1		0.0		
Thiamin mg									
Riboflavin mg									
Niacin mg									
Pantothenic acid mg									
Vitamin B-6 mg									
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg									
Vitamin A, RAE µg	22		0	AS	1		6		
Vitamin A, IU IU	74		0	AS	1		21		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 23298

Beef, Australian, imported, Wagyu, external fat, Aust. marble score 4/5, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	22.504		0	NC	4		6.380		
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.021		1	A	1		0.006		
12:0....g	0.039		1	A	1		0.011		
13:0....g									
14:0....g	1.683		1	A	1		0.477		
15:0....g	0.270		1	A	1		0.077		
16:0....g	12.691		1	A	1		3.598		
17:0....g	0.752		1	A	1		0.213		
18:0....g	6.980		1	A	1		1.979		
20:0....g	0.051		1	A	1		0.014		
22:0....g	0.009		1	A	1		0.003		
24:0....g	0.007		1	A	1		0.002		
Fatty acids, total monounsaturated....g	31.583		0	NC	4		8.954		
14:1....g	0.532		1	A	1		0.151		
15:1....g									
16:1 undifferentiated....g	2.216		1	A	1		0.628		
17:1....g									
18:1 undifferentiated....g	28.657		0	AS	1		8.124		
18:1 c....g	25.843		1	A	1		7.326		
18:1 t....g	2.814		1	A	1		0.798		
18:1-11 t (18:1t n-7)....g	2.483		1	A	1		0.704		
20:1....g	0.178		1	A	1		0.051		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.575		0	NC	4		0.447		
18:2 undifferentiated....g	1.372		0	AS	1		0.389		
18:2 n-6 c,c....g	0.966		1	A	1		0.274		
18:2 CLAs....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.407		1	A	1		0.115		
18:3 undifferentiated....g	0.137		0	AS	1		0.039		
18:3 n-3 c,c,c (ALA)....g	0.053		1	A	1		0.015		
18:3 n-6 c,c,c....g									
18:3i....g	0.084		1	A	1		0.024		
18:4....g	0.007		1	A	1		0.002		
20:2 n-6 c,c....g	0.009		1	A	1		0.003		
20:3 undifferentiated....g	0.007		1	A	1		0.002		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.022		1	A	1		0.006		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.007		1	A	1		0.002		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.013		1	A	1		0.004		
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	3.304		0	NC	4		0.937		
Fatty acids, total trans-monoenoic....g	2.814		0	NC	4		0.798		
Fatty acids, total trans-polyenoic....g	0.490		0	NC	4		0.139		
Cholesterol....mg	73		1	A	1		21		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 23298
Beef, Australian, imported, Wagyu, external fat, Aust. marble score 4/5, raw

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23300
Beef, Australian, imported, Wagyu, external fat, Aust. marble score 9, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	25.17		1	A	1		7.05		
Energy kcal	639		0	NC	4		179		
Energy kJ	2672		0	NC	4		748		
Protein (N x 6.25) g	5.54		1	A	1		1.55		
Total lipid (fat) g	68.07		1	A	1		19.06		
Ash g	0.25		1	A	1		0.07		
Carbohydrate, by difference g	0.97		0	NC	4		0.27		
Fiber, total dietary g	0.0		1	A	1		0.0		
Sugars, total g	0.00		1	A	1		0.00		
Sucrose g	0.00		1	A	1		0.00		
Glucose (dextrose) g	0.00		1	A	1		0.00		
Fructose g	0.00		1	A	1		0.00		
Lactose g	0.00		1	A	1		0.00		
Maltose g	0.00		1	A	1		0.00		
Galactose g	0.00		1	A	1		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	4		1	A	1		1		
Iron, Fe mg	0.81		1	A	1		0.23		
Magnesium, Mg mg									
Phosphorus, P mg									
Potassium, K mg									
Sodium, Na mg	43		1	A	1		12		
Zinc, Zn mg									
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se µg									
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		1	A	1		0.0		
Thiamin mg									
Riboflavin mg									
Niacin mg									
Pantothenic acid mg									
Vitamin B-6 mg									
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg									
Vitamin A, RAE µg	22		0	AS	1		6		
Vitamin A, IU IU	74		0	AS	1		21		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 23300

Beef, Australian, imported, Wagyu, external fat, Aust. marble score 9, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	22.395		0	NC	4		6.270		
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.017		1	A	1		0.005		
12:0....g	0.036		1	A	1		0.010		
13:0....g									
14:0....g	1.736		1	A	1		0.486		
15:0....g	0.248		1	A	1		0.069		
16:0....g	13.607		1	A	1		3.810		
17:0....g	0.546		1	A	1		0.153		
18:0....g	6.137		1	A	1		1.718		
20:0....g	0.050		1	A	1		0.014		
22:0....g	0.011		1	A	1		0.003		
24:0....g	0.007		1	A	1		0.002		
Fatty acids, total monounsaturated....g	35.821		0	NC	4		10.030		
14:1....g	0.737		1	A	1		0.206		
15:1....g									
16:1 undifferentiated....g	3.031		1	A	1		0.849		
17:1....g									
18:1 undifferentiated....g	31.821		0	AS	1		8.910		
18:1 c....g	29.560		1	A	1		8.277		
18:1 t....g	2.262		1	A	1		0.633		
18:1-11 t (18:1t n-7)....g	1.877		1	A	1		0.525		
20:1....g	0.232		1	A	1		0.065		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.448		0	NC	4		0.686		
18:2 undifferentiated....g	2.157		0	AS	1		0.604		
18:2 n-6 c,c....g	1.680		1	A	1		0.470		
18:2 CLAs....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.478		1	A	1		0.134		
18:3 undifferentiated....g	0.200		0	AS	1		0.056		
18:3 n-3 c,c,c (ALA)....g	0.098		1	A	1		0.027		
18:3 n-6 c,c,c....g									
18:3i....g	0.102		1	A	1		0.029		
18:4....g	0.007		1	A	1		0.002		
20:2 n-6 c,c....g	0.018		1	A	1		0.005		
20:3 undifferentiated....g	0.007		1	A	1		0.002		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.034		1	A	1		0.009		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.007		1	A	1		0.002		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.018		1	A	1		0.005		
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	2.842		0	NC	4		0.796		
Fatty acids, total trans-monoenoic....g	2.262		0	NC	4		0.633		
Fatty acids, total trans-polyenoic....g	0.580		0	NC	4		0.162		
Cholesterol....mg	95		1	A	1		26		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 oz

NDB No. 23300
Beef, Australian, imported, Wagyu, external fat, Aust. marble score 9, raw

Calories Factors: Protein Fat Carbohydrate

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23304

Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw

URMIS #1386, URMIS #1388

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	65.20		0	PAK	1		74.33	99.11	
Energy kcal	206		0	PIK	4		234	313	
Energy kJ	860		0	PIK	4		981	1308	
Protein g	19.71		0	PAK	1		22.47	29.96	
Total lipid (fat) g	14.09		0	PAK	1		16.06	21.41	
Ash g	1.02		0	PAK	1		1.16	1.55	
Carbohydrate, by difference g	0.00		0	PIK	4		0.00	0.00	
Fiber, total dietary g	0.0		0	PIK	4		0.0	0.0	
Sugars, total g	0.00		0	PIK	4		0.00	0.00	
Sucrose g	0.00		0	PAK	1		0.00	0.00	
Glucose (dextrose) g	0.00		0	PAK	1		0.00	0.00	
Fructose g	0.00		0	PAK	1		0.00	0.00	
Lactose g	0.00		0	PAK	1		0.00	0.00	
Maltose g	0.00		0	PAK	1		0.00	0.00	
Galactose g	0.00		0	PAK	1		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	4		0	PAK	1		4	6	
Iron, Fe mg	2.20		0	PAK	1		2.51	3.35	
Magnesium, Mg mg									
Phosphorus, P mg									
Potassium, K mg									
Sodium, Na mg	63		0	PAK	1		71	95	
Zinc, Zn mg									
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se µg									
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0	0.0	
Thiamin mg									
Riboflavin mg									
Niacin mg									
Pantothenic acid mg									
Vitamin B-6 mg									
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg									
Vitamin A, RAE µg	1		0	PAK	1		1	1	
Vitamin A, IU IU	3		0	PAK	1		3	4	
Lycopene µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin µg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 23304

Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	6.105		0	PIK	4		6.959	9.279	
4:0....g	0.000		0	PIK	4		0.000	0.000	
6:0....g	0.000		0	PIK	4		0.000	0.000	
8:0....g	0.000		0	PIK	4		0.000	0.000	
10:0....g	0.006		0	PAK	1		0.007	0.009	
12:0....g	0.010		0	PAK	1		0.012	0.015	
13:0....g									
14:0....g	0.402		0	PAK	1		0.458	0.611	
15:0....g	0.067		0	PAK	1		0.076	0.102	
16:0....g	3.455		0	PAK	1		3.939	5.251	
17:0....g	0.193		0	PAK	1		0.220	0.293	
18:0....g	1.950		0	PAK	1		2.223	2.965	
20:0....g	0.014		0	PAK	1		0.016	0.022	
22:0....g	0.007		0	PAK	1		0.008	0.011	
24:0....g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total monounsaturated....g	6.167		0	PIK	4		7.030	9.374	
14:1....g	0.084		0	PAK	1		0.095	0.127	
15:1....g									
16:1 undifferentiated....g	0.368		0	PAK	1		0.420	0.560	
17:1....g									
18:1 undifferentiated....g	5.692		0	PAK	1		6.489	8.652	
20:1....g	0.023		0	PAK	1		0.026	0.035	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.531		0	PIK	4		0.606	0.808	
18:2 undifferentiated....g	0.409		0	PAK	1		0.466	0.622	
18:3 undifferentiated....g	0.034		0	PAK	1		0.039	0.052	
18:4....g	0.000		0	PIK	4		0.000	0.000	
20:2 n-6 c,c....g	0.005		0	PAK	1		0.006	0.008	
20:3 undifferentiated....g	0.000		0	PAK	1		0.000	0.000	
20:4 undifferentiated....g	0.064		0	PAK	1		0.073	0.097	
20:5 n-3 (EPA)....g	0.005		0	PAK	1		0.006	0.008	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.013		0	PAK	1		0.015	0.020	
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.564		0	PIK	4		0.643	0.857	
Cholesterol....mg	60		0	PAK	1		68	91	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.223		0	PAK	1		0.255	0.340	
Threonine....g	0.882		0	PAK	1		1.006	1.341	
Isoleucine....g	0.853		0	PAK	1		0.973	1.297	
Leucine....g	1.613		0	PAK	1		1.839	2.451	
Lysine....g	1.753		0	PAK	1		1.998	2.665	
Methionine....g	0.568		0	PAK	1		0.648	0.864	
Cystine....g	0.207		0	PAK	1		0.236	0.315	
Phenylalanine....g	0.760		0	PAK	1		0.866	1.155	
Tyrosine....g	0.691		0	PAK	1		0.788	1.050	
Valine....g	0.901		0	PAK	1		1.027	1.370	
Arginine....g	1.310		0	PAK	1		1.494	1.992	
Histidine....g	0.643		0	PAK	1		0.733	0.977	
Alanine....g	1.126		0	PAK	1		1.284	1.712	
Aspartic acid....g	1.794		0	PAK	1		2.045	2.727	
Glutamic acid....g	3.173		0	PAK	1		3.617	4.823	
Glycine....g	0.868		0	PAK	1		0.989	1.319	
Proline....g	0.802		0	PAK	1		0.914	1.219	
Serine....g	0.765		0	PAK	1		0.873	1.163	
Hydroxyproline....g	0.098		0	PIK	4		0.112	0.150	
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	
Caffeine....mg	0		0	PIK	4		0	0	
Theobromine....mg	0		0	PIK	4		0	0	

NDB No. 23304

Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 114g: 4 oz

Measure 2 = 152g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23323

Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw

URMIS #1386, URMIS #1388

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	60.90		0	PAK	1		69.43	105.36	
Energy kcal	248		0	NC	4		283	430	
Energy kJ	1039		0	NC	4		1184	1797	
Protein g	18.50		0	PAK	1		21.09	32.01	
Total lipid (fat) g	19.11		0	PAK	1		21.78	33.06	
Ash g	0.91		0	PAK	1		1.04	1.57	
Carbohydrate, by difference g	0.58		0	PIK	4		0.66	1.00	
Fiber, total dietary g	0.0		0	PIK	4		0.0	0.0	
Sugars, total g	0.00		0	PIK	4		0.00	0.00	
Sucrose g	0.00		0	PAK	1		0.00	0.00	
Glucose (dextrose) g	0.00		0	PAK	1		0.00	0.00	
Fructose g	0.00		0	PAK	1		0.00	0.00	
Lactose g	0.00		0	PAK	1		0.00	0.00	
Maltose g	0.00		0	PAK	1		0.00	0.00	
Galactose g	0.00		0	PAK	1		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	4		0	PAK	1		5	7	
Iron, Fe mg	2.37		0	PAK	1		2.70	4.09	
Magnesium, Mg mg									
Phosphorus, P mg									
Potassium, K mg									
Sodium, Na mg	61		0	PAK	1		70	106	
Zinc, Zn mg									
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se µg									
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0	0.0	
Thiamin mg									
Riboflavin mg									
Niacin mg									
Pantothenic acid mg									
Vitamin B-6 mg									
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg									
Vitamin A, RAE µg	1		0	NC	4		1	1	
Vitamin A, IU IU	2		0	NC	4		2	3	
Lycopene µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin µg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 23323

Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	7.788		0	PIK	4		8.878	13.473	
4:0....g	0.000		0	PIK	4		0.000	0.000	
6:0....g	0.000		0	PIK	4		0.000	0.000	
8:0....g	0.000		0	PIK	4		0.000	0.000	
10:0....g	0.008		0	PAK	1		0.009	0.014	
12:0....g	0.011		0	PAK	1		0.013	0.020	
13:0....g									
14:0....g	0.504		0	PAK	1		0.574	0.871	
15:0....g	0.079		0	PAK	1		0.090	0.137	
16:0....g	4.657		0	PAK	1		5.310	8.057	
17:0....g	0.220		0	PAK	1		0.251	0.381	
18:0....g	2.287		0	PAK	1		2.607	3.956	
20:0....g	0.016		0	PAK	1		0.018	0.027	
22:0....g	0.005		0	PAK	1		0.006	0.009	
24:0....g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total monounsaturated....g	8.926		0	PIK	4		10.175	15.442	
14:1....g	0.103		0	PAK	1		0.118	0.179	
15:1....g									
16:1 undifferentiated....g	0.607		0	PAK	1		0.692	1.050	
17:1....g									
18:1 undifferentiated....g	8.177		0	PAK	1		9.322	14.146	
20:1....g	0.039		0	PAK	1		0.044	0.067	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.746		0	PIK	4		0.850	1.290	
18:2 undifferentiated....g	0.618		0	PAK	1		0.705	1.069	
18:3 undifferentiated....g	0.043		0	PAK	1		0.049	0.074	
18:4....g	0.000		0	PIK	4		0.000	0.000	
20:2 n-6 c,c....g	0.006		0	PAK	1		0.006	0.010	
20:3 undifferentiated....g	0.000		0	PAK	1		0.000	0.000	
20:4 undifferentiated....g	0.065		0	PAK	1		0.074	0.112	
20:5 n-3 (EPA)....g	0.005		0	PAK	1		0.006	0.009	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.009		0	PAK	1		0.010	0.015	
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.705		0	PIK	4		0.804	1.220	
Cholesterol....mg	74		0	PAK	1		85	128	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.210		0	PAK	1		0.240	0.364	
Threonine....g	0.831		0	PAK	1		0.947	1.438	
Isoleucine....g	0.804		0	PAK	1		0.916	1.390	
Leucine....g	1.519		0	PAK	1		1.732	2.628	
Lysine....g	1.651		0	PAK	1		1.882	2.857	
Methionine....g	0.535		0	PAK	1		0.610	0.926	
Cystine....g	0.195		0	PAK	1		0.223	0.338	
Phenylalanine....g	0.715		0	PAK	1		0.816	1.238	
Tyrosine....g	0.651		0	PAK	1		0.742	1.126	
Valine....g	0.849		0	PAK	1		0.968	1.469	
Arginine....g	1.234		0	PAK	1		1.407	2.135	
Histidine....g	0.605		0	PAK	1		0.690	1.047	
Alanine....g	1.061		0	PAK	1		1.209	1.835	
Aspartic acid....g	1.690		0	PAK	1		1.926	2.923	
Glutamic acid....g	2.989		0	PAK	1		3.407	5.171	
Glycine....g	0.817		0	PAK	1		0.932	1.414	
Proline....g	0.755		0	PAK	1		0.861	1.307	
Serine....g	0.721		0	PAK	1		0.822	1.247	
Hydroxyproline....g	0.093		0	PIK	4		0.106	0.160	
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	
Caffeine....mg	0		0	PIK	4		0	0	
Theobromine....mg	0		0	PIK	4		0	0	

NDB No. 23323

Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 114g: 4 oz

Measure 2 = 173g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23295

Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw

URMIS #1386, URMIS #1388

Refuse: 3% Connective tissue 0%, Separable fat 3%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	66.47		1	A	1		75.78	101.04	
Energy kcal	191		0	NC	4		218	291	
Energy kJ	801		0	NC	4		913	1218	
Protein (N x 6.25) g	20.19		1	A	1		23.02	30.69	
Total lipid (fat) g	12.30		1	A	1		14.02	18.70	
Ash g	1.04		1	A	1		1.19	1.59	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	4		1	A	1		4	6	
Iron, Fe mg	2.24		1	A	1		2.56	3.41	
Magnesium, Mg mg									
Phosphorus, P mg									
Potassium, K mg									
Sodium, Na mg	64		1	A	1		73	97	
Zinc, Zn mg									
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se µg									
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg									
Riboflavin mg									
Niacin mg									
Pantothenic acid mg									
Vitamin B-6 mg									
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg									
Vitamin A, RAE µg	0		0	AS	1		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	5.507		0	NC	4		6.278	8.370	
4:0 g	0.000		0	Z	7		0.000	0.000	
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.005		1	A	1		0.006	0.008	
12:0 g	0.009		1	A	1		0.010	0.014	

NDB No. 23295

Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
13:0 g									
14:0 g	0.355		1	A	1		0.405	0.540	
15:0 g	0.060		1	A	1		0.068	0.090	
16:0 g	3.119		1	A	1		3.555	4.740	
17:0 g	0.173		1	A	1		0.197	0.262	
18:0 g	1.766		1	A	1		2.013	2.684	
20:0 g	0.013		1	A	1		0.015	0.020	
22:0 g	0.007		1	A	1		0.008	0.011	
24:0 g									
Fatty acids, total monounsaturated g	5.246		0	NC	4		5.980	7.974	
14:1 g	0.068		1	A	1		0.077	0.103	
15:1 g									
16:1 undifferentiated g	0.302		1	A	1		0.344	0.459	
17:1 g									
18:1 undifferentiated g	4.860		0	AS	1		5.540	7.386	
18:1 c g	4.461		1	A	1		5.085	6.781	
18:1 t g	0.399		1	A	1		0.454	0.606	
18:1-11 t (18:1t n-7) g									
20:1 g	0.017		1	A	1		0.020	0.026	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.494		0	NC	4		0.563	0.750	
18:2 undifferentiated g	0.374		0	AS	1		0.427	0.569	
18:2 n-6 c,c g	0.320		1	A	1		0.365	0.486	
18:2 CLAs g									
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.054		1	A	1		0.062	0.083	
18:3 undifferentiated g	0.030		0	AS	1		0.034	0.046	
18:3 n-3 c,c,c (ALA) g	0.019		1	A	1		0.022	0.029	
18:3 n-6 c,c,c g									
18:3i g	0.011		1	A	1		0.013	0.017	
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.005		1	A	1		0.006	0.008	
20:3 undifferentiated g									
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.066		1	A	1		0.075	0.100	
20:4 n-6 g									
20:5 n-3 (EPA) g	0.005		1	A	1		0.006	0.008	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.013		1	A	1		0.015	0.020	
22:6 n-3 (DHA) g									
Fatty acids, total trans g	0.464		0	NC	4		0.529	0.705	
Fatty acids, total trans-monoenoic g	0.399		0	NC	4		0.454	0.606	
Fatty acids, total trans-polyenoic g	0.065		0	NC	4		0.075	0.099	
Cholesterol mg	59		1	A	1		67	90	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.232		0	A	1		0.264	0.352	
Threonine g	0.914		0	A	1		1.042	1.390	
Isoleucine g	0.884		0	A	1		1.008	1.344	
Leucine g	1.671		0	A	1		1.905	2.540	
Lysine g	1.817		0	A	1		2.071	2.761	
Methionine g	0.589		0	A	1		0.671	0.895	
Cystine g	0.215		0	A	1		0.245	0.327	
Phenylalanine g	0.787		0	A	1		0.897	1.197	
Tyrosine g	0.716		0	A	1		0.816	1.088	
Valine g	0.934		0	A	1		1.065	1.420	
Arginine g	1.358		0	A	1		1.548	2.064	
Histidine g	0.666		0	A	1		0.759	1.012	
Alanine g	1.167		0	A	1		1.331	1.774	

NDB No. 23295

Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Aspartic acid....g	1.859		0	A	1		2.119	2.826	
Glutamic acid....g	3.288		0	A	1		3.749	4.998	
Glycine....g	0.899		0	A	1		1.025	1.367	
Proline....g	0.831		0	A	1		0.947	1.263	
Serine....g	0.793		0	A	1		0.904	1.206	
Hydroxyproline....g	0.102		0	A	1		0.116	0.155	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 114g: 4 oz

Measure 2 = 152g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23310

Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 9, raw

URMIS #1386, URMIS #1388

Refuse: 3% Connective tissue 0%, separable fat 3%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	61.91		1	A	1		70.57	107.10	
Energy kcal	237		0	NC	4		271	411	
Energy kJ	993		0	NC	4		1132	1718	
Protein (N x 6.25) g	18.87		1	A	1		21.51	32.64	
Total lipid (fat) g	17.73		1	A	1		20.21	30.67	
Ash g	0.93		1	A	1		1.06	1.61	
Carbohydrate, by difference g	0.57		0	NC	4		0.64	0.98	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	4		1	A	1		5	7	
Iron, Fe mg	2.41		1	A	1		2.75	4.17	
Magnesium, Mg mg									
Phosphorus, P mg									
Potassium, K mg									
Sodium, Na mg	62		1	A	1		71	107	
Zinc, Zn mg									
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se µg									
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg									
Riboflavin mg									
Niacin mg									
Pantothenic acid mg									
Vitamin B-6 mg									
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg									
Vitamin A, RAE µg	0		0	AS	1		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	7.377		0	NC	4		8.410	12.763	
4:0 g	0.000		0	Z	7		0.000	0.000	
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.008		1	A	1		0.009	0.013	
12:0 g	0.011		1	A	1		0.012	0.019	

NDB No. 23310

Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 9, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
13:0 g									
14:0 g	0.469		1	A	1		0.535	0.811	
15:0 g	0.075		1	A	1		0.085	0.129	
16:0 g	4.406		1	A	1		5.023	7.622	
17:0 g	0.211		1	A	1		0.240	0.365	
18:0 g	2.178		1	A	1		2.483	3.769	
20:0 g	0.015		1	A	1		0.017	0.025	
22:0 g	0.005		1	A	1		0.006	0.009	
24:0 g									
Fatty acids, total monounsaturated g	8.170		0	NC	4		9.314	14.134	
14:1 g	0.085		1	A	1		0.097	0.148	
15:1 g									
16:1 undifferentiated g	0.539		1	A	1		0.614	0.932	
17:1 g									
18:1 undifferentiated g	7.513		0	AS	1		8.564	12.997	
18:1 c g	6.967		1	A	1		7.942	12.053	
18:1 t g	0.546		1	A	1		0.622	0.944	
18:1-11 t (18:1t n-7) g									
20:1 g	0.033		1	A	1		0.038	0.058	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.698		0	NC	4		0.795	1.207	
18:2 undifferentiated g	0.575		0	AS	1		0.655	0.994	
18:2 n-6 c,c g	0.491		1	A	1		0.559	0.849	
18:2 CLAs g									
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.084		1	A	1		0.096	0.146	
18:3 undifferentiated g	0.038		0	AS	1		0.044	0.066	
18:3 n-3 c,c,c (ALA) g	0.023		1	A	1		0.026	0.039	
18:3 n-6 c,c,c g									
18:3i g	0.016		1	A	1		0.018	0.027	
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.005		1	A	1		0.006	0.009	
20:3 undifferentiated g									
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.066		1	A	1		0.075	0.114	
20:4 n-6 g									
20:5 n-3 (EPA) g	0.005		1	A	1		0.006	0.009	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.009		1	A	1		0.010	0.015	
22:6 n-3 (DHA) g									
Fatty acids, total trans g	0.645		0	NC	4		0.736	1.117	
Fatty acids, total trans-monoenoic g	0.546		0	NC	4		0.622	0.944	
Fatty acids, total trans-polyenoic g	0.100		0	NC	4		0.114	0.173	
Cholesterol mg	74		1	A	1		84	127	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.216		0	A	1		0.247	0.374	
Threonine g	0.854		0	A	1		0.974	1.478	
Isoleucine g	0.826		0	A	1		0.942	1.429	
Leucine g	1.562		0	A	1		1.780	2.702	
Lysine g	1.698		0	A	1		1.935	2.937	
Methionine g	0.550		0	A	1		0.627	0.952	
Cystine g	0.201		0	A	1		0.229	0.347	
Phenylalanine g	0.736		0	A	1		0.839	1.273	
Tyrosine g	0.669		0	A	1		0.763	1.158	
Valine g	0.873		0	A	1		0.995	1.510	
Arginine g	1.269		0	A	1		1.447	2.195	
Histidine g	0.622		0	A	1		0.710	1.077	
Alanine g	1.091		0	A	1		1.243	1.887	

NDB No. 23310

Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 9, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Aspartic acid....g	1.737		0	A	1		1.980	3.005	
Glutamic acid....g	3.073		0	A	1		3.503	5.316	
Glycine....g	0.840		0	A	1		0.958	1.454	
Proline....g	0.777		0	A	1		0.885	1.343	
Serine....g	0.741		0	A	1		0.845	1.282	
Hydroxyproline....g	0.095		0	A	1		0.109	0.165	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 114g: 4 oz

Measure 2 = 173g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23319

Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw

URMIS #1397, URMIS #1404

Refuse: 6% Connective tissue 6%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	57.21		0	PAK	1		65.22	199.11	
Energy kcal	289		0	PIK	4		330	1006	
Energy kJ	1210		0	PIK	4		1379	4210	
Protein g	17.67		0	PAK	1		20.15	61.50	
Total lipid (fat) g	24.20		0	PAK	1		27.59	84.21	
Ash g	0.80		0	PAK	1		0.91	2.77	
Carbohydrate, by difference g	0.17		0	PIK	4		0.19	0.58	
Fiber, total dietary g	0.0		0	PIK	4		0.0	0.0	
Sugars, total g	0.00		0	PIK	4		0.00	0.00	
Sucrose g	0.00		0	PAK	1		0.00	0.00	
Glucose (dextrose) g	0.00		0	PAK	1		0.00	0.00	
Fructose g	0.00		0	PAK	1		0.00	0.00	
Lactose g	0.00		0	PAK	1		0.00	0.00	
Maltose g	0.00		0	PAK	1		0.00	0.00	
Galactose g	0.00		0	PAK	1		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	4		0	PAK	1		4	13	
Iron, Fe mg	1.69		0	PAK	1		1.93	5.90	
Magnesium, Mg mg									
Phosphorus, P mg									
Potassium, K mg									
Sodium, Na mg	56		0	PAK	1		64	196	
Zinc, Zn mg									
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se µg									
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0	0.0	
Thiamin mg									
Riboflavin mg									
Niacin mg									
Pantothenic acid mg									
Vitamin B-6 mg									
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg									
Vitamin A, RAE µg	4		0	NC	4		5	14	
Vitamin A, IU IU	13		0	NC	4		15	46	
Lycopene µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin µg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 23319

Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	8.928		0	PIK	4		10.178	31.070	
4:0....g	0.000		0	PIK	4		0.000	0.000	
6:0....g	0.000		0	PIK	4		0.000	0.000	
8:0....g	0.000		0	PIK	4		0.000	0.000	
10:0....g	0.009		0	PAK	1		0.010	0.031	
12:0....g	0.015		0	PAK	1		0.018	0.054	
13:0....g									
14:0....g	0.663		0	PAK	1		0.756	2.308	
15:0....g	0.097		0	PAK	1		0.111	0.338	
16:0....g	5.188		0	PAK	1		5.914	18.054	
17:0....g	0.284		0	PAK	1		0.324	0.989	
18:0....g	2.647		0	PAK	1		3.018	9.212	
20:0....g	0.017		0	PAK	1		0.019	0.059	
22:0....g	0.006		0	PAK	1		0.007	0.021	
24:0....g	0.001		0	PAK	1		0.002	0.005	
Fatty acids, total monounsaturated....g	12.179		0	PIK	4		13.884	42.384	
14:1....g	0.198		0	PAK	1		0.225	0.687	
15:1....g									
16:1 undifferentiated....g	0.870		0	PAK	1		0.992	3.029	
17:1....g									
18:1 undifferentiated....g	11.050		0	PAK	1		12.597	38.453	
20:1....g	0.062		0	PAK	1		0.070	0.215	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.642		0	PIK	4		0.732	2.235	
18:2 undifferentiated....g	0.541		0	PAK	1		0.617	1.883	
18:3 undifferentiated....g	0.044		0	PAK	1		0.050	0.154	
18:4....g	0.001		0	PIK	4		0.002	0.005	
20:2 n-6 c,c....g	0.006		0	PAK	1		0.007	0.020	
20:3 undifferentiated....g	0.001		0	PAK	1		0.002	0.005	
20:4 undifferentiated....g	0.035		0	PAK	1		0.040	0.122	
20:5 n-3 (EPA)....g	0.006		0	PAK	1		0.006	0.019	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.008		0	PAK	1		0.009	0.028	
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	1.028		0	PIK	4		1.172	3.579	
Cholesterol....mg	63		0	PAK	1		71	218	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.190		0	PAK	1		0.216	0.660	
Threonine....g	0.749		0	PAK	1		0.854	2.607	
Isoleucine....g	0.724		0	PAK	1		0.826	2.521	
Leucine....g	1.370		0	PAK	1		1.561	4.766	
Lysine....g	1.489		0	PAK	1		1.697	5.180	
Methionine....g	0.483		0	PAK	1		0.550	1.679	
Cystine....g	0.176		0	PAK	1		0.201	0.613	
Phenylalanine....g	0.645		0	PAK	1		0.735	2.245	
Tyrosine....g	0.587		0	PAK	1		0.669	2.042	
Valine....g	0.765		0	PAK	1		0.873	2.663	
Arginine....g	1.113		0	PAK	1		1.269	3.872	
Histidine....g	0.546		0	PAK	1		0.622	1.899	
Alanine....g	0.956		0	PAK	1		1.090	3.328	
Aspartic acid....g	1.523		0	PAK	1		1.737	5.301	
Glutamic acid....g	2.695		0	PAK	1		3.072	9.377	
Glycine....g	0.737		0	PAK	1		0.840	2.564	
Proline....g	0.681		0	PAK	1		0.776	2.370	
Serine....g	0.650		0	PAK	1		0.741	2.262	
Hydroxyproline....g	0.084		0	PIK	4		0.095	0.291	
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	
Caffeine....mg	0		0	PIK	4		0	0	
Theobromine....mg	0		0	PIK	4		0	0	

NDB No. 23319

Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 114g: 4 oz

Measure 2 = 348g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23311

Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw

URMIS #1397, URMIS #1404

Refuse: 23% connective tissue 6%, separable fat 17%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	63.07		1	A	1		71.90	219.48	
Energy kcal	223		0	NC	4		254	775	
Energy kJ	931		0	NC	4		1061	3240	
Protein (N x 6.25) g	20.15		1	A	1		22.97	70.12	
Total lipid (fat) g	15.69		1	A	1		17.88	54.59	
Ash g	0.89		1	A	1		1.02	3.10	
Carbohydrate, by difference g	0.20		0	NC	4		0.23	0.71	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	4		1	A	1		5	14	
Iron, Fe mg	1.85		1	A	1		2.11	6.43	
Magnesium, Mg mg									
Phosphorus, P mg									
Potassium, K mg									
Sodium, Na mg	61		1	A	1		70	213	
Zinc, Zn mg									
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se µg									
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg									
Riboflavin mg									
Niacin mg									
Pantothenic acid mg									
Vitamin B-6 mg									
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg									
Vitamin A, RAE µg	0		0	AS	1		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	5.909		0	NC	4		6.736	20.563	
4:0 g	0.000		0	Z	7		0.000	0.000	
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.006		1	A	1		0.007	0.022	
12:0 g	0.011		1	A	1		0.012	0.038	

NDB No. 23311

Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
13:0 g									
14:0 g	0.444		1	A	1		0.507	1.547	
15:0 g	0.060		1	A	1		0.068	0.207	
16:0 g	3.534		1	A	1		4.029	12.300	
17:0 g	0.180		1	A	1		0.205	0.627	
18:0 g	1.659		1	A	1		1.891	5.774	
20:0 g	0.009		1	A	1		0.010	0.031	
22:0 g	0.005		1	A	1		0.006	0.018	
24:0 g									
Fatty acids, total monounsaturated g	8.022		0	NC	4		9.145	27.916	
14:1 g	0.130		1	A	1		0.148	0.452	
15:1 g									
16:1 undifferentiated g	0.593		1	A	1		0.676	2.064	
17:1 g									
18:1 undifferentiated g	7.263		0	AS	1		8.279	25.274	
18:1 c g	6.817		1	A	1		7.771	23.721	
18:1 t g	0.446		1	A	1		0.509	1.553	
18:1-11 t (18:1t n-7) g									
20:1 g	0.036		1	A	1		0.041	0.126	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.441		0	NC	4		0.503	1.535	
18:2 undifferentiated g	0.362		0	AS	1		0.413	1.261	
18:2 n-6 c,c g	0.298		1	A	1		0.339	1.035	
18:2 CLAs g									
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.065		1	A	1		0.074	0.226	
18:3 undifferentiated g	0.023		0	AS	1		0.027	0.081	
18:3 n-3 c,c,c (ALA) g	0.011		1	A	1		0.012	0.038	
18:3 n-6 c,c,c g									
18:3i g	0.013		1	A	1		0.014	0.044	
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.005		1	A	1		0.006	0.018	
20:3 undifferentiated g									
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.038		1	A	1		0.043	0.132	
20:4 n-6 g									
20:5 n-3 (EPA) g	0.005		1	A	1		0.006	0.018	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.007		1	A	1		0.008	0.025	
22:6 n-3 (DHA) g									
Fatty acids, total trans g	0.524		0	NC	4		0.597	1.822	
Fatty acids, total trans-monoenoic g	0.446		0	NC	4		0.509	1.553	
Fatty acids, total trans-polyenoic g	0.078		0	NC	4		0.088	0.270	
Cholesterol mg	58		1	A	1		66	203	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.231		0	A	1		0.263	0.804	
Threonine g	0.912		0	A	1		1.040	3.175	
Isoleucine g	0.882		0	A	1		1.006	3.070	
Leucine g	1.668		0	A	1		1.901	5.804	
Lysine g	1.813		0	A	1		2.067	6.308	
Methionine g	0.588		0	A	1		0.670	2.045	
Cystine g	0.214		0	A	1		0.244	0.746	
Phenylalanine g	0.785		0	A	1		0.895	2.733	
Tyrosine g	0.715		0	A	1		0.815	2.487	
Valine g	0.932		0	A	1		1.063	3.243	
Arginine g	1.355		0	A	1		1.545	4.716	
Histidine g	0.665		0	A	1		0.758	2.313	
Alanine g	1.165		0	A	1		1.328	4.053	

NDB No. 23311

Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Aspartic acid....g	1.855		0	A	1		2.115	6.456	
Glutamic acid....g	3.281		0	A	1		3.741	11.419	
Glycine....g	0.897		0	A	1		1.023	3.123	
Proline....g	0.829		0	A	1		0.945	2.886	
Serine....g	0.792		0	A	1		0.902	2.754	
Hydroxyproline....g	0.102		0	A	1		0.116	0.354	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 114g: 4 oz

Measure 2 = 348g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23312

Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 9, raw

URMIS #1397, URMIS #1404

Refuse: 25% Connective tissue 6%, Separable fat 19%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	53.09		1	A	1		60.52	190.60	
Energy kcal	331		0	NC	4		377	1187	
Energy kJ	1383		0	NC	4		1577	4965	
Protein (N x 6.25) g	16.92		1	A	1		19.29	60.76	
Total lipid (fat) g	29.15		1	A	1		33.23	104.64	
Ash g	0.71		1	A	1		0.81	2.54	
Carbohydrate, by difference g	0.13		0	NC	4		0.15	0.46	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	4		1	A	1		4	13	
Iron, Fe mg	1.71		1	A	1		1.95	6.14	
Magnesium, Mg mg									
Phosphorus, P mg									
Potassium, K mg									
Sodium, Na mg	68		1	A	1		77	243	
Zinc, Zn mg									
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se µg									
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg									
Riboflavin mg									
Niacin mg									
Pantothenic acid mg									
Vitamin B-6 mg									
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg									
Vitamin A, RAE µg	0		0	AS	1		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	10.309		0	NC	4		11.753	37.010	
4:0 g	0.000		0	Z	7		0.000	0.000	
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.010		1	A	1		0.011	0.036	
12:0 g	0.018		1	A	1		0.020	0.063	

NDB No. 23312

Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 9, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
13:0 g									
14:0 g	0.799		1	A	1		0.911	2.868	
15:0 g	0.094		1	A	1		0.107	0.337	
16:0 g	6.590		1	A	1		7.513	23.660	
17:0 g	0.226		1	A	1		0.258	0.813	
18:0 g	2.550		1	A	1		2.906	9.153	
20:0 g	0.018		1	A	1		0.020	0.063	
22:0 g	0.005		1	A	1		0.006	0.019	
24:0 g									
Fatty acids, total monounsaturated g	15.368		0	NC	4		17.519	55.169	
14:1 g	0.310		1	A	1		0.354	1.114	
15:1 g									
16:1 undifferentiated g	1.307		1	A	1		1.490	4.692	
17:1 g									
18:1 undifferentiated g	13.668		0	AS	1		15.581	49.066	
18:1 c g	12.978		1	A	1		14.795	46.591	
18:1 t g	0.689		1	A	1		0.786	2.475	
18:1-11 t (18:1t n-7) g									
20:1 g	0.083		1	A	1		0.094	0.297	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	1.079		0	NC	4		1.230	3.874	
18:2 undifferentiated g	0.943		0	AS	1		1.074	3.384	
18:2 n-6 c,c g	0.776		1	A	1		0.885	2.785	
18:2 CLAs g									
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.167		1	A	1		0.190	0.598	
18:3 undifferentiated g	0.077		0	AS	1		0.088	0.278	
18:3 n-3 c,c,c (ALA) g	0.042		1	A	1		0.048	0.152	
18:3 n-6 c,c,c g									
18:3i g	0.035		1	A	1		0.040	0.126	
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.006		1	A	1		0.007	0.023	
20:3 undifferentiated g									
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.039		1	A	1		0.044	0.139	
20:4 n-6 g									
20:5 n-3 (EPA) g	0.005		1	A	1		0.006	0.019	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.009		1	A	1		0.010	0.033	
22:6 n-3 (DHA) g									
Fatty acids, total trans g	0.891		0	NC	4		1.016	3.199	
Fatty acids, total trans-monoenoic g	0.689		0	NC	4		0.786	2.475	
Fatty acids, total trans-polyenoic g	0.202		0	NC	4		0.230	0.724	
Cholesterol mg	61		1	A	1		69	219	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.194		0	A	1		0.221	0.697	
Threonine g	0.766		0	A	1		0.874	2.751	
Isoleucine g	0.741		0	A	1		0.845	2.660	
Leucine g	1.401		0	A	1		1.597	5.029	
Lysine g	1.523		0	A	1		1.736	5.466	
Methionine g	0.494		0	A	1		0.563	1.772	
Cystine g	0.180		0	A	1		0.205	0.647	
Phenylalanine g	0.660		0	A	1		0.752	2.369	
Tyrosine g	0.600		0	A	1		0.684	2.155	
Valine g	0.783		0	A	1		0.892	2.810	
Arginine g	1.138		0	A	1		1.298	4.086	
Histidine g	0.558		0	A	1		0.636	2.004	
Alanine g	0.978		0	A	1		1.115	3.512	

NDB No. 23312

Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 9, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Aspartic acid....g	1.558		0	A	1		1.776	5.594	
Glutamic acid....g	2.756		0	A	1		3.142	9.895	
Glycine....g	0.754		0	A	1		0.859	2.706	
Proline....g	0.697		0	A	1		0.794	2.501	
Serine....g	0.665		0	A	1		0.758	2.387	
Hydroxyproline....g	0.085		0	A	1		0.097	0.307	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 114g: 4 oz

Measure 2 = 359g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23320

Beef, Australian, imported, Wagyu, loin, top loin steak/roast, separable lean and fat, Aust. marble score 9, raw

URMIS #1397, URMIS #1404

Refuse: 6% Connective tissue 6%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	47.68		0	PAK	1		54.36	171.18	
Energy kcal	392		0	PIK	4		447	1407	
Energy kJ	1640		0	PIK	4		1870	5888	
Protein g	14.58		0	PAK	1		16.63	52.36	
Total lipid (fat) g	36.98		0	PAK	1		42.15	132.74	
Ash g	0.61		0	PAK	1		0.70	2.20	
Carbohydrate, by difference g	0.22		0	PIK	4		0.25	0.78	
Fiber, total dietary g	0.0		0	PIK	4		0.0	0.0	
Sugars, total g	0.00		0	PIK	4		0.00	0.00	
Sucrose g	0.00		0	PAK	1		0.00	0.00	
Glucose (dextrose) g	0.00		0	PAK	1		0.00	0.00	
Fructose g	0.00		0	PAK	1		0.00	0.00	
Lactose g	0.00		0	PAK	1		0.00	0.00	
Maltose g	0.00		0	PAK	1		0.00	0.00	
Galactose g	0.00		0	PAK	1		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	4		0	PAK	1		4	13	
Iron, Fe mg	1.54		0	PAK	1		1.75	5.51	
Magnesium, Mg mg									
Phosphorus, P mg									
Potassium, K mg									
Sodium, Na mg	61		0	PAK	1		70	220	
Zinc, Zn mg									
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se µg									
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0	0.0	
Thiamin mg									
Riboflavin mg									
Niacin mg									
Pantothenic acid mg									
Vitamin B-6 mg									
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg									
Vitamin A, RAE µg	4		0	PAK	1		5	16	
Vitamin A, IU IU	15		0	PAK	1		17	54	
Lycopene µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin µg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 23320

Beef, Australian, imported, Wagyu, loin, top loin steak/roast, separable lean and fat, Aust. marble score 9, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	12.765		0	PIK	4		14.552	45.827	
4:0....g	0.000		0	PIK	4		0.000	0.000	
6:0....g	0.000		0	PIK	4		0.000	0.000	
8:0....g	0.000		0	PIK	4		0.000	0.000	
10:0....g	0.011		0	PAK	1		0.013	0.041	
12:0....g	0.021		0	PAK	1		0.024	0.075	
13:0....g									
14:0....g	0.977		0	PAK	1		1.114	3.508	
15:0....g	0.125		0	PAK	1		0.143	0.450	
16:0....g	7.987		0	PAK	1		9.106	28.675	
17:0....g	0.298		0	PAK	1		0.339	1.068	
18:0....g	3.313		0	PAK	1		3.777	11.894	
20:0....g	0.024		0	PAK	1		0.028	0.088	
22:0....g	0.006		0	PAK	1		0.007	0.023	
24:0....g	0.001		0	PAK	1		0.002	0.005	
Fatty acids, total monounsaturated....g	19.457		0	PIK	4		22.181	69.851	
14:1....g	0.391		0	PAK	1		0.446	1.405	
15:1....g									
16:1 undifferentiated....g	1.603		0	PAK	1		1.828	5.756	
17:1....g									
18:1 undifferentiated....g	17.348		0	PAK	1		19.777	62.279	
20:1....g	0.114		0	PAK	1		0.131	0.411	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.333		0	PIK	4		1.519	4.784	
18:2 undifferentiated....g	1.166		0	PAK	1		1.330	4.187	
18:3 undifferentiated....g	0.101		0	PAK	1		0.116	0.364	
18:4....g	0.001		0	PIK	4		0.002	0.005	
20:2 n-6 c,c....g	0.008		0	PAK	1		0.009	0.030	
20:3 undifferentiated....g	0.001		0	PAK	1		0.002	0.005	
20:4 undifferentiated....g	0.037		0	PAK	1		0.042	0.133	
20:5 n-3 (EPA)....g	0.006		0	PAK	1		0.006	0.020	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.011		0	PAK	1		0.012	0.039	
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	1.302		0	PIK	4		1.485	4.675	
Cholesterol....mg	68		0	PAK	1		77	243	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.155		0	PAK	1		0.176	0.556	
Threonine....g	0.611		0	PAK	1		0.697	2.194	
Isoleucine....g	0.591		0	PAK	1		0.674	2.121	
Leucine....g	1.117		0	PAK	1		1.273	4.010	
Lysine....g	1.214		0	PAK	1		1.384	4.358	
Methionine....g	0.394		0	PAK	1		0.449	1.413	
Cystine....g	0.144		0	PAK	1		0.164	0.516	
Phenylalanine....g	0.526		0	PAK	1		0.600	1.888	
Tyrosine....g	0.479		0	PAK	1		0.546	1.718	
Valine....g	0.624		0	PAK	1		0.712	2.241	
Arginine....g	0.907		0	PAK	1		1.035	3.258	
Histidine....g	0.445		0	PAK	1		0.507	1.598	
Alanine....g	0.780		0	PAK	1		0.889	2.800	
Aspartic acid....g	1.242		0	PAK	1		1.416	4.460	
Glutamic acid....g	2.197		0	PAK	1		2.505	7.889	
Glycine....g	0.601		0	PAK	1		0.685	2.157	
Proline....g	0.555		0	PAK	1		0.633	1.994	
Serine....g	0.530		0	PAK	1		0.604	1.903	
Hydroxyproline....g	0.068		0	PIK	4		0.078	0.245	
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	
Caffeine....mg	0		0	PIK	4		0	0	
Theobromine....mg	0		0	PIK	4		0	0	

NDB No. 23320

Beef, Australian, imported, Wagyu, loin, top loin steak/roast, separable lean and fat, Aust. marble score 9, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 114g: 4 oz

Measure 2 = 359g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23321

Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw

URMIS #1238, URMIS #1245

Refuse: 4% Connective tissue 4%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	54.63		0	PAK	1		62.28	186.85	
Energy kcal	317		0	NC	4		361	1084	
Energy kJ	1327		0	NC	4		1513	4538	
Protein g	17.07		0	PAK	1		19.46	58.39	
Total lipid (fat) g	27.64		0	PAK	1		31.51	94.53	
Ash g	0.78		0	PAK	1		0.89	2.66	
Carbohydrate, by difference g	0.00		0	PIK	4		0.00	0.00	
Fiber, total dietary g	0.0		0	PIK	4		0.0	0.0	
Sugars, total g	0.00		0	PIK	4		0.00	0.00	
Sucrose g	0.00		0	PAK	1		0.00	0.00	
Glucose (dextrose) g	0.00		0	PAK	1		0.00	0.00	
Fructose g	0.00		0	PAK	1		0.00	0.00	
Lactose g	0.00		0	PAK	1		0.00	0.00	
Maltose g	0.00		0	PAK	1		0.00	0.00	
Galactose g	0.00		0	PAK	1		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	4		0	PAK	1		4	13	
Iron, Fe mg	1.68		0	PAK	1		1.91	5.73	
Magnesium, Mg mg									
Phosphorus, P mg									
Potassium, K mg									
Sodium, Na mg	52		0	PAK	1		60	179	
Zinc, Zn mg									
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se µg									
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0	0.0	
Thiamin mg									
Riboflavin mg									
Niacin mg									
Pantothenic acid mg									
Vitamin B-6 mg									
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg									
Vitamin A, RAE µg	5		0	PAK	1		6	18	
Vitamin A, IU IU	17		0	PAK	1		19	58	
Lycopene µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin µg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol) mg	0.00		0	Z	7		0.00	0.00	
Vitamin E, added mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23321

Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	10.329		0	PIK	4		11.776	35.327	
4:0....g	0.000		0	PIK	4		0.000	0.000	
6:0....g	0.000		0	PIK	4		0.000	0.000	
8:0....g	0.000		0	PIK	4		0.000	0.000	
10:0....g	0.010		0	PAK	1		0.011	0.033	
12:0....g	0.017		0	PAK	1		0.019	0.058	
13:0....g									
14:0....g	0.748		0	PAK	1		0.853	2.559	
15:0....g	0.115		0	PAK	1		0.131	0.393	
16:0....g	6.039		0	PAK	1		6.885	20.654	
17:0....g	0.326		0	PAK	1		0.371	1.114	
18:0....g	3.046		0	PAK	1		3.472	10.417	
20:0....g	0.021		0	PAK	1		0.024	0.072	
22:0....g	0.007		0	PAK	1		0.008	0.023	
24:0....g	0.002		0	PAK	1		0.002	0.006	
Fatty acids, total monounsaturated....g	13.685		0	PIK	4		15.601	46.802	
14:1....g	0.224		0	PAK	1		0.256	0.767	
15:1....g									
16:1 undifferentiated....g	1.001		0	PAK	1		1.141	3.423	
17:1....g									
18:1 undifferentiated....g	12.389		0	PAK	1		14.123	42.370	
20:1....g	0.071		0	PAK	1		0.080	0.241	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.763		0	PIK	4		0.870	2.609	
18:2 undifferentiated....g	0.647		0	PAK	1		0.737	2.212	
18:3 undifferentiated....g	0.059		0	PAK	1		0.067	0.201	
18:4....g	0.002		0	PIK	4		0.002	0.006	
20:2 n-6 c,c....g	0.006		0	PAK	1		0.007	0.020	
20:3 undifferentiated....g	0.002		0	PAK	1		0.002	0.006	
20:4 undifferentiated....g	0.035		0	PAK	1		0.040	0.119	
20:5 n-3 (EPA)....g	0.006		0	PAK	1		0.007	0.020	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.008		0	PAK	1		0.009	0.026	
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	1.361		0	PIK	4		1.552	4.656	
Cholesterol....mg	76		0	PAK	1		87	260	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.179		0	PAK	1		0.205	0.614	
Threonine....g	0.709		0	PAK	1		0.808	2.423	
Isoleucine....g	0.685		0	PAK	1		0.781	2.343	
Leucine....g	1.295		0	PAK	1		1.476	4.429	
Lysine....g	1.408		0	PAK	1		1.605	4.815	
Methionine....g	0.456		0	PAK	1		0.520	1.561	
Cystine....g	0.167		0	PAK	1		0.190	0.570	
Phenylalanine....g	0.610		0	PAK	1		0.695	2.086	
Tyrosine....g	0.555		0	PAK	1		0.633	1.898	
Valine....g	0.724		0	PAK	1		0.825	2.475	
Arginine....g	1.052		0	PAK	1		1.200	3.599	
Histidine....g	0.516		0	PAK	1		0.588	1.765	
Alanine....g	0.904		0	PAK	1		1.031	3.093	
Aspartic acid....g	1.441		0	PAK	1		1.642	4.927	
Glutamic acid....g	2.548		0	PAK	1		2.905	8.715	
Glycine....g	0.697		0	PAK	1		0.794	2.383	
Proline....g	0.644		0	PAK	1		0.734	2.202	
Serine....g	0.615		0	PAK	1		0.701	2.102	
Hydroxyproline....g	0.079		0	PIK	4		0.090	0.270	
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	

NDB No. 23321

Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Caffeine....mg	0		0	PIK	4		0	0	
Theobromine....mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 114g: 4 oz

Measure 2 = 342g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23322

Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw

URMIS #1238, URMIS #1245

Refuse: 4% Connective tissue 4%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	46.27		0	PAK	1		52.75	174.43	
Energy kcal	405		0	NC	4		461	1525	
Energy kJ	1693		0	NC	4		1930	6383	
Protein g	14.54		0	PAK	1		16.58	54.82	
Total lipid (fat) g	38.30		0	PAK	1		43.67	144.41	
Ash g	0.61		0	PAK	1		0.69	2.29	
Carbohydrate, by difference g	0.42		0	PIK	4		0.48	1.59	
Fiber, total dietary g	0.0		0	PIK	4		0.0	0.0	
Sugars, total g	0.00		0	PIK	4		0.00	0.00	
Sucrose g	0.00		0	PAK	1		0.00	0.00	
Glucose (dextrose) g	0.00		0	PAK	1		0.00	0.00	
Fructose g	0.00		0	PAK	1		0.00	0.00	
Lactose g	0.00		0	PAK	1		0.00	0.00	
Maltose g	0.00		0	PAK	1		0.00	0.00	
Galactose g	0.00		0	PAK	1		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	3		0	PAK	1		4	12	
Iron, Fe mg	1.82		0	PAK	1		2.08	6.87	
Magnesium, Mg mg									
Phosphorus, P mg									
Potassium, K mg									
Sodium, Na mg	57		0	PAK	1		65	214	
Zinc, Zn mg									
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se µg									
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0	0.0	
Thiamin mg									
Riboflavin mg									
Niacin mg									
Pantothenic acid mg									
Vitamin B-6 mg									
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg									
Vitamin A, RAE µg	6		0	PAK	1		6	21	
Vitamin A, IU IU	18		0	NC	4		21	69	
Lycopene µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin µg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 23322

Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	13.942		0	PIK	4		15.893	52.560	
4:0....g	0.000		0	PIK	4		0.000	0.000	
6:0....g	0.000		0	PIK	4		0.000	0.000	
8:0....g	0.000		0	PIK	4		0.000	0.000	
10:0....g	0.011		0	PAK	1		0.013	0.042	
12:0....g	0.021		0	PAK	1		0.024	0.079	
13:0....g									
14:0....g	1.056		0	PAK	1		1.204	3.982	
15:0....g	0.142		0	PAK	1		0.162	0.537	
16:0....g	8.647		0	PAK	1		9.858	32.600	
17:0....g	0.341		0	PAK	1		0.389	1.286	
18:0....g	3.687		0	PAK	1		4.203	13.899	
20:0....g	0.027		0	PAK	1		0.031	0.103	
22:0....g	0.007		0	PAK	1		0.008	0.025	
24:0....g	0.002		0	PAK	1		0.002	0.007	
Fatty acids, total monounsaturated....g	19.576		0	PIK	4		22.316	73.801	
14:1....g	0.393		0	PAK	1		0.448	1.483	
15:1....g									
16:1 undifferentiated....g	1.499		0	PAK	1		1.709	5.651	
17:1....g									
18:1 undifferentiated....g	17.568		0	PAK	1		20.028	66.232	
20:1....g	0.116		0	PAK	1		0.132	0.436	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.153		0	PIK	4		1.315	4.348	
18:2 undifferentiated....g	0.999		0	PAK	1		1.139	3.765	
18:3 undifferentiated....g	0.089		0	PAK	1		0.102	0.336	
18:4....g	0.002		0	PIK	4		0.002	0.007	
20:2 n-6 c,c....g	0.008		0	PAK	1		0.009	0.028	
20:3 undifferentiated....g	0.002		0	PAK	1		0.002	0.007	
20:4 undifferentiated....g	0.038		0	PAK	1		0.043	0.144	
20:5 n-3 (EPA)....g	0.006		0	PAK	1		0.007	0.022	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.010		0	PAK	1		0.012	0.039	
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	1.423		0	PIK	4		1.623	5.366	
Cholesterol....mg	82		0	PAK	1		93	309	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.152		0	PAK	1		0.173	0.572	
Threonine....g	0.599		0	PAK	1		0.683	2.258	
Isoleucine....g	0.579		0	PAK	1		0.660	2.183	
Leucine....g	1.095		0	PAK	1		1.248	4.128	
Lysine....g	1.190		0	PAK	1		1.357	4.487	
Methionine....g	0.386		0	PAK	1		0.440	1.454	
Cystine....g	0.141		0	PAK	1		0.160	0.531	
Phenylalanine....g	0.516		0	PAK	1		0.588	1.944	
Tyrosine....g	0.469		0	PAK	1		0.535	1.768	
Valine....g	0.612		0	PAK	1		0.698	2.307	
Arginine....g	0.890		0	PAK	1		1.014	3.354	
Histidine....g	0.436		0	PAK	1		0.497	1.645	
Alanine....g	0.765		0	PAK	1		0.872	2.882	
Aspartic acid....g	1.218		0	PAK	1		1.388	4.591	
Glutamic acid....g	2.154		0	PAK	1		2.456	8.121	
Glycine....g	0.589		0	PAK	1		0.672	2.221	
Proline....g	0.544		0	PAK	1		0.621	2.052	
Serine....g	0.520		0	PAK	1		0.592	1.959	
Hydroxyproline....g	0.067		0	PIK	4		0.076	0.252	
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	
Caffeine....mg	0		0	PIK	4		0	0	
Theobromine....mg	0		0	PIK	4		0	0	

NDB No. 23322

Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 114g: 4 oz

Measure 2 = 377g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23313

Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw

URMIS #1238, URMIS #1245

Refuse: 26% Connective tissue 4%, Separable fat 22%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	61.92		1	A	1		70.59	211.78	
Energy kcal	234		0	NC	4		266	799	
Energy kJ	978		0	NC	4		1115	3345	
Protein (N x 6.25) g	20.35		1	A	1		23.20	69.60	
Total lipid (fat) g	16.93		1	A	1		19.30	57.89	
Ash g	0.91		1	A	1		1.04	3.11	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	4		1	A	1		5	14	
Iron, Fe mg	1.89		1	A	1		2.15	6.45	
Magnesium, Mg mg									
Phosphorus, P mg									
Potassium, K mg									
Sodium, Na mg	58		1	A	1		66	199	
Zinc, Zn mg									
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se µg									
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg									
Riboflavin mg									
Niacin mg									
Pantothenic acid mg									
Vitamin B-6 mg									
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg									
Vitamin A, RAE µg	0		0	AS	1		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.00		0	Z	7		0.00	0.00	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	6.536		0	NC	4		7.451	22.352	
4:0 g	0.000		0	Z	7		0.000	0.000	
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.006		1	A	1		0.007	0.022	

NDB No. 23313

Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.011		1	A	1		0.013	0.038	
13:0 g									
14:0 g	0.474		1	A	1		0.541	1.622	
15:0 g	0.068		1	A	1		0.078	0.233	
16:0 g	3.998		1	A	1		4.557	13.672	
17:0 g	0.193		1	A	1		0.220	0.661	
18:0 g	1.769		1	A	1		2.016	6.048	
20:0 g	0.011		1	A	1		0.013	0.038	
22:0 g	0.005		1	A	1		0.006	0.018	
24:0 g									
Fatty acids, total monounsaturated g	8.451		0	NC	4		9.634	28.901	
14:1 g	0.143		1	A	1		0.163	0.488	
15:1 g									
16:1 undifferentiated g	0.670		1	A	1		0.763	2.290	
17:1 g									
18:1 undifferentiated g	7.600		0	AS	1		8.664	25.993	
18:1 c g	6.945		1	A	1		7.918	23.753	
18:1 t g	0.655		1	A	1		0.747	2.240	
18:1-11 t (18:1t n-7) g									
20:1 g	0.038		1	A	1		0.043	0.129	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.523		0	NC	4		0.596	1.789	
18:2 undifferentiated g	0.434		0	AS	1		0.494	1.483	
18:2 n-6 c,c g	0.349		1	A	1		0.398	1.194	
18:2 CLAs g									
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.085		1	A	1		0.097	0.290	
18:3 undifferentiated g	0.034		0	AS	1		0.039	0.116	
18:3 n-3 c,c,c (ALA) g	0.016		1	A	1		0.018	0.053	
18:3 n-6 c,c,c g									
18:3i g	0.018		1	A	1		0.021	0.063	
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.005		1	A	1		0.006	0.018	
20:3 undifferentiated g									
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.039		1	A	1		0.044	0.132	
20:4 n-6 g									
20:5 n-3 (EPA) g	0.005		1	A	1		0.006	0.018	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.006		1	A	1		0.007	0.022	
22:6 n-3 (DHA) g									
Fatty acids, total trans g	0.758		0	NC	4		0.864	2.592	
Fatty acids, total trans-monoenoic g	0.655		0	NC	4		0.747	2.240	
Fatty acids, total trans-polyenoic g	0.103		0	NC	4		0.118	0.353	
Cholesterol mg	72		1	A	1		82	246	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.233		0	A	1		0.266	0.798	
Threonine g	0.921		0	A	1		1.050	3.151	
Isoleucine g	0.891		0	A	1		1.016	3.047	
Leucine g	1.684		0	A	1		1.920	5.761	
Lysine g	1.831		0	A	1		2.087	6.261	
Methionine g	0.593		0	A	1		0.677	2.030	
Cystine g	0.217		0	A	1		0.247	0.741	
Phenylalanine g	0.793		0	A	1		0.904	2.713	
Tyrosine g	0.722		0	A	1		0.823	2.468	
Valine g	0.941		0	A	1		1.073	3.219	
Arginine g	1.369		0	A	1		1.560	4.680	
Histidine g	0.671		0	A	1		0.765	2.296	

NDB No. 23313

Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Alanine....g	1.176		0	A	1		1.341	4.023	
Aspartic acid....g	1.874		0	A	1		2.136	6.408	
Glutamic acid....g	3.314		0	A	1		3.778	11.334	
Glycine....g	0.906		0	A	1		1.033	3.100	
Proline....g	0.838		0	A	1		0.955	2.864	
Serine....g	0.799		0	A	1		0.911	2.734	
Hydroxyproline....g	0.103		0	A	1		0.117	0.351	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 114g: 4 oz

Measure 2 = 342g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23314

Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 9, raw

URMIS #1238, URMIS #1245

Refuse: 28% Connective tissue 4%, Separable fat 24%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	52.58		1	A	1		59.95	198.24	
Energy kcal	330		0	NC	4		376	1243	
Energy kJ	1380		0	NC	4		1573	5203	
Protein (N x 6.25) g	17.61		1	A	1		20.08	66.40	
Total lipid (fat) g	28.61		1	A	1		32.61	107.85	
Ash g	0.73		1	A	1		0.84	2.76	
Carbohydrate, by difference g	0.46		0	NC	4		0.53	1.74	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	4		1	A	1		4	13	
Iron, Fe mg	2.14		1	A	1		2.43	8.05	
Magnesium, Mg mg									
Phosphorus, P mg									
Potassium, K mg									
Sodium, Na mg	65		1	A	1		74	244	
Zinc, Zn mg									
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se µg									
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg									
Riboflavin mg									
Niacin mg									
Pantothenic acid mg									
Vitamin B-6 mg									
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg									
Vitamin A, RAE µg	0		0	AS	1		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	11.123		0	NC	4		12.680	41.933	
4:0 g	0.000		0	Z	7		0.000	0.000	
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.009		1	A	1		0.011	0.035	
12:0 g	0.017		1	A	1		0.019	0.063	

NDB No. 23314

Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 9, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
13:0 g									
14:0 g	0.863		1	A	1		0.984	3.253	
15:0 g	0.107		1	A	1		0.122	0.403	
16:0 g	7.071		1	A	1		8.061	26.659	
17:0 g	0.256		1	A	1		0.292	0.965	
18:0 g	2.776		1	A	1		3.165	10.466	
20:0 g	0.019		1	A	1		0.021	0.070	
22:0 g	0.005		1	A	1		0.006	0.020	
24:0 g									
Fatty acids, total monounsaturated g	14.343		0	NC	4		16.351	54.073	
14:1 g	0.294		1	A	1		0.335	1.106	
15:1 g									
16:1 undifferentiated g	1.135		1	A	1		1.294	4.278	
17:1 g									
18:1 undifferentiated g	12.842		0	AS	1		14.640	48.413	
18:1 c g	12.098		1	A	1		13.792	45.609	
18:1 t g	0.744		1	A	1		0.848	2.804	
18:1-11 t (18:1t n-7) g									
20:1 g	0.073		1	A	1		0.083	0.276	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.789		0	NC	4		0.900	2.976	
18:2 undifferentiated g	0.675		0	AS	1		0.770	2.545	
18:2 n-6 c,c g	0.536		1	A	1		0.611	2.022	
18:2 CLAs g									
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.139		1	A	1		0.158	0.523	
18:3 undifferentiated g	0.054		0	AS	1		0.062	0.205	
18:3 n-3 c,c,c (ALA) g	0.026		1	A	1		0.030	0.099	
18:3 n-6 c,c,c g									
18:3i g	0.028		1	A	1		0.032	0.106	
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.005		1	A	1		0.006	0.020	
20:3 undifferentiated g									
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.041		1	A	1		0.047	0.155	
20:4 n-6 g									
20:5 n-3 (EPA) g	0.005		1	A	1		0.006	0.020	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.008		1	A	1		0.009	0.031	
22:6 n-3 (DHA) g									
Fatty acids, total trans g	0.911		0	NC	4		1.038	3.433	
Fatty acids, total trans-monoenoic g	0.744		0	NC	4		0.848	2.804	
Fatty acids, total trans-polyenoic g	0.167		0	NC	4		0.190	0.629	
Cholesterol mg	77		1	A	1		88	292	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.202		0	A	1		0.230	0.762	
Threonine g	0.798		0	A	1		0.909	3.007	
Isoleucine g	0.771		0	A	1		0.879	2.907	
Leucine g	1.458		0	A	1		1.662	5.496	
Lysine g	1.585		0	A	1		1.806	5.974	
Methionine g	0.514		0	A	1		0.586	1.936	
Cystine g	0.187		0	A	1		0.214	0.707	
Phenylalanine g	0.687		0	A	1		0.783	2.588	
Tyrosine g	0.625		0	A	1		0.712	2.355	
Valine g	0.815		0	A	1		0.929	3.071	
Arginine g	1.184		0	A	1		1.350	4.465	
Histidine g	0.581		0	A	1		0.662	2.190	
Alanine g	1.018		0	A	1		1.161	3.838	

NDB No. 23314

Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 9, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Aspartic acid....g	1.622		0	A	1		1.849	6.113	
Glutamic acid....g	2.868		0	A	1		3.270	10.813	
Glycine....g	0.784		0	A	1		0.894	2.957	
Proline....g	0.725		0	A	1		0.826	2.733	
Serine....g	0.692		0	A	1		0.789	2.608	
Hydroxyproline....g	0.089		0	A	1		0.101	0.335	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 114g: 4 oz

Measure 2 = 377g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23299

Beef, Australian, imported, Wagyu, seam fat, Aust. marble score 4/5, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	30.44		1	A	1		8.63		
Energy kcal	594		0	NC	4		168		
Energy kJ	2484		0	NC	4		704		
Protein (N x 6.25) g	6.00		1	A	1		1.70		
Total lipid (fat) g	63.30		1	A	1		17.95		
Ash g	0.32		1	A	1		0.09		
Carbohydrate, by difference g	0.00		0	NC	4		0.00		
Fiber, total dietary g	0.0		1	A	1		0.0		
Sugars, total g									
Sucrose g									
Glucose (dextrose) g									
Fructose g	0.00		1	A	1		0.00		
Lactose g									
Maltose g									
Galactose g									
Starch g									
Minerals:									
Calcium, Ca mg	2		1	A	1		1		
Iron, Fe mg	0.97		1	A	1		0.27		
Magnesium, Mg mg									
Phosphorus, P mg									
Potassium, K mg									
Sodium, Na mg	32		1	A	1		9		
Zinc, Zn mg									
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se µg									
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		1	A	1		0.0		
Thiamin mg									
Riboflavin mg									
Niacin mg									
Pantothenic acid mg									
Vitamin B-6 mg									
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg									
Vitamin A, RAE µg	22		0	AS	1		6		
Vitamin A, IU IU	74		0	AS	1		21		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 23299

Beef, Australian, imported, Wagyu, seam fat, Aust. marble score 4/5, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	23.155		0	NC	4		6.565		
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.020		1	A	1		0.006		
12:0....g	0.035		1	A	1		0.010		
13:0....g									
14:0....g	1.649		1	A	1		0.467		
15:0....g	0.270		1	A	1		0.077		
16:0....g	12.894		1	A	1		3.656		
17:0....g	0.772		1	A	1		0.219		
18:0....g	7.438		1	A	1		2.109		
20:0....g	0.057		1	A	1		0.016		
22:0....g	0.012		1	A	1		0.003		
24:0....g	0.007		1	A	1		0.002		
Fatty acids, total monounsaturated....g	30.887		0	NC	4		8.756		
14:1....g	0.480		1	A	1		0.136		
15:1....g									
16:1 undifferentiated....g	2.053		1	A	1		0.582		
17:1....g									
18:1 undifferentiated....g	28.174		0	AS	1		7.987		
18:1 c....g	25.262		1	A	1		7.162		
18:1 t....g	2.912		1	A	1		0.826		
18:1-11 t (18:1t n-7)....g	2.579		1	A	1		0.731		
20:1....g	0.181		1	A	1		0.051		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.555		0	NC	4		0.441		
18:2 undifferentiated....g	1.349		0	AS	1		0.382		
18:2 n-6 c,c....g	0.947		1	A	1		0.269		
18:2 CLAs....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.402		1	A	1		0.114		
18:3 undifferentiated....g	0.143		0	AS	1		0.041		
18:3 n-3 c,c,c (ALA)....g	0.059		1	A	1		0.017		
18:3 n-6 c,c,c....g									
18:3i....g	0.084		1	A	1		0.024		
18:4....g	0.007		1	A	1		0.002		
20:2 n-6 c,c....g	0.007		1	A	1		0.002		
20:3 undifferentiated....g	0.007		1	A	1		0.002		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.022		1	A	1		0.006		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.007		1	A	1		0.002		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.011		1	A	1		0.003		
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	3.398		0	NC	4		0.963		
Fatty acids, total trans-monoenoic....g	2.912		0	NC	4		0.826		
Fatty acids, total trans-polyenoic....g	0.486		0	NC	4		0.138		
Cholesterol....mg	95		1	A	1		27		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 23299
Beef, Australian, imported, Wagyu, seam fat, Aust. marble score 4/5, raw

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23301

Beef, Australian, imported, Wagyu, seam fat, Aust. marble score 9, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	28.13		1	A	1		7.88		
Energy kcal	627		0	NC	4		175		
Energy kJ	2622		0	NC	4		734		
Protein (N x 6.25) g	5.16		1	A	1		1.45		
Total lipid (fat) g	67.33		1	A	1		18.85		
Ash g	0.22		1	A	1		0.06		
Carbohydrate, by difference g	0.00		0	NC	4		0.00		
Fiber, total dietary g	0.0		1	A	1		0.0		
Sugars, total g	0.00		1	A	1		0.00		
Sucrose g	0.00		1	A	1		0.00		
Glucose (dextrose) g	0.00		1	A	1		0.00		
Fructose g	0.00		1	A	1		0.00		
Lactose g	0.00		1	A	1		0.00		
Maltose g	0.00		1	A	1		0.00		
Galactose g	0.00		1	A	1		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	2		1	A	1		0		
Iron, Fe mg	0.91		1	A	1		0.26		
Magnesium, Mg mg									
Phosphorus, P mg									
Potassium, K mg									
Sodium, Na mg	27		1	A	1		8		
Zinc, Zn mg									
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se µg									
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		1	A	1		0.0		
Thiamin mg									
Riboflavin mg									
Niacin mg									
Pantothenic acid mg									
Vitamin B-6 mg									
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg									
Vitamin A, RAE µg	22		0	AS	1		6		
Vitamin A, IU IU	74		0	AS	1		21		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 23301

Beef, Australian, imported, Wagyu, seam fat, Aust. marble score 9, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	22.467		0	NC	4		6.291		
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.016		1	A	1		0.004		
12:0....g	0.033		1	A	1		0.009		
13:0....g									
14:0....g	1.597		1	A	1		0.447		
15:0....g	0.250		1	A	1		0.070		
16:0....g	13.310		1	A	1		3.727		
17:0....g	0.621		1	A	1		0.174		
18:0....g	6.566		1	A	1		1.839		
20:0....g	0.055		1	A	1		0.015		
22:0....g	0.012		1	A	1		0.003		
24:0....g	0.007		1	A	1		0.002		
Fatty acids, total monounsaturated....g	35.158		0	NC	4		9.844		
14:1....g	0.675		1	A	1		0.189		
15:1....g									
16:1 undifferentiated....g	2.405		1	A	1		0.673		
17:1....g									
18:1 undifferentiated....g	31.829		0	AS	1		8.912		
18:1 c....g	29.371		1	A	1		8.224		
18:1 t....g	2.458		1	A	1		0.688		
18:1-11 t (18:1t n-7)....g	2.094		1	A	1		0.586		
20:1....g	0.249		1	A	1		0.070		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.164		0	NC	4		0.606		
18:2 undifferentiated....g	1.894		0	AS	1		0.530		
18:2 n-6 c,c....g	1.429		1	A	1		0.400		
18:2 CLAs....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.466		1	A	1		0.130		
18:3 undifferentiated....g	0.192		0	AS	1		0.054		
18:3 n-3 c,c,c (ALA)....g	0.087		1	A	1		0.024		
18:3 n-6 c,c,c....g									
18:3i....g	0.105		1	A	1		0.029		
18:4....g	0.007		1	A	1		0.002		
20:2 n-6 c,c....g	0.013		1	A	1		0.004		
20:3 undifferentiated....g	0.007		1	A	1		0.002		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.027		1	A	1		0.007		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.007		1	A	1		0.002		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.016		1	A	1		0.004		
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	3.028		0	NC	4		0.848		
Fatty acids, total trans-monoenoic....g	2.458		0	NC	4		0.688		
Fatty acids, total trans-polyenoic....g	0.571		0	NC	4		0.160		
Cholesterol....mg	96		1	A	1		27		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 oz

NDB No. 23301
Beef, Australian, imported, Wagyu, seam fat, Aust. marble score 9, raw

Calories Factors: Protein Fat Carbohydrate

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23296
Beef, Australian, imported, grass-fed, external fat, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	36.51		1	A	1		10.35		
Energy kcal	509		0	NC	4		144		
Energy kJ	2130		0	NC	4		604		
Protein (N x 6.25) g	11.32		1	A	1		3.21		
Total lipid (fat) g	51.36		1	A	1		14.56		
Ash g	0.42		1	A	1		0.12		
Carbohydrate, by difference g	0.39		0	NC	4		0.11		
Fiber, total dietary g	0.0		1	A	1		0.0		
Sugars, total g	0.00		1	A	1		0.00		
Sucrose g	0.00		1	A	1		0.00		
Glucose (dextrose) g	0.00		1	A	1		0.00		
Fructose g	0.00		1	A	1		0.00		
Lactose g	0.00		1	A	1		0.00		
Maltose g	0.00		1	A	1		0.00		
Galactose g	0.00		1	A	1		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	6		1	A	1		2		
Iron, Fe mg	0.95		1	A	1		0.27		
Magnesium, Mg mg									
Phosphorus, P mg									
Potassium, K mg									
Sodium, Na mg	36		1	A	1		10		
Zinc, Zn mg									
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se µg									
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		1	A	1		0.0		
Thiamin mg									
Riboflavin mg									
Niacin mg									
Pantothenic acid mg									
Vitamin B-6 mg									
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg									
Vitamin A, RAE µg	36		0	AS	1		10		
Vitamin A, IU IU	121		0	AS	1		34		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 23296

Beef, Australian, imported, grass-fed, external fat, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	22.650		0	NC	4		6.421		
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.028		1	A	1		0.008		
12:0....g	0.043		1	A	1		0.012		
13:0....g									
14:0....g	1.705		1	A	1		0.483		
15:0....g	0.312		1	A	1		0.089		
16:0....g	12.407		1	A	1		3.517		
17:0....g	0.625		1	A	1		0.177		
18:0....g	7.391		1	A	1		2.095		
20:0....g	0.092		1	A	1		0.026		
22:0....g	0.041		1	A	1		0.012		
24:0....g	0.007		1	A	1		0.002		
Fatty acids, total monounsaturated....g	21.426		0	NC	4		6.074		
14:1....g	0.482		1	A	1		0.137		
15:1....g									
16:1 undifferentiated....g	1.723		1	A	1		0.488		
17:1....g									
18:1 undifferentiated....g	19.155		0	AS	1		5.430		
18:1 c....g	17.138		1	A	1		4.859		
18:1 t....g	2.017		1	A	1		0.572		
18:1-11 t (18:1t n-7)....g	1.696		1	A	1		0.481		
20:1....g	0.067		1	A	1		0.019		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.419		0	NC	4		0.402		
18:2 undifferentiated....g	1.020		0	AS	1		0.289		
18:2 n-6 c,c....g	0.372		1	A	1		0.106		
18:2 CLAs....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.648		1	A	1		0.184		
18:3 undifferentiated....g	0.288		0	AS	1		0.082		
18:3 n-3 c,c,c (ALA)....g	0.191		1	A	1		0.054		
18:3 n-6 c,c,c....g									
18:3i....g	0.097		1	A	1		0.028		
18:4....g	0.022		1	A	1		0.006		
20:2 n-6 c,c....g	0.007		1	A	1		0.002		
20:3 undifferentiated....g	0.007		1	A	1		0.002		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.021		1	A	1		0.006		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.011		1	A	1		0.003		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.043		1	A	1		0.012		
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	2.763		0	NC	4		0.783		
Fatty acids, total trans-monoenoic....g	2.017		0	NC	4		0.572		
Fatty acids, total trans-polyenoic....g	0.745		0	NC	4		0.211		
Cholesterol....mg	66		1	A	1		19		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 23296
Beef, Australian, imported, grass-fed, external fat, raw

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23293

Beef, Australian, imported, grass-fed, ground, 85% lean / 15% fat, raw

Hamburger

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	63.56		1	A	1		72.45		
Energy kcal	234		0	NC	4		267		
Energy kJ	979		0	NC	4		1116		
Protein (N x 6.25) g	17.72		1	A	1		20.20		
Total lipid (fat) g	18.12		1	A	1		20.66		
Ash g	0.82		1	A	1		0.93		
Carbohydrate, by difference g	0.00		0	NC	4		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	6		1	A	1		6		
Iron, Fe mg	1.79		1	A	1		2.04		
Magnesium, Mg mg									
Phosphorus, P mg									
Potassium, K mg									
Sodium, Na mg	62		1	A	1		70		
Zinc, Zn mg									
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se µg									
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg									
Riboflavin mg									
Niacin mg									
Pantothenic acid mg									
Vitamin B-6 mg									
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg									
Vitamin A, RAE µg	0		0	AS	1		0		
Vitamin A, IU IU	0		0	AS	1		0		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	7.938		0	NC	4		9.050		
4:0 g	0.000		0	Z	7		0.000		
6:0 g	0.000		0	Z	7		0.000		
8:0 g	0.000		0	Z	7		0.000		
10:0 g	0.009		1	A	1		0.011		
12:0 g	0.013		1	A	1		0.015		

NDB No. 23293

Beef, Australian, imported, grass-fed, ground, 85% lean / 15% fat, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
13:0 g									
14:0 g	0.539		1	A	1		0.614		
15:0 g	0.097		1	A	1		0.111		
16:0 g	4.363		1	A	1		4.973		
17:0 g	0.198		1	A	1		0.225		
18:0 g	2.678		1	A	1		3.053		
20:0 g	0.024		1	A	1		0.027		
22:0 g	0.018		1	A	1		0.020		
24:0 g									
Fatty acids, total monounsaturated g	7.969		0	NC	4		9.084		
14:1 g	0.153		1	A	1		0.175		
15:1 g									
16:1 undifferentiated g	0.626		1	A	1		0.713		
17:1 g									
18:1 undifferentiated g	7.165		0	AS	1		8.168		
18:1 c g	6.501		1	A	1		7.411		
18:1 t g	0.663		1	A	1		0.756		
18:1-11 t (18:1t n-7) g									
20:1 g	0.026		1	A	1		0.029		
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.699		0	NC	4		0.797		
18:2 undifferentiated g	0.503		0	AS	1		0.574		
18:2 n-6 c,c g	0.285		1	A	1		0.325		
18:2 CLAs g									
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.219		1	A	1		0.249		
18:3 undifferentiated g	0.126		0	AS	1		0.144		
18:3 n-3 c,c,c (ALA) g	0.102		1	A	1		0.117		
18:3 n-6 c,c,c g									
18:3i g	0.024		1	A	1		0.027		
18:4 g	0.000		0	Z	7		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.030		1	A	1		0.035		
20:4 n-6 g									
20:5 n-3 (EPA) g	0.011		1	A	1		0.013		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.028		1	A	1		0.032		
22:6 n-3 (DHA) g									
Fatty acids, total trans g	0.906		0	NC	4		1.032		
Fatty acids, total trans-monoenoic g	0.663		0	NC	4		0.756		
Fatty acids, total trans-polyenoic g	0.242		0	NC	4		0.276		
Cholesterol mg	66		1	A	1		75		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.200		0	A	1		0.228		
Threonine g	0.780		0	A	1		0.889		
Isoleucine g	0.753		0	A	1		0.859		
Leucine g	1.425		0	A	1		1.625		
Lysine g	1.549		0	A	1		1.766		
Methionine g	0.503		0	A	1		0.574		
Cystine g	0.186		0	A	1		0.212		
Phenylalanine g	0.674		0	A	1		0.769		
Tyrosine g	0.611		0	A	1		0.697		
Valine g	0.801		0	A	1		0.913		
Arginine g	1.167		0	A	1		1.330		
Histidine g	0.574		0	A	1		0.654		
Alanine g	1.011		0	A	1		1.152		

NDB No. 23293

Beef, Australian, imported, grass-fed, ground, 85% lean / 15% fat, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Aspartic acid....g	1.589		0	A	1		1.811		
Glutamic acid....g	2.802		0	A	1		3.195		
Glycine....g	0.808		0	A	1		0.921		
Proline....g	0.728		0	A	1		0.830		
Serine....g	0.681		0	A	1		0.776		
Hydroxyproline....g	0.121		0	A	1		0.138		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 114g: 4 oz (4 oz)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23302

Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw

URMIS #1386, URMIS #1388

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	71.21		0	PAK	1		81.18	106.82	
Energy kcal	151		0	PIK	4		172	226	
Energy kJ	631		0	PIK	4		720	947	
Protein g	20.53		0	PAK	1		23.40	30.79	
Total lipid (fat) g	7.63		0	PAK	1		8.70	11.45	
Ash g	1.06		0	PAK	1		1.21	1.59	
Carbohydrate, by difference g	0.01		0	PIK	4		0.01	0.02	
Fiber, total dietary g	0.0		0	PIK	4		0.0	0.0	
Sugars, total g	0.00		0	PIK	4		0.00	0.00	
Sucrose g	0.00		0	PAK	1		0.00	0.00	
Glucose (dextrose) g	0.00		0	PAK	1		0.00	0.00	
Fructose g	0.00		0	PAK	1		0.00	0.00	
Lactose g	0.00		0	PAK	1		0.00	0.00	
Maltose g	0.00		0	PAK	1		0.00	0.00	
Galactose g	0.00		0	PAK	1		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	4		0	PAK	1		5	6	
Iron, Fe mg	2.21		0	PAK	1		2.52	3.31	
Magnesium, Mg mg									
Phosphorus, P mg									
Potassium, K mg									
Sodium, Na mg	62		0	PAK	1		71	93	
Zinc, Zn mg									
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se µg									
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0	0.0	
Thiamin mg									
Riboflavin mg									
Niacin mg									
Pantothenic acid mg									
Vitamin B-6 mg									
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg									
Vitamin A, RAE µg	1		0	PAK	1		1	2	
Vitamin A, IU IU	4		0	PAK	1		5	6	
Lycopene µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin µg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 23302

Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	3.393		0	PIK	4		3.868	5.089	
4:0....g	0.000		0	PIK	4		0.000	0.000	
6:0....g	0.000		0	PIK	4		0.000	0.000	
8:0....g	0.000		0	PIK	4		0.000	0.000	
10:0....g	0.006		0	PAK	1		0.007	0.009	
12:0....g	0.006		0	PAK	1		0.007	0.010	
13:0....g									
14:0....g	0.206		0	PAK	1		0.235	0.310	
15:0....g	0.048		0	PAK	1		0.054	0.072	
16:0....g	1.796		0	PAK	1		2.048	2.694	
17:0....g	0.102		0	PAK	1		0.116	0.152	
18:0....g	1.209		0	PAK	1		1.378	1.813	
20:0....g	0.013		0	PAK	1		0.015	0.020	
22:0....g	0.006		0	PAK	1		0.007	0.010	
24:0....g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total monounsaturated....g	3.046		0	PIK	4		3.472	4.569	
14:1....g	0.041		0	PAK	1		0.047	0.061	
15:1....g									
16:1 undifferentiated....g	0.206		0	PAK	1		0.234	0.308	
17:1....g									
18:1 undifferentiated....g	2.788		0	PAK	1		3.179	4.182	
20:1....g	0.011		0	PAK	1		0.012	0.016	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.420		0	PIK	4		0.479	0.631	
18:2 undifferentiated....g	0.247		0	PAK	1		0.281	0.370	
18:3 undifferentiated....g	0.063		0	PAK	1		0.072	0.095	
18:4....g	0.001		0	PIK	4		0.001	0.001	
20:2 n-6 c,c....g	0.000		0	PAK	1		0.000	0.000	
20:3 undifferentiated....g	0.000		0	PAK	1		0.000	0.000	
20:4 undifferentiated....g	0.055		0	PAK	1		0.063	0.083	
20:5 n-3 (EPA)....g	0.019		0	PAK	1		0.022	0.029	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.035		0	PAK	1		0.040	0.052	
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.347		0	PIK	4		0.396	0.521	
Cholesterol....mg	50		0	PAK	1		57	75	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.231		0	PAK	1		0.263	0.347	
Threonine....g	0.912		0	PAK	1		1.040	1.369	
Isoleucine....g	0.882		0	PAK	1		1.006	1.323	
Leucine....g	1.668		0	PAK	1		1.901	2.502	
Lysine....g	1.813		0	PAK	1		2.067	2.719	
Methionine....g	0.588		0	PAK	1		0.670	0.881	
Cystine....g	0.214		0	PAK	1		0.244	0.322	
Phenylalanine....g	0.786		0	PAK	1		0.895	1.178	
Tyrosine....g	0.715		0	PAK	1		0.815	1.072	
Valine....g	0.932		0	PAK	1		1.063	1.398	
Arginine....g	1.355		0	PAK	1		1.545	2.033	
Histidine....g	0.665		0	PAK	1		0.758	0.997	
Alanine....g	1.165		0	PAK	1		1.328	1.747	
Aspartic acid....g	1.855		0	PAK	1		2.115	2.783	
Glutamic acid....g	3.281		0	PAK	1		3.741	4.922	
Glycine....g	0.897		0	PAK	1		1.023	1.346	
Proline....g	0.829		0	PAK	1		0.945	1.244	
Serine....g	0.792		0	PAK	1		0.902	1.187	
Hydroxyproline....g	0.102		0	PIK	4		0.116	0.153	
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	
Caffeine....mg	0		0	PIK	4		0	0	
Theobromine....mg	0		0	PIK	4		0	0	

NDB No. 23302

Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 114g: 4 oz

Measure 2 = 150g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23294

Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean only, raw

URMIS #1386, URMIS #1388

Refuse: 4% Connective tissue 0%, Separable fat 4%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	72.42		1	A	1		82.56	108.63	
Energy kcal	138		0	NC	4		158	208	
Energy kJ	579		0	NC	4		660	869	
Protein (N x 6.25) g	20.85		1	A	1		23.77	31.27	
Total lipid (fat) g	6.11		1	A	1		6.97	9.17	
Ash g	1.08		1	A	1		1.24	1.63	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	4		1	A	1		5	6	
Iron, Fe mg	2.25		1	A	1		2.57	3.38	
Magnesium, Mg mg									
Phosphorus, P mg									
Potassium, K mg									
Sodium, Na mg	63		1	A	1		72	95	
Zinc, Zn mg									
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se µg									
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg									
Riboflavin mg									
Niacin mg									
Pantothenic acid mg									
Vitamin B-6 mg									
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg									
Vitamin A, RAE µg	0		0	AS	1		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	2.725		0	NC	4		3.106	4.087	
4:0 g	0.000		0	Z	7		0.000	0.000	
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.005		1	A	1		0.006	0.008	
12:0 g	0.005		1	A	1		0.006	0.008	

NDB No. 23294

Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean only, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
13:0 g									
14:0 g	0.154		1	A	1		0.176	0.232	
15:0 g	0.039		1	A	1		0.044	0.058	
16:0 g	1.428		1	A	1		1.628	2.142	
17:0 g	0.084		1	A	1		0.095	0.125	
18:0 g	0.994		1	A	1		1.134	1.492	
20:0 g	0.010		1	A	1		0.012	0.015	
22:0 g	0.005		1	A	1		0.006	0.008	
24:0 g									
Fatty acids, total monounsaturated g	2.408		0	NC	4		2.745	3.612	
14:1 g	0.026		1	A	1		0.029	0.038	
15:1 g									
16:1 undifferentiated g	0.153		1	A	1		0.174	0.230	
17:1 g									
18:1 undifferentiated g	2.220		0	AS	1		2.531	3.331	
18:1 c g	2.007		1	A	1		2.288	3.010	
18:1 t g	0.214		1	A	1		0.243	0.320	
18:1-11 t (18:1t n-7) g									
20:1 g	0.009		1	A	1		0.010	0.013	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.386		0	NC	4		0.440	0.579	
18:2 undifferentiated g	0.220		0	AS	1		0.251	0.330	
18:2 n-6 c,c g	0.175		1	A	1		0.199	0.262	
18:2 CLAs g									
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.045		1	A	1		0.051	0.068	
18:3 undifferentiated g	0.055		0	AS	1		0.063	0.083	
18:3 n-3 c,c,c (ALA) g	0.050		1	A	1		0.057	0.075	
18:3 n-6 c,c,c g									
18:3i g	0.005		1	A	1		0.006	0.008	
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.057		1	A	1		0.065	0.085	
20:4 n-6 g									
20:5 n-3 (EPA) g	0.019		1	A	1		0.022	0.029	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.035		1	A	1		0.039	0.052	
22:6 n-3 (DHA) g									
Fatty acids, total trans g	0.264		0	NC	4		0.301	0.396	
Fatty acids, total trans-monoenoic g	0.214		0	NC	4		0.243	0.320	
Fatty acids, total trans-polyenoic g	0.050		0	NC	4		0.057	0.075	
Cholesterol mg	49		1	A	1		56	74	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.239		0	A	1		0.273	0.359	
Threonine g	0.944		0	A	1		1.076	1.416	
Isoleucine g	0.913		0	A	1		1.041	1.369	
Leucine g	1.726		0	A	1		1.967	2.589	
Lysine g	1.876		0	A	1		2.138	2.814	
Methionine g	0.608		0	A	1		0.693	0.912	
Cystine g	0.222		0	A	1		0.253	0.333	
Phenylalanine g	0.813		0	A	1		0.927	1.219	
Tyrosine g	0.739		0	A	1		0.843	1.109	
Valine g	0.964		0	A	1		1.099	1.447	
Arginine g	1.402		0	A	1		1.598	2.103	
Histidine g	0.688		0	A	1		0.784	1.032	
Alanine g	1.205		0	A	1		1.374	1.808	

NDB No. 23294

Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean only, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Aspartic acid....g	1.920		0	A	1		2.188	2.879	
Glutamic acid....g	3.395		0	A	1		3.871	5.093	
Glycine....g	0.929		0	A	1		1.059	1.393	
Proline....g	0.858		0	A	1		0.978	1.287	
Serine....g	0.819		0	A	1		0.934	1.229	
Hydroxyproline....g	0.105		0	A	1		0.120	0.158	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 114g: 4 oz

Measure 2 = 150g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23305

Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean and fat, raw

URMIS #1397, URMIS #1404

Refuse: 7% Connective tissue 7%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	66.42		0	PAK	1		75.72	225.16	
Energy kcal	199		0	PIK	4		226	673	
Energy kJ	831		0	PIK	4		947	2817	
Protein g	19.90		0	PAK	1		22.69	67.47	
Total lipid (fat) g	13.17		0	PAK	1		15.02	44.66	
Ash g	0.91		0	PAK	1		1.04	3.09	
Carbohydrate, by difference g	0.11		0	PIK	4		0.13	0.38	
Fiber, total dietary g	0.0		0	PIK	4		0.0	0.0	
Sugars, total g	0.00		0	PIK	4		0.00	0.00	
Sucrose g	0.00		0	PAK	1		0.00	0.00	
Glucose (dextrose) g	0.00		0	PAK	1		0.00	0.00	
Fructose g	0.00		0	PAK	1		0.00	0.00	
Lactose g	0.00		0	PAK	1		0.00	0.00	
Maltose g	0.00		0	PAK	1		0.00	0.00	
Galactose g	0.00		0	PAK	1		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	5		0	PAK	1		5	16	
Iron, Fe mg	1.46		0	PAK	1		1.67	4.96	
Magnesium, Mg mg									
Phosphorus, P mg									
Potassium, K mg									
Sodium, Na mg	60		0	PAK	1		69	205	
Zinc, Zn mg									
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se µg									
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0	0.0	
Thiamin mg									
Riboflavin mg									
Niacin mg									
Pantothenic acid mg									
Vitamin B-6 mg									
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg									
Vitamin A, RAE µg	6		0	PAK	1		7	21	
Vitamin A, IU IU	20		0	PAK	1		23	69	
Lycopene µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin µg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 23305

Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	5.837		0	PIK	4		6.654	19.787	
4:0....g	0.000		0	PIK	4		0.000	0.000	
6:0....g	0.000		0	PIK	4		0.000	0.000	
8:0....g	0.000		0	PIK	4		0.000	0.000	
10:0....g	0.009		0	PAK	1		0.011	0.032	
12:0....g	0.012		0	PAK	1		0.014	0.041	
13:0....g									
14:0....g	0.408		0	PAK	1		0.465	1.384	
15:0....g	0.074		0	PAK	1		0.084	0.250	
16:0....g	3.218		0	PAK	1		3.669	10.911	
17:0....g	0.161		0	PAK	1		0.184	0.546	
18:0....g	1.918		0	PAK	1		2.187	6.503	
20:0....g	0.022		0	PAK	1		0.025	0.075	
22:0....g	0.012		0	PAK	1		0.014	0.041	
24:0....g	0.002		0	PAK	1		0.002	0.005	
Fatty acids, total monounsaturated....g	5.447		0	PIK	4		6.209	18.465	
14:1....g	0.102		0	PAK	1		0.117	0.347	
15:1....g									
16:1 undifferentiated....g	0.408		0	PAK	1		0.465	1.384	
17:1....g									
18:1 undifferentiated....g	4.920		0	PAK	1		5.609	16.678	
20:1....g	0.016		0	PAK	1		0.019	0.056	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.436		0	PIK	4		0.497	1.478	
18:2 undifferentiated....g	0.283		0	PAK	1		0.323	0.960	
18:3 undifferentiated....g	0.075		0	PAK	1		0.085	0.253	
18:4....g	0.004		0	PIK	4		0.004	0.012	
20:2 n-6 c,c....g	0.001		0	PAK	1		0.001	0.004	
20:3 undifferentiated....g	0.001		0	PAK	1		0.002	0.005	
20:4 undifferentiated....g	0.032		0	PAK	1		0.036	0.108	
20:5 n-3 (EPA)....g	0.012		0	PAK	1		0.013	0.040	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.028		0	PAK	1		0.032	0.096	
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.634		0	PIK	4		0.723	2.151	
Cholesterol....mg	46		0	PAK	1		52	154	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.208		0	PAK	1		0.237	0.704	
Threonine....g	0.820		0	PAK	1		0.934	2.779	
Isoleucine....g	0.793		0	PAK	1		0.904	2.687	
Leucine....g	1.498		0	PAK	1		1.708	5.079	
Lysine....g	1.629		0	PAK	1		1.857	5.521	
Methionine....g	0.528		0	PAK	1		0.602	1.790	
Cystine....g	0.193		0	PAK	1		0.220	0.653	
Phenylalanine....g	0.706		0	PAK	1		0.804	2.392	
Tyrosine....g	0.642		0	PAK	1		0.732	2.176	
Valine....g	0.837		0	PAK	1		0.955	2.838	
Arginine....g	1.217		0	PAK	1		1.388	4.127	
Histidine....g	0.597		0	PAK	1		0.681	2.024	
Alanine....g	1.046		0	PAK	1		1.193	3.547	
Aspartic acid....g	1.667		0	PAK	1		1.900	5.650	
Glutamic acid....g	2.948		0	PAK	1		3.361	9.993	
Glycine....g	0.806		0	PAK	1		0.919	2.733	
Proline....g	0.745		0	PAK	1		0.849	2.525	
Serine....g	0.711		0	PAK	1		0.811	2.411	
Hydroxyproline....g	0.091		0	PIK	4		0.104	0.310	
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	
Caffeine....mg	0		0	PIK	4		0	0	
Theobromine....mg	0		0	PIK	4		0	0	

NDB No. 23305

Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 114g: 4 oz

Measure 2 = 339g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23303

Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean only, raw

URMIS #1397, URMIS #1404

Refuse: 23% Connective tissue 7%, Separable fat 16%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	72.95		1	A	1		83.16	247.29	
Energy kcal	131		0	NC	4		149	444	
Energy kJ	548		0	NC	4		625	1858	
Protein (N x 6.25) g	21.79		1	A	1		24.84	73.88	
Total lipid (fat) g	4.87		1	A	1		5.56	16.52	
Ash g	1.01		1	A	1		1.15	3.43	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	5		1	A	1		5	16	
Iron, Fe mg	1.57		1	A	1		1.79	5.33	
Magnesium, Mg mg									
Phosphorus, P mg									
Potassium, K mg									
Sodium, Na mg	66		1	A	1		75	223	
Zinc, Zn mg									
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se µg									
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg									
Riboflavin mg									
Niacin mg									
Pantothenic acid mg									
Vitamin B-6 mg									
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg									
Vitamin A, RAE µg	0		0	AS	1		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	2.090		0	NC	4		2.383	7.086	
4:0 g	0.000		0	Z	7		0.000	0.000	
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.005		1	A	1		0.006	0.018	
12:0 g	0.005		1	A	1		0.006	0.018	

NDB No. 23303

Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean only, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
13:0 g									
14:0 g	0.131		1	A	1		0.149	0.444	
15:0 g	0.021		1	A	1		0.024	0.072	
16:0 g	1.239		1	A	1		1.412	4.200	
17:0 g	0.056		1	A	1		0.063	0.188	
18:0 g	0.623		1	A	1		0.710	2.112	
20:0 g	0.005		1	A	1		0.006	0.018	
22:0 g	0.005		1	A	1		0.006	0.018	
24:0 g									
Fatty acids, total monounsaturated g	2.067		0	NC	4		2.356	7.006	
14:1 g	0.031		1	A	1		0.035	0.104	
15:1 g									
16:1 undifferentiated g	0.153		1	A	1		0.175	0.520	
17:1 g									
18:1 undifferentiated g	1.877		0	AS	1		2.140	6.364	
18:1 c g	1.747		1	A	1		1.991	5.921	
18:1 t g	0.131		1	A	1		0.149	0.444	
18:1-11 t (18:1t n-7) g									
20:1 g	0.005		1	A	1		0.006	0.018	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.225		0	NC	4		0.256	0.761	
18:2 undifferentiated g	0.125		0	AS	1		0.143	0.424	
18:2 n-6 c,c g	0.097		1	A	1		0.110	0.328	
18:2 CLAs g									
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.028		1	A	1		0.032	0.096	
18:3 undifferentiated g	0.029		0	AS	1		0.033	0.098	
18:3 n-3 c,c,c (ALA) g	0.024		1	A	1		0.027	0.080	
18:3 n-6 c,c,c g									
18:3i g	0.005		1	A	1		0.006	0.018	
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.034		1	A	1		0.039	0.116	
20:4 n-6 g									
20:5 n-3 (EPA) g	0.012		1	A	1		0.013	0.040	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.025		1	A	1		0.028	0.084	
22:6 n-3 (DHA) g									
Fatty acids, total trans g	0.164		0	NC	4		0.187	0.557	
Fatty acids, total trans-monoenoic g	0.131		0	NC	4		0.149	0.444	
Fatty acids, total trans-polyenoic g	0.034		0	NC	4		0.038	0.114	
Cholesterol mg	41		1	A	1		47	140	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.250		0	A	1		0.285	0.847	
Threonine g	0.987		0	A	1		1.125	3.345	
Isoleucine g	0.954		0	A	1		1.088	3.235	
Leucine g	1.804		0	A	1		2.056	6.115	
Lysine g	1.961		0	A	1		2.235	6.647	
Methionine g	0.636		0	A	1		0.725	2.155	
Cystine g	0.232		0	A	1		0.264	0.786	
Phenylalanine g	0.850		0	A	1		0.968	2.880	
Tyrosine g	0.773		0	A	1		0.881	2.620	
Valine g	1.008		0	A	1		1.149	3.417	
Arginine g	1.466		0	A	1		1.671	4.968	
Histidine g	0.719		0	A	1		0.820	2.437	
Alanine g	1.260		0	A	1		1.436	4.270	

NDB No. 23303

Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean only, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Aspartic acid....g	2.006		0	A	1		2.287	6.802	
Glutamic acid....g	3.549		0	A	1		4.046	12.031	
Glycine....g	0.971		0	A	1		1.106	3.290	
Proline....g	0.897		0	A	1		1.022	3.041	
Serine....g	0.856		0	A	1		0.976	2.902	
Hydroxyproline....g	0.110		0	A	1		0.125	0.373	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 114g: 4 oz

Measure 2 = 339g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23315

Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean and fat, raw

URMIS #1419, URMIS #1426

Refuse: 2% Connective tissue 2%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	73.65		0	PAK	1		83.96	330.68	
Energy kcal	127		0	PIK	4		145	571	
Energy kJ	532		0	PIK	4		606	2388	
Protein g	21.77		0	PAK	1		24.82	97.75	
Total lipid (fat) g	4.45		0	PAK	1		5.07	19.96	
Ash g	1.10		0	PAK	1		1.25	4.93	
Carbohydrate, by difference g	0.01		0	PIK	4		0.01	0.03	
Fiber, total dietary g	0.0		0	PIK	4		0.0	0.0	
Sugars, total g	0.00		0	PIK	4		0.00	0.00	
Sucrose g	0.00		0	PAK	1		0.00	0.00	
Glucose (dextrose) g	0.00		0	PAK	1		0.00	0.00	
Fructose g	0.00		0	PAK	1		0.00	0.00	
Lactose g	0.00		0	PAK	1		0.00	0.00	
Maltose g	0.00		0	PAK	1		0.00	0.00	
Galactose g	0.00		0	PAK	1		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	5		0	PAK	1		5	21	
Iron, Fe mg	2.51		0	PAK	1		2.86	11.26	
Magnesium, Mg mg									
Phosphorus, P mg									
Potassium, K mg									
Sodium, Na mg	59		0	PAK	1		68	266	
Zinc, Zn mg									
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se µg									
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0	0.0	
Thiamin mg									
Riboflavin mg									
Niacin mg									
Pantothenic acid mg									
Vitamin B-6 mg									
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg									
Vitamin A, RAE µg	0		0	PAK	1		0	2	
Vitamin A, IU IU	1		0	PAK	1		2	6	
Lycopene µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin µg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 23315

Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.859		0	PIK	4		2.119	8.346	
4:0....g	0.000		0	PIK	4		0.000	0.000	
6:0....g	0.000		0	PIK	4		0.000	0.000	
8:0....g	0.000		0	PIK	4		0.000	0.000	
10:0....g	0.005		0	PAK	1		0.006	0.025	
12:0....g	0.006		0	PAK	1		0.006	0.025	
13:0....g									
14:0....g	0.098		0	PAK	1		0.112	0.441	
15:0....g	0.019		0	PAK	1		0.022	0.087	
16:0....g	0.981		0	PAK	1		1.119	4.406	
17:0....g	0.053		0	PAK	1		0.060	0.238	
18:0....g	0.684		0	PAK	1		0.780	3.071	
20:0....g	0.006		0	PAK	1		0.007	0.028	
22:0....g	0.006		0	PAK	1		0.006	0.025	
24:0....g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total monounsaturated....g	1.730		0	PIK	4		1.972	7.766	
14:1....g	0.017		0	PAK	1		0.019	0.074	
15:1....g									
16:1 undifferentiated....g	0.111		0	PAK	1		0.127	0.499	
17:1....g									
18:1 undifferentiated....g	1.596		0	PAK	1		1.820	7.167	
20:1....g	0.006		0	PAK	1		0.007	0.027	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.351		0	PIK	4		0.400	1.574	
18:2 undifferentiated....g	0.176		0	PAK	1		0.201	0.792	
18:3 undifferentiated....g	0.048		0	PAK	1		0.055	0.216	
18:4....g	0.000		0	PIK	4		0.000	0.001	
20:2 n-6 c,c....g	0.000		0	PAK	1		0.000	0.000	
20:3 undifferentiated....g	0.000		0	PAK	1		0.000	0.000	
20:4 undifferentiated....g	0.061		0	PAK	1		0.070	0.275	
20:5 n-3 (EPA)....g	0.026		0	PAK	1		0.029	0.115	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.039		0	PAK	1		0.044	0.174	
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.158		0	PIK	4		0.180	0.708	
Cholesterol....mg	55		0	PAK	1		62	245	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.248		0	PAK	1		0.283	1.115	
Threonine....g	0.980		0	PAK	1		1.118	4.402	
Isoleucine....g	0.948		0	PAK	1		1.081	4.256	
Leucine....g	1.792		0	PAK	1		2.043	8.045	
Lysine....g	1.948		0	PAK	1		2.220	8.745	
Methionine....g	0.631		0	PAK	1		0.720	2.835	
Cystine....g	0.230		0	PAK	1		0.263	1.035	
Phenylalanine....g	0.844		0	PAK	1		0.962	3.789	
Tyrosine....g	0.768		0	PAK	1		0.875	3.447	
Valine....g	1.001		0	PAK	1		1.142	4.496	
Arginine....g	1.456		0	PAK	1		1.660	6.537	
Histidine....g	0.714		0	PAK	1		0.814	3.206	
Alanine....g	1.251		0	PAK	1		1.427	5.618	
Aspartic acid....g	1.993		0	PAK	1		2.272	8.949	
Glutamic acid....g	3.526		0	PAK	1		4.019	15.830	
Glycine....g	0.964		0	PAK	1		1.099	4.329	
Proline....g	0.891		0	PAK	1		1.016	4.000	
Serine....g	0.850		0	PAK	1		0.969	3.818	
Hydroxyproline....g	0.110		0	A	1		0.125	0.494	
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	
Caffeine....mg	0		0	PIK	4		0	0	
Theobromine....mg	0		0	PIK	4		0	0	

NDB No. 23315

Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 114g: 4 oz

Measure 2 = 449g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23306

Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean only, raw

URMIS #1419, URMIS #1426

Refuse: 3% Connective tissue 2%, separable fat 1%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	74.10		1	A	1		84.48	332.72	
Energy kcal	122		0	NC	4		140	550	
Energy kJ	512		0	NC	4		584	2299	
Protein (N x 6.25) g	21.90		1	A	1		24.97	98.33	
Total lipid (fat) g	3.87		1	A	1		4.42	17.39	
Ash g	1.11		1	A	1		1.26	4.97	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	5		1	A	1		5	21	
Iron, Fe mg	2.53		1	A	1		2.88	11.34	
Magnesium, Mg mg									
Phosphorus, P mg									
Potassium, K mg									
Sodium, Na mg	60		1	A	1		68	267	
Zinc, Zn mg									
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se µg									
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg									
Riboflavin mg									
Niacin mg									
Pantothenic acid mg									
Vitamin B-6 mg									
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg									
Vitamin A, RAE µg	0		0	AS	1		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	1.601		0	NC	4		1.825	7.188	
4:0 g	0.000		0	Z	7		0.000	0.000	
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.005		1	A	1		0.006	0.023	
12:0 g	0.005		1	A	1		0.006	0.023	

NDB No. 23306

Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean only, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
13:0 g									
14:0 g	0.079		1	A	1		0.090	0.354	
15:0 g	0.016		1	A	1		0.018	0.070	
16:0 g	0.843		1	A	1		0.961	3.786	
17:0 g	0.046		1	A	1		0.052	0.206	
18:0 g	0.597		1	A	1		0.680	2.678	
20:0 g	0.005		1	A	1		0.006	0.023	
22:0 g	0.005		1	A	1		0.006	0.023	
24:0 g									
Fatty acids, total monounsaturated g	1.495		0	NC	4		1.704	6.713	
14:1 g	0.012		1	A	1		0.013	0.052	
15:1 g									
16:1 undifferentiated g	0.093		1	A	1		0.106	0.418	
17:1 g									
18:1 undifferentiated g	1.385		0	AS	1		1.579	6.220	
18:1 c g	1.284		1	A	1		1.463	5.763	
18:1 t g	0.102		1	A	1		0.116	0.457	
18:1-11 t (18:1t n-7) g									
20:1 g	0.005		1	A	1		0.006	0.023	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.338		0	NC	4		0.385	1.516	
18:2 undifferentiated g	0.166		0	AS	1		0.189	0.746	
18:2 n-6 c,c g	0.148		1	A	1		0.168	0.663	
18:2 CLAs g									
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.019		1	A	1		0.021	0.084	
18:3 undifferentiated g	0.045		0	AS	1		0.052	0.203	
18:3 n-3 c,c,c (ALA) g	0.040		1	A	1		0.046	0.180	
18:3 n-6 c,c,c g									
18:3i g	0.005		1	A	1		0.006	0.023	
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.062		1	A	1		0.070	0.277	
20:4 n-6 g									
20:5 n-3 (EPA) g	0.026		1	A	1		0.029	0.116	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.039		1	A	1		0.044	0.173	
22:6 n-3 (DHA) g									
Fatty acids, total trans g	0.126		0	NC	4		0.143	0.564	
Fatty acids, total trans-monoenoic g	0.102		0	NC	4		0.116	0.457	
Fatty acids, total trans-polyenoic g	0.024		0	NC	4		0.027	0.107	
Cholesterol mg	54		1	A	1		62	245	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.251		0	A	1		0.286	1.128	
Threonine g	0.992		0	A	1		1.130	4.452	
Isoleucine g	0.959		0	A	1		1.093	4.305	
Leucine g	1.813		0	A	1		2.066	8.139	
Lysine g	1.970		0	A	1		2.246	8.846	
Methionine g	0.639		0	A	1		0.728	2.868	
Cystine g	0.233		0	A	1		0.266	1.047	
Phenylalanine g	0.854		0	A	1		0.973	3.833	
Tyrosine g	0.777		0	A	1		0.885	3.487	
Valine g	1.013		0	A	1		1.155	4.548	
Arginine g	1.473		0	A	1		1.679	6.613	
Histidine g	0.722		0	A	1		0.824	3.244	
Alanine g	1.266		0	A	1		1.443	5.684	

NDB No. 23306

Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean only, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Aspartic acid....g	2.016		0	A	1		2.298	9.053	
Glutamic acid....g	3.566		0	A	1		4.066	16.013	
Glycine....g	0.975		0	A	1		1.112	4.379	
Proline....g	0.901		0	A	1		1.027	4.047	
Serine....g	0.860		0	A	1		0.981	3.863	
Hydroxyproline....g	0.111		0	A	1		0.126	0.497	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 114g: 4 oz

Measure 2 = 449g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23316

Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean and fat, raw

URMIS #1194, URMIS #1203

Refuse: 7% Connective tissue 7%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	64.60		0	PAK	1		73.65	226.11	
Energy kcal	217		0	NC	4		247	758	
Energy kJ	906		0	NC	4		1033	3171	
Protein g	19.80		0	PAK	1		22.57	69.30	
Total lipid (fat) g	15.21		0	PAK	1		17.34	53.25	
Ash g	0.88		0	PAK	1		1.00	3.08	
Carbohydrate, by difference g	0.11		0	PIK	4		0.13	0.39	
Fiber, total dietary g	0.0		0	PIK	4		0.0	0.0	
Sugars, total g	0.00		0	PIK	4		0.00	0.00	
Sucrose g	0.00		0	PAK	1		0.00	0.00	
Glucose (dextrose) g	0.00		0	PAK	1		0.00	0.00	
Fructose g	0.00		0	PAK	1		0.00	0.00	
Lactose g	0.00		0	PAK	1		0.00	0.00	
Maltose g	0.00		0	PAK	1		0.00	0.00	
Galactose g	0.00		0	PAK	1		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	5		0	PAK	1		5	16	
Iron, Fe mg	1.74		0	PAK	1		1.98	6.08	
Magnesium, Mg mg									
Phosphorus, P mg									
Potassium, K mg									
Sodium, Na mg	60		0	PAK	1		69	211	
Zinc, Zn mg									
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se µg									
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0	0.0	
Thiamin mg									
Riboflavin mg									
Niacin mg									
Pantothenic acid mg									
Vitamin B-6 mg									
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg									
Vitamin A, RAE µg	5		0	NC	4		6	19	
Vitamin A, IU IU	18		0	NC	4		21	64	
Lycopene µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin µg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 23316

Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	6.782		0	PIK	4		7.731	23.736	
4:0....g	0.000		0	PIK	4		0.000	0.000	
6:0....g	0.000		0	PIK	4		0.000	0.000	
8:0....g	0.000		0	PIK	4		0.000	0.000	
10:0....g	0.009		0	PAK	1		0.010	0.031	
12:0....g	0.011		0	PAK	1		0.013	0.040	
13:0....g									
14:0....g	0.456		0	PAK	1		0.520	1.598	
15:0....g	0.079		0	PAK	1		0.090	0.275	
16:0....g	3.715		0	PAK	1		4.236	13.004	
17:0....g	0.182		0	PAK	1		0.208	0.638	
18:0....g	2.288		0	PAK	1		2.609	8.010	
20:0....g	0.024		0	PAK	1		0.028	0.086	
22:0....g	0.014		0	PAK	1		0.016	0.050	
24:0....g	0.001		0	PAK	1		0.002	0.005	
Fatty acids, total monounsaturated....g	6.344		0	PIK	4		7.232	22.204	
14:1....g	0.103		0	PAK	1		0.117	0.361	
15:1....g									
16:1 undifferentiated....g	0.444		0	PAK	1		0.507	1.555	
17:1....g									
18:1 undifferentiated....g	5.775		0	PAK	1		6.583	20.212	
20:1....g	0.022		0	PAK	1		0.025	0.076	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.467		0	PIK	4		0.532	1.634	
18:2 undifferentiated....g	0.314		0	PAK	1		0.358	1.100	
18:3 undifferentiated....g	0.087		0	PAK	1		0.099	0.304	
18:4....g	0.003		0	PIK	4		0.004	0.011	
20:2 n-6 c,c....g	0.001		0	PAK	1		0.001	0.004	
20:3 undifferentiated....g	0.001		0	PAK	1		0.001	0.004	
20:4 undifferentiated....g	0.023		0	PAK	1		0.027	0.082	
20:5 n-3 (EPA)....g	0.011		0	PAK	1		0.012	0.037	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.026		0	PAK	1		0.029	0.090	
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.700		0	PIK	4		0.798	2.449	
Cholesterol....mg	52		0	PAK	1		60	183	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.209		0	PAK	1		0.238	0.732	
Threonine....g	0.825		0	PAK	1		0.941	2.888	
Isoleucine....g	0.798		0	PAK	1		0.910	2.793	
Leucine....g	1.508		0	PAK	1		1.720	5.280	
Lysine....g	1.640		0	PAK	1		1.869	5.739	
Methionine....g	0.532		0	PAK	1		0.606	1.860	
Cystine....g	0.194		0	PAK	1		0.221	0.679	
Phenylalanine....g	0.710		0	PAK	1		0.810	2.487	
Tyrosine....g	0.646		0	PAK	1		0.737	2.262	
Valine....g	0.843		0	PAK	1		0.961	2.951	
Arginine....g	1.226		0	PAK	1		1.397	4.290	
Histidine....g	0.601		0	PAK	1		0.685	2.104	
Alanine....g	1.053		0	PAK	1		1.201	3.687	
Aspartic acid....g	1.678		0	PAK	1		1.913	5.873	
Glutamic acid....g	2.968		0	PAK	1		3.384	10.388	
Glycine....g	0.812		0	PAK	1		0.925	2.841	
Proline....g	0.750		0	PAK	1		0.855	2.625	
Serine....g	0.716		0	PAK	1		0.816	2.506	
Hydroxyproline....g	0.092		0	PIK	4		0.105	0.322	
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	
Caffeine....mg	0		0	PIK	4		0	0	
Theobromine....mg	0		0	PIK	4		0	0	

NDB No. 23316

Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 114g: 4 oz

Measure 2 = 350g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23307

Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean only, raw

URMIS #1194, URMIS# 1203

Refuse: 21% Connective tissue 7%, separable fat 14%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	70.09		1	A	1		79.90	245.32	
Energy kcal	160		0	NC	4		182	559	
Energy kJ	668		0	NC	4		762	2338	
Protein (N x 6.25) g	21.47		1	A	1		24.47	75.14	
Total lipid (fat) g	8.20		1	A	1		9.34	28.69	
Ash g	0.96		1	A	1		1.10	3.37	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	5		1	A	1		5	16	
Iron, Fe mg	1.88		1	A	1		2.15	6.59	
Magnesium, Mg mg									
Phosphorus, P mg									
Potassium, K mg									
Sodium, Na mg	65		1	A	1		74	227	
Zinc, Zn mg									
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se µg									
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg									
Riboflavin mg									
Niacin mg									
Pantothenic acid mg									
Vitamin B-6 mg									
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg									
Vitamin A, RAE µg	0		0	AS	1		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	3.596		0	NC	4		4.099	12.586	
4:0 g	0.000		0	Z	7		0.000	0.000	
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.005		1	A	1		0.006	0.018	
12:0 g	0.005		1	A	1		0.006	0.018	

NDB No. 23307

Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean only, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
13:0 g									
14:0 g	0.220		1	A	1		0.250	0.768	
15:0 g	0.032		1	A	1		0.037	0.113	
16:0 g	2.049		1	A	1		2.335	7.170	
17:0 g	0.091		1	A	1		0.103	0.318	
18:0 g	1.176		1	A	1		1.341	4.117	
20:0 g	0.010		1	A	1		0.011	0.033	
22:0 g	0.009		1	A	1		0.010	0.030	
24:0 g									
Fatty acids, total monounsaturated g	3.522		0	NC	4		4.015	12.327	
14:1 g	0.042		1	A	1		0.048	0.147	
15:1 g									
16:1 undifferentiated g	0.232		1	A	1		0.265	0.813	
17:1 g									
18:1 undifferentiated g	3.235		0	AS	1		3.688	11.323	
18:1 c g	3.007		1	A	1		3.428	10.524	
18:1 t g	0.228		1	A	1		0.260	0.799	
18:1-11 t (18:1t n-7) g									
20:1 g	0.013		1	A	1		0.014	0.044	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.285		0	NC	4		0.325	0.998	
18:2 undifferentiated g	0.180		0	AS	1		0.205	0.630	
18:2 n-6 c,c g	0.125		1	A	1		0.142	0.436	
18:2 CLAs g									
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.055		1	A	1		0.063	0.193	
18:3 undifferentiated g	0.049		0	AS	1		0.055	0.170	
18:3 n-3 c,c,c (ALA) g	0.041		1	A	1		0.046	0.142	
18:3 n-6 c,c,c g									
18:3i g	0.008		1	A	1		0.009	0.028	
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.024		1	A	1		0.027	0.083	
20:4 n-6 g									
20:5 n-3 (EPA) g	0.011		1	A	1		0.012	0.037	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.022		1	A	1		0.025	0.078	
22:6 n-3 (DHA) g									
Fatty acids, total trans g	0.292		0	NC	4		0.332	1.020	
Fatty acids, total trans-monoenoic g	0.228		0	NC	4		0.260	0.799	
Fatty acids, total trans-polyenoic g	0.063		0	NC	4		0.072	0.222	
Cholesterol mg	50		1	A	1		57	175	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.246		0	A	1		0.281	0.862	
Threonine g	0.972		0	A	1		1.108	3.402	
Isoleucine g	0.940		0	A	1		1.072	3.290	
Leucine g	1.777		0	A	1		2.026	6.219	
Lysine g	1.931		0	A	1		2.202	6.760	
Methionine g	0.626		0	A	1		0.714	2.191	
Cystine g	0.228		0	A	1		0.260	0.800	
Phenylalanine g	0.837		0	A	1		0.954	2.929	
Tyrosine g	0.761		0	A	1		0.868	2.665	
Valine g	0.993		0	A	1		1.132	3.476	
Arginine g	1.444		0	A	1		1.646	5.053	
Histidine g	0.708		0	A	1		0.807	2.479	
Alanine g	1.241		0	A	1		1.415	4.343	

NDB No. 23307

Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean only, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Aspartic acid....g	1.976		0	A	1		2.253	6.918	
Glutamic acid....g	3.496		0	A	1		3.986	12.236	
Glycine....g	0.956		0	A	1		1.090	3.346	
Proline....g	0.884		0	A	1		1.007	3.092	
Serine....g	0.843		0	A	1		0.961	2.952	
Hydroxyproline....g	0.108		0	A	1		0.124	0.379	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 114g: 4 oz

Measure 2 = 350g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23317

Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean and fat, raw

URMIS #1464, URMIS #1466

Refuse: 3% Connective tissue 3%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	72.33		0	PAK	1		82.46	243.76	
Energy kcal	140		0	PIK	4		160	472	
Energy kJ	586		0	PIK	4		668	1974	
Protein g	21.13		0	PAK	1		24.09	71.22	
Total lipid (fat) g	6.16		0	PAK	1		7.02	20.74	
Ash g	1.04		0	PAK	1		1.19	3.52	
Carbohydrate, by difference g	0.01		0	PIK	4		0.01	0.04	
Fiber, total dietary g	0.0		0	PIK	4		0.0	0.0	
Sugars, total g	0.00		0	PIK	4		0.00	0.00	
Sucrose g	0.00		0	PAK	1		0.00	0.00	
Glucose (dextrose) g	0.00		0	PAK	1		0.00	0.00	
Fructose g	0.00		0	PAK	1		0.00	0.00	
Lactose g	0.00		0	PAK	1		0.00	0.00	
Maltose g	0.00		0	PAK	1		0.00	0.00	
Galactose g	0.00		0	PAK	1		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	5		0	PAK	1		5	15	
Iron, Fe mg	2.08		0	PAK	1		2.37	7.00	
Magnesium, Mg mg									
Phosphorus, P mg									
Potassium, K mg									
Sodium, Na mg	70		0	PAK	1		80	236	
Zinc, Zn mg									
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se µg									
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0	0.0	
Thiamin mg									
Riboflavin mg									
Niacin mg									
Pantothenic acid mg									
Vitamin B-6 mg									
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg									
Vitamin A, RAE µg	1		0	NC	4		1	3	
Vitamin A, IU IU	3		0	NC	4		4	11	
Lycopene µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin µg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 23317

Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	2.510		0	PIK	4		2.861	8.458	
4:0....g	0.000		0	PIK	4		0.000	0.000	
6:0....g	0.000		0	PIK	4		0.000	0.000	
8:0....g	0.000		0	PIK	4		0.000	0.000	
10:0....g	0.006		0	PAK	1		0.007	0.020	
12:0....g	0.006		0	PAK	1		0.007	0.021	
13:0....g									
14:0....g	0.166		0	PAK	1		0.190	0.561	
15:0....g	0.031		0	PAK	1		0.035	0.103	
16:0....g	1.410		0	PAK	1		1.608	4.753	
17:0....g	0.066		0	PAK	1		0.075	0.222	
18:0....g	0.811		0	PAK	1		0.924	2.732	
20:0....g	0.008		0	PAK	1		0.009	0.026	
22:0....g	0.006		0	PAK	1		0.007	0.021	
24:0....g	0.000		0	PAK	1		0.000	0.001	
Fatty acids, total monounsaturated....g	2.634		0	PIK	4		3.003	8.876	
14:1....g	0.049		0	PAK	1		0.056	0.165	
15:1....g									
16:1 undifferentiated....g	0.225		0	PAK	1		0.256	0.757	
17:1....g									
18:1 undifferentiated....g	2.354		0	PAK	1		2.683	7.931	
20:1....g	0.007		0	PAK	1		0.008	0.023	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.377		0	PIK	4		0.430	1.270	
18:2 undifferentiated....g	0.200		0	PAK	1		0.228	0.673	
18:3 undifferentiated....g	0.064		0	PAK	1		0.073	0.216	
18:4....g	0.001		0	PIK	4		0.001	0.002	
20:2 n-6 c,c....g	0.000		0	PAK	1		0.000	0.001	
20:3 undifferentiated....g	0.000		0	PAK	1		0.000	0.001	
20:4 undifferentiated....g	0.050		0	PAK	1		0.057	0.167	
20:5 n-3 (EPA)....g	0.025		0	PAK	1		0.028	0.084	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.038		0	PAK	1		0.043	0.128	
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.248		0	PIK	4		0.283	0.836	
Cholesterol....mg	55		0	PAK	1		62	184	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.239		0	PAK	1		0.273	0.806	
Threonine....g	0.944		0	PAK	1		1.076	3.181	
Isoleucine....g	0.913		0	PAK	1		1.041	3.076	
Leucine....g	1.725		0	PAK	1		1.967	5.815	
Lysine....g	1.876		0	PAK	1		2.138	6.321	
Methionine....g	0.608		0	PAK	1		0.693	2.049	
Cystine....g	0.222		0	PAK	1		0.253	0.748	
Phenylalanine....g	0.813		0	PAK	1		0.926	2.739	
Tyrosine....g	0.739		0	PAK	1		0.843	2.491	
Valine....g	0.964		0	PAK	1		1.099	3.250	
Arginine....g	1.402		0	PAK	1		1.598	4.725	
Histidine....g	0.688		0	PAK	1		0.784	2.317	
Alanine....g	1.205		0	PAK	1		1.374	4.061	
Aspartic acid....g	1.919		0	PAK	1		2.188	6.468	
Glutamic acid....g	3.395		0	PAK	1		3.870	11.441	
Glycine....g	0.928		0	PAK	1		1.058	3.129	
Proline....g	0.858		0	PAK	1		0.978	2.891	
Serine....g	0.819		0	PAK	1		0.934	2.760	
Hydroxyproline....g	0.105		0	PIK	4		0.120	0.355	
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	
Caffeine....mg	0		0	PIK	4		0	0	
Theobromine....mg	0		0	PIK	4		0	0	

NDB No. 23317

Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 114g: 4 oz

Measure 2 = 337g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23308

Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean only, raw

URMIS #1464, URMIS #1466

Refuse: 6% Connective tissue 3%, separable fat 3%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	73.31		1	A	1		83.57	247.04	
Energy kcal	130		0	NC	4		148	438	
Energy kJ	544		0	NC	4		620	1833	
Protein (N x 6.25) g	21.40		1	A	1		24.40	72.12	
Total lipid (fat) g	4.93		1	A	1		5.62	16.61	
Ash g	1.06		1	A	1		1.21	3.58	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	4		1	A	1		5	15	
Iron, Fe mg	2.11		1	A	1		2.40	7.10	
Magnesium, Mg mg									
Phosphorus, P mg									
Potassium, K mg									
Sodium, Na mg	71		1	A	1		81	239	
Zinc, Zn mg									
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se µg									
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg									
Riboflavin mg									
Niacin mg									
Pantothenic acid mg									
Vitamin B-6 mg									
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg									
Vitamin A, RAE µg	0		0	AS	1		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	1.959		0	NC	4		2.234	6.603	
4:0 g	0.000		0	Z	7		0.000	0.000	
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.005		1	A	1		0.006	0.018	
12:0 g	0.005		1	A	1		0.006	0.018	

NDB No. 23308

Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean only, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
13:0 g									
14:0 g	0.125		1	A	1		0.143	0.421	
15:0 g	0.023		1	A	1		0.026	0.077	
16:0 g	1.113		1	A	1		1.269	3.751	
17:0 g	0.050		1	A	1		0.057	0.170	
18:0 g	0.627		1	A	1		0.715	2.113	
20:0 g	0.005		1	A	1		0.006	0.018	
22:0 g	0.005		1	A	1		0.006	0.018	
24:0 g									
Fatty acids, total monounsaturated g	2.129		0	NC	4		2.427	7.175	
14:1 g	0.038		1	A	1		0.043	0.127	
15:1 g									
16:1 undifferentiated g	0.186		1	A	1		0.212	0.625	
17:1 g									
18:1 undifferentiated g	1.901		0	AS	1		2.167	6.405	
18:1 c g	1.766		1	A	1		2.013	5.950	
18:1 t g	0.135		1	A	1		0.154	0.456	
18:1-11 t (18:1t n-7) g									
20:1 g	0.005		1	A	1		0.006	0.018	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.349		0	NC	4		0.398	1.175	
18:2 undifferentiated g	0.178		0	AS	1		0.202	0.599	
18:2 n-6 c,c g	0.139		1	A	1		0.158	0.467	
18:2 CLAs g									
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.039		1	A	1		0.044	0.131	
18:3 undifferentiated g	0.058		0	AS	1		0.066	0.195	
18:3 n-3 c,c,c (ALA) g	0.053		1	A	1		0.060	0.178	
18:3 n-6 c,c,c g									
18:3i g	0.005		1	A	1		0.006	0.018	
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.050		1	A	1		0.057	0.170	
20:4 n-6 g									
20:5 n-3 (EPA) g	0.025		1	A	1		0.029	0.085	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.038		1	A	1		0.043	0.127	
22:6 n-3 (DHA) g									
Fatty acids, total trans g	0.179		0	NC	4		0.205	0.605	
Fatty acids, total trans-monoenoic g	0.135		0	NC	4		0.154	0.456	
Fatty acids, total trans-polyenoic g	0.044		0	NC	4		0.050	0.149	
Cholesterol mg	54		1	A	1		62	183	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.245		0	A	1		0.280	0.827	
Threonine g	0.969		0	A	1		1.105	3.266	
Isoleucine g	0.937		0	A	1		1.068	3.158	
Leucine g	1.771		0	A	1		2.019	5.969	
Lysine g	1.925		0	A	1		2.195	6.488	
Methionine g	0.624		0	A	1		0.711	2.103	
Cystine g	0.228		0	A	1		0.260	0.768	
Phenylalanine g	0.834		0	A	1		0.951	2.811	
Tyrosine g	0.759		0	A	1		0.865	2.557	
Valine g	0.990		0	A	1		1.128	3.336	
Arginine g	1.439		0	A	1		1.641	4.850	
Histidine g	0.706		0	A	1		0.805	2.379	
Alanine g	1.237		0	A	1		1.410	4.169	

NDB No. 23308

Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean only, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Aspartic acid....g	1.970		0	A	1		2.246	6.640	
Glutamic acid....g	3.485		0	A	1		3.973	11.744	
Glycine....g	0.953		0	A	1		1.086	3.212	
Proline....g	0.881		0	A	1		1.004	2.968	
Serine....g	0.841		0	A	1		0.958	2.833	
Hydroxyproline....g	0.108		0	A	1		0.123	0.364	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 114g: 4 oz

Measure 2 = 337g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23318

Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean and fat, raw

URMIS #1454, URMIS #1553

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	72.52		0	PAK	1		82.67	553.30	
Energy kcal	129		0	NC	4		147	981	
Energy kJ	538		0	NC	4		613	4105	
Protein g	22.24		0	PAK	1		25.36	169.72	
Total lipid (fat) g	4.40		0	PAK	1		5.01	33.55	
Ash g	1.09		0	PAK	1		1.24	8.28	
Carbohydrate, by difference g	0.00		0	PIK	4		0.00	0.00	
Fiber, total dietary g	0.0		0	PIK	4		0.0	0.0	
Sugars, total g	0.00		0	PIK	4		0.00	0.00	
Sucrose g	0.00		0	PAK	1		0.00	0.00	
Glucose (dextrose) g	0.00		0	PAK	1		0.00	0.00	
Fructose g	0.00		0	PAK	1		0.00	0.00	
Lactose g	0.00		0	PAK	1		0.00	0.00	
Maltose g	0.00		0	PAK	1		0.00	0.00	
Galactose g	0.00		0	PAK	1		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	5		0	PAK	1		5	36	
Iron, Fe mg	2.28		0	PAK	1		2.60	17.39	
Magnesium, Mg mg									
Phosphorus, P mg									
Potassium, K mg									
Sodium, Na mg	59		0	PAK	1		67	451	
Zinc, Zn mg									
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se µg									
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0	0.0	
Thiamin mg									
Riboflavin mg									
Niacin mg									
Pantothenic acid mg									
Vitamin B-6 mg									
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg									
Vitamin A, RAE µg	0		0	NC	4		0	0	
Vitamin A, IU IU	0		0	PAK	1		0	0	
Lycopene µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin µg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 23318

Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.770		0	PIK	4		2.018	13.505	
4:0....g	0.000		0	PIK	4		0.000	0.000	
6:0....g	0.000		0	PIK	4		0.000	0.000	
8:0....g	0.000		0	PIK	4		0.000	0.000	
10:0....g	0.005		0	PAK	1		0.006	0.039	
12:0....g	0.005		0	PAK	1		0.006	0.039	
13:0....g									
14:0....g	0.092		0	PAK	1		0.104	0.699	
15:0....g	0.018		0	PAK	1		0.021	0.138	
16:0....g	0.982		0	PAK	1		1.120	7.494	
17:0....g	0.051		0	PAK	1		0.058	0.390	
18:0....g	0.606		0	PAK	1		0.691	4.626	
20:0....g	0.005		0	PAK	1		0.006	0.039	
22:0....g	0.005		0	PAK	1		0.006	0.039	
24:0....g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total monounsaturated....g	1.846		0	PIK	4		2.105	14.087	
14:1....g	0.018		0	PAK	1		0.021	0.138	
15:1....g									
16:1 undifferentiated....g	0.110		0	PAK	1		0.125	0.838	
17:1....g									
18:1 undifferentiated....g	1.713		0	PAK	1		1.953	13.072	
20:1....g	0.005		0	PAK	1		0.006	0.039	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.291		0	PIK	4		0.331	2.219	
18:2 undifferentiated....g	0.156		0	PAK	1		0.178	1.193	
18:3 undifferentiated....g	0.038		0	PAK	1		0.044	0.292	
18:4....g	0.000		0	PIK	4		0.000	0.000	
20:2 n-6 c,c....g	0.000		0	PAK	1		0.000	0.000	
20:3 undifferentiated....g	0.000		0	PAK	1		0.000	0.000	
20:4 undifferentiated....g	0.047		0	PAK	1		0.053	0.355	
20:5 n-3 (EPA)....g	0.018		0	PAK	1		0.021	0.138	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.032		0	PAK	1		0.036	0.241	
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.140		0	PIK	4		0.160	1.071	
Cholesterol....mg	47		0	PAK	1		54	362	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.255		0	PAK	1		0.291	1.946	
Threonine....g	1.007		0	PAK	1		1.148	7.685	
Isoleucine....g	0.974		0	PAK	1		1.110	7.431	
Leucine....g	1.841		0	PAK	1		2.099	14.048	
Lysine....g	2.001		0	PAK	1		2.281	15.269	
Methionine....g	0.649		0	PAK	1		0.740	4.950	
Cystine....g	0.237		0	PAK	1		0.270	1.806	
Phenylalanine....g	0.867		0	PAK	1		0.989	6.616	
Tyrosine....g	0.789		0	PAK	1		0.899	6.018	
Valine....g	1.029		0	PAK	1		1.173	7.851	
Arginine....g	1.496		0	PAK	1		1.705	11.414	
Histidine....g	0.734		0	PAK	1		0.836	5.598	
Alanine....g	1.286		0	PAK	1		1.466	9.810	
Aspartic acid....g	2.048		0	PAK	1		2.335	15.625	
Glutamic acid....g	3.622		0	PAK	1		4.130	27.639	
Glycine....g	0.991		0	PAK	1		1.129	7.559	
Proline....g	0.915		0	PAK	1		1.044	6.985	
Serine....g	0.874		0	PAK	1		0.996	6.667	
Hydroxyproline....g	0.112		0	PIK	4		0.128	0.857	
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	
Caffeine....mg	0		0	PIK	4		0	0	
Theobromine....mg	0		0	PIK	4		0	0	

NDB No. 23318

Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 114g: 4 oz

Measure 2 = 763g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23309

Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean only, raw

URMIS #1454, URMIS #1553

Refuse: 2% Connective tissue 1%, separable fat 1%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	73.05		1	A	1		83.27	557.35	
Energy kcal	129		0	NC	4		148	988	
Energy kJ	542		0	NC	4		618	4135	
Protein (N x 6.25) g	22.41		1	A	1		25.54	170.96	
Total lipid (fat) g	4.43		1	A	1		5.05	33.79	
Ash g	1.09		1	A	1		1.25	8.34	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	5		1	A	1		5	37	
Iron, Fe mg	2.30		1	A	1		2.62	17.52	
Magnesium, Mg mg									
Phosphorus, P mg									
Potassium, K mg									
Sodium, Na mg	60		1	A	1		68	454	
Zinc, Zn mg									
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se µg									
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg									
Riboflavin mg									
Niacin mg									
Pantothenic acid mg									
Vitamin B-6 mg									
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg									
Vitamin A, RAE µg	0		0	AS	1		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	1.783		0	NC	4		2.033	13.604	
4:0 g	0.000		0	Z	7		0.000	0.000	
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.005		1	A	1		0.006	0.040	
12:0 g	0.005		1	A	1		0.006	0.040	

NDB No. 23309

Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean only, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
13:0 g									
14:0 g	0.092		1	A	1		0.105	0.704	
15:0 g	0.018		1	A	1		0.021	0.139	
16:0 g	0.989		1	A	1		1.128	7.549	
17:0 g	0.052		1	A	1		0.059	0.393	
18:0 g	0.611		1	A	1		0.696	4.660	
20:0 g	0.005		1	A	1		0.006	0.040	
22:0 g	0.005		1	A	1		0.006	0.040	
24:0 g									
Fatty acids, total monounsaturated g	1.860		0	NC	4		2.120	14.190	
14:1 g	0.018		1	A	1		0.021	0.139	
15:1 g									
16:1 undifferentiated g	0.111		1	A	1		0.126	0.844	
17:1 g									
18:1 undifferentiated g	1.726		0	AS	1		1.967	13.167	
18:1 c g	1.606		1	A	1		1.831	12.255	
18:1 t g	0.120		1	A	1		0.136	0.913	
18:1-11 t (18:1t n-7) g									
20:1 g	0.005		1	A	1		0.006	0.040	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.293		0	NC	4		0.334	2.235	
18:2 undifferentiated g	0.158		0	AS	1		0.180	1.202	
18:2 n-6 c,c g	0.141		1	A	1		0.161	1.075	
18:2 CLAs g									
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.017		1	A	1		0.019	0.127	
18:3 undifferentiated g	0.039		0	AS	1		0.044	0.294	
18:3 n-3 c,c,c (ALA) g	0.033		1	A	1		0.038	0.254	
18:3 n-6 c,c,c g									
18:3i g	0.005		1	A	1		0.006	0.040	
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.047		1	A	1		0.053	0.358	
20:4 n-6 g									
20:5 n-3 (EPA) g	0.018		1	A	1		0.021	0.139	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.032		1	A	1		0.036	0.243	
22:6 n-3 (DHA) g									
Fatty acids, total trans g	0.141		0	NC	4		0.161	1.079	
Fatty acids, total trans-monoenoic g	0.120		0	NC	4		0.136	0.913	
Fatty acids, total trans-polyenoic g	0.022		0	NC	4		0.025	0.166	
Cholesterol mg	48		1	A	1		54	364	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.257		0	A	1		0.293	1.961	
Threonine g	1.015		0	A	1		1.157	7.741	
Isoleucine g	0.981		0	A	1		1.118	7.485	
Leucine g	1.855		0	A	1		2.114	14.150	
Lysine g	2.016		0	A	1		2.298	15.381	
Methionine g	0.653		0	A	1		0.745	4.986	
Cystine g	0.238		0	A	1		0.272	1.820	
Phenylalanine g	0.873		0	A	1		0.996	6.664	
Tyrosine g	0.795		0	A	1		0.906	6.062	
Valine g	1.036		0	A	1		1.182	7.908	
Arginine g	1.507		0	A	1		1.718	11.497	
Histidine g	0.739		0	A	1		0.843	5.639	
Alanine g	1.295		0	A	1		1.476	9.882	

NDB No. 23309

Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean only, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Aspartic acid....g	2.063		0	A	1		2.352	15.740	
Glutamic acid....g	3.649		0	A	1		4.160	27.841	
Glycine....g	0.998		0	A	1		1.138	7.614	
Proline....g	0.922		0	A	1		1.051	7.036	
Serine....g	0.880		0	A	1		1.003	6.716	
Hydroxyproline....g	0.113		0	BFPN	4		0.129	0.863	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 114g: 4 oz

Measure 2 = 763g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23297
Beef, Australian, imported, grass-fed, seam fat, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	31.20		1	A	1		8.84		
Energy kcal	562		0	NC	4		159		
Energy kJ	2352		0	NC	4		667		
Protein (N x 6.25) g	9.58		1	A	1		2.72		
Total lipid (fat) g	57.73		1	A	1		16.37		
Ash g	0.44		1	A	1		0.12		
Carbohydrate, by difference g	1.06		0	NC	4		0.30		
Fiber, total dietary g	0.0		1	A	1		0.0		
Sugars, total g	0.00		1	A	1		0.00		
Sucrose g	0.00		1	A	1		0.00		
Glucose (dextrose) g	0.00		1	A	1		0.00		
Fructose g	0.00		1	A	1		0.00		
Lactose g	0.00		1	A	1		0.00		
Maltose g	0.00		1	A	1		0.00		
Galactose g	0.00		1	A	1		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	3		1	A	1		1		
Iron, Fe mg	0.89		1	A	1		0.25		
Magnesium, Mg mg									
Phosphorus, P mg									
Potassium, K mg									
Sodium, Na mg	34		1	A	1		10		
Zinc, Zn mg									
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se µg									
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		1	A	1		0.0		
Thiamin mg									
Riboflavin mg									
Niacin mg									
Pantothenic acid mg									
Vitamin B-6 mg									
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg									
Vitamin A, RAE µg	36		0	AS	1		10		
Vitamin A, IU IU	120		0	AS	1		34		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 23297

Beef, Australian, imported, grass-fed, seam fat, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	26.584		0	NC	4		7.536		
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.033		1	A	1		0.009		
12:0....g	0.049		1	A	1		0.014		
13:0....g									
14:0....g	1.866		1	A	1		0.529		
15:0....g	0.362		1	A	1		0.103		
16:0....g	13.715		1	A	1		3.888		
17:0....g	0.762		1	A	1		0.216		
18:0....g	9.610		1	A	1		2.724		
20:0....g	0.124		1	A	1		0.035		
22:0....g	0.052		1	A	1		0.015		
24:0....g	0.011		1	A	1		0.003		
Fatty acids, total monounsaturated....g	22.930		0	NC	4		6.501		
14:1....g	0.412		1	A	1		0.117		
15:1....g									
16:1 undifferentiated....g	1.558		1	A	1		0.442		
17:1....g									
18:1 undifferentiated....g	20.881		0	AS	1		5.920		
18:1 c....g	18.474		1	A	1		5.237		
18:1 t....g	2.407		1	A	1		0.682		
18:1-11 t (18:1t n-7)....g	1.987		1	A	1		0.563		
20:1....g	0.078		1	A	1		0.022		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.552		0	NC	4		0.440		
18:2 undifferentiated....g	1.116		0	AS	1		0.316		
18:2 n-6 c,c....g	0.424		1	A	1		0.120		
18:2 CLAs....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.691		1	A	1		0.196		
18:3 undifferentiated....g	0.315		0	AS	1		0.089		
18:3 n-3 c,c,c (ALA)....g	0.205		1	A	1		0.058		
18:3 n-6 c,c,c....g									
18:3i....g	0.110		1	A	1		0.031		
18:4....g	0.021		1	A	1		0.006		
20:2 n-6 c,c....g	0.007		1	A	1		0.002		
20:3 undifferentiated....g	0.009		1	A	1		0.003		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.022		1	A	1		0.006		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.012		1	A	1		0.003		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.049		1	A	1		0.014		
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	3.209		0	NC	4		0.910		
Fatty acids, total trans-monoenoic....g	2.407		0	NC	4		0.682		
Fatty acids, total trans-polyenoic....g	0.801		0	NC	4		0.227		
Cholesterol....mg	65		1	A	1		18		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 23297
Beef, Australian, imported, grass-fed, seam fat, raw

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23446

Beef, New Zealand, imported, bolar blade, separable lean and fat, cooked, fast roasted

Refuse: 5% Bone and connective tissue 5%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	57.82		0	PAK	1		49.15		
Energy kcal	228		0	NC	4		193		
Energy kJ	952		0	NC	4		809		
Protein g	31.30		0	PAK	1		26.60		
Total lipid (fat) g	11.37		0	PAK	1		9.67		
Ash g	1.07		0	PAK	1		0.91		
Carbohydrate, by difference g	0.00		0	PIK	4		0.00		
Fiber, total dietary g	0.0		0	PIK	4		0.0		
Sugars, total g	0.00		0	PIK	4		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	6		0	PAK	1		5		
Iron, Fe mg	2.54		0	PAK	1		2.16		
Magnesium, Mg mg	18		0	PAK	1		16		
Phosphorus, P mg	157		0	PAK	1		133		
Potassium, K mg	177		0	PAK	1		151		
Sodium, Na mg	33		0	PAK	1		28		
Zinc, Zn mg	5.93		0	PAK	1		5.04		
Copper, Cu mg	0.119		0	PAK	1		0.101		
Manganese, Mn mg	0.011		0	PAK	1		0.009		
Selenium, Se µg	2.1		0	PAK	1		1.8		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0		
Thiamin mg	0.039		0	PAK	1		0.033		
Riboflavin mg	0.133		0	PAK	1		0.113		
Niacin mg	2.132		0	PAK	1		1.813		
Pantothenic acid mg	0.377		0	PAK	1		0.320		
Vitamin B-6 mg	0.180		0	PAK	1		0.153		
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	1.53		0	PAK	1		1.30		
Vitamin A, RAE µg	12		0	PAK	1		11		
Vitamin A, IU IU	41		0	PAK	1		35		
Lycopene µg	0		0	PIK	4		0		
Lutein + zeaxanthin µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol) mg	0.70		0	PAK	1		0.60		
Vitamin E, added mg	0.00		0	PIK	4		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	PAK	1		0.2		
Vitamin D IU	9		0	PAK	1		7		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	4.117		0	PIK	4		3.499		
4:0 g	0.000		0	PIK	4		0.000		
6:0 g	0.000		0	PIK	4		0.000		
8:0 g	0.000		0	PIK	4		0.000		
10:0 g	0.005		0	PAK	1		0.005		

NDB No. 23446

Beef, New Zealand, imported, bolar blade, separable lean and fat, cooked, fast roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.006		0	PAK	1		0.005		
13:0 g									
14:0 g	0.199		0	PAK	1		0.169		
15:0 g									
16:0 g	1.962		0	PAK	1		1.668		
17:0 g	0.143		0	PAK	1		0.121		
18:0 g	1.778		0	PAK	1		1.511		
20:0 g	0.014		0	PAK	1		0.012		
22:0 g	0.007		0	PAK	1		0.006		
24:0 g	0.002		0	PAK	1		0.002		
Fatty acids, total monounsaturated g	3.670		0	PIK	4		3.119		
14:1 g	0.043		0	PAK	1		0.037		
15:1 g	0.003		0	PAK	1		0.003		
16:1 undifferentiated g	0.266		0	PAK	1		0.226		
16:1 c g	0.244		0	PAK	1		0.208		
16:1 t g	0.021		0	PAK	1		0.018		
17:1 g	0.000		0	PAK	1		0.000		
18:1 undifferentiated g	3.344		0	PAK	1		2.843		
18:1 c g	3.127		0	PAK	1		2.658		
18:1 t g	0.217		0	PAK	1		0.185		
18:1-11 t (18:1t n-7) g									
20:1 g	0.012		0	PAK	1		0.010		
22:1 undifferentiated g	0.001		0	PAK	1		0.001		
22:1 c g	0.001		0	PAK	1		0.001		
22:1 t g									
24:1 c g	0.000		0	PAK	1		0.000		
Fatty acids, total polyunsaturated g	0.424		0	PIK	4		0.361		
18:2 undifferentiated g	0.194		0	PAK	1		0.165		
18:2 n-6 c,c g	0.133		0	PAK	1		0.113		
18:2 CLAs g	0.057		0	PAK	1		0.049		
18:2 t,t g	0.003		0	PAK	1		0.003		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.095		0	PAK	1		0.081		
18:3 n-3 c,c,c (ALA) g	0.093		0	PAK	1		0.079		
18:3 n-6 c,c,c g	0.002		0	PAK	1		0.002		
18:3i g									
18:4 g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c g	0.004		0	PAK	1		0.003		
20:3 undifferentiated g	0.014		0	PAK	1		0.012		
20:3 n-3 g	0.002		0	PAK	1		0.002		
20:3 n-6 g	0.012		0	PAK	1		0.010		
20:4 undifferentiated g	0.038		0	PAK	1		0.033		
20:4 n-6 g	0.038		0	PAK	1		0.033		
20:5 n-3 (EPA) g	0.026		0	PAK	1		0.022		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.039		0	PAK	1		0.033		
22:6 n-3 (DHA) g	0.005		0	PAK	1		0.005		
Fatty acids, total trans g	0.242		0	PIK	4		0.206		
Fatty acids, total trans-monoenoic g	0.239		0	PIK	4		0.203		
Fatty acids, total trans-polyenoic g	0.003		0	PIK	4		0.003		
Cholesterol mg	92		0	PAK	1		79		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.328		0	PAK	1		0.279		
Threonine g	1.133		0	PAK	1		0.963		
Isoleucine g	1.301		0	PAK	1		1.106		
Leucine g	2.361		0	PAK	1		2.007		
Lysine g	2.478		0	PAK	1		2.106		
Methionine g	1.029		0	PAK	1		0.875		
Cystine g									
Phenylalanine g	1.217		0	PAK	1		1.034		

NDB No. 23446

Beef, New Zealand, imported, bolar blade, separable lean and fat, cooked, fast roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tyrosine....g	1.053		0	PAK	1		0.895		
Valine....g	1.381		0	PAK	1		1.174		
Arginine....g	2.059		0	PAK	1		1.750		
Histidine....g	1.128		0	PAK	1		0.958		
Alanine....g	1.629		0	PAK	1		1.384		
Aspartic acid....g									
Glutamic acid....g	4.364		0	PAK	1		3.710		
Glycine....g	1.704		0	PAK	1		1.449		
Proline....g	1.005		0	PAK	1		0.854		
Serine....g	1.100		0	PAK	1		0.935		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0		
Caffeine....mg	0		0	PIK	4		0		
Theobromine....mg	0		0	PIK	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23447
Beef, New Zealand, imported, bolar blade, separable lean and fat, raw

Refuse: 2% Bone and Connective tissue 2%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	70.23		0	PAK	1		80.06		
Energy kcal	159		0	NC	4		181		
Energy kJ	666		0	NC	4		759		
Protein g	21.29		0	PAK	1		24.27		
Total lipid (fat) g	8.22		0	PAK	1		9.37		
Ash g	0.93		0	PAK	1		1.06		
Carbohydrate, by difference g	0.00		0	PIK	4		0.00		
Fiber, total dietary g	0.0		0	PIK	4		0.0		
Sugars, total g	0.00		0	PIK	4		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	4		0	PAK	1		5		
Iron, Fe mg	1.97		0	PAK	1		2.25		
Magnesium, Mg mg	22		0	PAK	1		25		
Phosphorus, P mg	183		0	PAK	1		208		
Potassium, K mg	313		0	PAK	1		357		
Sodium, Na mg	54		0	PAK	1		61		
Zinc, Zn mg	3.46		0	PAK	1		3.94		
Copper, Cu mg	0.138		0	PAK	1		0.157		
Manganese, Mn mg	0.013		0	PAK	1		0.014		
Selenium, Se µg	1.1		0	PAK	1		1.2		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0		
Thiamin mg	0.051		0	PAK	1		0.059		
Riboflavin mg	0.105		0	PAK	1		0.119		
Niacin mg	3.010		0	PAK	1		3.432		
Pantothenic acid mg	0.521		0	PAK	1		0.594		
Vitamin B-6 mg	0.315		0	PAK	1		0.359		
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	1.71		0	PAK	1		1.95		
Vitamin A, RAE µg	6		0	PAK	1		7		
Vitamin A, IU IU	20		0	PAK	1		22		
Lycopene µg	0		0	PIK	4		0		
Lutein + zeaxanthin µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol) mg	0.37		0	PAK	1		0.43		
Vitamin E, added mg	0.00		0	PIK	4		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	PAK	1		0.2		
Vitamin D IU	6		0	PAK	1		6		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	3.017		0	PIK	4		3.439		
4:0 g	0.000		0	PIK	4		0.000		
6:0 g	0.000		0	PIK	4		0.000		
8:0 g	0.000		0	PIK	4		0.000		
10:0 g	0.003		0	PAK	1		0.004		

NDB No. 23447

Beef, New Zealand, imported, bolar blade, separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.005		0	PAK	1		0.005		
13:0 g									
14:0 g	0.165		0	PAK	1		0.188		
15:0 g									
16:0 g	1.529		0	PAK	1		1.743		
17:0 g	0.102		0	PAK	1		0.116		
18:0 g	1.199		0	PAK	1		1.367		
20:0 g	0.008		0	PAK	1		0.010		
22:0 g	0.004		0	PAK	1		0.004		
24:0 g	0.001		0	PAK	1		0.001		
Fatty acids, total monounsaturated g	2.884		0	PIK	4		3.288		
14:1 g	0.041		0	PAK	1		0.047		
15:1 g	0.003		0	PAK	1		0.003		
16:1 undifferentiated g	0.232		0	PAK	1		0.264		
16:1 c g	0.215		0	PAK	1		0.245		
16:1 t g	0.016		0	PAK	1		0.019		
17:1 g	0.000		0	PAK	1		0.000		
18:1 undifferentiated g	2.600		0	PAK	1		2.964		
18:1 c g	2.428		0	PAK	1		2.768		
18:1 t g	0.171		0	PAK	1		0.195		
18:1-11 t (18:1t n-7) g									
20:1 g	0.008		0	PAK	1		0.009		
22:1 undifferentiated g	0.000		0	PAK	1		0.000		
22:1 c g	0.000		0	PAK	1		0.000		
22:1 t g									
24:1 c g	0.001		0	PAK	1		0.001		
Fatty acids, total polyunsaturated g	0.318		0	PIK	4		0.363		
18:2 undifferentiated g	0.149		0	PAK	1		0.170		
18:3 undifferentiated g	0.072		0	PAK	1		0.082		
18:3 n-3 c,c,c (ALA) g	0.070		0	PAK	1		0.080		
18:3 n-6 c,c,c g	0.002		0	PAK	1		0.002		
18:3i g									
18:4 g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c g	0.002		0	PAK	1		0.002		
20:3 undifferentiated g	0.009		0	PAK	1		0.011		
20:3 n-3 g	0.002		0	PAK	1		0.002		
20:3 n-6 g	0.008		0	PAK	1		0.009		
20:4 undifferentiated g	0.029		0	PAK	1		0.033		
20:4 n-6 g	0.029		0	PAK	1		0.033		
20:5 n-3 (EPA) g	0.019		0	PAK	1		0.022		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.030		0	PAK	1		0.034		
22:6 n-3 (DHA) g	0.003		0	PAK	1		0.003		
Fatty acids, total trans g	0.190		0	PIK	4		0.217		
Fatty acids, total trans-monoenoic g	0.188		0	PIK	4		0.214		
Fatty acids, total trans-polyenoic g	0.002		0	PIK	4		0.003		
Cholesterol mg	57		0	PAK	1		65		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.223		0	PAK	1		0.254		
Threonine g	0.771		0	PAK	1		0.879		
Isoleucine g	0.885		0	PAK	1		1.009		
Leucine g	1.606		0	PAK	1		1.831		
Lysine g	1.686		0	PAK	1		1.922		
Methionine g	0.700		0	PAK	1		0.798		
Cystine g									
Phenylalanine g	0.828		0	PAK	1		0.944		
Tyrosine g	0.716		0	PAK	1		0.817		
Valine g	0.940		0	PAK	1		1.071		
Arginine g	1.401		0	PAK	1		1.597		
Histidine g	0.767		0	PAK	1		0.875		
Alanine g	1.108		0	PAK	1		1.263		

NDB No. 23447

Beef, New Zealand, imported, bolar blade, separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Aspartic acid....g									
Glutamic acid....g	2.969		0	PAK	1		3.385		
Glycine....g	1.160		0	PAK	1		1.322		
Proline....g	0.683		0	PAK	1		0.779		
Serine....g	0.749		0	PAK	1		0.853		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0		
Caffeine....mg	0		0	PIK	4		0		
Theobromine....mg	0		0	PIK	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 114g: 4 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23397

Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted

Refuse: 12% Bone and connective tissue 5%, Separable fat 7%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	60.46		1	A	1		51.39		
Energy kcal	193		0	NC	4		164		
Energy kJ	808		0	NC	4		687		
Protein (N x 6.25) g	33.53		1	A	1		28.50		
Total lipid (fat) g	6.57		1	A	1		5.58		
Ash g	1.15		1	A	1		0.97		
Carbohydrate, by difference g	0.00		0	NC	4		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	5		1	A	1		5		
Iron, Fe mg	2.70		1	A	1		2.30		
Magnesium, Mg mg	19		1	A	1		16		
Phosphorus, P mg	165		1	A	1		140		
Potassium, K mg	181		1	A	1		153		
Sodium, Na mg	33		1	A	1		28		
Zinc, Zn mg	6.38		1	A	1		5.42		
Copper, Cu mg	0.128		1	A	1		0.109		
Manganese, Mn mg	0.012		1	A	1		0.010		
Selenium, Se µg	2.0		1	A	1		1.7		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.037		1	A	1		0.031		
Riboflavin mg	0.142		1	A	1		0.121		
Niacin mg	2.232		1	A	1		1.897		
Pantothenic acid mg	0.399		1	A	1		0.339		
Vitamin B-6 mg	0.191		1	A	1		0.162		
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	1.65		1	A	1		1.41		
Vitamin A, RAE µg	13		0	AS	1		11		
Vitamin A, IU IU	45		0	AS	1		38		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.76		1	A	1		0.65		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	AS	1		0.2		
Vitamin D IU	8		1	A	1		7		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	1.881		0	NC	4		1.599		
4:0 g	0.000		0	Z	7		0.000		
6:0 g	0.000		0	Z	7		0.000		
8:0 g	0.000		1	A	1		0.000		
10:0 g	0.003		1	A	1		0.003		

NDB No. 23397

Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.002		1	A	1		0.002		
13:0 g									
14:0 g	0.092		1	A	1		0.078		
15:0 g									
16:0 g	1.096		1	A	1		0.931		
17:0 g	0.060		1	A	1		0.051		
18:0 g	0.619		1	A	1		0.526		
20:0 g	0.004		1	A	1		0.003		
22:0 g	0.003		1	A	1		0.002		
24:0 g	0.002		1	A	1		0.002		
Fatty acids, total monounsaturated g	2.366		0	NC	4		2.011		
14:1 g	0.034		1	A	1		0.029		
15:1 g	0.004		1	A	1		0.003		
16:1 undifferentiated g	0.204		0	AS	1		0.174		
16:1 c g	0.186		1	A	1		0.158		
16:1 t g	0.018		1	A	1		0.016		
17:1 g	0.000		1	A	1		0.000		
18:1 undifferentiated g	2.115		0	AS	1		1.798		
18:1 c g	2.065		1	A	1		1.755		
18:1 t g	0.050		1	A	1		0.043		
18:1-11 t (18:1t n-7) g									
20:1 g	0.008		1	A	1		0.007		
22:1 undifferentiated g	0.001		0	AS	1		0.001		
22:1 c g	0.001		1	A	1		0.001		
22:1 t g									
24:1 c g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated g	0.341		0	NC	4		0.289		
18:2 undifferentiated g	0.136		0	AS	1		0.116		
18:2 n-6 c,c g	0.110		1	A	1		0.094		
18:2 CLAs g	0.026		1	A	1		0.022		
18:2 t,t g	0.000		1	A	1		0.000		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.063		0	AS	1		0.053		
18:3 n-3 c,c,c (ALA) g	0.060		1	A	1		0.051		
18:3 n-6 c,c,c g	0.002		1	A	1		0.002		
18:3i g									
18:4 g	0.000		0	Z	7		0.000		
20:2 n-6 c,c g	0.004		1	A	1		0.003		
20:3 undifferentiated g	0.015		0	AS	1		0.013		
20:3 n-3 g	0.002		1	A	1		0.002		
20:3 n-6 g	0.013		1	A	1		0.011		
20:4 undifferentiated g	0.042		0	AS	1		0.036		
20:4 n-6 g	0.042		1	A	1		0.036		
20:5 n-3 (EPA) g	0.028		1	A	1		0.024		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.037		1	A	1		0.031		
22:6 n-3 (DHA) g	0.006		1	A	1		0.005		
Fatty acids, total trans g	0.069		0	NC	4		0.058		
Fatty acids, total trans-monoenoic g	0.069		0	NC	4		0.058		
Fatty acids, total trans-polyenoic g	0.000		0	NC	4		0.000		
Cholesterol mg	91		1	A	1		78		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.351		0	A	1		0.299		
Threonine g	1.214		0	A	1		1.032		
Isoleucine g	1.394		0	A	1		1.185		
Leucine g	2.529		0	A	1		2.150		
Lysine g	2.654		0	A	1		2.256		
Methionine g	1.103		0	A	1		0.937		
Cystine g									
Phenylalanine g	1.303		0	A	1		1.108		

NDB No. 23397

Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tyrosine....g	1.128		0	A	1		0.959		
Valine....g	1.480		0	A	1		1.258		
Arginine....g	2.205		0	A	1		1.875		
Histidine....g	1.208		0	A	1		1.027		
Alanine....g	1.745		0	A	1		1.483		
Aspartic acid....g									
Glutamic acid....g	4.675		0	A	1		3.974		
Glycine....g	1.826		0	A	1		1.552		
Proline....g	1.076		0	A	1		0.915		
Serine....g	1.179		0	A	1		1.002		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23398

Beef, New Zealand, imported, bolar blade, separable lean only, raw

Refuse: 7% Bone and Connective tissue 2%, Separable fat 5%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	73.11		1	A	1		83.35		
Energy kcal	129		0	NC	4		147		
Energy kJ	539		0	NC	4		614		
Protein (N x 6.25) g	22.09		1	A	1		25.18		
Total lipid (fat) g	4.49		1	A	1		5.12		
Ash g	0.98		1	A	1		1.12		
Carbohydrate, by difference g	0.00		0	NC	4		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	4		1	A	1		4		
Iron, Fe mg	2.06		1	A	1		2.35		
Magnesium, Mg mg	22		1	A	1		26		
Phosphorus, P mg	190		1	A	1		217		
Potassium, K mg	325		1	A	1		371		
Sodium, Na mg	55		1	A	1		63		
Zinc, Zn mg	3.63		1	A	1		4.14		
Copper, Cu mg	0.145		1	A	1		0.165		
Manganese, Mn mg	0.013		1	A	1		0.015		
Selenium, Se µg	1.0		1	A	1		1.1		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.048		1	A	1		0.054		
Riboflavin mg	0.109		1	A	1		0.124		
Niacin mg	3.142		1	A	1		3.582		
Pantothenic acid mg	0.546		1	A	1		0.623		
Vitamin B-6 mg	0.331		1	A	1		0.377		
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	1.80		1	A	1		2.06		
Vitamin A, RAE µg	6		0	AS	1		7		
Vitamin A, IU IU	21		0	AS	1		24		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.40		1	A	1		0.45		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1		
Vitamin D IU	5		1	A	1		6		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	1.347		0	NC	4		1.535		
4:0 g	0.000		0	Z	7		0.000		
6:0 g	0.000		0	Z	7		0.000		
8:0 g	0.000		0	Z	7		0.000		
10:0 g	0.002		1	A	1		0.002		

NDB No. 23398

Beef, New Zealand, imported, bolar blade, separable lean only, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.002		1	A	1		0.002		
13:0 g									
14:0 g	0.066		1	A	1		0.075		
15:0 g									
16:0 g	0.777		1	A	1		0.886		
17:0 g	0.044		1	A	1		0.050		
18:0 g	0.451		1	A	1		0.514		
20:0 g	0.002		1	A	1		0.003		
22:0 g	0.001		1	A	1		0.001		
24:0 g	0.001		1	A	1		0.001		
Fatty acids, total monounsaturated g	1.680		0	NC	4		1.915		
14:1 g	0.024		1	A	1		0.027		
15:1 g	0.003		1	A	1		0.003		
16:1 undifferentiated g	0.146		0	AS	1		0.166		
16:1 c g	0.133		1	A	1		0.152		
16:1 t g	0.013		1	A	1		0.015		
17:1 g	0.000		1	A	1		0.000		
18:1 undifferentiated g	1.500		0	AS	1		1.710		
18:1 c g	1.466		1	A	1		1.671		
18:1 t g	0.035		1	A	1		0.039		
18:1-11 t (18:1t n-7) g									
20:1 g	0.006		1	A	1		0.007		
22:1 undifferentiated g	0.000		0	AS	1		0.000		
22:1 c g	0.000		1	A	1		0.000		
22:1 t g									
24:1 c g	0.001		1	A	1		0.001		
Fatty acids, total polyunsaturated g	0.242		0	NC	4		0.275		
18:2 undifferentiated g	0.095		0	AS	1		0.108		
18:2 n-6 c,c g	0.077		1	A	1		0.087		
18:2 CLAs g	0.018		1	A	1		0.020		
18:2 t,t g	0.000		1	A	1		0.000		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.046		0	AS	1		0.053		
18:3 n-3 c,c,c (ALA) g	0.044		1	A	1		0.051		
18:3 n-6 c,c,c g	0.002		1	A	1		0.002		
18:3i g									
18:4 g									
20:2 n-6 c,c g	0.002		1	A	1		0.002		
20:3 undifferentiated g	0.010		0	AS	1		0.011		
20:3 n-3 g	0.002		1	A	1		0.002		
20:3 n-6 g	0.008		1	A	1		0.009		
20:4 undifferentiated g	0.030		0	AS	1		0.035		
20:4 n-6 g	0.030		1	A	1		0.035		
20:5 n-3 (EPA) g	0.020		1	A	1		0.023		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.029		1	A	1		0.033		
22:6 n-3 (DHA) g	0.003		1	A	1		0.004		
Fatty acids, total trans g	0.048		0	NC	4		0.054		
Fatty acids, total trans-monoenoic g	0.048		0	NC	4		0.054		
Fatty acids, total trans-polyenoic g	0.000		0	NC	4		0.000		
Cholesterol mg	56		1	A	1		63		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.231		0	A	1		0.264		
Threonine g	0.800		0	A	1		0.912		
Isoleucine g	0.918		0	A	1		1.047		
Leucine g	1.667		0	A	1		1.900		
Lysine g	1.749		0	A	1		1.994		
Methionine g	0.727		0	A	1		0.828		
Cystine g									
Phenylalanine g	0.859		0	A	1		0.979		

NDB No. 23398

Beef, New Zealand, imported, bolar blade, separable lean only, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tyrosine....g	0.743		0	A	1		0.847		
Valine....g	0.975		0	A	1		1.112		
Arginine....g	1.453		0	A	1		1.656		
Histidine....g	0.796		0	A	1		0.907		
Alanine....g	1.150		0	A	1		1.311		
Aspartic acid....g									
Glutamic acid....g	3.081		0	A	1		3.512		
Glycine....g	1.203		0	A	1		1.372		
Proline....g	0.709		0	A	1		0.808		
Serine....g	0.777		0	A	1		0.885		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 114g: 4 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23448

Beef, New Zealand, imported, brisket navel end, separable lean and fat, cooked, braised

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	38.97		0	PAK	1		33.12		
Energy kcal	453		0	NC	4		385		
Energy kJ	1893		0	NC	4		1609		
Protein g	20.14		0	PAK	1		17.12		
Total lipid (fat) g	41.33		0	PAK	1		35.13		
Ash g	0.66		0	PAK	1		0.56		
Carbohydrate, by difference g	0.00		0	PIK	4		0.00		
Fiber, total dietary g	0.0		0	PIK	4		0.0		
Sugars, total g	0.00		0	PIK	4		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	11		0	PAK	1		9		
Iron, Fe mg	1.29		0	PAK	1		1.09		
Magnesium, Mg mg	11		0	PAK	1		10		
Phosphorus, P mg	94		0	PAK	1		80		
Potassium, K mg	137		0	PAK	1		116		
Sodium, Na mg	33		0	PAK	1		28		
Zinc, Zn mg	3.61		0	PAK	1		3.07		
Copper, Cu mg	0.047		0	PAK	1		0.040		
Manganese, Mn mg	0.003		0	PAK	1		0.003		
Selenium, Se µg	3.1		0	PAK	1		2.6		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0		
Thiamin mg	0.035		0	PAK	1		0.030		
Riboflavin mg	0.069		0	PAK	1		0.059		
Niacin mg	1.974		0	PAK	1		1.678		
Pantothenic acid mg	0.037		0	PAK	1		0.032		
Vitamin B-6 mg	0.084		0	PAK	1		0.071		
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.94		0	PAK	1		0.80		
Vitamin A, RAE µg	10		0	PAK	1		8		
Vitamin A, IU IU	32		0	PAK	1		27		
Lycopene µg	0		0	PIK	4		0		
Lutein + zeaxanthin µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol) mg	0.43		0	PAK	1		0.36		
Vitamin E, added mg	0.00		0	PIK	4		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.3		0	PAK	1		0.2		
Vitamin D IU	10		0	PAK	1		9		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	15.494		0	PIK	4		13.170		
4:0 g	0.000		0	PIK	4		0.000		
6:0 g	0.000		0	PIK	4		0.000		
8:0 g	0.000		0	PAK	1		0.000		
10:0 g	0.014		0	PAK	1		0.012		

NDB No. 23448

Beef, New Zealand, imported, brisket navel end, separable lean and fat, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.035		0	PAK	1		0.030		
13:0 g									
14:0 g	1.018		0	PAK	1		0.865		
15:0 g									
16:0 g	7.977		0	PAK	1		6.780		
17:0 g	0.531		0	PAK	1		0.452		
18:0 g	5.862		0	PAK	1		4.983		
20:0 g	0.037		0	PAK	1		0.031		
22:0 g	0.020		0	PAK	1		0.017		
24:0 g	0.000		0	PAK	1		0.000		
Fatty acids, total monounsaturated g	14.391		0	PIK	4		12.232		
14:1 g	0.283		0	PAK	1		0.241		
15:1 g	0.000		0	PAK	1		0.000		
16:1 undifferentiated g	1.270		0	PAK	1		1.080		
16:1 c g	1.204		0	PAK	1		1.023		
16:1 t g	0.066		0	PAK	1		0.056		
17:1 g	0.000		0	PAK	1		0.000		
18:1 undifferentiated g	12.804		0	PAK	1		10.884		
18:1 c g	11.627		0	PAK	1		9.883		
18:1 t g	1.177		0	PAK	1		1.000		
18:1-11 t (18:1t n-7) g									
20:1 g	0.033		0	PAK	1		0.028		
22:1 undifferentiated g	0.000		0	PAK	1		0.000		
22:1 c g	0.000		0	PAK	1		0.000		
22:1 t g									
24:1 c g	0.000		0	PAK	1		0.000		
Fatty acids, total polyunsaturated g	0.990		0	PIK	4		0.841		
18:2 undifferentiated g	0.645		0	PAK	1		0.549		
18:2 n-6 c,c g	0.271		0	PAK	1		0.230		
18:2 CLAs g	0.360		0	PAK	1		0.306		
18:2 t,t g	0.014		0	PAK	1		0.012		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.265		0	PAK	1		0.225		
18:3 n-3 c,c,c (ALA) g	0.265		0	PAK	1		0.225		
18:3 n-6 c,c,c g	0.000		0	PAK	1		0.000		
18:3i g									
18:4 g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c g	0.000		0	PAK	1		0.000		
20:3 undifferentiated g	0.009		0	PAK	1		0.008		
20:3 n-3 g	0.000		0	PAK	1		0.000		
20:3 n-6 g	0.009		0	PAK	1		0.008		
20:4 undifferentiated g	0.017		0	PAK	1		0.015		
20:4 n-6 g	0.017		0	PAK	1		0.015		
20:5 n-3 (EPA) g	0.009		0	PAK	1		0.008		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.036		0	PAK	1		0.030		
22:6 n-3 (DHA) g	0.000		0	PAK	1		0.000		
Fatty acids, total trans g	1.258		0	PIK	4		1.069		
Fatty acids, total trans-monoenoic g	1.243		0	PIK	4		1.057		
Fatty acids, total trans-polyenoic g	0.014		0	PIK	4		0.012		
Cholesterol mg	72		0	PAK	1		61		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.211		0	PAK	1		0.179		
Threonine g	0.729		0	PAK	1		0.620		
Isoleucine g	0.837		0	PAK	1		0.712		
Leucine g	1.519		0	PAK	1		1.291		
Lysine g	1.594		0	PAK	1		1.355		
Methionine g	0.662		0	PAK	1		0.563		
Cystine g									
Phenylalanine g	0.783		0	PAK	1		0.666		

NDB No. 23448

Beef, New Zealand, imported, brisket navel end, separable lean and fat, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tyrosine....g	0.678		0	PAK	1		0.576		
Valine....g	0.889		0	PAK	1		0.756		
Arginine....g	1.325		0	PAK	1		1.126		
Histidine....g	0.726		0	PAK	1		0.617		
Alanine....g	1.048		0	PAK	1		0.891		
Aspartic acid....g									
Glutamic acid....g	2.808		0	PAK	1		2.387		
Glycine....g	1.097		0	PAK	1		0.932		
Proline....g	0.646		0	PAK	1		0.549		
Serine....g	0.708		0	PAK	1		0.602		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0		
Caffeine....mg	0		0	PIK	4		0		
Theobromine....mg	0		0	PIK	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23449

Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	53.33		0	PAK	1		60.80		
Energy kcal	345		0	NC	4		393		
Energy kJ	1442		0	NC	4		1644		
Protein g	15.81		0	PAK	1		18.02		
Total lipid (fat) g	31.27		0	PAK	1		35.65		
Ash g	0.61		0	PAK	1		0.69		
Carbohydrate, by difference g	0.00		0	PIK	4		0.00		
Fiber, total dietary g	0.0		0	PIK	4		0.0		
Sugars, total g	0.00		0	PIK	4		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	9		0	PAK	1		10		
Iron, Fe mg	1.11		0	PAK	1		1.27		
Magnesium, Mg mg	13		0	PAK	1		15		
Phosphorus, P mg	118		0	PAK	1		135		
Potassium, K mg	223		0	PAK	1		255		
Sodium, Na mg	54		0	PAK	1		62		
Zinc, Zn mg	2.66		0	PAK	1		3.03		
Copper, Cu mg	0.037		0	PAK	1		0.042		
Manganese, Mn mg	0.003		0	PAK	1		0.003		
Selenium, Se µg	2.5		0	PAK	1		2.8		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0		
Thiamin mg	0.056		0	PAK	1		0.064		
Riboflavin mg	0.076		0	PAK	1		0.087		
Niacin mg	2.683		0	PAK	1		3.058		
Pantothenic acid mg	0.255		0	PAK	1		0.291		
Vitamin B-6 mg	0.177		0	PAK	1		0.202		
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	1.38		0	PAK	1		1.57		
Vitamin A, RAE µg	9		0	PAK	1		10		
Vitamin A, IU IU	29		0	PAK	1		33		
Lycopene µg	0		0	PIK	4		0		
Lutein + zeaxanthin µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol) mg	0.29		0	PAK	1		0.33		
Vitamin E, added mg	0.00		0	PIK	4		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	PAK	1		0.2		
Vitamin D IU	8		0	PAK	1		9		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	12.915		0	PIK	4		14.723		
4:0 g	0.000		0	PIK	4		0.000		
6:0 g	0.000		0	PIK	4		0.000		
8:0 g	0.000		0	PIK	4		0.000		
10:0 g	0.015		0	PAK	1		0.017		

NDB No. 23449

Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.021		0	PAK	1		0.024		
13:0 g									
14:0 g	0.777		0	PAK	1		0.885		
15:0 g									
16:0 g	6.229		0	PAK	1		7.102		
17:0 g	0.446		0	PAK	1		0.508		
18:0 g	5.369		0	PAK	1		6.120		
20:0 g	0.044		0	PAK	1		0.050		
22:0 g	0.016		0	PAK	1		0.018		
24:0 g	0.000		0	PAK	1		0.000		
Fatty acids, total monounsaturated g	10.892		0	PIK	4		12.417		
14:1 g	0.193		0	PAK	1		0.220		
15:1 g	0.000		0	PAK	1		0.000		
16:1 undifferentiated g	0.910		0	PAK	1		1.037		
16:1 c g	0.858		0	PAK	1		0.978		
16:1 t g	0.052		0	PAK	1		0.059		
17:1 g	0.000		0	PAK	1		0.000		
18:1 undifferentiated g	9.760		0	PAK	1		11.126		
18:1 c g	8.848		0	PAK	1		10.087		
18:1 t g	0.911		0	PAK	1		1.039		
18:1-11 t (18:1t n-7) g									
20:1 g	0.030		0	PAK	1		0.034		
22:1 undifferentiated g	0.000		0	PAK	1		0.000		
22:1 c g	0.000		0	PAK	1		0.000		
22:1 t g									
24:1 c g	0.000		0	PAK	1		0.000		
Fatty acids, total polyunsaturated g	0.766		0	PIK	4		0.873		
18:2 undifferentiated g	0.499		0	PAK	1		0.569		
18:2 n-6 c,c g	0.225		0	PAK	1		0.257		
18:2 CLAs g	0.261		0	PAK	1		0.297		
18:2 t,t g	0.013		0	PAK	1		0.015		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.211		0	PAK	1		0.241		
18:3 n-3 c,c,c (ALA) g	0.211		0	PAK	1		0.241		
18:3 n-6 c,c,c g	0.000		0	PAK	1		0.000		
18:3i g									
18:4 g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c g	0.000		0	PAK	1		0.000		
20:3 undifferentiated g	0.005		0	PAK	1		0.006		
20:3 n-3 g	0.000		0	PAK	1		0.000		
20:3 n-6 g	0.005		0	PAK	1		0.006		
20:4 undifferentiated g	0.010		0	PAK	1		0.012		
20:4 n-6 g	0.010		0	PAK	1		0.012		
20:5 n-3 (EPA) g	0.007		0	PAK	1		0.008		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.027		0	PAK	1		0.031		
22:6 n-3 (DHA) g	0.000		0	PAK	1		0.000		
Fatty acids, total trans g	0.977		0	PIK	4		1.113		
Fatty acids, total trans-monoenoic g	0.963		0	PIK	4		1.098		
Fatty acids, total trans-polyenoic g	0.013		0	PIK	4		0.015		
Cholesterol mg	62		0	PAK	1		71		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.166		0	PAK	1		0.189		
Threonine g	0.572		0	PAK	1		0.653		
Isoleucine g	0.657		0	PAK	1		0.749		
Leucine g	1.193		0	PAK	1		1.360		
Lysine g	1.252		0	PAK	1		1.427		
Methionine g	0.520		0	PAK	1		0.593		
Cystine g									
Phenylalanine g	0.615		0	PAK	1		0.701		

NDB No. 23449

Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tyrosine....g	0.532		0	PAK	1		0.606		
Valine....g	0.698		0	PAK	1		0.795		
Arginine....g	1.040		0	PAK	1		1.186		
Histidine....g	0.570		0	PAK	1		0.649		
Alanine....g	0.823		0	PAK	1		0.938		
Aspartic acid....g									
Glutamic acid....g	2.205		0	PAK	1		2.513		
Glycine....g	0.861		0	PAK	1		0.982		
Proline....g	0.507		0	PAK	1		0.578		
Serine....g	0.556		0	PAK	1		0.634		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0		
Caffeine....mg	0		0	PIK	4		0		
Theobromine....mg	0		0	PIK	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 114g: 4 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23399

Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised

Refuse: 29% Separable fat 29%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	54.88		1	A	1		46.64		
Energy kcal	265		0	NC	4		225		
Energy kJ	1108		0	NC	4		942		
Protein (N x 6.25) g	29.35		1	A	1		24.95		
Total lipid (fat) g	16.37		1	A	1		13.91		
Ash g	0.93		1	A	1		0.79		
Carbohydrate, by difference g	0.00		0	NC	4		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	7		1	A	1		6		
Iron, Fe mg	1.84		1	A	1		1.56		
Magnesium, Mg mg	14		1	A	1		12		
Phosphorus, P mg	113		1	A	1		96		
Potassium, K mg	142		1	A	1		121		
Sodium, Na mg	39		1	A	1		34		
Zinc, Zn mg	5.76		1	A	1		4.90		
Copper, Cu mg	0.068		1	A	1		0.058		
Manganese, Mn mg	0.004		1	A	1		0.003		
Selenium, Se µg	3.6		1	A	1		3.1		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.017		1	A	1		0.014		
Riboflavin mg	0.093		1	A	1		0.079		
Niacin mg	2.450		1	A	1		2.082		
Pantothenic acid mg	0.000		1	A	1		0.000		
Vitamin B-6 mg	0.102		1	A	1		0.087		
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	1.34		1	A	1		1.14		
Vitamin A, RAE µg	16		0	AS	1		14		
Vitamin A, IU IU	53		0	AS	1		45		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.71		1	A	1		0.61		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	AS	1		0.2		
Vitamin D IU	9		1	A	1		7		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	5.527		0	NC	4		4.698		
4:0 g	0.000		0	Z	7		0.000		
6:0 g	0.000		0	Z	7		0.000		
8:0 g	0.000		1	A	1		0.000		
10:0 g	0.006		1	A	1		0.005		

NDB No. 23399

Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.018		1	A	1		0.016		
13:0 g									
14:0 g	0.395		1	A	1		0.336		
15:0 g									
16:0 g	3.276		1	A	1		2.784		
17:0 g	0.195		1	A	1		0.165		
18:0 g	1.630		1	A	1		1.386		
20:0 g	0.008		1	A	1		0.006		
22:0 g	0.000		1	A	1		0.000		
24:0 g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated g	6.997		0	NC	4		5.948		
14:1 g	0.177		1	A	1		0.151		
15:1 g	0.000		1	A	1		0.000		
16:1 undifferentiated g	0.776		0	AS	1		0.660		
16:1 c g	0.714		1	A	1		0.607		
16:1 t g	0.062		1	A	1		0.053		
17:1 g	0.000		1	A	1		0.000		
18:1 undifferentiated g	6.022		0	AS	1		5.118		
18:1 c g	5.799		1	A	1		4.929		
18:1 t g	0.223		1	A	1		0.189		
18:1-11 t (18:1t n-7) g									
20:1 g	0.022		1	A	1		0.019		
22:1 undifferentiated g	0.000		0	AS	1		0.000		
22:1 c g	0.000		1	A	1		0.000		
22:1 t g									
24:1 c g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated g	0.509		0	NC	4		0.433		
18:2 undifferentiated g	0.301		0	AS	1		0.256		
18:2 n-6 c,c g	0.164		1	A	1		0.139		
18:2 CLAs g	0.137		1	A	1		0.117		
18:2 t,t g	0.000		1	A	1		0.000		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.100		0	AS	1		0.085		
18:3 n-3 c,c,c (ALA) g	0.100		1	A	1		0.085		
18:3 n-6 c,c,c g	0.000		1	A	1		0.000		
18:3i g									
18:4 g	0.000		0	Z	7		0.000		
20:2 n-6 c,c g	0.000		1	A	1		0.000		
20:3 undifferentiated g	0.015		0	AS	1		0.013		
20:3 n-3 g	0.000		1	A	1		0.000		
20:3 n-6 g	0.015		1	A	1		0.013		
20:4 undifferentiated g	0.029		0	AS	1		0.024		
20:4 n-6 g	0.029		1	A	1		0.024		
20:5 n-3 (EPA) g	0.016		1	A	1		0.013		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.035		1	A	1		0.030		
22:6 n-3 (DHA) g	0.000		1	A	1		0.000		
Fatty acids, total trans g	0.285		0	NC	4		0.242		
Fatty acids, total trans-monoenoic g	0.285		0	NC	4		0.242		
Fatty acids, total trans-polyenoic g	0.000		0	NC	4		0.000		
Cholesterol mg	79		1	A	1		67		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.307		0	A	1		0.261		
Threonine g	1.063		0	A	1		0.903		
Isoleucine g	1.220		0	A	1		1.037		
Leucine g	2.214		0	A	1		1.882		
Lysine g	2.323		0	A	1		1.975		
Methionine g	0.965		0	A	1		0.820		
Cystine g									
Phenylalanine g	1.141		0	A	1		0.970		

NDB No. 23399

Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tyrosine....g	0.987		0	A	1		0.839		
Valine....g	1.295		0	A	1		1.101		
Arginine....g	1.930		0	A	1		1.641		
Histidine....g	1.057		0	A	1		0.899		
Alanine....g	1.527		0	A	1		1.298		
Aspartic acid....g									
Glutamic acid....g	4.093		0	A	1		3.479		
Glycine....g	1.598		0	A	1		1.359		
Proline....g	0.942		0	A	1		0.801		
Serine....g	1.032		0	A	1		0.877		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23401
Beef, New Zealand, imported, brisket navel end, separable lean only, raw

Refuse: 27% Separable fat 27%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	67.95		1	A	1		77.46		
Energy kcal	194		0	NC	4		221		
Energy kJ	810		0	NC	4		923		
Protein (N x 6.25) g	19.74		1	A	1		22.50		
Total lipid (fat) g	12.75		1	A	1		14.53		
Ash g	0.84		1	A	1		0.95		
Carbohydrate, by difference g	0.00		0	NC	4		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	5		1	A	1		5		
Iron, Fe mg	1.40		1	A	1		1.59		
Magnesium, Mg mg	17		1	A	1		19		
Phosphorus, P mg	148		1	A	1		169		
Potassium, K mg	277		1	A	1		316		
Sodium, Na mg	66		1	A	1		76		
Zinc, Zn mg	3.64		1	A	1		4.15		
Copper, Cu mg	0.048		1	A	1		0.055		
Manganese, Mn mg	0.004		1	A	1		0.004		
Selenium, Se µg	2.6		1	A	1		3.0		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.034		1	A	1		0.038		
Riboflavin mg	0.100		1	A	1		0.113		
Niacin mg	3.578		1	A	1		4.079		
Pantothenic acid mg	0.325		1	A	1		0.371		
Vitamin B-6 mg	0.237		1	A	1		0.270		
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	1.97		1	A	1		2.24		
Vitamin A, RAE µg	13		0	AS	1		15		
Vitamin A, IU IU	43		0	AS	1		49		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.43		1	A	1		0.49		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	AS	1		0.2		
Vitamin D IU	6		1	A	1		7		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	4.351		0	NC	4		4.960		
4:0 g	0.000		0	Z	7		0.000		
6:0 g	0.000		0	Z	7		0.000		
8:0 g	0.000		1	A	1		0.000		
10:0 g	0.007		1	A	1		0.008		

NDB No. 23401

Beef, New Zealand, imported, brisket navel end, separable lean only, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.007		1	A	1		0.008		
13:0 g									
14:0 g	0.312		1	A	1		0.355		
15:0 g									
16:0 g	2.659		1	A	1		3.032		
17:0 g	0.140		1	A	1		0.160		
18:0 g	1.216		1	A	1		1.386		
20:0 g	0.010		1	A	1		0.011		
22:0 g	0.000		1	A	1		0.000		
24:0 g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated g	5.484		0	NC	4		6.252		
14:1 g	0.143		1	A	1		0.162		
15:1 g	0.000		1	A	1		0.000		
16:1 undifferentiated g	0.615		0	AS	1		0.701		
16:1 c g	0.572		1	A	1		0.652		
16:1 t g	0.043		1	A	1		0.049		
17:1 g	0.000		1	A	1		0.000		
18:1 undifferentiated g	4.705		0	AS	1		5.364		
18:1 c g	4.509		1	A	1		5.140		
18:1 t g	0.196		1	A	1		0.224		
18:1-11 t (18:1t n-7) g									
20:1 g	0.021		1	A	1		0.024		
22:1 undifferentiated g	0.000		0	AS	1		0.000		
22:1 c g	0.000		1	A	1		0.000		
22:1 t g									
24:1 c g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated g	0.385		0	NC	4		0.439		
18:2 undifferentiated g	0.249		0	AS	1		0.283		
18:2 n-6 c,c g	0.132		1	A	1		0.150		
18:2 CLAs g	0.117		1	A	1		0.133		
18:2 t,t g	0.000		1	A	1		0.000		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.076		0	AS	1		0.087		
18:3 n-3 c,c,c (ALA) g	0.076		1	A	1		0.087		
18:3 n-6 c,c,c g	0.000		1	A	1		0.000		
18:3i g									
18:4 g	0.000		0	Z	7		0.000		
20:2 n-6 c,c g	0.000		1	A	1		0.000		
20:3 undifferentiated g	0.008		0	AS	1		0.009		
20:3 n-3 g	0.000		1	A	1		0.000		
20:3 n-6 g	0.008		1	A	1		0.009		
20:4 undifferentiated g	0.015		0	AS	1		0.017		
20:4 n-6 g	0.015		1	A	1		0.017		
20:5 n-3 (EPA) g	0.010		1	A	1		0.012		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.018		1	A	1		0.021		
22:6 n-3 (DHA) g	0.000		1	A	1		0.000		
Fatty acids, total trans g	0.240		0	NC	4		0.273		
Fatty acids, total trans-monoenoic g	0.240		0	NC	4		0.273		
Fatty acids, total trans-polyenoic g	0.000		0	NC	4		0.000		
Cholesterol mg	53		1	A	1		60		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.207		0	A	1		0.236		
Threonine g	0.715		0	A	1		0.815		
Isoleucine g	0.821		0	A	1		0.936		
Leucine g	1.489		0	A	1		1.698		
Lysine g	1.563		0	A	1		1.782		
Methionine g	0.649		0	A	1		0.740		
Cystine g									
Phenylalanine g	0.768		0	A	1		0.875		

NDB No. 23401

Beef, New Zealand, imported, brisket navel end, separable lean only, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tyrosine....g	0.664		0	A	1		0.757		
Valine....g	0.871		0	A	1		0.993		
Arginine....g	1.299		0	A	1		1.480		
Histidine....g	0.711		0	A	1		0.811		
Alanine....g	1.027		0	A	1		1.171		
Aspartic acid....g									
Glutamic acid....g	2.753		0	A	1		3.138		
Glycine....g	1.075		0	A	1		1.226		
Proline....g	0.634		0	A	1		0.722		
Serine....g	0.694		0	A	1		0.791		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 114g: 4 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23450

Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	54.66		0	PAK	1		46.47		
Energy kcal	250		0	NC	4		213		
Energy kJ	1047		0	NC	4		890		
Protein g	31.94		0	PAK	1		27.15		
Total lipid (fat) g	13.60		0	PAK	1		11.56		
Ash g	0.78		0	PAK	1		0.66		
Carbohydrate, by difference g	0.00		0	PIK	4		0.00		
Fiber, total dietary g	0.0		0	PIK	4		0.0		
Sugars, total g	0.00		0	PIK	4		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	7		0	PAK	1		6		
Iron, Fe mg	2.57		0	PAK	1		2.18		
Magnesium, Mg mg	18		0	PAK	1		16		
Phosphorus, P mg	158		0	PAK	1		134		
Potassium, K mg	173		0	PAK	1		147		
Sodium, Na mg	29		0	PAK	1		25		
Zinc, Zn mg	4.73		0	PAK	1		4.02		
Copper, Cu mg	0.104		0	PAK	1		0.089		
Manganese, Mn mg	0.012		0	PAK	1		0.010		
Selenium, Se µg	5.0		0	PAK	1		4.3		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0		
Thiamin mg	0.020		0	PAK	1		0.017		
Riboflavin mg	0.109		0	PAK	1		0.093		
Niacin mg	3.282		0	PAK	1		2.789		
Pantothenic acid mg	0.008		0	PAK	1		0.007		
Vitamin B-6 mg	0.182		0	PAK	1		0.155		
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	1.10		0	PAK	1		0.93		
Vitamin A, RAE µg	11		0	PAK	1		10		
Vitamin A, IU IU	37		0	PAK	1		32		
Lycopene µg	0		0	PIK	4		0		
Lutein + zeaxanthin µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol) mg	0.77		0	PAK	1		0.66		
Vitamin E, added mg	0.00		0	PIK	4		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	PAK	1		0.2		
Vitamin D IU	7		0	PAK	1		6		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	4.796		0	PIK	4		4.077		
4:0 g	0.000		0	PIK	4		0.000		
6:0 g	0.000		0	PIK	4		0.000		
8:0 g	0.000		0	PAK	1		0.000		
10:0 g	0.006		0	PAK	1		0.005		

NDB No. 23450

Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.009		0	PAK	1		0.007		
13:0 g									
14:0 g	0.305		0	PAK	1		0.259		
15:0 g									
16:0 g	2.589		0	PAK	1		2.201		
17:0 g	0.165		0	PAK	1		0.140		
18:0 g	1.701		0	PAK	1		1.446		
20:0 g	0.012		0	PAK	1		0.010		
22:0 g	0.007		0	PAK	1		0.006		
24:0 g	0.002		0	PAK	1		0.002		
Fatty acids, total monounsaturated g	5.031		0	PIK	4		4.277		
14:1 g	0.096		0	PAK	1		0.082		
15:1 g	0.004		0	PAK	1		0.004		
16:1 undifferentiated g	0.485		0	PAK	1		0.412		
16:1 c g	0.457		0	PAK	1		0.389		
16:1 t g	0.027		0	PAK	1		0.023		
17:1 g	0.000		0	PAK	1		0.000		
18:1 undifferentiated g	4.425		0	PAK	1		3.761		
18:1 c g	4.118		0	PAK	1		3.500		
18:1 t g	0.307		0	PAK	1		0.261		
18:1-11 t (18:1t n-7) g									
20:1 g	0.018		0	PAK	1		0.016		
22:1 undifferentiated g	0.000		0	PAK	1		0.000		
22:1 c g	0.000		0	PAK	1		0.000		
22:1 t g									
24:1 c g	0.003		0	PAK	1		0.002		
Fatty acids, total polyunsaturated g	0.551		0	PIK	4		0.468		
18:2 undifferentiated g	0.276		0	PAK	1		0.234		
18:2 n-6 c,c g	0.167		0	PAK	1		0.142		
18:2 CLAs g	0.106		0	PAK	1		0.090		
18:2 t,t g	0.003		0	PAK	1		0.003		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.117		0	PAK	1		0.100		
18:3 n-3 c,c,c (ALA) g	0.113		0	PAK	1		0.096		
18:3 n-6 c,c,c g	0.004		0	PAK	1		0.003		
18:3i g									
18:4 g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c g	0.003		0	PAK	1		0.003		
20:3 undifferentiated g	0.016		0	PAK	1		0.014		
20:3 n-3 g	0.002		0	PAK	1		0.002		
20:3 n-6 g	0.014		0	PAK	1		0.012		
20:4 undifferentiated g	0.052		0	PAK	1		0.044		
20:4 n-6 g	0.052		0	PAK	1		0.044		
20:5 n-3 (EPA) g	0.028		0	PAK	1		0.024		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.045		0	PAK	1		0.038		
22:6 n-3 (DHA) g	0.003		0	PAK	1		0.003		
Fatty acids, total trans g	0.338		0	PIK	4		0.287		
Fatty acids, total trans-monoenoic g	0.334		0	PIK	4		0.284		
Fatty acids, total trans-polyenoic g	0.003		0	PIK	4		0.003		
Cholesterol mg	92		0	PAK	1		78		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.335		0	PAK	1		0.284		
Threonine g	1.156		0	PAK	1		0.983		
Isoleucine g	1.328		0	PAK	1		1.129		
Leucine g	2.409		0	PAK	1		2.048		
Lysine g	2.528		0	PAK	1		2.149		
Methionine g	1.050		0	PAK	1		0.893		
Cystine g									
Phenylalanine g	1.242		0	PAK	1		1.055		

NDB No. 23450

Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tyrosine....g	1.074		0	PAK	1		0.913		
Valine....g	1.410		0	PAK	1		1.198		
Arginine....g	2.101		0	PAK	1		1.786		
Histidine....g	1.151		0	PAK	1		0.978		
Alanine....g	1.662		0	PAK	1		1.413		
Aspartic acid....g									
Glutamic acid....g	4.454		0	PAK	1		3.786		
Glycine....g	1.739		0	PAK	1		1.479		
Proline....g	1.025		0	PAK	1		0.871		
Serine....g	1.123		0	PAK	1		0.954		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0		
Caffeine....mg	0		0	PIK	4		0		
Theobromine....mg	0		0	PIK	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23451

Beef, New Zealand, imported, brisket point end, separable lean and fat, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	70.11		0	PAK	1		79.92		
Energy kcal	163		0	NC	4		186		
Energy kJ	683		0	NC	4		779		
Protein g	20.05		0	PAK	1		22.86		
Total lipid (fat) g	9.23		0	PAK	1		10.52		
Ash g	0.90		0	PAK	1		1.02		
Carbohydrate, by difference g	0.00		0	PIK	4		0.00		
Fiber, total dietary g	0.0		0	PIK	4		0.0		
Sugars, total g	0.00		0	PIK	4		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	5		0	PAK	1		5		
Iron, Fe mg	1.94		0	PAK	1		2.21		
Magnesium, Mg mg	20		0	PAK	1		23		
Phosphorus, P mg	179		0	PAK	1		204		
Potassium, K mg	306		0	PAK	1		349		
Sodium, Na mg	49		0	PAK	1		56		
Zinc, Zn mg	2.51		0	PAK	1		2.86		
Copper, Cu mg	0.095		0	PAK	1		0.109		
Manganese, Mn mg	0.010		0	PAK	1		0.011		
Selenium, Se µg	2.6		0	PAK	1		3.0		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0		
Thiamin mg	0.041		0	PAK	1		0.047		
Riboflavin mg	0.050		0	PAK	1		0.057		
Niacin mg	4.089		0	PAK	1		4.662		
Pantothenic acid mg	0.256		0	PAK	1		0.292		
Vitamin B-6 mg	0.303		0	PAK	1		0.346		
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	1.31		0	PAK	1		1.49		
Vitamin A, RAE µg	8		0	PAK	1		9		
Vitamin A, IU IU	26		0	PAK	1		30		
Lycopene µg	0		0	PIK	4		0		
Lutein + zeaxanthin µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol) mg	0.44		0	PAK	1		0.51		
Vitamin E, added mg	0.00		0	PIK	4		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	PAK	1		0.2		
Vitamin D IU	5		0	PAK	1		6		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	3.685		0	PIK	4		4.201		
4:0 g	0.000		0	PIK	4		0.000		
6:0 g	0.000		0	PIK	4		0.000		
8:0 g	0.000		0	PIK	4		0.000		
10:0 g	0.004		0	PAK	1		0.005		

NDB No. 23451

Beef, New Zealand, imported, brisket point end, separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.006		0	PAK	1		0.007		
13:0 g									
14:0 g	0.223		0	PAK	1		0.254		
15:0 g									
16:0 g	1.917		0	PAK	1		2.185		
17:0 g	0.127		0	PAK	1		0.145		
18:0 g	1.392		0	PAK	1		1.587		
20:0 g	0.010		0	PAK	1		0.012		
22:0 g	0.004		0	PAK	1		0.005		
24:0 g	0.001		0	PAK	1		0.001		
Fatty acids, total monounsaturated g	3.768		0	PIK	4		4.295		
14:1 g	0.061		0	PAK	1		0.070		
15:1 g	0.003		0	PAK	1		0.003		
16:1 undifferentiated g	0.342		0	PAK	1		0.390		
17:1 g	0.000		0	PAK	1		0.000		
18:1 undifferentiated g	3.346		0	PAK	1		3.814		
20:1 g	0.013		0	PAK	1		0.015		
22:1 undifferentiated g	0.000		0	PAK	1		0.000		
24:1 c g	0.002		0	PAK	1		0.002		
Fatty acids, total polyunsaturated g	0.359		0	PIK	4		0.409		
18:2 undifferentiated g	0.185		0	PAK	1		0.211		
18:3 undifferentiated g	0.081		0	PAK	1		0.092		
18:4 g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c g	0.002		0	PAK	1		0.002		
20:3 undifferentiated g	0.010		0	PAK	1		0.012		
20:4 undifferentiated g	0.030		0	PAK	1		0.034		
20:5 n-3 (EPA) g	0.016		0	PAK	1		0.018		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.028		0	PAK	1		0.032		
22:6 n-3 (DHA) g	0.002		0	PAK	1		0.002		
Fatty acids, total trans g	0.251		0	PIK	4		0.287		
Cholesterol mg	55		0	PAK	1		62		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.210		0	PAK	1		0.239		
Threonine g	0.726		0	PAK	1		0.828		
Isoleucine g	0.834		0	PAK	1		0.950		
Leucine g	1.513		0	PAK	1		1.725		
Lysine g	1.587		0	PAK	1		1.810		
Methionine g	0.659		0	PAK	1		0.752		
Cystine g									
Phenylalanine g	0.780		0	PAK	1		0.889		
Tyrosine g	0.675		0	PAK	1		0.769		
Valine g	0.885		0	PAK	1		1.009		
Arginine g	1.319		0	PAK	1		1.504		
Histidine g	0.722		0	PAK	1		0.824		
Alanine g	1.043		0	PAK	1		1.190		
Aspartic acid g									
Glutamic acid g	2.796		0	PAK	1		3.188		
Glycine g	1.092		0	PAK	1		1.245		
Proline g	0.644		0	PAK	1		0.734		
Serine g	0.705		0	PAK	1		0.804		
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	PIK	4		0.0		
Caffeine mg	0		0	PIK	4		0		
Theobromine mg	0		0	PIK	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23451

Beef, New Zealand, imported, brisket point end, separable lean and fat, raw

Common Measures:

Measure 1 = 114g: 4 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23402

Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised

Refuse: 8% Separable fat 8%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	58.64		1	A	1		49.84		
Energy kcal	202		0	NC	4		171		
Energy kJ	843		0	NC	4		717		
Protein (N x 6.25) g	34.51		1	A	1		29.33		
Total lipid (fat) g	7.05		1	A	1		5.99		
Ash g	0.83		1	A	1		0.70		
Carbohydrate, by difference g	0.00		0	NC	4		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	6		1	A	1		5		
Iron, Fe mg	2.78		1	A	1		2.36		
Magnesium, Mg mg	20		1	A	1		17		
Phosphorus, P mg	167		1	A	1		142		
Potassium, K mg	178		1	A	1		151		
Sodium, Na mg	30		1	A	1		25		
Zinc, Zn mg	5.16		1	A	1		4.39		
Copper, Cu mg	0.113		1	A	1		0.096		
Manganese, Mn mg	0.013		1	A	1		0.011		
Selenium, Se µg	5.3		1	A	1		4.5		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.015		1	A	1		0.013		
Riboflavin mg	0.117		1	A	1		0.099		
Niacin mg	3.485		1	A	1		2.962		
Pantothenic acid mg	0.000		1	A	1		0.000		
Vitamin B-6 mg	0.195		1	A	1		0.166		
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	1.18		1	A	1		1.00		
Vitamin A, RAE µg	12		0	AS	1		10		
Vitamin A, IU IU	41		0	AS	1		35		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.85		1	A	1		0.72		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	AS	1		0.1		
Vitamin D IU	7		1	A	1		6		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	2.220		0	NC	4		1.887		
4:0 g	0.000		0	Z	7		0.000		
6:0 g	0.000		0	Z	7		0.000		
8:0 g	0.000		1	A	1		0.000		
10:0 g	0.004		1	A	1		0.004		

NDB No. 23402

Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.004		1	A	1		0.003		
13:0 g									
14:0 g	0.139		1	A	1		0.118		
15:0 g									
16:0 g	1.339		1	A	1		1.138		
17:0 g	0.078		1	A	1		0.066		
18:0 g	0.646		1	A	1		0.549		
20:0 g	0.005		1	A	1		0.004		
22:0 g	0.003		1	A	1		0.002		
24:0 g	0.002		1	A	1		0.002		
Fatty acids, total monounsaturated g	2.976		0	NC	4		2.529		
14:1 g	0.062		1	A	1		0.052		
15:1 g	0.005		1	A	1		0.004		
16:1 undifferentiated g	0.331		0	AS	1		0.281		
16:1 c g	0.308		1	A	1		0.262		
16:1 t g	0.023		1	A	1		0.019		
17:1 g	0.000		1	A	1		0.000		
18:1 undifferentiated g	2.560		0	AS	1		2.176		
18:1 c g	2.484		1	A	1		2.112		
18:1 t g	0.076		1	A	1		0.065		
18:1-11 t (18:1t n-7) g									
20:1 g	0.015		1	A	1		0.013		
22:1 undifferentiated g	0.000		0	AS	1		0.000		
22:1 c g	0.000		1	A	1		0.000		
22:1 t g									
24:1 c g	0.003		1	A	1		0.002		
Fatty acids, total polyunsaturated g	0.435		0	NC	4		0.369		
18:2 undifferentiated g	0.187		0	AS	1		0.159		
18:2 n-6 c,c g	0.140		1	A	1		0.119		
18:2 CLAs g	0.047		1	A	1		0.040		
18:2 t,t g	0.000		1	A	1		0.000		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.078		0	AS	1		0.066		
18:3 n-3 c,c,c (ALA) g	0.073		1	A	1		0.062		
18:3 n-6 c,c,c g	0.004		1	A	1		0.004		
18:3i g									
18:4 g	0.000		0	Z	7		0.000		
20:2 n-6 c,c g	0.004		1	A	1		0.003		
20:3 undifferentiated g	0.018		0	AS	1		0.015		
20:3 n-3 g	0.003		1	A	1		0.002		
20:3 n-6 g	0.015		1	A	1		0.013		
20:4 undifferentiated g	0.057		0	AS	1		0.049		
20:4 n-6 g	0.057		1	A	1		0.049		
20:5 n-3 (EPA) g	0.031		1	A	1		0.027		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.046		1	A	1		0.039		
22:6 n-3 (DHA) g	0.004		1	A	1		0.003		
Fatty acids, total trans g	0.099		0	NC	4		0.084		
Fatty acids, total trans-monoenoic g	0.099		0	NC	4		0.084		
Fatty acids, total trans-polyenoic g	0.000		0	NC	4		0.000		
Cholesterol mg	95		1	A	1		81		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.362		0	A	1		0.307		
Threonine g	1.250		0	A	1		1.062		
Isoleucine g	1.435		0	A	1		1.220		
Leucine g	2.604		0	A	1		2.213		
Lysine g	2.732		0	A	1		2.322		
Methionine g	1.135		0	A	1		0.965		
Cystine g									
Phenylalanine g	1.342		0	A	1		1.140		

NDB No. 23402

Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tyrosine....g	1.161		0	A	1		0.987		
Valine....g	1.523		0	A	1		1.295		
Arginine....g	2.270		0	A	1		1.930		
Histidine....g	1.243		0	A	1		1.057		
Alanine....g	1.796		0	A	1		1.527		
Aspartic acid....g									
Glutamic acid....g	4.813		0	A	1		4.091		
Glycine....g	1.880		0	A	1		1.598		
Proline....g	1.108		0	A	1		0.942		
Serine....g	1.213		0	A	1		1.031		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23403

Beef, New Zealand, imported, brisket point end, separable lean only, raw

Refuse: 6% Separable fat 6%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	73.75		1	A	1		84.07		
Energy kcal	125		0	NC	4		143		
Energy kJ	524		0	NC	4		597		
Protein (N x 6.25) g	20.92		1	A	1		23.85		
Total lipid (fat) g	4.62		1	A	1		5.27		
Ash g	0.96		1	A	1		1.09		
Carbohydrate, by difference g	0.00		0	NC	4		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	4		1	A	1		4		
Iron, Fe mg	2.06		1	A	1		2.34		
Magnesium, Mg mg	21		1	A	1		24		
Phosphorus, P mg	189		1	A	1		215		
Potassium, K mg	321		1	A	1		366		
Sodium, Na mg	51		1	A	1		58		
Zinc, Zn mg	2.66		1	A	1		3.03		
Copper, Cu mg	0.102		1	A	1		0.116		
Manganese, Mn mg	0.011		1	A	1		0.012		
Selenium, Se µg	2.7		1	A	1		3.1		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.035		1	A	1		0.040		
Riboflavin mg	0.052		1	A	1		0.059		
Niacin mg	4.335		1	A	1		4.942		
Pantothenic acid mg	0.268		1	A	1		0.305		
Vitamin B-6 mg	0.322		1	A	1		0.367		
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	1.39		1	A	1		1.59		
Vitamin A, RAE µg	9		0	AS	1		10		
Vitamin A, IU IU	28		0	AS	1		32		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.48		1	A	1		0.54		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1		
Vitamin D IU	5		1	A	1		5		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	1.648		0	NC	4		1.879		
4:0 g	0.000		0	Z	7		0.000		
6:0 g	0.000		0	Z	7		0.000		
8:0 g	0.000		1	A	1		0.000		
10:0 g	0.003		1	A	1		0.003		

NDB No. 23403

Beef, New Zealand, imported, brisket point end, separable lean only, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.003		1	A	1		0.003		
13:0 g									
14:0 g	0.099		1	A	1		0.113		
15:0 g									
16:0 g	0.984		1	A	1		1.121		
17:0 g	0.057		1	A	1		0.065		
18:0 g	0.497		1	A	1		0.567		
20:0 g	0.004		1	A	1		0.004		
22:0 g	0.001		1	A	1		0.001		
24:0 g	0.001		1	A	1		0.001		
Fatty acids, total monounsaturated g	2.279		0	NC	4		2.597		
14:1 g	0.038		1	A	1		0.044		
15:1 g	0.003		1	A	1		0.004		
16:1 undifferentiated g	0.235		0	AS	1		0.268		
16:1 c g	0.216		1	A	1		0.247		
16:1 t g	0.018		1	A	1		0.021		
17:1 g	0.000		1	A	1		0.000		
18:1 undifferentiated g	1.989		0	AS	1		2.268		
18:1 c g	1.933		1	A	1		2.204		
18:1 t g	0.056		1	A	1		0.064		
18:1-11 t (18:1t n-7) g									
20:1 g	0.011		1	A	1		0.013		
22:1 undifferentiated g	0.000		0	AS	1		0.000		
22:1 c g	0.000		1	A	1		0.000		
22:1 t g									
24:1 c g	0.002		1	A	1		0.002		
Fatty acids, total polyunsaturated g	0.264		0	NC	4		0.301		
18:2 undifferentiated g	0.117		0	AS	1		0.133		
18:2 n-6 c,c g	0.085		1	A	1		0.097		
18:2 CLAs g	0.032		1	A	1		0.036		
18:2 t,t g	0.000		1	A	1		0.000		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.049		0	AS	1		0.056		
18:3 n-3 c,c,c (ALA) g	0.047		1	A	1		0.053		
18:3 n-6 c,c,c g	0.002		1	A	1		0.003		
18:3i g									
18:4 g	0.000		0	Z	7		0.000		
20:2 n-6 c,c g	0.002		1	A	1		0.002		
20:3 undifferentiated g	0.011		0	AS	1		0.013		
20:3 n-3 g	0.002		1	A	1		0.002		
20:3 n-6 g	0.009		1	A	1		0.010		
20:4 undifferentiated g	0.032		0	AS	1		0.036		
20:4 n-6 g	0.032		1	A	1		0.036		
20:5 n-3 (EPA) g	0.017		1	A	1		0.019		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.028		1	A	1		0.032		
22:6 n-3 (DHA) g	0.002		1	A	1		0.002		
Fatty acids, total trans g	0.074		0	NC	4		0.085		
Fatty acids, total trans-monoenoic g	0.074		0	NC	4		0.085		
Fatty acids, total trans-polyenoic g	0.000		0	NC	4		0.000		
Cholesterol mg	54		1	A	1		61		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.219		0	A	1		0.250		
Threonine g	0.758		0	A	1		0.864		
Isoleucine g	0.870		0	A	1		0.992		
Leucine g	1.579		0	A	1		1.800		
Lysine g	1.656		0	A	1		1.888		
Methionine g	0.688		0	A	1		0.785		
Cystine g									
Phenylalanine g	0.813		0	A	1		0.927		

NDB No. 23403

Beef, New Zealand, imported, brisket point end, separable lean only, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tyrosine....g	0.704		0	A	1		0.802		
Valine....g	0.923		0	A	1		1.053		
Arginine....g	1.376		0	A	1		1.569		
Histidine....g	0.754		0	A	1		0.859		
Alanine....g	1.089		0	A	1		1.241		
Aspartic acid....g									
Glutamic acid....g	2.918		0	A	1		3.326		
Glycine....g	1.140		0	A	1		1.299		
Proline....g	0.672		0	A	1		0.766		
Serine....g	0.736		0	A	1		0.838		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 114g: 4 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23452

Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked, braised

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	55.95		0	PAK	1		47.56		
Energy kcal	252		0	NC	4		214		
Energy kJ	1056		0	NC	4		898		
Protein g	29.92		0	PAK	1		25.43		
Total lipid (fat) g	14.74		0	PAK	1		12.53		
Ash g	0.74		0	PAK	1		0.63		
Carbohydrate, by difference g	0.00		0	PIK	4		0.00		
Fiber, total dietary g	0.0		0	PIK	4		0.0		
Sugars, total g	0.00		0	PIK	4		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	7		0	PAK	1		6		
Iron, Fe mg	2.52		0	PAK	1		2.14		
Magnesium, Mg mg	18		0	PAK	1		15		
Phosphorus, P mg	149		0	PAK	1		127		
Potassium, K mg	183		0	PAK	1		156		
Sodium, Na mg	37		0	PAK	1		31		
Zinc, Zn mg	7.18		0	PAK	1		6.11		
Copper, Cu mg	0.091		0	PAK	1		0.078		
Manganese, Mn mg	0.010		0	PAK	1		0.008		
Selenium, Se µg	2.1		0	PAK	1		1.8		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0		
Thiamin mg	0.031		0	PAK	1		0.026		
Riboflavin mg	0.133		0	PAK	1		0.113		
Niacin mg	1.970		0	PAK	1		1.675		
Pantothenic acid mg	0.008		0	PAK	1		0.007		
Vitamin B-6 mg	0.139		0	PAK	1		0.118		
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	1.83		0	PAK	1		1.56		
Vitamin A, RAE µg	11		0	PAK	1		9		
Vitamin A, IU IU	37		0	PAK	1		32		
Lycopene µg	0		0	PIK	4		0		
Lutein + zeaxanthin µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol) mg	0.82		0	PAK	1		0.70		
Vitamin E, added mg	0.00		0	PIK	4		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	PAK	1		0.1		
Vitamin D IU	7		0	PAK	1		6		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	5.199		0	PIK	4		4.419		
4:0 g	0.000		0	PIK	4		0.000		
6:0 g	0.000		0	PIK	4		0.000		
8:0 g	0.000		0	PIK	4		0.000		
10:0 g	0.005		0	PAK	1		0.004		

NDB No. 23452

Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.008		0	PAK	1		0.007		
13:0 g									
14:0 g	0.291		0	PAK	1		0.247		
15:0 g									
16:0 g	2.689		0	PAK	1		2.286		
17:0 g	0.177		0	PAK	1		0.150		
18:0 g	2.006		0	PAK	1		1.705		
20:0 g	0.014		0	PAK	1		0.012		
22:0 g	0.006		0	PAK	1		0.005		
24:0 g	0.003		0	PAK	1		0.002		
Fatty acids, total monounsaturated g	5.040		0	PIK	4		4.284		
14:1 g	0.071		0	PAK	1		0.060		
15:1 g	0.003		0	PAK	1		0.003		
16:1 undifferentiated g	0.390		0	PAK	1		0.332		
17:1 g	0.000		0	PAK	1		0.000		
18:1 undifferentiated g	4.560		0	PAK	1		3.876		
20:1 g	0.016		0	PAK	1		0.013		
22:1 undifferentiated g	0.000		0	PAK	1		0.000		
24:1 c g	0.000		0	PAK	1		0.000		
Fatty acids, total polyunsaturated g	0.494		0	PIK	4		0.420		
18:2 undifferentiated g	0.247		0	PAK	1		0.210		
18:3 undifferentiated g	0.115		0	PAK	1		0.097		
18:4 g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c g	0.003		0	PAK	1		0.003		
20:3 undifferentiated g	0.014		0	PAK	1		0.012		
20:4 undifferentiated g	0.037		0	PAK	1		0.031		
20:5 n-3 (EPA) g	0.025		0	PAK	1		0.021		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.039		0	PAK	1		0.033		
22:6 n-3 (DHA) g	0.005		0	PAK	1		0.004		
Fatty acids, total trans g	0.335		0	PIK	4		0.284		
Cholesterol mg	95		0	PAK	1		81		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.313		0	PAK	1		0.266		
Threonine g	1.083		0	PAK	1		0.921		
Isoleucine g	1.244		0	PAK	1		1.057		
Leucine g	2.257		0	PAK	1		1.919		
Lysine g	2.369		0	PAK	1		2.014		
Methionine g	0.984		0	PAK	1		0.837		
Cystine g									
Phenylalanine g	1.163		0	PAK	1		0.989		
Tyrosine g	1.007		0	PAK	1		0.856		
Valine g	1.321		0	PAK	1		1.123		
Arginine g	1.968		0	PAK	1		1.673		
Histidine g	1.078		0	PAK	1		0.916		
Alanine g	1.557		0	PAK	1		1.324		
Aspartic acid g									
Glutamic acid g	4.173		0	PAK	1		3.547		
Glycine g	1.630		0	PAK	1		1.385		
Proline g	0.960		0	PAK	1		0.816		
Serine g	1.052		0	PAK	1		0.894		
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	PIK	4		0.0		
Caffeine mg	0		0	PIK	4		0		
Theobromine mg	0		0	PIK	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 23452

Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked, braised

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23453

Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	68.67		0	PAK	1		78.28		
Energy kcal	181		0	NC	4		206		
Energy kJ	755		0	NC	4		861		
Protein g	19.38		0	PAK	1		22.09		
Total lipid (fat) g	11.45		0	PAK	1		13.05		
Ash g	0.87		0	PAK	1		1.00		
Carbohydrate, by difference g	0.00		0	PIK	4		0.00		
Fiber, total dietary g	0.0		0	PIK	4		0.0		
Sugars, total g	0.00		0	PIK	4		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	6		0	PAK	1		7		
Iron, Fe mg	1.89		0	PAK	1		2.15		
Magnesium, Mg mg	19		0	PAK	1		22		
Phosphorus, P mg	169		0	PAK	1		192		
Potassium, K mg	295		0	PAK	1		336		
Sodium, Na mg	53		0	PAK	1		60		
Zinc, Zn mg	4.44		0	PAK	1		5.06		
Copper, Cu mg	0.069		0	PAK	1		0.079		
Manganese, Mn mg	0.008		0	PAK	1		0.010		
Selenium, Se µg	1.4		0	PAK	1		1.6		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0		
Thiamin mg	0.058		0	PAK	1		0.066		
Riboflavin mg	0.111		0	PAK	1		0.127		
Niacin mg	2.685		0	PAK	1		3.061		
Pantothenic acid mg	0.253		0	PAK	1		0.288		
Vitamin B-6 mg	0.175		0	PAK	1		0.199		
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	2.07		0	PAK	1		2.36		
Vitamin A, RAE µg	8		0	PAK	1		9		
Vitamin A, IU IU	26		0	PAK	1		29		
Lycopene µg	0		0	PIK	4		0		
Lutein + zeaxanthin µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol) mg	0.57		0	PAK	1		0.65		
Vitamin E, added mg	0.00		0	PIK	4		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	PAK	1		0.2		
Vitamin D IU	6		0	PAK	1		7		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	4.437		0	PIK	4		5.058		
4:0 g	0.000		0	PIK	4		0.000		
6:0 g	0.000		0	PIK	4		0.000		
8:0 g	0.000		0	PIK	4		0.000		
10:0 g	0.005		0	PAK	1		0.005		

NDB No. 23453

Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.006		0	PAK	1		0.007		
13:0 g									
14:0 g	0.254		0	PAK	1		0.290		
15:0 g									
16:0 g	2.210		0	PAK	1		2.519		
17:0 g	0.152		0	PAK	1		0.173		
18:0 g	1.791		0	PAK	1		2.042		
20:0 g	0.013		0	PAK	1		0.015		
22:0 g	0.005		0	PAK	1		0.006		
24:0 g	0.001		0	PAK	1		0.001		
Fatty acids, total monounsaturated g	4.042		0	PIK	4		4.608		
14:1 g	0.057		0	PAK	1		0.065		
15:1 g	0.002		0	PAK	1		0.002		
16:1 undifferentiated g	0.312		0	PAK	1		0.355		
16:1 c g	0.288		0	PAK	1		0.329		
16:1 t g	0.023		0	PAK	1		0.027		
17:1 g	0.000		0	PAK	1		0.000		
18:1 undifferentiated g	3.661		0	PAK	1		4.173		
18:1 c g	3.378		0	PAK	1		3.851		
18:1 t g	0.283		0	PAK	1		0.323		
18:1-11 t (18:1t n-7) g									
20:1 g	0.010		0	PAK	1		0.012		
22:1 undifferentiated g	0.000		0	PAK	1		0.000		
22:1 c g	0.000		0	PAK	1		0.000		
22:1 t g									
24:1 c g	0.000		0	PAK	1		0.000		
Fatty acids, total polyunsaturated g	0.377		0	PIK	4		0.430		
18:2 undifferentiated g	0.199		0	PAK	1		0.227		
18:2 n-6 c,c g	0.114		0	PAK	1		0.130		
18:2 CLAs g	0.082		0	PAK	1		0.093		
18:2 t,t g	0.004		0	PAK	1		0.004		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.092		0	PAK	1		0.105		
18:3 n-3 c,c,c (ALA) g	0.090		0	PAK	1		0.102		
18:3 n-6 c,c,c g	0.002		0	PAK	1		0.002		
18:3i g									
18:4 g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c g	0.002		0	PAK	1		0.002		
20:3 undifferentiated g	0.010		0	PAK	1		0.011		
20:3 n-3 g	0.002		0	PAK	1		0.002		
20:3 n-6 g	0.008		0	PAK	1		0.009		
20:4 undifferentiated g	0.024		0	PAK	1		0.028		
20:4 n-6 g	0.024		0	PAK	1		0.028		
20:5 n-3 (EPA) g	0.016		0	PAK	1		0.018		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.026		0	PAK	1		0.030		
22:6 n-3 (DHA) g	0.002		0	PAK	1		0.003		
Fatty acids, total trans g	0.310		0	PIK	4		0.353		
Fatty acids, total trans-monoenoic g	0.306		0	PIK	4		0.349		
Fatty acids, total trans-polyenoic g	0.004		0	PIK	4		0.004		
Cholesterol mg	61		0	PAK	1		69		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.314		0	PAK	1		0.358		
Threonine g	1.085		0	PAK	1		1.236		
Isoleucine g	1.245		0	PAK	1		1.420		
Leucine g	2.260		0	PAK	1		2.576		
Lysine g	2.371		0	PAK	1		2.703		
Methionine g	0.985		0	PAK	1		1.123		
Cystine g									
Phenylalanine g	1.165		0	PAK	1		1.328		

NDB No. 23453

Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tyrosine....g	1.008		0	PAK	1		1.149		
Valine....g	1.322		0	PAK	1		1.507		
Arginine....g	1.970		0	PAK	1		2.246		
Histidine....g	1.079		0	PAK	1		1.230		
Alanine....g	1.559		0	PAK	1		1.777		
Aspartic acid....g									
Glutamic acid....g	4.177		0	PAK	1		4.762		
Glycine....g	1.631		0	PAK	1		1.860		
Proline....g	0.961		0	PAK	1		1.096		
Serine....g	1.053		0	PAK	1		1.200		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0		
Caffeine....mg	0		0	PIK	4		0		
Theobromine....mg	0		0	PIK	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 114g: 4 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23405

Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised

Refuse: 8% Separable fat 8%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	59.68		1	A	1		50.73		
Energy kcal	208		0	NC	4		177		
Energy kJ	872		0	NC	4		741		
Protein (N x 6.25) g	32.08		1	A	1		27.27		
Total lipid (fat) g	8.89		1	A	1		7.56		
Ash g	0.78		1	A	1		0.66		
Carbohydrate, by difference g	0.00		0	NC	4		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	6		1	A	1		5		
Iron, Fe mg	2.71		1	A	1		2.30		
Magnesium, Mg mg	19		1	A	1		16		
Phosphorus, P mg	157		1	A	1		133		
Potassium, K mg	189		1	A	1		160		
Sodium, Na mg	38		1	A	1		32		
Zinc, Zn mg	7.81		1	A	1		6.64		
Copper, Cu mg	0.098		1	A	1		0.084		
Manganese, Mn mg	0.010		1	A	1		0.009		
Selenium, Se µg	2.1		1	A	1		1.8		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.028		1	A	1		0.024		
Riboflavin mg	0.142		1	A	1		0.121		
Niacin mg	2.035		1	A	1		1.729		
Pantothenic acid mg	0.000		1	A	1		0.000		
Vitamin B-6 mg	0.147		1	A	1		0.125		
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	1.97		1	A	1		1.68		
Vitamin A, RAE µg	12		0	AS	1		10		
Vitamin A, IU IU	41		0	AS	1		34		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.90		1	A	1		0.76		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	AS	1		0.1		
Vitamin D IU	6		1	A	1		6		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	2.894		0	NC	4		2.460		
4:0 g	0.000		0	Z	7		0.000		
6:0 g	0.000		0	Z	7		0.000		
8:0 g	0.000		0	Z	7		0.000		
10:0 g	0.003		1	A	1		0.002		

NDB No. 23405

Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.003		1	A	1		0.003		
13:0 g									
14:0 g	0.139		1	A	1		0.118		
15:0 g									
16:0 g	1.562		1	A	1		1.328		
17:0 g	0.098		1	A	1		0.083		
18:0 g	1.075		1	A	1		0.914		
20:0 g	0.008		1	A	1		0.007		
22:0 g	0.002		1	A	1		0.002		
24:0 g	0.003		1	A	1		0.002		
Fatty acids, total monounsaturated g	3.172		0	NC	4		2.696		
14:1 g	0.037		1	A	1		0.031		
15:1 g	0.003		1	A	1		0.003		
16:1 undifferentiated g	0.242		0	AS	1		0.206		
16:1 c g	0.213		1	A	1		0.181		
16:1 t g	0.029		1	A	1		0.025		
17:1 g	0.000		1	A	1		0.000		
18:1 undifferentiated g	2.877		0	AS	1		2.446		
18:1 c g	2.789		1	A	1		2.371		
18:1 t g	0.088		1	A	1		0.075		
18:1-11 t (18:1t n-7) g									
20:1 g	0.013		1	A	1		0.011		
22:1 undifferentiated g	0.000		0	AS	1		0.000		
22:1 c g	0.000		1	A	1		0.000		
22:1 t g									
24:1 c g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated g	0.382		0	NC	4		0.325		
18:2 undifferentiated g	0.163		0	AS	1		0.139		
18:2 n-6 c,c g	0.129		1	A	1		0.109		
18:2 CLAs g	0.035		1	A	1		0.029		
18:2 t,t g	0.000		1	A	1		0.000		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.078		0	AS	1		0.066		
18:3 n-3 c,c,c (ALA) g	0.075		1	A	1		0.064		
18:3 n-6 c,c,c g	0.003		1	A	1		0.002		
18:3i g									
18:4 g	0.000		0	Z	7		0.000		
20:2 n-6 c,c g	0.003		1	A	1		0.003		
20:3 undifferentiated g	0.015		0	AS	1		0.013		
20:3 n-3 g	0.002		1	A	1		0.002		
20:3 n-6 g	0.013		1	A	1		0.011		
20:4 undifferentiated g	0.040		0	AS	1		0.034		
20:4 n-6 g	0.040		1	A	1		0.034		
20:5 n-3 (EPA) g	0.028		1	A	1		0.023		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.039		1	A	1		0.033		
22:6 n-3 (DHA) g	0.005		1	A	1		0.004		
Fatty acids, total trans g	0.117		0	NC	4		0.100		
Fatty acids, total trans-monoenoic g	0.117		0	NC	4		0.100		
Fatty acids, total trans-polyenoic g	0.000		0	NC	4		0.000		
Cholesterol mg	98		1	A	1		83		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.336		0	A	1		0.286		
Threonine g	1.161		0	A	1		0.987		
Isoleucine g	1.334		0	A	1		1.134		
Leucine g	2.420		0	A	1		2.057		
Lysine g	2.540		0	A	1		2.159		
Methionine g	1.055		0	A	1		0.897		
Cystine g									
Phenylalanine g	1.247		0	A	1		1.060		

NDB No. 23405

Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tyrosine....g	1.079		0	A	1		0.917		
Valine....g	1.416		0	A	1		1.203		
Arginine....g	2.110		0	A	1		1.793		
Histidine....g	1.156		0	A	1		0.982		
Alanine....g	1.669		0	A	1		1.419		
Aspartic acid....g									
Glutamic acid....g	4.473		0	A	1		3.802		
Glycine....g	1.747		0	A	1		1.485		
Proline....g	1.030		0	A	1		0.875		
Serine....g	1.128		0	A	1		0.958		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23404

Beef, New Zealand, imported, chuck eye roll, separable lean only, raw

Refuse: 8% Separable fat 8%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	73.50		1	A	1				
Energy kcal	131		0	NC	4				
Energy kJ	546		0	NC	4				
Protein (N x 6.25) g	20.46		1	A	1				
Total lipid (fat) g	5.41		1	A	1				
Ash g	0.95		1	A	1				
Carbohydrate, by difference g	0.00		0	NC	4				
Fiber, total dietary g	0.0		0	Z	7				
Sugars, total g	0.00		0	Z	7				
Starch g									
Minerals:									
Calcium, Ca mg	4		1	A	1				
Iron, Fe mg	2.04		1	A	1				
Magnesium, Mg mg	20		1	A	1				
Phosphorus, P mg	180		1	A	1				
Potassium, K mg	315		1	A	1				
Sodium, Na mg	56		1	A	1				
Zinc, Zn mg	4.84		1	A	1				
Copper, Cu mg	0.075		1	A	1				
Manganese, Mn mg	0.009		1	A	1				
Selenium, Se µg	1.3		1	A	1				
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7				
Thiamin mg	0.051		1	A	1				
Riboflavin mg	0.119		1	A	1				
Niacin mg	2.878		1	A	1				
Pantothenic acid mg	0.269		1	A	1				
Vitamin B-6 mg	0.187		1	A	1				
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	2.26		1	A	1				
Vitamin A, RAE µg	9		0	AS	1				
Vitamin A, IU IU	28		0	AS	1				
Lycopene µg	0		0	Z	7				
Lutein + zeaxanthin µg	0		0	Z	7				
Vitamin E (alpha-tocopherol) mg	0.63		1	A	1				
Vitamin E, added mg	0.00		0	Z	7				
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1				
Vitamin D IU	6		1	A	1				
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	1.756		0	NC	4				
4:0 g	0.000		0	Z	7				
6:0 g	0.000		0	Z	7				
8:0 g	0.000		1	A	1				
10:0 g	0.002		1	A	1				

NDB No. 23404

Beef, New Zealand, imported, chuck eye roll, separable lean only, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.002		1	A	1				
13:0 g									
14:0 g	0.084		1	A	1				
15:0 g									
16:0 g	0.949		1	A	1				
17:0 g	0.060		1	A	1				
18:0 g	0.652		1	A	1				
20:0 g	0.004		1	A	1				
22:0 g	0.001		1	A	1				
24:0 g	0.001		1	A	1				
Fatty acids, total monounsaturated g	1.996		0	NC	4				
14:1 g	0.023		1	A	1				
15:1 g	0.002		1	A	1				
16:1 undifferentiated g	0.152		0	AS	1				
16:1 c g	0.135		1	A	1				
16:1 t g	0.018		1	A	1				
17:1 g	0.000		1	A	1				
18:1 undifferentiated g	1.811		0	AS	1				
18:1 c g	1.757		1	A	1				
18:1 t g	0.055		1	A	1				
18:1-11 t (18:1t n-7) g									
20:1 g	0.007		1	A	1				
22:1 undifferentiated g	0.000		0	AS	1				
22:1 c g	0.000		1	A	1				
22:1 t g									
24:1 c g	0.000		1	A	1				
Fatty acids, total polyunsaturated g	0.248		0	NC	4				
18:2 undifferentiated g	0.106		0	AS	1				
18:2 n-6 c,c g	0.082		1	A	1				
18:2 CLAs g	0.024		1	A	1				
18:2 t,t g	0.000		1	A	1				
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.051		0	AS	1				
18:3 n-3 c,c,c (ALA) g	0.048		1	A	1				
18:3 n-6 c,c,c g	0.002		1	A	1				
18:3i g									
18:4 g	0.000		0	Z	7				
20:2 n-6 c,c g	0.002		1	A	1				
20:3 undifferentiated g	0.011		0	AS	1				
20:3 n-3 g	0.002		1	A	1				
20:3 n-6 g	0.009		1	A	1				
20:4 undifferentiated g	0.027		0	AS	1				
20:4 n-6 g	0.027		1	A	1				
20:5 n-3 (EPA) g	0.017		1	A	1				
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.026		1	A	1				
22:6 n-3 (DHA) g	0.003		1	A	1				
Fatty acids, total trans g	0.072		0	NC	4				
Fatty acids, total trans-monoenoic g	0.072		0	NC	4				
Fatty acids, total trans-polyenoic g	0.000		0	NC	4				
Cholesterol mg	61		1	A	1				
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.336		0	A	1				
Threonine g	1.161		0	A	1				
Isoleucine g	1.334		0	A	1				
Leucine g	2.420		0	A	1				
Lysine g	2.540		0	A	1				
Methionine g	1.055		0	A	1				
Cystine g									
Phenylalanine g	1.247		0	A	1				

NDB No. 23404

Beef, New Zealand, imported, chuck eye roll, separable lean only, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tyrosine....g	1.079		0	A	1				
Valine....g	1.416		0	A	1				
Arginine....g	2.110		0	A	1				
Histidine....g	1.156		0	A	1				
Alanine....g	1.669		0	A	1				
Aspartic acid....g									
Glutamic acid....g	4.473		0	A	1				
Glycine....g	1.747		0	A	1				
Proline....g	1.030		0	A	1				
Serine....g	1.128		0	A	1				
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7				
Caffeine....mg	0		0	Z	7				
Theobromine....mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23454

Beef, New Zealand, imported, cube roll, separable lean and fat, cooked, fast roasted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	52.86		0	PAK	1		44.93		
Energy kcal	286		0	NC	4		243		
Energy kJ	1198		0	NC	4		1018		
Protein g	27.79		0	PAK	1		23.62		
Total lipid (fat) g	19.45		0	PAK	1		16.53		
Ash g	1.00		0	PAK	1		0.85		
Carbohydrate, by difference g	0.03		0	PIK	4		0.02		
Fiber, total dietary g	0.0		0	PIK	4		0.0		
Sugars, total g	0.00		0	PIK	4		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	6		0	PAK	1		5		
Iron, Fe mg	2.20		0	PAK	1		1.87		
Magnesium, Mg mg	22		0	PAK	1		18		
Phosphorus, P mg	195		0	PAK	1		165		
Potassium, K mg	338		0	PAK	1		287		
Sodium, Na mg	49		0	PAK	1		42		
Zinc, Zn mg	4.56		0	PAK	1		3.87		
Copper, Cu mg	0.069		0	PAK	1		0.058		
Manganese, Mn mg	0.004		0	PAK	1		0.003		
Selenium, Se µg	6.2		0	PAK	1		5.2		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0		
Thiamin mg	0.066		0	PAK	1		0.056		
Riboflavin mg	0.137		0	PAK	1		0.116		
Niacin mg	3.889		0	PAK	1		3.306		
Pantothenic acid mg	0.405		0	PAK	1		0.344		
Vitamin B-6 mg	0.281		0	PAK	1		0.239		
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	1.30		0	PAK	1		1.10		
Vitamin A, RAE µg	11		0	PAK	1		10		
Vitamin A, IU IU	37		0	PAK	1		32		
Lycopene µg	0		0	PIK	4		0		
Lutein + zeaxanthin µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol) mg	0.36		0	PAK	1		0.31		
Vitamin E, added mg	0.00		0	PIK	4		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.4		0	PAK	1		0.3		
Vitamin D IU	15		0	PAK	1		13		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	7.012		0	PIK	4		5.960		
4:0 g	0.000		0	PIK	4		0.000		
6:0 g	0.000		0	PIK	4		0.000		
8:0 g	0.000		0	PAK	1		0.000		
10:0 g	0.009		0	PAK	1		0.008		

NDB No. 23454

Beef, New Zealand, imported, cube roll, separable lean and fat, cooked, fast roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.011		0	PAK	1		0.009		
13:0 g									
14:0 g	0.429		0	PAK	1		0.365		
15:0 g									
16:0 g	3.570		0	PAK	1		3.034		
17:0 g	0.222		0	PAK	1		0.189		
18:0 g	2.742		0	PAK	1		2.331		
20:0 g	0.018		0	PAK	1		0.016		
22:0 g	0.008		0	PAK	1		0.007		
24:0 g	0.002		0	PAK	1		0.002		
Fatty acids, total monounsaturated g	6.037		0	PIK	4		5.131		
14:1 g	0.094		0	PAK	1		0.080		
15:1 g	0.002		0	PAK	1		0.002		
16:1 undifferentiated g	0.475		0	PAK	1		0.404		
16:1 c g									
16:1 t g	0.046		0	PAK	1		0.039		
17:1 g	0.000		0	PAK	1		0.000		
18:1 undifferentiated g	5.446		0	PAK	1		4.629		
18:1 c g	5.018		0	PAK	1		4.265		
18:1 t g	0.429		0	PAK	1		0.364		
18:1-11 t (18:1t n-7) g									
20:1 g	0.015		0	PAK	1		0.013		
22:1 undifferentiated g	0.000		0	PAK	1		0.000		
22:1 c g	0.000		0	PAK	1		0.000		
22:1 t g									
24:1 c g	0.004		0	PAK	1		0.003		
Fatty acids, total polyunsaturated g	0.491		0	PIK	4		0.417		
18:2 undifferentiated g	0.258		0	PAK	1		0.219		
18:2 n-6 c,c g	0.133		0	PAK	1		0.113		
18:2 CLAs g	0.121		0	PAK	1		0.103		
18:2 t,t g	0.003		0	PAK	1		0.003		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.128		0	PAK	1		0.109		
18:3 n-3 c,c,c (ALA) g	0.125		0	PAK	1		0.106		
18:3 n-6 c,c,c g	0.004		0	PAK	1		0.003		
18:3i g									
18:4 g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c g	0.003		0	PAK	1		0.003		
20:3 undifferentiated g	0.012		0	PAK	1		0.010		
20:3 n-3 g	0.003		0	PAK	1		0.003		
20:3 n-6 g	0.009		0	PAK	1		0.007		
20:4 undifferentiated g	0.024		0	PAK	1		0.020		
20:4 n-6 g	0.024		0	PAK	1		0.020		
20:5 n-3 (EPA) g	0.017		0	PAK	1		0.015		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.036		0	PAK	1		0.031		
22:6 n-3 (DHA) g	0.003		0	PAK	1		0.002		
Fatty acids, total trans g	0.478		0	PIK	4		0.406		
Fatty acids, total trans-monoenoic g	0.475		0	PIK	4		0.404		
Fatty acids, total trans-polyenoic g	0.003		0	PIK	4		0.003		
Cholesterol mg	91		0	PAK	1		77		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.291		0	PAK	1		0.247		
Threonine g	1.006		0	PAK	1		0.855		
Isoleucine g	1.155		0	PAK	1		0.982		
Leucine g	2.096		0	PAK	1		1.782		
Lysine g	2.200		0	PAK	1		1.870		
Methionine g	0.914		0	PAK	1		0.777		
Cystine g									
Phenylalanine g	1.080		0	PAK	1		0.918		

NDB No. 23454

Beef, New Zealand, imported, cube roll, separable lean and fat, cooked, fast roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tyrosine....g	0.935		0	PAK	1		0.795		
Valine....g	1.226		0	PAK	1		1.042		
Arginine....g	1.828		0	PAK	1		1.554		
Histidine....g	1.001		0	PAK	1		0.851		
Alanine....g	1.446		0	PAK	1		1.229		
Aspartic acid....g									
Glutamic acid....g	3.875		0	PAK	1		3.294		
Glycine....g	1.513		0	PAK	1		1.286		
Proline....g	0.892		0	PAK	1		0.758		
Serine....g	0.977		0	PAK	1		0.830		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0		
Caffeine....mg	0		0	PIK	4		0		
Theobromine....mg	0		0	PIK	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23455

Beef, New Zealand, imported, cube roll, separable lean and fat, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	63.38		0	PAK	1		72.25		
Energy kcal	225		0	PIK	4		256		
Energy kJ	941		0	PIK	4		1073		
Protein g	18.22		0	PAK	1		20.77		
Total lipid (fat) g	16.31		0	PAK	1		18.59		
Ash g	0.83		0	PAK	1		0.95		
Carbohydrate, by difference g	1.31		0	PIK	4		1.49		
Fiber, total dietary g	0.0		0	PIK	4		0.0		
Sugars, total g	0.00		0	PIK	4		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	5		0	PAK	1		6		
Iron, Fe mg	1.91		0	PAK	1		2.18		
Magnesium, Mg mg	18		0	PAK	1		21		
Phosphorus, P mg	161		0	PAK	1		184		
Potassium, K mg	297		0	PAK	1		338		
Sodium, Na mg	43		0	PAK	1		49		
Zinc, Zn mg	3.32		0	PAK	1		3.78		
Copper, Cu mg	0.055		0	PAK	1		0.062		
Manganese, Mn mg	0.009		0	PAK	1		0.010		
Selenium, Se µg	4.4		0	PAK	1		5.1		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0		
Thiamin mg	0.070		0	PAK	1		0.080		
Riboflavin mg	0.072		0	PAK	1		0.082		
Niacin mg	3.015		0	PAK	1		3.437		
Pantothenic acid mg	0.290		0	PAK	1		0.330		
Vitamin B-6 mg	0.254		0	PAK	1		0.290		
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	1.39		0	PAK	1		1.59		
Vitamin A, RAE µg	15		0	PAK	1		17		
Vitamin A, IU IU	49		0	PAK	1		56		
Lycopene µg	0		0	PIK	4		0		
Lutein + zeaxanthin µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol) mg	0.34		0	PAK	1		0.39		
Vitamin E, added mg	0.00		0	PIK	4		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	PAK	1		0.2		
Vitamin D IU	8		0	PAK	1		9		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	6.734		0	PIK	4		7.677		
4:0 g	0.000		0	PIK	4		0.000		
6:0 g	0.000		0	PIK	4		0.000		
8:0 g	0.000		0	PAK	1		0.000		
10:0 g	0.008		0	PAK	1		0.009		

NDB No. 23455

Beef, New Zealand, imported, cube roll, separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.011		0	PAK	1		0.012		
13:0 g									
14:0 g	0.394		0	PAK	1		0.449		
15:0 g									
16:0 g	3.321		0	PAK	1		3.786		
17:0 g	0.222		0	PAK	1		0.253		
18:0 g	2.751		0	PAK	1		3.136		
20:0 g	0.018		0	PAK	1		0.021		
22:0 g	0.009		0	PAK	1		0.010		
24:0 g	0.001		0	PAK	1		0.001		
Fatty acids, total monounsaturated g	5.524		0	PIK	4		6.298		
14:1 g	0.083		0	PAK	1		0.095		
15:1 g	0.001		0	PAK	1		0.001		
16:1 undifferentiated g	0.425		0	PAK	1		0.485		
16:1 c g	0.386		0	PAK	1		0.440		
16:1 t g	0.039		0	PAK	1		0.045		
17:1 g	0.000		0	PAK	1		0.000		
18:1 undifferentiated g	4.999		0	PAK	1		5.699		
18:1 c g	4.554		0	PAK	1		5.192		
18:1 t g	0.444		0	PAK	1		0.507		
18:1-11 t (18:1t n-7) g									
20:1 g	0.014		0	PAK	1		0.015		
22:1 undifferentiated g	0.000		0	PAK	1		0.000		
22:1 c g	0.000		0	PAK	1		0.000		
22:1 t g									
24:1 c g	0.002		0	PAK	1		0.003		
Fatty acids, total polyunsaturated g	0.422		0	PIK	4		0.481		
18:2 undifferentiated g	0.224		0	PAK	1		0.255		
18:2 n-6 c,c g	0.118		0	PAK	1		0.135		
18:2 CLAs g	0.101		0	PAK	1		0.116		
18:2 t,t g	0.004		0	PAK	1		0.005		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.119		0	PAK	1		0.136		
18:3 n-3 c,c,c (ALA) g	0.116		0	PAK	1		0.132		
18:3 n-6 c,c,c g	0.003		0	PAK	1		0.004		
18:3i g									
18:4 g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c g	0.002		0	PAK	1		0.002		
20:3 undifferentiated g	0.009		0	PAK	1		0.010		
20:3 n-3 g	0.002		0	PAK	1		0.003		
20:3 n-6 g	0.006		0	PAK	1		0.007		
20:4 undifferentiated g	0.017		0	PAK	1		0.020		
20:4 n-6 g	0.017		0	PAK	1		0.020		
20:5 n-3 (EPA) g	0.013		0	PAK	1		0.014		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.029		0	PAK	1		0.033		
22:6 n-3 (DHA) g	0.002		0	PAK	1		0.002		
Fatty acids, total trans g	0.488		0	PIK	4		0.556		
Fatty acids, total trans-monoenoic g	0.484		0	PIK	4		0.552		
Fatty acids, total trans-polyenoic g	0.004		0	PIK	4		0.005		
Cholesterol mg	60		0	PAK	1		69		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.191		0	PAK	1		0.218		
Threonine g	0.660		0	PAK	1		0.752		
Isoleucine g	0.758		0	PAK	1		0.864		
Leucine g	1.375		0	PAK	1		1.567		
Lysine g	1.443		0	PAK	1		1.645		
Methionine g	0.599		0	PAK	1		0.683		
Cystine g									
Phenylalanine g	0.708		0	PAK	1		0.808		

NDB No. 23455

Beef, New Zealand, imported, cube roll, separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tyrosine....g	0.613		0	PAK	1		0.699		
Valine....g	0.804		0	PAK	1		0.917		
Arginine....g	1.199		0	PAK	1		1.366		
Histidine....g	0.657		0	PAK	1		0.748		
Alanine....g	0.948		0	PAK	1		1.081		
Aspartic acid....g									
Glutamic acid....g	2.541		0	PAK	1		2.897		
Glycine....g	0.992		0	PAK	1		1.131		
Proline....g	0.585		0	PAK	1		0.667		
Serine....g	0.641		0	PAK	1		0.730		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0		
Caffeine....mg	0		0	PIK	4		0		
Theobromine....mg	0		0	PIK	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 114g: 4 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23406

Beef, New Zealand, imported, cube roll, separable lean only, cooked, fast roasted

Refuse: 9% Separable fat 9%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	56.80		1	A	1		48.28		
Energy kcal	239		0	NC	4		203		
Energy kJ	1002		0	NC	4		852		
Protein (N x 6.25) g	30.09		1	A	1		25.58		
Total lipid (fat) g	13.22		1	A	1		11.24		
Ash g	1.07		1	A	1		0.91		
Carbohydrate, by difference g	0.00		0	NC	4		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	5		1	A	1		4		
Iron, Fe mg	2.38		1	A	1		2.03		
Magnesium, Mg mg	23		1	A	1		20		
Phosphorus, P mg	209		1	A	1		177		
Potassium, K mg	361		1	A	1		306		
Sodium, Na mg	52		1	A	1		44		
Zinc, Zn mg	4.99		1	A	1		4.25		
Copper, Cu mg	0.074		1	A	1		0.063		
Manganese, Mn mg	0.004		1	A	1		0.003		
Selenium, Se µg	6.6		1	A	1		5.6		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.067		1	A	1		0.057		
Riboflavin mg	0.148		1	A	1		0.126		
Niacin mg	4.177		1	A	1		3.550		
Pantothenic acid mg	0.438		1	A	1		0.372		
Vitamin B-6 mg	0.305		1	A	1		0.259		
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	1.40		1	A	1		1.19		
Vitamin A, RAE µg	12		0	AS	1		11		
Vitamin A, IU IU	41		0	AS	1		35		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.40		1	A	1		0.34		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.4		0	AS	1		0.3		
Vitamin D IU	15		1	A	1		13		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	4.523		0	NC	4		3.844		
4:0 g	0.000		0	Z	7		0.000		
6:0 g	0.000		0	Z	7		0.000		
8:0 g	0.000		1	A	1		0.000		
10:0 g	0.007		1	A	1		0.006		

NDB No. 23406

Beef, New Zealand, imported, cube roll, separable lean only, cooked, fast roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.006		1	A	1		0.005		
13:0 g									
14:0 g	0.270		1	A	1		0.230		
15:0 g									
16:0 g	2.365		1	A	1		2.010		
17:0 g	0.135		1	A	1		0.115		
18:0 g	1.722		1	A	1		1.464		
20:0 g	0.012		1	A	1		0.010		
22:0 g	0.004		1	A	1		0.003		
24:0 g	0.003		1	A	1		0.002		
Fatty acids, total monounsaturated g	4.000		0	NC	4		3.400		
14:1 g	0.059		1	A	1		0.050		
15:1 g	0.003		1	A	1		0.002		
16:1 undifferentiated g	0.317		0	AS	1		0.270		
16:1 c g	0.274		1	A	1		0.233		
16:1 t g	0.043		1	A	1		0.037		
17:1 g	0.000		1	A	1		0.000		
18:1 undifferentiated g	3.606		0	AS	1		3.065		
18:1 c g	3.407		1	A	1		2.896		
18:1 t g	0.199		1	A	1		0.169		
18:1-11 t (18:1t n-7) g									
20:1 g	0.011		1	A	1		0.009		
22:1 undifferentiated g	0.000		0	AS	1		0.000		
22:1 c g	0.000		1	A	1		0.000		
22:1 t g									
24:1 c g	0.004		1	A	1		0.003		
Fatty acids, total polyunsaturated g	0.363		0	NC	4		0.308		
18:2 undifferentiated g	0.163		0	AS	1		0.139		
18:2 n-6 c,c g	0.102		1	A	1		0.086		
18:2 CLAs g	0.062		1	A	1		0.052		
18:2 t,t g	0.000		1	A	1		0.000		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.088		0	AS	1		0.075		
18:3 n-3 c,c,c (ALA) g	0.084		1	A	1		0.071		
18:3 n-6 c,c,c g	0.004		1	A	1		0.003		
18:3i g									
18:4 g	0.000		0	Z	7		0.000		
20:2 n-6 c,c g	0.003		1	A	1		0.003		
20:3 undifferentiated g	0.014		0	AS	1		0.011		
20:3 n-3 g	0.004		1	A	1		0.003		
20:3 n-6 g	0.010		1	A	1		0.008		
20:4 undifferentiated g	0.026		0	AS	1		0.022		
20:4 n-6 g	0.026		1	A	1		0.022		
20:5 n-3 (EPA) g	0.019		1	A	1		0.016		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.036		1	A	1		0.031		
22:6 n-3 (DHA) g	0.003		1	A	1		0.002		
Fatty acids, total trans g	0.242		0	NC	4		0.206		
Fatty acids, total trans-monoenoic g	0.242		0	NC	4		0.206		
Fatty acids, total trans-polyenoic g	0.000		0	NC	4		0.000		
Cholesterol mg	94		1	A	1		80		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.315		0	A	1		0.268		
Threonine g	1.090		0	A	1		0.926		
Isoleucine g	1.251		0	A	1		1.064		
Leucine g	2.270		0	A	1		1.930		
Lysine g	2.383		0	A	1		2.025		
Methionine g	0.990		0	A	1		0.841		
Cystine g									
Phenylalanine g	1.170		0	A	1		0.995		

NDB No. 23406

Beef, New Zealand, imported, cube roll, separable lean only, cooked, fast roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tyrosine....g	1.012		0	A	1		0.861		
Valine....g	1.328		0	A	1		1.129		
Arginine....g	1.980		0	A	1		1.683		
Histidine....g	1.084		0	A	1		0.922		
Alanine....g	1.566		0	A	1		1.331		
Aspartic acid....g									
Glutamic acid....g	4.197		0	A	1		3.567		
Glycine....g	1.639		0	A	1		1.393		
Proline....g	0.966		0	A	1		0.821		
Serine....g	1.058		0	A	1		0.899		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23407
Beef, New Zealand, imported, cube roll, separable lean only, raw

Refuse: 11% Separable fat 11%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	69.43		1	A	1		79.15		
Energy kcal	161		0	NC	4		184		
Energy kJ	675		0	NC	4		770		
Protein (N x 6.25) g	19.77		1	A	1		22.54		
Total lipid (fat) g	8.51		1	A	1		9.70		
Ash g	0.91		1	A	1		1.03		
Carbohydrate, by difference g	1.38		0	NC	4		1.58		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	3		1	A	1		4		
Iron, Fe mg	2.09		1	A	1		2.38		
Magnesium, Mg mg	20		1	A	1		22		
Phosphorus, P mg	174		1	A	1		199		
Potassium, K mg	319		1	A	1		364		
Sodium, Na mg	45		1	A	1		51		
Zinc, Zn mg	3.66		1	A	1		4.18		
Copper, Cu mg	0.060		1	A	1		0.068		
Manganese, Mn mg	0.009		1	A	1		0.011		
Selenium, Se µg	4.7		1	A	1		5.4		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.071		1	A	1		0.081		
Riboflavin mg	0.076		1	A	1		0.087		
Niacin mg	3.257		1	A	1		3.713		
Pantothenic acid mg	0.313		1	A	1		0.357		
Vitamin B-6 mg	0.280		1	A	1		0.319		
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	1.53		1	A	1		1.75		
Vitamin A, RAE µg	17		0	AS	1		19		
Vitamin A, IU IU	56		0	AS	1		64		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.39		1	A	1		0.45		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	AS	1		0.2		
Vitamin D IU	8		1	A	1		9		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	3.689		0	NC	4		4.205		
4:0 g	0.000		0	Z	7		0.000		
6:0 g	0.000		0	Z	7		0.000		
8:0 g	0.000		1	A	1		0.000		
10:0 g	0.005		1	A	1		0.006		

NDB No. 23407

Beef, New Zealand, imported, cube roll, separable lean only, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.004		1	A	1		0.005		
13:0 g									
14:0 g	0.203		1	A	1		0.231		
15:0 g									
16:0 g	1.857		1	A	1		2.117		
17:0 g	0.116		1	A	1		0.132		
18:0 g	1.490		1	A	1		1.699		
20:0 g	0.010		1	A	1		0.012		
22:0 g	0.003		1	A	1		0.004		
24:0 g	0.001		1	A	1		0.001		
Fatty acids, total monounsaturated g	3.054		0	NC	4		3.482		
14:1 g	0.041		1	A	1		0.047		
15:1 g	0.001		1	A	1		0.002		
16:1 undifferentiated g	0.238		0	AS	1		0.272		
16:1 c g	0.203		1	A	1		0.231		
16:1 t g	0.036		1	A	1		0.040		
17:1 g	0.000		1	A	1		0.000		
18:1 undifferentiated g	2.762		0	AS	1		3.148		
18:1 c g	2.590		1	A	1		2.953		
18:1 t g	0.171		1	A	1		0.195		
18:1-11 t (18:1t n-7) g									
20:1 g	0.009		1	A	1		0.010		
22:1 undifferentiated g	0.000		0	AS	1		0.000		
22:1 c g	0.000		1	A	1		0.000		
22:1 t g									
24:1 c g	0.003		1	A	1		0.003		
Fatty acids, total polyunsaturated g	0.261		0	NC	4		0.297		
18:2 undifferentiated g	0.108		0	AS	1		0.123		
18:2 n-6 c,c g	0.078		1	A	1		0.088		
18:2 CLAs g	0.030		1	A	1		0.034		
18:2 t,t g	0.000		1	A	1		0.000		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.070		0	AS	1		0.079		
18:3 n-3 c,c,c (ALA) g	0.066		1	A	1		0.075		
18:3 n-6 c,c,c g	0.004		1	A	1		0.004		
18:3i g									
18:4 g	0.000		0	Z	7		0.000		
20:2 n-6 c,c g	0.002		1	A	1		0.003		
20:3 undifferentiated g	0.010		0	AS	1		0.011		
20:3 n-3 g	0.003		1	A	1		0.003		
20:3 n-6 g	0.007		1	A	1		0.008		
20:4 undifferentiated g	0.020		0	AS	1		0.023		
20:4 n-6 g	0.020		1	A	1		0.023		
20:5 n-3 (EPA) g	0.014		1	A	1		0.016		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.027		1	A	1		0.031		
22:6 n-3 (DHA) g	0.002		1	A	1		0.002		
Fatty acids, total trans g	0.207		0	NC	4		0.236		
Fatty acids, total trans-monoenoic g	0.207		0	NC	4		0.236		
Fatty acids, total trans-polyenoic g	0.000		0	NC	4		0.000		
Cholesterol mg	59		1	A	1		67		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.207		0	A	1		0.236		
Threonine g	0.716		0	A	1		0.816		
Isoleucine g	0.822		0	A	1		0.937		
Leucine g	1.492		0	A	1		1.701		
Lysine g	1.565		0	A	1		1.784		
Methionine g	0.650		0	A	1		0.741		
Cystine g									
Phenylalanine g	0.769		0	A	1		0.876		

NDB No. 23407

Beef, New Zealand, imported, cube roll, separable lean only, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tyrosine....g	0.665		0	A	1		0.758		
Valine....g	0.873		0	A	1		0.995		
Arginine....g	1.301		0	A	1		1.483		
Histidine....g	0.712		0	A	1		0.812		
Alanine....g	1.029		0	A	1		1.173		
Aspartic acid....g									
Glutamic acid....g	2.757		0	A	1		3.143		
Glycine....g	1.077		0	A	1		1.228		
Proline....g	0.635		0	A	1		0.723		
Serine....g	0.695		0	A	1		0.792		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 114g: 4 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23456

Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	64.99		0	PAK	1		55.24		
Energy kcal	168		0	NC	4		143		
Energy kJ	703		0	NC	4		598		
Protein g	29.49		0	PAK	1		25.07		
Total lipid (fat) g	5.57		0	PAK	1		4.73		
Ash g	1.14		0	PAK	1		0.97		
Carbohydrate, by difference g	0.00		0	PIK	4		0.00		
Fiber, total dietary g	0.0		0	PIK	4		0.0		
Sugars, total g	0.00		0	PIK	4		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	4		0	PAK	1		4		
Iron, Fe mg	1.88		0	PAK	1		1.60		
Magnesium, Mg mg	24		0	PAK	1		21		
Phosphorus, P mg	221		0	PAK	1		188		
Potassium, K mg	372		0	PAK	1		316		
Sodium, Na mg	43		0	PAK	1		36		
Zinc, Zn mg	3.92		0	PAK	1		3.33		
Copper, Cu mg	0.063		0	PAK	1		0.054		
Manganese, Mn mg	0.004		0	PAK	1		0.003		
Selenium, Se µg	1.8		0	PAK	1		1.5		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0		
Thiamin mg	0.041		0	PAK	1		0.035		
Riboflavin mg	0.111		0	PAK	1		0.095		
Niacin mg	3.962		0	PAK	1		3.368		
Pantothenic acid mg	0.350		0	PAK	1		0.298		
Vitamin B-6 mg	0.335		0	PAK	1		0.285		
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	1.24		0	PAK	1		1.06		
Vitamin A, RAE µg	7		0	PAK	1		6		
Vitamin A, IU IU	24		0	PAK	1		20		
Lycopene µg	0		0	PIK	4		0		
Lutein + zeaxanthin µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol) mg	0.59		0	PAK	1		0.50		
Vitamin E, added mg	0.00		0	PIK	4		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	PAK	1		0.1		
Vitamin D IU	5		0	PAK	1		4		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	1.850		0	PIK	4		1.572		
4:0 g	0.000		0	PIK	4		0.000		
6:0 g	0.000		0	PIK	4		0.000		
8:0 g	0.000		0	PAK	1		0.000		
10:0 g	0.003		0	PAK	1		0.002		

NDB No. 23456

Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.002		0	PAK	1		0.002		
13:0 g									
14:0 g	0.100		0	PAK	1		0.085		
15:0 g									
16:0 g	1.086		0	PAK	1		0.923		
17:0 g	0.065		0	PAK	1		0.056		
18:0 g	0.582		0	PAK	1		0.495		
20:0 g	0.004		0	PAK	1		0.004		
22:0 g	0.006		0	PAK	1		0.005		
24:0 g	0.001		0	PAK	1		0.001		
Fatty acids, total monounsaturated g	2.017		0	PIK	4		1.715		
14:1 g	0.033		0	PAK	1		0.028		
15:1 g	0.006		0	PAK	1		0.005		
16:1 undifferentiated g	0.186		0	PAK	1		0.158		
16:1 c g	0.167		0	PAK	1		0.142		
16:1 t g	0.018		0	PAK	1		0.016		
17:1 g	0.000		0	PAK	1		0.000		
18:1 undifferentiated g	1.786		0	PAK	1		1.518		
18:1 c g	1.695		0	PAK	1		1.441		
18:1 t g	0.091		0	PAK	1		0.077		
18:1-11 t (18:1t n-7) g									
20:1 g	0.006		0	PAK	1		0.005		
22:1 undifferentiated g	0.000		0	PAK	1		0.000		
22:1 c g	0.000		0	PAK	1		0.000		
22:1 t g									
24:1 c g	0.000		0	PAK	1		0.000		
Fatty acids, total polyunsaturated g	0.280		0	PIK	4		0.238		
18:2 undifferentiated g	0.124		0	PAK	1		0.105		
18:2 n-6 c,c g	0.088		0	PAK	1		0.075		
18:2 CLAs g	0.035		0	PAK	1		0.030		
18:2 t,t g	0.000		0	PAK	1		0.000		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.057		0	PAK	1		0.048		
18:3 n-3 c,c,c (ALA) g	0.054		0	PAK	1		0.046		
18:3 n-6 c,c,c g	0.002		0	PAK	1		0.002		
18:3i g									
18:4 g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c g	0.002		0	PAK	1		0.002		
20:3 undifferentiated g	0.012		0	PAK	1		0.010		
20:3 n-3 g	0.002		0	PAK	1		0.002		
20:3 n-6 g	0.010		0	PAK	1		0.008		
20:4 undifferentiated g	0.030		0	PAK	1		0.025		
20:4 n-6 g	0.030		0	PAK	1		0.025		
20:5 n-3 (EPA) g	0.019		0	PAK	1		0.016		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.027		0	PAK	1		0.023		
22:6 n-3 (DHA) g	0.002		0	PAK	1		0.002		
Fatty acids, total trans g	0.109		0	PIK	4		0.093		
Fatty acids, total trans-monoenoic g	0.109		0	PIK	4		0.093		
Fatty acids, total trans-polyenoic g	0.000		0	PIK	4		0.000		
Cholesterol mg	67		0	PAK	1		57		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.309		0	PAK	1		0.263		
Threonine g	1.068		0	PAK	1		0.908		
Isoleucine g	1.226		0	PAK	1		1.042		
Leucine g	2.225		0	PAK	1		1.891		
Lysine g	2.335		0	PAK	1		1.985		
Methionine g	0.970		0	PAK	1		0.825		
Cystine g									
Phenylalanine g	1.147		0	PAK	1		0.975		

NDB No. 23456

Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tyrosine....g	0.992		0	PAK	1		0.843		
Valine....g	1.302		0	PAK	1		1.106		
Arginine....g	1.940		0	PAK	1		1.649		
Histidine....g	1.063		0	PAK	1		0.903		
Alanine....g	1.535		0	PAK	1		1.305		
Aspartic acid....g									
Glutamic acid....g	4.113		0	PAK	1		3.496		
Glycine....g	1.606		0	PAK	1		1.365		
Proline....g	0.947		0	PAK	1		0.805		
Serine....g	1.037		0	PAK	1		0.881		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0		
Caffeine....mg	0		0	PIK	4		0		
Theobromine....mg	0		0	PIK	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23457

Beef, New Zealand, imported, eye round, separable lean and fat, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	72.90		0	PAK	1		82.38		
Energy kcal	129		0	NC	4		146		
Energy kJ	540		0	NC	4		610		
Protein g	19.88		0	PAK	1		22.47		
Total lipid (fat) g	4.92		0	PAK	1		5.56		
Ash g	1.00		0	PAK	1		1.13		
Carbohydrate, by difference g	1.32		0	PIK	4		1.49		
Fiber, total dietary g	0.0		0	PIK	4		0.0		
Sugars, total g	0.00		0	PIK	4		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	4		0	PAK	1		4		
Iron, Fe mg	1.37		0	PAK	1		1.55		
Magnesium, Mg mg	21		0	PAK	1		24		
Phosphorus, P mg	189		0	PAK	1		214		
Potassium, K mg	346		0	PAK	1		391		
Sodium, Na mg	39		0	PAK	1		45		
Zinc, Zn mg	2.72		0	PAK	1		3.08		
Copper, Cu mg	0.047		0	PAK	1		0.053		
Manganese, Mn mg	0.004		0	PAK	1		0.004		
Selenium, Se µg	1.1		0	PAK	1		1.2		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0		
Thiamin mg	0.039		0	PAK	1		0.044		
Riboflavin mg	0.069		0	PAK	1		0.078		
Niacin mg	3.431		0	PAK	1		3.877		
Pantothenic acid mg	0.261		0	PAK	1		0.295		
Vitamin B-6 mg	0.323		0	PAK	1		0.365		
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	1.12		0	PAK	1		1.26		
Vitamin A, RAE µg	7		0	PAK	1		8		
Vitamin A, IU IU	23		0	PAK	1		26		
Lycopene µg	0		0	PIK	4		0		
Lutein + zeaxanthin µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol) mg	0.45		0	PAK	1		0.51		
Vitamin E, added mg	0.00		0	PIK	4		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	PAK	1		0.1		
Vitamin D IU	4		0	PAK	1		4		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	1.573		0	PIK	4		1.778		
4:0 g	0.000		0	PIK	4		0.000		
6:0 g	0.000		0	PIK	4		0.000		
8:0 g	0.000		0	PIK	4		0.000		
10:0 g	0.001		0	PAK	1		0.001		

NDB No. 23457

Beef, New Zealand, imported, eye round, separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.002		0	PAK	1		0.002		
13:0 g									
14:0 g	0.088		0	PAK	1		0.099		
15:0 g									
16:0 g	0.863		0	PAK	1		0.975		
17:0 g	0.053		0	PAK	1		0.060		
18:0 g	0.558		0	PAK	1		0.630		
20:0 g	0.004		0	PAK	1		0.004		
22:0 g	0.004		0	PAK	1		0.004		
24:0 g	0.000		0	PAK	1		0.000		
Fatty acids, total monounsaturated g	1.549		0	PIK	4		1.750		
14:1 g	0.027		0	PAK	1		0.030		
15:1 g	0.003		0	PAK	1		0.003		
16:1 undifferentiated g	0.139		0	PAK	1		0.157		
16:1 c g	0.127		0	PAK	1		0.143		
16:1 t g	0.012		0	PAK	1		0.014		
17:1 g	0.000		0	PAK	1		0.000		
18:1 undifferentiated g	1.376		0	PAK	1		1.555		
18:1 c g	1.284		0	PAK	1		1.451		
18:1 t g	0.092		0	PAK	1		0.104		
18:1-11 t (18:1t n-7) g									
20:1 g	0.004		0	PAK	1		0.005		
22:1 undifferentiated g	0.000		0	PAK	1		0.000		
22:1 c g	0.000		0	PAK	1		0.000		
22:1 t g									
24:1 c g	0.000		0	PAK	1		0.000		
Fatty acids, total polyunsaturated g	0.232		0	PIK	4		0.262		
18:2 undifferentiated g	0.106		0	PAK	1		0.119		
18:2 n-6 c,c g	0.070		0	PAK	1		0.079		
18:2 CLAs g	0.035		0	PAK	1		0.039		
18:2 t,t g	0.001		0	PAK	1		0.001		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.047		0	PAK	1		0.053		
18:3 n-3 c,c,c (ALA) g	0.045		0	PAK	1		0.051		
18:3 n-6 c,c,c g	0.002		0	PAK	1		0.002		
18:3i g									
18:4 g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c g	0.001		0	PAK	1		0.001		
20:3 undifferentiated g	0.009		0	PAK	1		0.010		
20:3 n-3 g	0.001		0	PAK	1		0.001		
20:3 n-6 g	0.008		0	PAK	1		0.009		
20:4 undifferentiated g	0.026		0	PAK	1		0.029		
20:4 n-6 g	0.026		0	PAK	1		0.029		
20:5 n-3 (EPA) g	0.016		0	PAK	1		0.019		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.019		0	PAK	1		0.022		
22:6 n-3 (DHA) g	0.001		0	PAK	1		0.001		
Fatty acids, total trans g	0.105		0	PIK	4		0.119		
Fatty acids, total trans-monoenoic g	0.104		0	PIK	4		0.118		
Fatty acids, total trans-polyenoic g	0.001		0	PIK	4		0.001		
Cholesterol mg	48		0	PAK	1		54		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.208		0	PAK	1		0.235		
Threonine g	0.720		0	PAK	1		0.814		
Isoleucine g	0.827		0	PAK	1		0.934		
Leucine g	1.500		0	PAK	1		1.695		
Lysine g	1.574		0	PAK	1		1.779		
Methionine g	0.654		0	PAK	1		0.739		
Cystine g									
Phenylalanine g	0.773		0	PAK	1		0.874		

NDB No. 23457

Beef, New Zealand, imported, eye round, separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tyrosine....g	0.669		0	PAK	1		0.756		
Valine....g	0.878		0	PAK	1		0.992		
Arginine....g	1.308		0	PAK	1		1.478		
Histidine....g	0.716		0	PAK	1		0.810		
Alanine....g	1.035		0	PAK	1		1.169		
Aspartic acid....g									
Glutamic acid....g	2.773		0	PAK	1		3.133		
Glycine....g	1.083		0	PAK	1		1.224		
Proline....g	0.638		0	PAK	1		0.721		
Serine....g	0.699		0	PAK	1		0.790		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0		
Caffeine....mg	0		0	PIK	4		0		
Theobromine....mg	0		0	PIK	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 113g: 4 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23408

Beef, New Zealand, imported, eye round, separable lean only, cooked, slow roasted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	65.38		1	A	1		55.58		
Energy kcal	164		0	NC	4		139		
Energy kJ	684		0	NC	4		581		
Protein (N x 6.25) g	29.68		1	A	1		25.23		
Total lipid (fat) g	4.98		1	A	1		4.24		
Ash g	1.15		1	A	1		0.98		
Carbohydrate, by difference g	0.00		0	NC	4		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	4		1	A	1		4		
Iron, Fe mg	1.89		1	A	1		1.61		
Magnesium, Mg mg	24		1	A	1		21		
Phosphorus, P mg	222		1	A	1		189		
Potassium, K mg	374		1	A	1		318		
Sodium, Na mg	43		1	A	1		37		
Zinc, Zn mg	3.95		1	A	1		3.36		
Copper, Cu mg	0.063		1	A	1		0.054		
Manganese, Mn mg	0.004		1	A	1		0.003		
Selenium, Se µg	1.8		1	A	1		1.5		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.041		1	A	1		0.035		
Riboflavin mg	0.112		1	A	1		0.095		
Niacin mg	3.983		1	A	1		3.386		
Pantothenic acid mg	0.353		1	A	1		0.300		
Vitamin B-6 mg	0.337		1	A	1		0.286		
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	1.25		1	A	1		1.06		
Vitamin A, RAE µg	7		0	AS	1		6		
Vitamin A, IU IU	24		0	AS	1		20		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.60		1	A	1		0.51		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1		
Vitamin D IU	5		1	A	1		4		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	1.623		0	NC	4		1.379		
4:0 g	0.000		0	Z	7		0.000		
6:0 g	0.000		0	Z	7		0.000		
8:0 g	0.000		1	A	1		0.000		
10:0 g	0.003		1	A	1		0.002		

NDB No. 23408

Beef, New Zealand, imported, eye round, separable lean only, cooked, slow roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.002		1	A	1		0.001		
13:0 g									
14:0 g	0.085		1	A	1		0.072		
15:0 g									
16:0 g	0.975		1	A	1		0.829		
17:0 g	0.058		1	A	1		0.049		
18:0 g	0.490		1	A	1		0.417		
20:0 g	0.004		1	A	1		0.003		
22:0 g	0.006		1	A	1		0.005		
24:0 g	0.001		1	A	1		0.001		
Fatty acids, total monounsaturated g	1.831		0	NC	4		1.556		
14:1 g	0.030		1	A	1		0.026		
15:1 g	0.006		1	A	1		0.005		
16:1 undifferentiated g	0.171		0	AS	1		0.145		
16:1 c g	0.153		1	A	1		0.130		
16:1 t g	0.018		1	A	1		0.015		
17:1 g	0.000		1	A	1		0.000		
18:1 undifferentiated g	1.618		0	AS	1		1.375		
18:1 c g	1.547		1	A	1		1.315		
18:1 t g	0.071		1	A	1		0.060		
18:1-11 t (18:1t n-7) g									
20:1 g	0.006		1	A	1		0.005		
22:1 undifferentiated g	0.000		0	AS	1		0.000		
22:1 c g	0.000		1	A	1		0.000		
22:1 t g									
24:1 c g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated g	0.269		0	NC	4		0.229		
18:2 undifferentiated g	0.116		0	AS	1		0.098		
18:2 n-6 c,c g	0.086		1	A	1		0.073		
18:2 CLAs g	0.030		1	A	1		0.025		
18:2 t,t g	0.000		1	A	1		0.000		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.053		0	AS	1		0.045		
18:3 n-3 c,c,c (ALA) g	0.051		1	A	1		0.043		
18:3 n-6 c,c,c g	0.002		1	A	1		0.002		
18:3i g									
18:4 g	0.000		0	Z	7		0.000		
20:2 n-6 c,c g	0.002		1	A	1		0.002		
20:3 undifferentiated g	0.012		0	AS	1		0.010		
20:3 n-3 g	0.002		1	A	1		0.002		
20:3 n-6 g	0.010		1	A	1		0.008		
20:4 undifferentiated g	0.030		0	AS	1		0.025		
20:4 n-6 g	0.030		1	A	1		0.025		
20:5 n-3 (EPA) g	0.019		1	A	1		0.016		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.027		1	A	1		0.023		
22:6 n-3 (DHA) g	0.002		1	A	1		0.002		
Fatty acids, total trans g	0.089		0	NC	4		0.075		
Fatty acids, total trans-monoenoic g	0.089		0	NC	4		0.075		
Fatty acids, total trans-polyenoic g	0.000		0	NC	4		0.000		
Cholesterol mg	67		1	A	1		57		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.311		0	A	1		0.264		
Threonine g	1.075		0	A	1		0.913		
Isoleucine g	1.234		0	A	1		1.049		
Leucine g	2.239		0	A	1		1.903		
Lysine g	2.350		0	A	1		1.997		
Methionine g	0.976		0	A	1		0.830		
Cystine g									
Phenylalanine g	1.154		0	A	1		0.981		

NDB No. 23408

Beef, New Zealand, imported, eye round, separable lean only, cooked, slow roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tyrosine g	0.998		0	A	1		0.849		
Valine g	1.310		0	A	1		1.113		
Arginine g	1.952		0	A	1		1.659		
Histidine g	1.069		0	A	1		0.909		
Alanine g	1.544		0	A	1		1.313		
Aspartic acid g									
Glutamic acid g	4.139		0	A	1		3.518		
Glycine g	1.616		0	A	1		1.374		
Proline g	0.953		0	A	1		0.810		
Serine g	1.043		0	A	1		0.887		
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23409

Beef, New Zealand, imported, eye round, separable lean only, raw

Refuse: 2% Separable fat 2%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	74.14		1	A	1		83.77		
Energy kcal	116		0	NC	4		131		
Energy kJ	486		0	NC	4		549		
Protein (N x 6.25) g	20.15		1	A	1		22.77		
Total lipid (fat) g	3.35		1	A	1		3.78		
Ash g	1.02		1	A	1		1.15		
Carbohydrate, by difference g	1.35		0	NC	4		1.52		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	3		1	A	1		4		
Iron, Fe mg	1.39		1	A	1		1.57		
Magnesium, Mg mg	22		1	A	1		24		
Phosphorus, P mg	192		1	A	1		217		
Potassium, K mg	352		1	A	1		398		
Sodium, Na mg	40		1	A	1		45		
Zinc, Zn mg	2.78		1	A	1		3.14		
Copper, Cu mg	0.048		1	A	1		0.054		
Manganese, Mn mg	0.004		1	A	1		0.004		
Selenium, Se µg	1.1		1	A	1		1.2		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.037		1	A	1		0.041		
Riboflavin mg	0.070		1	A	1		0.079		
Niacin mg	3.494		1	A	1		3.948		
Pantothenic acid mg	0.265		1	A	1		0.299		
Vitamin B-6 mg	0.329		1	A	1		0.372		
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	1.14		1	A	1		1.29		
Vitamin A, RAE µg	7		0	AS	1		8		
Vitamin A, IU IU	24		0	AS	1		27		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.46		1	A	1		0.52		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1		
Vitamin D IU	3		1	A	1		4		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	0.875		0	NC	4		0.988		
4:0 g	0.000		0	Z	7		0.000		
6:0 g	0.000		0	Z	7		0.000		
8:0 g	0.000		1	A	1		0.000		
10:0 g	0.001		1	A	1		0.001		

NDB No. 23409

Beef, New Zealand, imported, eye round, separable lean only, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.001		1	A	1		0.001		
13:0 g									
14:0 g	0.044		1	A	1		0.050		
15:0 g									
16:0 g	0.535		1	A	1		0.604		
17:0 g	0.029		1	A	1		0.033		
18:0 g	0.260		1	A	1		0.294		
20:0 g	0.002		1	A	1		0.002		
22:0 g	0.003		1	A	1		0.003		
24:0 g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated g	1.009		0	NC	4		1.140		
14:1 g	0.018		1	A	1		0.021		
15:1 g	0.003		1	A	1		0.003		
16:1 undifferentiated g	0.097		0	AS	1		0.110		
16:1 c g	0.087		1	A	1		0.098		
16:1 t g	0.011		1	A	1		0.012		
17:1 g	0.000		1	A	1		0.000		
18:1 undifferentiated g	0.887		0	AS	1		1.002		
18:1 c g	0.853		1	A	1		0.964		
18:1 t g	0.034		1	A	1		0.038		
18:1-11 t (18:1t n-7) g									
20:1 g	0.003		1	A	1		0.004		
22:1 undifferentiated g	0.000		0	AS	1		0.000		
22:1 c g	0.000		1	A	1		0.000		
22:1 t g									
24:1 c g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated g	0.198		0	NC	4		0.224		
18:2 undifferentiated g	0.081		0	AS	1		0.092		
18:2 n-6 c,c g	0.062		1	A	1		0.069		
18:2 CLAs g	0.020		1	A	1		0.022		
18:2 t,t g	0.000		1	A	1		0.000		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.036		0	AS	1		0.041		
18:3 n-3 c,c,c (ALA) g	0.034		1	A	1		0.039		
18:3 n-6 c,c,c g	0.002		1	A	1		0.002		
18:3i g									
18:4 g	0.000		0	Z	7		0.000		
20:2 n-6 c,c g	0.001		1	A	1		0.001		
20:3 undifferentiated g	0.009		0	AS	1		0.010		
20:3 n-3 g	0.001		1	A	1		0.001		
20:3 n-6 g	0.008		1	A	1		0.009		
20:4 undifferentiated g	0.026		0	AS	1		0.030		
20:4 n-6 g	0.026		1	A	1		0.030		
20:5 n-3 (EPA) g	0.017		1	A	1		0.019		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.019		1	A	1		0.022		
22:6 n-3 (DHA) g	0.001		1	A	1		0.001		
Fatty acids, total trans g	0.044		0	NC	4		0.050		
Fatty acids, total trans-monoenoic g	0.044		0	NC	4		0.050		
Fatty acids, total trans-polyenoic g	0.000		0	NC	4		0.000		
Cholesterol mg	47		1	A	1		54		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.211		0	A	1		0.239		
Threonine g	0.730		0	A	1		0.824		
Isoleucine g	0.838		0	A	1		0.947		
Leucine g	1.520		0	A	1		1.718		
Lysine g	1.595		0	A	1		1.803		
Methionine g	0.663		0	A	1		0.749		
Cystine g									
Phenylalanine g	0.783		0	A	1		0.885		

NDB No. 23409

Beef, New Zealand, imported, eye round, separable lean only, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tyrosine g	0.678		0	A	1		0.766		
Valine g	0.889		0	A	1		1.005		
Arginine g	1.325		0	A	1		1.498		
Histidine g	0.726		0	A	1		0.820		
Alanine g	1.049		0	A	1		1.185		
Aspartic acid g									
Glutamic acid g	2.810		0	A	1		3.175		
Glycine g	1.097		0	A	1		1.240		
Proline g	0.647		0	A	1		0.731		
Serine g	0.708		0	A	1		0.800		
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 113g: 4 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23458

Beef, New Zealand, imported, flank, separable lean and fat, cooked, braised

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	60.32		0	PAK	1		51.27		
Energy kcal	208		0	NC	4		177		
Energy kJ	871		0	NC	4		740		
Protein g	30.13		0	PAK	1		25.61		
Total lipid (fat) g	9.73		0	PAK	1		8.27		
Ash g	0.66		0	PAK	1		0.56		
Carbohydrate, by difference g	0.00		0	PIK	4		0.00		
Fiber, total dietary g	0.0		0	PIK	4		0.0		
Sugars, total g	0.00		0	PIK	4		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	5		0	PAK	1		5		
Iron, Fe mg	2.36		0	PAK	1		2.00		
Magnesium, Mg mg	18		0	PAK	1		15		
Phosphorus, P mg	139		0	PAK	1		118		
Potassium, K mg	190		0	PAK	1		162		
Sodium, Na mg	28		0	PAK	1		24		
Zinc, Zn mg	6.73		0	PAK	1		5.72		
Copper, Cu mg	0.065		0	PAK	1		0.055		
Manganese, Mn mg	0.011		0	PAK	1		0.009		
Selenium, Se µg	5.4		0	PAK	1		4.6		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0		
Thiamin mg	0.022		0	PAK	1		0.019		
Riboflavin mg	0.085		0	PAK	1		0.072		
Niacin mg	3.410		0	PAK	1		2.899		
Pantothenic acid mg	0.129		0	PAK	1		0.110		
Vitamin B-6 mg	0.118		0	PAK	1		0.101		
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	1.38		0	PAK	1		1.17		
Vitamin A, RAE µg	11		0	PAK	1		9		
Vitamin A, IU IU	37		0	PAK	1		31		
Lycopene µg	0		0	PIK	4		0		
Lutein + zeaxanthin µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol) mg	0.93		0	PAK	1		0.79		
Vitamin E, added mg	0.00		0	PIK	4		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.3		0	PAK	1		0.2		
Vitamin D IU	11		0	PAK	1		9		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	3.566		0	PIK	4		3.031		
4:0 g	0.000		0	PIK	4		0.000		
6:0 g	0.000		0	PIK	4		0.000		
8:0 g	0.000		0	PAK	1		0.000		
10:0 g	0.004		0	PAK	1		0.004		

NDB No. 23458

Beef, New Zealand, imported, flank, separable lean and fat, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.006		0	PAK	1		0.005		
13:0 g									
14:0 g	0.216		0	PAK	1		0.184		
15:0 g									
16:0 g	1.949		0	PAK	1		1.657		
17:0 g	0.116		0	PAK	1		0.099		
18:0 g	1.258		0	PAK	1		1.069		
20:0 g	0.009		0	PAK	1		0.008		
22:0 g	0.004		0	PAK	1		0.004		
24:0 g	0.002		0	PAK	1		0.002		
Fatty acids, total monounsaturated g	3.293		0	PIK	4		2.799		
14:1 g	0.049		0	PAK	1		0.041		
15:1 g	0.003		0	PAK	1		0.003		
16:1 undifferentiated g	0.277		0	PAK	1		0.235		
16:1 c g	0.249		0	PAK	1		0.212		
16:1 t g	0.027		0	PAK	1		0.023		
17:1 g	0.000		0	PAK	1		0.000		
18:1 undifferentiated g	2.950		0	PAK	1		2.508		
18:1 c g	2.796		0	PAK	1		2.376		
18:1 t g	0.155		0	PAK	1		0.132		
18:1-11 t (18:1t n-7) g									
20:1 g	0.010		0	PAK	1		0.009		
22:1 undifferentiated g	0.000		0	PAK	1		0.000		
22:1 c g	0.000		0	PAK	1		0.000		
22:1 t g									
24:1 c g	0.004		0	PAK	1		0.003		
Fatty acids, total polyunsaturated g	0.324		0	PIK	4		0.276		
18:2 undifferentiated g	0.145		0	PAK	1		0.123		
18:2 n-6 c,c g	0.107		0	PAK	1		0.091		
18:2 CLAs g	0.037		0	PAK	1		0.032		
18:2 t,t g	0.001		0	PAK	1		0.001		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.072		0	PAK	1		0.061		
18:3 n-3 c,c,c (ALA) g	0.069		0	PAK	1		0.059		
18:3 n-6 c,c,c g	0.003		0	PAK	1		0.003		
18:3i g									
18:4 g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c g	0.002		0	PAK	1		0.002		
20:3 undifferentiated g	0.014		0	PAK	1		0.012		
20:3 n-3 g	0.002		0	PAK	1		0.001		
20:3 n-6 g	0.012		0	PAK	1		0.010		
20:4 undifferentiated g	0.034		0	PAK	1		0.028		
20:4 n-6 g	0.034		0	PAK	1		0.028		
20:5 n-3 (EPA) g	0.017		0	PAK	1		0.015		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.026		0	PAK	1		0.022		
22:6 n-3 (DHA) g	0.003		0	PAK	1		0.003		
Fatty acids, total trans g	0.183		0	PIK	4		0.156		
Fatty acids, total trans-monoenoic g	0.182		0	PIK	4		0.155		
Fatty acids, total trans-polyenoic g	0.001		0	PIK	4		0.001		
Cholesterol mg	78		0	PAK	1		66		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.316		0	PAK	1		0.268		
Threonine g	1.091		0	PAK	1		0.927		
Isoleucine g	1.252		0	PAK	1		1.065		
Leucine g	2.273		0	PAK	1		1.932		
Lysine g	2.385		0	PAK	1		2.027		
Methionine g	0.991		0	PAK	1		0.842		
Cystine g									
Phenylalanine g	1.171		0	PAK	1		0.996		

NDB No. 23458

Beef, New Zealand, imported, flank, separable lean and fat, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tyrosine....g	1.014		0	PAK	1		0.861		
Valine....g	1.330		0	PAK	1		1.130		
Arginine....g	1.982		0	PAK	1		1.684		
Histidine....g	1.085		0	PAK	1		0.923		
Alanine....g	1.568		0	PAK	1		1.333		
Aspartic acid....g									
Glutamic acid....g	4.201		0	PAK	1		3.571		
Glycine....g	1.641		0	PAK	1		1.395		
Proline....g	0.967		0	PAK	1		0.822		
Serine....g	1.059		0	PAK	1		0.900		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0		
Caffeine....mg	0		0	PIK	4		0		
Theobromine....mg	0		0	PIK	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23459
Beef, New Zealand, imported, flank, separable lean and fat, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	71.79		0	PAK	1		81.12		
Energy kcal	161		0	NC	4		181		
Energy kJ	672		0	NC	4		759		
Protein g	20.12		0	PAK	1		22.73		
Total lipid (fat) g	8.90		0	PAK	1		10.06		
Ash g	0.93		0	PAK	1		1.05		
Carbohydrate, by difference g	0.00		0	PIK	4		0.00		
Fiber, total dietary g	0.0		0	PIK	4		0.0		
Sugars, total g	0.00		0	PIK	4		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	4		0	PAK	1		5		
Iron, Fe mg	1.53		0	PAK	1		1.72		
Magnesium, Mg mg	19		0	PAK	1		22		
Phosphorus, P mg	171		0	PAK	1		193		
Potassium, K mg	323		0	PAK	1		364		
Sodium, Na mg	46		0	PAK	1		52		
Zinc, Zn mg	4.19		0	PAK	1		4.74		
Copper, Cu mg	0.044		0	PAK	1		0.050		
Manganese, Mn mg	0.006		0	PAK	1		0.007		
Selenium, Se µg	3.4		0	PAK	1		3.9		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0		
Thiamin mg	0.035		0	PAK	1		0.040		
Riboflavin mg	0.080		0	PAK	1		0.091		
Niacin mg	4.594		0	PAK	1		5.192		
Pantothenic acid mg	0.138		0	PAK	1		0.156		
Vitamin B-6 mg	0.200		0	PAK	1		0.226		
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	1.51		0	PAK	1		1.71		
Vitamin A, RAE µg	8		0	PAK	1		9		
Vitamin A, IU IU	25		0	PAK	1		28		
Lycopene µg	0		0	PIK	4		0		
Lutein + zeaxanthin µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol) mg	0.33		0	PAK	1		0.37		
Vitamin E, added mg	0.00		0	PIK	4		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	PAK	1		0.2		
Vitamin D IU	6		0	PAK	1		6		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	3.292		0	PIK	4		3.720		
4:0 g	0.000		0	PIK	4		0.000		
6:0 g	0.000		0	PIK	4		0.000		
8:0 g	0.000		0	PIK	4		0.000		
10:0 g	0.004		0	PAK	1		0.004		

NDB No. 23459

Beef, New Zealand, imported, flank, separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.005		0	PAK	1		0.005		
13:0 g									
14:0 g	0.199		0	PAK	1		0.225		
15:0 g									
16:0 g	1.772		0	PAK	1		2.002		
17:0 g	0.109		0	PAK	1		0.123		
18:0 g	1.189		0	PAK	1		1.343		
20:0 g	0.009		0	PAK	1		0.011		
22:0 g	0.004		0	PAK	1		0.005		
24:0 g	0.001		0	PAK	1		0.001		
Fatty acids, total monounsaturated g	2.888		0	PIK	4		3.263		
14:1 g	0.046		0	PAK	1		0.052		
15:1 g	0.002		0	PAK	1		0.003		
16:1 undifferentiated g	0.240		0	PAK	1		0.271		
16:1 c g	0.217		0	PAK	1		0.246		
16:1 t g	0.023		0	PAK	1		0.026		
17:1 g	0.000		0	PAK	1		0.000		
18:1 undifferentiated g	2.590		0	PAK	1		2.927		
18:1 c g	2.428		0	PAK	1		2.744		
18:1 t g	0.162		0	PAK	1		0.183		
18:1-11 t (18:1t n-7) g									
20:1 g	0.008		0	PAK	1		0.009		
22:1 undifferentiated g	0.000		0	PAK	1		0.000		
22:1 c g	0.000		0	PAK	1		0.000		
22:1 t g									
24:1 c g	0.002		0	PAK	1		0.002		
Fatty acids, total polyunsaturated g	0.230		0	PIK	4		0.260		
18:2 undifferentiated g	0.116		0	PAK	1		0.131		
18:2 n-6 c,c g	0.073		0	PAK	1		0.082		
18:2 CLAs g	0.042		0	PAK	1		0.047		
18:2 t,t g	0.001		0	PAK	1		0.002		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.055		0	PAK	1		0.062		
18:3 n-3 c,c,c (ALA) g	0.053		0	PAK	1		0.060		
18:3 n-6 c,c,c g	0.002		0	PAK	1		0.002		
18:3i g									
18:4 g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c g	0.002		0	PAK	1		0.002		
20:3 undifferentiated g	0.008		0	PAK	1		0.009		
20:3 n-3 g	0.001		0	PAK	1		0.001		
20:3 n-6 g	0.007		0	PAK	1		0.008		
20:4 undifferentiated g	0.017		0	PAK	1		0.019		
20:4 n-6 g	0.017		0	PAK	1		0.019		
20:5 n-3 (EPA) g	0.009		0	PAK	1		0.010		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.016		0	PAK	1		0.018		
22:6 n-3 (DHA) g	0.001		0	PAK	1		0.001		
Fatty acids, total trans g	0.186		0	PIK	4		0.210		
Fatty acids, total trans-monoenoic g	0.185		0	PIK	4		0.209		
Fatty acids, total trans-polyenoic g	0.001		0	PIK	4		0.002		
Cholesterol mg	49		0	PAK	1		56		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.211		0	PAK	1		0.238		
Threonine g	0.728		0	PAK	1		0.823		
Isoleucine g	0.836		0	PAK	1		0.945		
Leucine g	1.518		0	PAK	1		1.715		
Lysine g	1.593		0	PAK	1		1.800		
Methionine g	0.662		0	PAK	1		0.748		
Cystine g									
Phenylalanine g	0.782		0	PAK	1		0.884		

NDB No. 23459

Beef, New Zealand, imported, flank, separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tyrosine....g	0.677		0	PAK	1		0.765		
Valine....g	0.888		0	PAK	1		1.003		
Arginine....g	1.323		0	PAK	1		1.495		
Histidine....g	0.725		0	PAK	1		0.819		
Alanine....g	1.047		0	PAK	1		1.183		
Aspartic acid....g									
Glutamic acid....g	2.805		0	PAK	1		3.170		
Glycine....g	1.096		0	PAK	1		1.238		
Proline....g	0.646		0	PAK	1		0.730		
Serine....g	0.707		0	PAK	1		0.799		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0		
Caffeine....mg	0		0	PIK	4		0		
Theobromine....mg	0		0	PIK	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 113g: 4 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23410

Beef, New Zealand, imported, flank, separable lean only, cooked, braised

Refuse: 3% Separable fat 3%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	61.51		1	A	1		52.28		
Energy kcal	194		0	NC	4		165		
Energy kJ	813		0	NC	4		691		
Protein (N x 6.25) g	30.75		1	A	1		26.14		
Total lipid (fat) g	7.92		1	A	1		6.73		
Ash g	0.67		1	A	1		0.57		
Carbohydrate, by difference g	0.00		0	NC	4		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	5		1	A	1		4		
Iron, Fe mg	2.41		1	A	1		2.05		
Magnesium, Mg mg	18		1	A	1		16		
Phosphorus, P mg	141		1	A	1		120		
Potassium, K mg	192		1	A	1		163		
Sodium, Na mg	28		1	A	1		24		
Zinc, Zn mg	6.89		1	A	1		5.86		
Copper, Cu mg	0.066		1	A	1		0.056		
Manganese, Mn mg	0.011		1	A	1		0.009		
Selenium, Se µg	5.5		1	A	1		4.6		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.021		1	A	1		0.018		
Riboflavin mg	0.086		1	A	1		0.073		
Niacin mg	3.467		1	A	1		2.947		
Pantothenic acid mg	0.130		1	A	1		0.110		
Vitamin B-6 mg	0.120		1	A	1		0.102		
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	1.40		1	A	1		1.19		
Vitamin A, RAE µg	11		0	AS	1		10		
Vitamin A, IU IU	38		0	AS	1		32		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.95		1	A	1		0.81		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.3		0	AS	1		0.2		
Vitamin D IU	11		1	A	1		9		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	2.862		0	NC	4		2.433		
4:0 g	0.000		0	Z	7		0.000		
6:0 g	0.000		0	Z	7		0.000		
8:0 g	0.000		1	A	1		0.000		
10:0 g	0.004		1	A	1		0.003		

NDB No. 23410

Beef, New Zealand, imported, flank, separable lean only, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.004		1	A	1		0.004		
13:0 g									
14:0 g	0.171		1	A	1		0.145		
15:0 g									
16:0 g	1.606		1	A	1		1.365		
17:0 g	0.092		1	A	1		0.078		
18:0 g	0.971		1	A	1		0.826		
20:0 g	0.007		1	A	1		0.006		
22:0 g	0.003		1	A	1		0.003		
24:0 g	0.002		1	A	1		0.002		
Fatty acids, total monounsaturated g	2.712		0	NC	4		2.305		
14:1 g	0.039		1	A	1		0.033		
15:1 g	0.003		1	A	1		0.003		
16:1 undifferentiated g	0.231		0	AS	1		0.196		
16:1 c g	0.205		1	A	1		0.174		
16:1 t g	0.026		1	A	1		0.022		
17:1 g	0.000		1	A	1		0.000		
18:1 undifferentiated g	2.426		0	AS	1		2.062		
18:1 c g	2.335		1	A	1		1.985		
18:1 t g	0.091		1	A	1		0.077		
18:1-11 t (18:1t n-7) g									
20:1 g	0.009		1	A	1		0.008		
22:1 undifferentiated g	0.000		0	AS	1		0.000		
22:1 c g	0.000		1	A	1		0.000		
22:1 t g									
24:1 c g	0.004		1	A	1		0.003		
Fatty acids, total polyunsaturated g	0.288		0	NC	4		0.245		
18:2 undifferentiated g	0.118		0	AS	1		0.100		
18:2 n-6 c,c g	0.098		1	A	1		0.084		
18:2 CLAs g	0.020		1	A	1		0.017		
18:2 t,t g	0.000		1	A	1		0.000		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.061		0	AS	1		0.051		
18:3 n-3 c,c,c (ALA) g	0.057		1	A	1		0.049		
18:3 n-6 c,c,c g	0.003		1	A	1		0.003		
18:3i g									
18:4 g									
20:2 n-6 c,c g	0.002		1	A	1		0.002		
20:3 undifferentiated g	0.014		0	AS	1		0.012		
20:3 n-3 g	0.002		1	A	1		0.001		
20:3 n-6 g	0.013		1	A	1		0.011		
20:4 undifferentiated g	0.034		0	AS	1		0.029		
20:4 n-6 g	0.034		1	A	1		0.029		
20:5 n-3 (EPA) g	0.018		1	A	1		0.015		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.026		1	A	1		0.022		
22:6 n-3 (DHA) g	0.003		1	A	1		0.003		
Fatty acids, total trans g	0.117		0	NC	4		0.099		
Fatty acids, total trans-monoenoic g	0.117		0	NC	4		0.099		
Fatty acids, total trans-polyenoic g	0.000		0	NC	4		0.000		
Cholesterol mg	78		1	A	1		66		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.322		0	A	1		0.274		
Threonine g	1.113		0	A	1		0.946		
Isoleucine g	1.278		0	A	1		1.087		
Leucine g	2.320		0	A	1		1.972		
Lysine g	2.434		0	A	1		2.069		
Methionine g	1.011		0	A	1		0.860		
Cystine g									
Phenylalanine g	1.195		0	A	1		1.016		

NDB No. 23410

Beef, New Zealand, imported, flank, separable lean only, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tyrosine....g	1.034		0	A	1		0.879		
Valine....g	1.357		0	A	1		1.154		
Arginine....g	2.023		0	A	1		1.719		
Histidine....g	1.108		0	A	1		0.942		
Alanine....g	1.600		0	A	1		1.360		
Aspartic acid....g									
Glutamic acid....g	4.288		0	A	1		3.645		
Glycine....g	1.675		0	A	1		1.423		
Proline....g	0.987		0	A	1		0.839		
Serine....g	1.081		0	A	1		0.919		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23411
Beef, New Zealand, imported, flank, separable lean only, raw

Refuse: 3% Separable fat 3%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	73.62		1	A	1		83.19		
Energy kcal	142		0	NC	4		161		
Energy kJ	595		0	NC	4		672		
Protein (N x 6.25) g	20.53		1	A	1		23.19		
Total lipid (fat) g	6.67		1	A	1		7.54		
Ash g	0.96		1	A	1		1.08		
Carbohydrate, by difference g	0.00		0	NC	4		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	4		1	A	1		4		
Iron, Fe mg	1.57		1	A	1		1.77		
Magnesium, Mg mg	20		1	A	1		22		
Phosphorus, P mg	175		1	A	1		198		
Potassium, K mg	331		1	A	1		374		
Sodium, Na mg	47		1	A	1		53		
Zinc, Zn mg	4.33		1	A	1		4.89		
Copper, Cu mg	0.046		1	A	1		0.052		
Manganese, Mn mg	0.006		1	A	1		0.007		
Selenium, Se µg	3.5		1	A	1		3.9		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.032		1	A	1		0.036		
Riboflavin mg	0.082		1	A	1		0.093		
Niacin mg	4.730		1	A	1		5.345		
Pantothenic acid mg	0.140		1	A	1		0.158		
Vitamin B-6 mg	0.205		1	A	1		0.232		
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	1.56		1	A	1		1.76		
Vitamin A, RAE µg	8		0	AS	1		9		
Vitamin A, IU IU	26		0	AS	1		29		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.34		1	A	1		0.38		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.2		
Vitamin D IU	5		1	A	1		6		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	2.299		0	NC	4		2.598		
4:0 g	0.000		0	Z	7		0.000		
6:0 g	0.000		0	Z	7		0.000		
8:0 g	0.000		1	A	1		0.000		
10:0 g	0.003		1	A	1		0.003		

NDB No. 23411

Beef, New Zealand, imported, flank, separable lean only, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.003		1	A	1		0.004		
13:0 g									
14:0 g	0.137		1	A	1		0.155		
15:0 g									
16:0 g	1.309		1	A	1		1.479		
17:0 g	0.075		1	A	1		0.085		
18:0 g	0.763		1	A	1		0.862		
20:0 g	0.006		1	A	1		0.007		
22:0 g	0.003		1	A	1		0.003		
24:0 g	0.001		1	A	1		0.001		
Fatty acids, total monounsaturated g	2.121		0	NC	4		2.396		
14:1 g	0.034		1	A	1		0.038		
15:1 g	0.002		1	A	1		0.003		
16:1 undifferentiated g	0.181		0	AS	1		0.205		
16:1 c g	0.160		1	A	1		0.181		
16:1 t g	0.021		1	A	1		0.024		
17:1 g	0.000		1	A	1		0.000		
18:1 undifferentiated g	1.895		0	AS	1		2.142		
18:1 c g	1.819		1	A	1		2.055		
18:1 t g	0.076		1	A	1		0.086		
18:1-11 t (18:1t n-7) g									
20:1 g	0.007		1	A	1		0.007		
22:1 undifferentiated g	0.000		0	AS	1		0.000		
22:1 c g	0.000		1	A	1		0.000		
22:1 t g									
24:1 c g	0.002		1	A	1		0.002		
Fatty acids, total polyunsaturated g	0.179		0	NC	4		0.202		
18:2 undifferentiated g	0.080		0	AS	1		0.090		
18:2 n-6 c,c g	0.060		1	A	1		0.067		
18:2 CLAs g	0.020		1	A	1		0.022		
18:2 t,t g	0.000		1	A	1		0.000		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.039		0	AS	1		0.044		
18:3 n-3 c,c,c (ALA) g	0.037		1	A	1		0.042		
18:3 n-6 c,c,c g	0.002		1	A	1		0.002		
18:3i g									
18:4 g	0.000		0	Z	7		0.000		
20:2 n-6 c,c g	0.002		1	A	1		0.002		
20:3 undifferentiated g	0.008		0	AS	1		0.009		
20:3 n-3 g	0.001		1	A	1		0.001		
20:3 n-6 g	0.007		1	A	1		0.008		
20:4 undifferentiated g	0.017		0	AS	1		0.019		
20:4 n-6 g	0.017		1	A	1		0.019		
20:5 n-3 (EPA) g	0.009		1	A	1		0.010		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.016		1	A	1		0.018		
22:6 n-3 (DHA) g	0.001		1	A	1		0.001		
Fatty acids, total trans g	0.097		0	NC	4		0.110		
Fatty acids, total trans-monoenoic g	0.097		0	NC	4		0.110		
Fatty acids, total trans-polyenoic g	0.000		0	NC	4		0.000		
Cholesterol mg	49		1	A	1		55		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.215		0	A	1		0.243		
Threonine g	0.743		0	A	1		0.840		
Isoleucine g	0.853		0	A	1		0.964		
Leucine g	1.549		0	A	1		1.750		
Lysine g	1.625		0	A	1		1.836		
Methionine g	0.675		0	A	1		0.763		
Cystine g									
Phenylalanine g	0.798		0	A	1		0.902		

NDB No. 23411

Beef, New Zealand, imported, flank, separable lean only, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tyrosine....g	0.691		0	A	1		0.780		
Valine....g	0.906		0	A	1		1.024		
Arginine....g	1.350		0	A	1		1.526		
Histidine....g	0.740		0	A	1		0.836		
Alanine....g	1.068		0	A	1		1.207		
Aspartic acid....g									
Glutamic acid....g	2.862		0	A	1		3.235		
Glycine....g	1.118		0	A	1		1.263		
Proline....g	0.659		0	A	1		0.744		
Serine....g	0.722		0	A	1		0.815		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 113g: 4 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23460

Beef, New Zealand, imported, flat, separable lean and fat, cooked, braised

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	54.29		0	PAK	1		46.15		
Energy kcal	252		0	NC	4		214		
Energy kJ	1052		0	NC	4		894		
Protein g	31.86		0	PAK	1		27.08		
Total lipid (fat) g	13.79		0	PAK	1		11.72		
Ash g	1.02		0	PAK	1		0.87		
Carbohydrate, by difference g	0.00		0	PIK	4		0.00		
Fiber, total dietary g	0.0		0	PIK	4		0.0		
Sugars, total g	0.00		0	PIK	4		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	6		0	PAK	1		5		
Iron, Fe mg	3.09		0	PAK	1		2.63		
Magnesium, Mg mg	17		0	PAK	1		14		
Phosphorus, P mg	154		0	PAK	1		131		
Potassium, K mg	170		0	PAK	1		144		
Sodium, Na mg	30		0	PAK	1		25		
Zinc, Zn mg	4.33		0	PAK	1		3.68		
Copper, Cu mg	0.181		0	PAK	1		0.154		
Manganese, Mn mg	0.015		0	PAK	1		0.013		
Selenium, Se µg	2.0		0	PAK	1		1.7		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0		
Thiamin mg	0.026		0	PAK	1		0.022		
Riboflavin mg	0.184		0	PAK	1		0.156		
Niacin mg	2.240		0	PAK	1		1.904		
Pantothenic acid mg	0.147		0	PAK	1		0.125		
Vitamin B-6 mg	0.165		0	PAK	1		0.140		
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	1.77		0	PAK	1		1.51		
Vitamin A, RAE µg	14		0	PAK	1		12		
Vitamin A, IU IU	47		0	PAK	1		40		
Lycopene µg	0		0	PIK	4		0		
Lutein + zeaxanthin µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol) mg	1.10		0	PAK	1		0.93		
Vitamin E, added mg	0.00		0	PIK	4		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	PAK	1		0.0		
Vitamin D IU	1		0	PAK	1		1		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	4.507		0	PIK	4		3.831		
4:0 g	0.000		0	PIK	4		0.000		
6:0 g	0.000		0	PIK	4		0.000		
8:0 g	0.000		0	PAK	1		0.000		
10:0 g	0.005		0	PAK	1		0.004		

NDB No. 23460

Beef, New Zealand, imported, flat, separable lean and fat, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.007		0	PAK	1		0.006		
13:0 g									
14:0 g	0.272		0	PAK	1		0.231		
15:0 g									
16:0 g	2.501		0	PAK	1		2.126		
17:0 g	0.159		0	PAK	1		0.135		
18:0 g	1.541		0	PAK	1		1.310		
20:0 g	0.012		0	PAK	1		0.010		
22:0 g	0.008		0	PAK	1		0.007		
24:0 g	0.003		0	PAK	1		0.002		
Fatty acids, total monounsaturated g	4.867		0	PIK	4		4.137		
14:1 g	0.090		0	PAK	1		0.077		
15:1 g	0.004		0	PAK	1		0.003		
16:1 undifferentiated g	0.473		0	PAK	1		0.402		
16:1 c g	0.436		0	PAK	1		0.371		
16:1 t g	0.037		0	PAK	1		0.032		
17:1 g	0.000		0	PAK	1		0.000		
18:1 undifferentiated g	4.282		0	PAK	1		3.640		
18:1 c g	4.018		0	PAK	1		3.415		
18:1 t g	0.264		0	PAK	1		0.224		
18:1-11 t (18:1t n-7) g									
20:1 g	0.014		0	PAK	1		0.012		
22:1 undifferentiated g	0.000		0	PAK	1		0.000		
22:1 c g	0.000		0	PAK	1		0.000		
22:1 t g									
24:1 c g	0.003		0	PAK	1		0.003		
Fatty acids, total polyunsaturated g	0.578		0	PIK	4		0.491		
18:2 undifferentiated g	0.292		0	PAK	1		0.248		
18:2 n-6 c,c g	0.179		0	PAK	1		0.152		
18:2 CLAs g	0.111		0	PAK	1		0.095		
18:2 t,t g	0.002		0	PAK	1		0.002		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.125		0	PAK	1		0.106		
18:3 n-3 c,c,c (ALA) g	0.121		0	PAK	1		0.103		
18:3 n-6 c,c,c g	0.004		0	PAK	1		0.003		
18:3i g									
18:4 g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c g	0.005		0	PAK	1		0.004		
20:3 undifferentiated g	0.021		0	PAK	1		0.018		
20:3 n-3 g	0.004		0	PAK	1		0.003		
20:3 n-6 g	0.017		0	PAK	1		0.014		
20:4 undifferentiated g	0.049		0	PAK	1		0.042		
20:4 n-6 g	0.049		0	PAK	1		0.042		
20:5 n-3 (EPA) g	0.031		0	PAK	1		0.026		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.037		0	PAK	1		0.032		
22:6 n-3 (DHA) g	0.004		0	PAK	1		0.003		
Fatty acids, total trans g	0.303		0	PIK	4		0.258		
Fatty acids, total trans-monoenoic g	0.301		0	PIK	4		0.256		
Fatty acids, total trans-polyenoic g	0.002		0	PIK	4		0.002		
Cholesterol mg	92		0	PAK	1		78		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.334		0	PAK	1		0.284		
Threonine g	1.153		0	PAK	1		0.980		
Isoleucine g	1.324		0	PAK	1		1.126		
Leucine g	2.403		0	PAK	1		2.043		
Lysine g	2.522		0	PAK	1		2.144		
Methionine g	1.048		0	PAK	1		0.891		
Cystine g									
Phenylalanine g	1.239		0	PAK	1		1.053		

NDB No. 23460

Beef, New Zealand, imported, flat, separable lean and fat, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tyrosine....g	1.072		0	PAK	1		0.911		
Valine....g	1.406		0	PAK	1		1.195		
Arginine....g	2.095		0	PAK	1		1.781		
Histidine....g	1.148		0	PAK	1		0.976		
Alanine....g	1.658		0	PAK	1		1.409		
Aspartic acid....g									
Glutamic acid....g	4.442		0	PAK	1		3.776		
Glycine....g	1.735		0	PAK	1		1.475		
Proline....g	1.022		0	PAK	1		0.869		
Serine....g	1.120		0	PAK	1		0.952		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0		
Caffeine....mg	0		0	PIK	4		0		
Theobromine....mg	0		0	PIK	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23461
Beef, New Zealand, imported, flat, separable lean and fat, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	68.68		0	PAK	1		77.61		
Energy kcal	177		0	NC	4		200		
Energy kJ	741		0	NC	4		837		
Protein g	20.57		0	PAK	1		23.25		
Total lipid (fat) g	10.55		0	PAK	1		11.92		
Ash g	0.89		0	PAK	1		1.00		
Carbohydrate, by difference g	0.00		0	PIK	4		0.00		
Fiber, total dietary g	0.0		0	PIK	4		0.0		
Sugars, total g	0.00		0	PIK	4		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	5		0	PAK	1		6		
Iron, Fe mg	1.84		0	PAK	1		2.08		
Magnesium, Mg mg	19		0	PAK	1		22		
Phosphorus, P mg	170		0	PAK	1		192		
Potassium, K mg	283		0	PAK	1		320		
Sodium, Na mg	49		0	PAK	1		55		
Zinc, Zn mg	5.22		0	PAK	1		5.89		
Copper, Cu mg	0.115		0	PAK	1		0.130		
Manganese, Mn mg	0.008		0	PAK	1		0.009		
Selenium, Se µg	1.1		0	PAK	1		1.2		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0		
Thiamin mg	0.046		0	PAK	1		0.052		
Riboflavin mg	0.135		0	PAK	1		0.152		
Niacin mg	3.212		0	PAK	1		3.630		
Pantothenic acid mg	0.311		0	PAK	1		0.351		
Vitamin B-6 mg	0.265		0	PAK	1		0.300		
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	2.72		0	PAK	1		3.07		
Vitamin A, RAE µg	10		0	PAK	1		12		
Vitamin A, IU IU	34		0	PAK	1		39		
Lycopene µg	0		0	PIK	4		0		
Lutein + zeaxanthin µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol) mg	0.49		0	PAK	1		0.55		
Vitamin E, added mg	0.00		0	PIK	4		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	PAK	1		0.0		
Vitamin D IU	1		0	PAK	1		1		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	3.847		0	PIK	4		4.347		
4:0 g	0.000		0	PIK	4		0.000		
6:0 g	0.000		0	PIK	4		0.000		
8:0 g	0.000		0	PIK	4		0.000		
10:0 g	0.004		0	PAK	1		0.005		

NDB No. 23461

Beef, New Zealand, imported, flat, separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.006		0	PAK	1		0.007		
13:0 g									
14:0 g	0.211		0	PAK	1		0.239		
15:0 g									
16:0 g	1.985		0	PAK	1		2.243		
17:0 g	0.142		0	PAK	1		0.161		
18:0 g	1.478		0	PAK	1		1.670		
20:0 g	0.012		0	PAK	1		0.014		
22:0 g	0.005		0	PAK	1		0.005		
24:0 g	0.002		0	PAK	1		0.002		
Fatty acids, total monounsaturated g	3.894		0	PIK	4		4.401		
14:1 g	0.063		0	PAK	1		0.071		
15:1 g	0.002		0	PAK	1		0.003		
16:1 undifferentiated g	0.345		0	PAK	1		0.389		
16:1 c g	0.315		0	PAK	1		0.356		
16:1 t g	0.029		0	PAK	1		0.033		
17:1 g	0.000		0	PAK	1		0.000		
18:1 undifferentiated g	3.469		0	PAK	1		3.919		
18:1 c g	3.252		0	PAK	1		3.675		
18:1 t g	0.216		0	PAK	1		0.244		
18:1-11 t (18:1t n-7) g									
20:1 g	0.013		0	PAK	1		0.015		
22:1 undifferentiated g	0.000		0	PAK	1		0.000		
22:1 c g	0.000		0	PAK	1		0.000		
22:1 t g									
24:1 c g	0.003		0	PAK	1		0.003		
Fatty acids, total polyunsaturated g	0.380		0	PIK	4		0.429		
18:2 undifferentiated g	0.190		0	PAK	1		0.215		
18:2 n-6 c,c g	0.121		0	PAK	1		0.136		
18:2 CLAs g	0.068		0	PAK	1		0.077		
18:2 t,t g	0.002		0	PAK	1		0.002		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.092		0	PAK	1		0.104		
18:3 n-3 c,c,c (ALA) g	0.089		0	PAK	1		0.101		
18:3 n-6 c,c,c g	0.003		0	PAK	1		0.003		
18:3i g									
18:4 g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c g	0.003		0	PAK	1		0.003		
20:3 undifferentiated g	0.013		0	PAK	1		0.014		
20:3 n-3 g	0.003		0	PAK	1		0.003		
20:3 n-6 g	0.010		0	PAK	1		0.011		
20:4 undifferentiated g	0.027		0	PAK	1		0.031		
20:4 n-6 g	0.027		0	PAK	1		0.031		
20:5 n-3 (EPA) g	0.017		0	PAK	1		0.020		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.025		0	PAK	1		0.028		
22:6 n-3 (DHA) g	0.003		0	PAK	1		0.003		
Fatty acids, total trans g	0.248		0	PIK	4		0.280		
Fatty acids, total trans-monoenoic g	0.246		0	PIK	4		0.278		
Fatty acids, total trans-polyenoic g	0.002		0	PIK	4		0.002		
Cholesterol mg	58		0	PAK	1		65		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.216		0	PAK	1		0.244		
Threonine g	0.745		0	PAK	1		0.842		
Isoleucine g	0.855		0	PAK	1		0.967		
Leucine g	1.552		0	PAK	1		1.754		
Lysine g	1.629		0	PAK	1		1.840		
Methionine g	0.677		0	PAK	1		0.765		
Cystine g									
Phenylalanine g	0.800		0	PAK	1		0.904		

NDB No. 23461

Beef, New Zealand, imported, flat, separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tyrosine....g	0.692		0	PAK	1		0.782		
Valine....g	0.908		0	PAK	1		1.026		
Arginine....g	1.353		0	PAK	1		1.529		
Histidine....g	0.741		0	PAK	1		0.838		
Alanine....g	1.071		0	PAK	1		1.210		
Aspartic acid....g									
Glutamic acid....g	2.869		0	PAK	1		3.242		
Glycine....g	1.120		0	PAK	1		1.266		
Proline....g	0.660		0	PAK	1		0.746		
Serine....g	0.723		0	PAK	1		0.817		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0		
Caffeine....mg	0		0	PIK	4		0		
Theobromine....mg	0		0	PIK	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 113g: 4 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23412

Beef, New Zealand, imported, flat, separable lean only, cooked, braised

Refuse: 5% Separable fat 5%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	56.39		1	A	1		47.93		
Energy kcal	226		0	NC	4		192		
Energy kJ	944		0	NC	4		802		
Protein (N x 6.25) g	33.22		1	A	1		28.24		
Total lipid (fat) g	10.30		1	A	1		8.76		
Ash g	1.06		1	A	1		0.90		
Carbohydrate, by difference g	0.00		0	NC	4		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	6		1	A	1		5		
Iron, Fe mg	3.23		1	A	1		2.75		
Magnesium, Mg mg	18		1	A	1		15		
Phosphorus, P mg	159		1	A	1		135		
Potassium, K mg	172		1	A	1		146		
Sodium, Na mg	30		1	A	1		26		
Zinc, Zn mg	4.54		1	A	1		3.86		
Copper, Cu mg	0.190		1	A	1		0.161		
Manganese, Mn mg	0.016		1	A	1		0.013		
Selenium, Se µg	2.0		1	A	1		1.7		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.024		1	A	1		0.020		
Riboflavin mg	0.192		1	A	1		0.163		
Niacin mg	2.292		1	A	1		1.948		
Pantothenic acid mg	0.150		1	A	1		0.128		
Vitamin B-6 mg	0.171		1	A	1		0.145		
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	1.85		1	A	1		1.57		
Vitamin A, RAE µg	15		0	AS	1		13		
Vitamin A, IU IU	49		0	AS	1		42		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	1.16		1	A	1		0.98		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	AS	1		0.0		
Vitamin D IU	0		1	A	1		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	3.117		0	NC	4		2.649		
4:0 g	0.000		0	Z	7		0.000		
6:0 g	0.000		0	Z	7		0.000		
8:0 g	0.000		1	A	1		0.000		
10:0 g	0.003		1	A	1		0.003		

NDB No. 23412

Beef, New Zealand, imported, flat, separable lean only, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.004		1	A	1		0.004		
13:0 g									
14:0 g	0.182		1	A	1		0.154		
15:0 g									
16:0 g	1.830		1	A	1		1.555		
17:0 g	0.112		1	A	1		0.095		
18:0 g	0.969		1	A	1		0.823		
20:0 g	0.008		1	A	1		0.007		
22:0 g	0.006		1	A	1		0.005		
24:0 g	0.003		1	A	1		0.002		
Fatty acids, total monounsaturated g	3.761		0	NC	4		3.197		
14:1 g	0.071		1	A	1		0.061		
15:1 g	0.004		1	A	1		0.003		
16:1 undifferentiated g	0.391		0	AS	1		0.332		
16:1 c g	0.355		1	A	1		0.302		
16:1 t g	0.036		1	A	1		0.030		
17:1 g	0.000		1	A	1		0.000		
18:1 undifferentiated g	3.280		0	AS	1		2.788		
18:1 c g	3.141		1	A	1		2.670		
18:1 t g	0.139		1	A	1		0.118		
18:1-11 t (18:1t n-7) g									
20:1 g	0.012		1	A	1		0.011		
22:1 undifferentiated g	0.000		0	AS	1		0.000		
22:1 c g	0.000		1	A	1		0.000		
22:1 t g									
24:1 c g	0.003		1	A	1		0.003		
Fatty acids, total polyunsaturated g	0.517		0	NC	4		0.440		
18:2 undifferentiated g	0.245		0	AS	1		0.208		
18:2 n-6 c,c g	0.165		1	A	1		0.140		
18:2 CLAs g	0.080		1	A	1		0.068		
18:2 t,t g	0.000		1	A	1		0.000		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.104		0	AS	1		0.088		
18:3 n-3 c,c,c (ALA) g	0.100		1	A	1		0.085		
18:3 n-6 c,c,c g	0.004		1	A	1		0.003		
18:3i g									
18:4 g	0.000		0	Z	7		0.000		
20:2 n-6 c,c g	0.005		1	A	1		0.004		
20:3 undifferentiated g	0.022		0	AS	1		0.019		
20:3 n-3 g	0.004		1	A	1		0.003		
20:3 n-6 g	0.018		1	A	1		0.015		
20:4 undifferentiated g	0.052		0	AS	1		0.044		
20:4 n-6 g	0.052		1	A	1		0.044		
20:5 n-3 (EPA) g	0.032		1	A	1		0.027		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.037		1	A	1		0.032		
22:6 n-3 (DHA) g	0.004		1	A	1		0.004		
Fatty acids, total trans g	0.174		0	NC	4		0.148		
Fatty acids, total trans-monoenoic g	0.174		0	NC	4		0.148		
Fatty acids, total trans-polyenoic g	0.000		0	NC	4		0.000		
Cholesterol mg	94		1	A	1		80		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.348		0	A	1		0.296		
Threonine g	1.203		0	A	1		1.023		
Isoleucine g	1.381		0	A	1		1.174		
Leucine g	2.507		0	A	1		2.131		
Lysine g	2.630		0	A	1		2.236		
Methionine g	1.093		0	A	1		0.929		
Cystine g									
Phenylalanine g	1.292		0	A	1		1.098		

NDB No. 23412

Beef, New Zealand, imported, flat, separable lean only, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tyrosine....g	1.118		0	A	1		0.950		
Valine....g	1.466		0	A	1		1.246		
Arginine....g	2.185		0	A	1		1.858		
Histidine....g	1.197		0	A	1		1.017		
Alanine....g	1.729		0	A	1		1.470		
Aspartic acid....g									
Glutamic acid....g	4.633		0	A	1		3.938		
Glycine....g	1.810		0	A	1		1.538		
Proline....g	1.066		0	A	1		0.906		
Serine....g	1.168		0	A	1		0.993		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23413
Beef, New Zealand, imported, flat, separable lean only, raw

Refuse: 5% Separable fat 5%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	70.81		1	A	1		80.01		
Energy kcal	154		0	NC	4		174		
Energy kJ	646		0	NC	4		730		
Protein (N x 6.25) g	21.30		1	A	1		24.07		
Total lipid (fat) g	7.69		1	A	1		8.69		
Ash g	0.92		1	A	1		1.04		
Carbohydrate, by difference g	0.00		0	NC	4		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	5		1	A	1		6		
Iron, Fe mg	1.90		1	A	1		2.15		
Magnesium, Mg mg	20		1	A	1		22		
Phosphorus, P mg	175		1	A	1		198		
Potassium, K mg	291		1	A	1		329		
Sodium, Na mg	50		1	A	1		57		
Zinc, Zn mg	5.44		1	A	1		6.14		
Copper, Cu mg	0.120		1	A	1		0.135		
Manganese, Mn mg	0.008		1	A	1		0.009		
Selenium, Se µg	1.0		1	A	1		1.1		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.045		1	A	1		0.051		
Riboflavin mg	0.140		1	A	1		0.158		
Niacin mg	3.328		1	A	1		3.761		
Pantothenic acid mg	0.320		1	A	1		0.361		
Vitamin B-6 mg	0.276		1	A	1		0.312		
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	2.85		1	A	1		3.22		
Vitamin A, RAE µg	11		0	AS	1		12		
Vitamin A, IU IU	36		0	AS	1		41		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.52		1	A	1		0.58		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	AS	1		0.0		
Vitamin D IU	0		1	A	1		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	2.525		0	NC	4		2.853		
4:0 g	0.000		0	Z	7		0.000		
6:0 g	0.000		0	Z	7		0.000		
8:0 g	0.000		1	A	1		0.000		
10:0 g	0.003		1	A	1		0.004		

NDB No. 23413

Beef, New Zealand, imported, flat, separable lean only, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.004		1	A	1		0.005		
13:0 g									
14:0 g	0.149		1	A	1		0.169		
15:0 g									
16:0 g	1.480		1	A	1		1.672		
17:0 g	0.094		1	A	1		0.106		
18:0 g	0.784		1	A	1		0.886		
20:0 g	0.006		1	A	1		0.007		
22:0 g	0.002		1	A	1		0.002		
24:0 g	0.002		1	A	1		0.002		
Fatty acids, total monounsaturated g	3.144		0	NC	4		3.552		
14:1 g	0.058		1	A	1		0.066		
15:1 g	0.003		1	A	1		0.003		
16:1 undifferentiated g	0.313		0	AS	1		0.354		
16:1 c g	0.285		1	A	1		0.322		
16:1 t g	0.028		1	A	1		0.032		
17:1 g	0.000		1	A	1		0.000		
18:1 undifferentiated g	2.756		0	AS	1		3.115		
18:1 c g	2.638		1	A	1		2.981		
18:1 t g	0.119		1	A	1		0.134		
18:1-11 t (18:1t n-7) g									
20:1 g	0.011		1	A	1		0.012		
22:1 undifferentiated g	0.000		0	AS	1		0.000		
22:1 c g	0.000		1	A	1		0.000		
22:1 t g									
24:1 c g	0.003		1	A	1		0.003		
Fatty acids, total polyunsaturated g	0.328		0	NC	4		0.371		
18:2 undifferentiated g	0.157		0	AS	1		0.177		
18:2 n-6 c,c g	0.107		1	A	1		0.120		
18:2 CLAs g	0.050		1	A	1		0.057		
18:2 t,t g	0.000		1	A	1		0.000		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.073		0	AS	1		0.082		
18:3 n-3 c,c,c (ALA) g	0.070		1	A	1		0.079		
18:3 n-6 c,c,c g	0.003		1	A	1		0.004		
18:3i g									
18:4 g	0.000		0	Z	7		0.000		
20:2 n-6 c,c g	0.003		1	A	1		0.003		
20:3 undifferentiated g	0.013		0	AS	1		0.015		
20:3 n-3 g	0.003		1	A	1		0.003		
20:3 n-6 g	0.010		1	A	1		0.012		
20:4 undifferentiated g	0.029		0	AS	1		0.032		
20:4 n-6 g	0.029		1	A	1		0.032		
20:5 n-3 (EPA) g	0.018		1	A	1		0.021		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.022		1	A	1		0.025		
22:6 n-3 (DHA) g	0.003		1	A	1		0.003		
Fatty acids, total trans g	0.147		0	NC	4		0.166		
Fatty acids, total trans-monoenoic g	0.147		0	NC	4		0.166		
Fatty acids, total trans-polyenoic g	0.000		0	NC	4		0.000		
Cholesterol mg	55		1	A	1		62		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.223		0	A	1		0.252		
Threonine g	0.771		0	A	1		0.872		
Isoleucine g	0.886		0	A	1		1.001		
Leucine g	1.607		0	A	1		1.816		
Lysine g	1.687		0	A	1		1.906		
Methionine g	0.701		0	A	1		0.792		
Cystine g									
Phenylalanine g	0.828		0	A	1		0.936		

NDB No. 23413
Beef, New Zealand, imported, flat, separable lean only, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tyrosine....g	0.717		0	A	1		0.810		
Valine....g	0.940		0	A	1		1.062		
Arginine....g	1.401		0	A	1		1.583		
Histidine....g	0.767		0	A	1		0.867		
Alanine....g	1.109		0	A	1		1.253		
Aspartic acid....g									
Glutamic acid....g	2.971		0	A	1		3.357		
Glycine....g	1.160		0	A	1		1.311		
Proline....g	0.684		0	A	1		0.773		
Serine....g	0.749		0	A	1		0.846		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 113g: 4 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23462

Beef, New Zealand, imported, hind shin, separable lean and fat, cooked, braised

Refuse: 2% Connective tissue 2%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	61.87		0	PAK	1		52.59		
Energy kcal	196		0	NC	4		167		
Energy kJ	820		0	NC	4		697		
Protein g	29.82		0	PAK	1		25.35		
Total lipid (fat) g	8.50		0	PAK	1		7.22		
Ash g	1.54		0	PAK	1		1.31		
Carbohydrate, by difference g	0.07		0	PIK	4		0.06		
Fiber, total dietary g	0.0		0	PIK	4		0.0		
Sugars, total g	0.00		0	PIK	4		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	7		0	PAK	1		6		
Iron, Fe mg	2.60		0	PAK	1		2.21		
Magnesium, Mg mg	19		0	PAK	1		16		
Phosphorus, P mg	150		0	PAK	1		127		
Potassium, K mg	211		0	PAK	1		180		
Sodium, Na mg	43		0	PAK	1		37		
Zinc, Zn mg	5.85		0	PAK	1		4.97		
Copper, Cu mg	0.106		0	PAK	1		0.090		
Manganese, Mn mg	0.011		0	PAK	1		0.010		
Selenium, Se µg	2.1		0	PAK	1		1.7		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0		
Thiamin mg	0.021		0	PAK	1		0.018		
Riboflavin mg	0.113		0	PAK	1		0.096		
Niacin mg	2.611		0	PAK	1		2.219		
Pantothenic acid mg	0.187		0	PAK	1		0.159		
Vitamin B-6 mg	0.139		0	PAK	1		0.118		
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	1.21		0	PAK	1		1.03		
Vitamin A, RAE µg	8		0	PAK	1		6		
Vitamin A, IU IU	25		0	PAK	1		21		
Lycopene µg	0		0	PIK	4		0		
Lutein + zeaxanthin µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol) mg	0.70		0	PAK	1		0.59		
Vitamin E, added mg	0.00		0	PIK	4		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	PAK	1		0.2		
Vitamin D IU	8		0	PAK	1		6		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	2.948		0	PIK	4		2.506		
4:0 g	0.000		0	PIK	4		0.000		
6:0 g	0.000		0	PIK	4		0.000		
8:0 g	0.000		0	PAK	1		0.000		
10:0 g	0.004		0	PAK	1		0.003		

NDB No. 23462

Beef, New Zealand, imported, hind shin, separable lean and fat, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.005		0	PAK	1		0.004		
13:0 g									
14:0 g	0.163		0	PAK	1		0.138		
15:0 g									
16:0 g	1.520		0	PAK	1		1.292		
17:0 g	0.104		0	PAK	1		0.088		
18:0 g	1.140		0	PAK	1		0.969		
20:0 g	0.008		0	PAK	1		0.006		
22:0 g	0.004		0	PAK	1		0.003		
24:0 g	0.002		0	PAK	1		0.002		
Fatty acids, total monounsaturated g	2.998		0	PIK	4		2.548		
14:1 g	0.042		0	PAK	1		0.036		
15:1 g	0.004		0	PAK	1		0.003		
16:1 undifferentiated g	0.238		0	PAK	1		0.202		
16:1 c g	0.219		0	PAK	1		0.186		
16:1 t g	0.019		0	PAK	1		0.016		
17:1 g	0.000		0	PAK	1		0.000		
18:1 undifferentiated g	2.703		0	PAK	1		2.298		
18:1 c g	2.529		0	PAK	1		2.150		
18:1 t g	0.174		0	PAK	1		0.148		
18:1-11 t (18:1t n-7) g									
20:1 g	0.009		0	PAK	1		0.008		
22:1 undifferentiated g	0.000		0	PAK	1		0.000		
22:1 c g	0.000		0	PAK	1		0.000		
22:1 t g									
24:1 c g	0.001		0	PAK	1		0.001		
Fatty acids, total polyunsaturated g	0.380		0	PIK	4		0.323		
18:2 undifferentiated g	0.168		0	PAK	1		0.143		
18:2 n-6 c,c g	0.113		0	PAK	1		0.096		
18:2 CLAs g	0.053		0	PAK	1		0.045		
18:2 t,t g	0.002		0	PAK	1		0.002		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.081		0	PAK	1		0.069		
18:3 n-3 c,c,c (ALA) g	0.078		0	PAK	1		0.067		
18:3 n-6 c,c,c g	0.002		0	PAK	1		0.002		
18:3i g									
18:4 g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c g	0.001		0	PAK	1		0.001		
20:3 undifferentiated g	0.013		0	PAK	1		0.011		
20:3 n-3 g	0.003		0	PAK	1		0.002		
20:3 n-6 g	0.011		0	PAK	1		0.009		
20:4 undifferentiated g	0.038		0	PAK	1		0.032		
20:4 n-6 g	0.038		0	PAK	1		0.032		
20:5 n-3 (EPA) g	0.029		0	PAK	1		0.024		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.037		0	PAK	1		0.031		
22:6 n-3 (DHA) g	0.005		0	PAK	1		0.004		
Fatty acids, total trans g	0.195		0	PIK	4		0.166		
Fatty acids, total trans-monoenoic g	0.193		0	PIK	4		0.164		
Fatty acids, total trans-polyenoic g	0.002		0	PIK	4		0.002		
Cholesterol mg	88		0	PAK	1		75		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.312		0	PAK	1		0.266		
Threonine g	1.080		0	PAK	1		0.918		
Isoleucine g	1.240		0	PAK	1		1.054		
Leucine g	2.250		0	PAK	1		1.912		
Lysine g	2.361		0	PAK	1		2.007		
Methionine g	0.981		0	PAK	1		0.834		
Cystine g									
Phenylalanine g	1.159		0	PAK	1		0.985		

NDB No. 23462

Beef, New Zealand, imported, hind shin, separable lean and fat, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tyrosine....g	1.003		0	PAK	1		0.853		
Valine....g	1.316		0	PAK	1		1.119		
Arginine....g	1.961		0	PAK	1		1.667		
Histidine....g	1.074		0	PAK	1		0.913		
Alanine....g	1.552		0	PAK	1		1.319		
Aspartic acid....g									
Glutamic acid....g	4.158		0	PAK	1		3.535		
Glycine....g	1.624		0	PAK	1		1.380		
Proline....g	0.957		0	PAK	1		0.814		
Serine....g	1.048		0	PAK	1		0.891		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0		
Caffeine....mg	0		0	PIK	4		0		
Theobromine....mg	0		0	PIK	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23463

Beef, New Zealand, imported, hind shin, separable lean and fat, raw

Refuse: 1% Connective tissue 1%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	71.41		0	PAK	1		80.70		
Energy kcal	147		0	PIK	4		166		
Energy kJ	616		0	PIK	4		696		
Protein (N x 6.25) g	20.61		0	PAK	1		23.29		
Total lipid (fat) g	7.20		0	PAK	1		8.14		
Ash g	0.94		0	PAK	1		1.06		
Carbohydrate, by difference g	0.00		0	PIK	4		0.00		
Fiber, total dietary g	0.0		0	PIK	4		0.0		
Sugars, total g	0.00		0	PIK	4		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	5		0	PAK	1		5		
Iron, Fe mg	1.95		0	PAK	1		2.20		
Magnesium, Mg mg	20		0	PAK	1		22		
Phosphorus, P mg	170		0	PAK	1		193		
Potassium, K mg	313		0	PAK	1		354		
Sodium, Na mg	61		0	PAK	1		69		
Zinc, Zn mg	3.66		0	PAK	1		4.13		
Copper, Cu mg	0.063		0	PAK	1		0.072		
Manganese, Mn mg	0.009		0	PAK	1		0.010		
Selenium, Se µg	2.0		0	PAK	1		2.3		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0		
Thiamin mg	0.040		0	PAK	1		0.046		
Riboflavin mg	0.109		0	PAK	1		0.124		
Niacin mg	3.136		0	PAK	1		3.544		
Pantothenic acid mg	0.492		0	PAK	1		0.556		
Vitamin B-6 mg	0.246		0	PAK	1		0.278		
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	1.43		0	PAK	1		1.62		
Vitamin A, RAE µg	6		0	PAK	1		7		
Vitamin A, IU IU	20		0	PAK	1		22		
Lycopene µg	0		0	PIK	4		0		
Lutein + zeaxanthin µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol) mg	0.41		0	PAK	1		0.46		
Vitamin E, added mg	0.00		0	PIK	4		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	PAK	1		0.0		
Vitamin D IU	1		0	PAK	1		1		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	2.711		0	PIK	4		3.064		
4:0 g	0.000		0	PIK	4		0.000		
6:0 g	0.000		0	PIK	4		0.000		
8:0 g	0.000		0	PIK	4		0.000		
10:0 g	0.003		0	PAK	1		0.003		

NDB No. 23463

Beef, New Zealand, imported, hind shin, separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.004		0	PAK	1		0.005		
13:0 g									
14:0 g	0.148		0	PAK	1		0.167		
15:0 g									
16:0 g	1.319		0	PAK	1		1.490		
17:0 g	0.093		0	PAK	1		0.106		
18:0 g	1.130		0	PAK	1		1.276		
20:0 g	0.009		0	PAK	1		0.010		
22:0 g	0.003		0	PAK	1		0.003		
24:0 g	0.000		0	PAK	1		0.000		
Fatty acids, total monounsaturated g	2.530		0	PIK	4		2.859		
14:1 g	0.032		0	PAK	1		0.037		
15:1 g	0.000		0	PAK	1		0.000		
16:1 undifferentiated g	0.187		0	PAK	1		0.211		
16:1 c g	0.183		0	PAK	1		0.207		
16:1 t g	0.004		0	PAK	1		0.005		
17:1 g	0.000		0	PAK	1		0.000		
18:1 undifferentiated g	2.304		0	PAK	1		2.604		
18:1 c g	2.138		0	PAK	1		2.415		
18:1 t g	0.167		0	PAK	1		0.188		
18:1-11 t (18:1t n-7) g									
20:1 g	0.007		0	PAK	1		0.008		
22:1 undifferentiated g	0.000		0	PAK	1		0.000		
22:1 c g	0.000		0	PAK	1		0.000		
22:1 t g									
24:1 c g	0.000		0	PAK	1		0.000		
Fatty acids, total polyunsaturated g	0.233		0	PIK	4		0.263		
18:2 undifferentiated g	0.124		0	PAK	1		0.140		
18:2 n-6 c,c g	0.072		0	PAK	1		0.082		
18:2 CLAs g	0.049		0	PAK	1		0.056		
18:2 t,t g	0.002		0	PAK	1		0.003		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.058		0	PAK	1		0.065		
18:3 n-3 c,c,c (ALA) g	0.058		0	PAK	1		0.065		
18:3 n-6 c,c,c g	0.000		0	PAK	1		0.000		
18:3i g									
18:4 g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c g	0.000		0	PAK	1		0.000		
20:3 undifferentiated g	0.006		0	PAK	1		0.007		
20:3 n-3 g	0.001		0	PAK	1		0.001		
20:3 n-6 g	0.005		0	PAK	1		0.006		
20:4 undifferentiated g	0.016		0	PAK	1		0.018		
20:4 n-6 g	0.016		0	PAK	1		0.018		
20:5 n-3 (EPA) g	0.010		0	PAK	1		0.012		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.017		0	PAK	1		0.019		
22:6 n-3 (DHA) g	0.002		0	PAK	1		0.002		
Fatty acids, total trans g	0.173		0	PIK	4		0.196		
Fatty acids, total trans-monoenoic g	0.171		0	PIK	4		0.193		
Fatty acids, total trans-polyenoic g	0.002		0	PIK	4		0.003		
Cholesterol mg	57		0	PAK	1		65		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.216		0	PAK	1		0.244		
Threonine g	0.746		0	PAK	1		0.843		
Isoleucine g	0.857		0	PAK	1		0.968		
Leucine g	1.555		0	PAK	1		1.757		
Lysine g	1.632		0	PAK	1		1.844		
Methionine g	0.678		0	PAK	1		0.766		
Cystine g									
Phenylalanine g	0.801		0	PAK	1		0.905		

NDB No. 23463

Beef, New Zealand, imported, hind shin, separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tyrosine....g	0.693		0	PAK	1		0.783		
Valine....g	0.910		0	PAK	1		1.028		
Arginine....g	1.356		0	PAK	1		1.532		
Histidine....g	0.742		0	PAK	1		0.839		
Alanine....g	1.072		0	PAK	1		1.212		
Aspartic acid....g									
Glutamic acid....g	2.874		0	PAK	1		3.248		
Glycine....g	1.122		0	PAK	1		1.268		
Proline....g	0.661		0	PAK	1		0.747		
Serine....g	0.724		0	PAK	1		0.819		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0		
Caffeine....mg	0		0	PIK	4		0		
Theobromine....mg	0		0	PIK	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 113g: 4 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23416

Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised

Refuse: 7% Connective tissue 2%, Separable fat 5%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	64.40		1	A	1		54.74		
Energy kcal	167		0	NC	4		142		
Energy kJ	698		0	NC	4		593		
Protein (N x 6.25) g	31.23		1	A	1		26.55		
Total lipid (fat) g	4.64		1	A	1		3.95		
Ash g	1.62		1	A	1		1.38		
Carbohydrate, by difference g	0.00		0	NC	4		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	6		1	A	1		6		
Iron, Fe mg	2.72		1	A	1		2.31		
Magnesium, Mg mg	20		1	A	1		17		
Phosphorus, P mg	155		1	A	1		131		
Potassium, K mg	217		1	A	1		184		
Sodium, Na mg	44		1	A	1		38		
Zinc, Zn mg	6.15		1	A	1		5.23		
Copper, Cu mg	0.111		1	A	1		0.094		
Manganese, Mn mg	0.012		1	A	1		0.010		
Selenium, Se µg	2.0		1	A	1		1.7		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.019		1	A	1		0.016		
Riboflavin mg	0.118		1	A	1		0.100		
Niacin mg	2.698		1	A	1		2.293		
Pantothenic acid mg	0.190		1	A	1		0.161		
Vitamin B-6 mg	0.144		1	A	1		0.122		
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	1.26		1	A	1		1.07		
Vitamin A, RAE µg	8		0	AS	1		7		
Vitamin A, IU IU	27		0	AS	1		23		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.74		1	A	1		0.63		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	AS	1		0.2		
Vitamin D IU	7		1	A	1		6		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	1.369		0	NC	4		1.163		
4:0 g	0.000		0	Z	7		0.000		
6:0 g	0.000		0	Z	7		0.000		
8:0 g	0.000		1	A	1		0.000		
10:0 g	0.002		1	A	1		0.002		

NDB No. 23416

Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.002		1	A	1		0.001		
13:0 g									
14:0 g	0.067		1	A	1		0.057		
15:0 g									
16:0 g	0.775		1	A	1		0.659		
17:0 g	0.049		1	A	1		0.041		
18:0 g	0.468		1	A	1		0.398		
20:0 g	0.003		1	A	1		0.003		
22:0 g	0.001		1	A	1		0.001		
24:0 g	0.003		1	A	1		0.002		
Fatty acids, total monounsaturated g	1.781		0	NC	4		1.514		
14:1 g	0.022		1	A	1		0.019		
15:1 g	0.004		1	A	1		0.003		
16:1 undifferentiated g	0.149		0	AS	1		0.127		
16:1 c g	0.134		1	A	1		0.113		
16:1 t g	0.016		1	A	1		0.014		
17:1 g	0.000		1	A	1		0.000		
18:1 undifferentiated g	1.597		0	AS	1		1.357		
18:1 c g	1.559		1	A	1		1.325		
18:1 t g	0.038		1	A	1		0.033		
18:1-11 t (18:1t n-7) g									
20:1 g	0.007		1	A	1		0.006		
22:1 undifferentiated g	0.000		0	AS	1		0.000		
22:1 c g	0.000		1	A	1		0.000		
22:1 t g									
24:1 c g	0.002		1	A	1		0.001		
Fatty acids, total polyunsaturated g	0.308		0	NC	4		0.262		
18:2 undifferentiated g	0.115		0	AS	1		0.097		
18:2 n-6 c,c g	0.095		1	A	1		0.081		
18:2 CLAs g	0.020		1	A	1		0.017		
18:2 t,t g	0.000		1	A	1		0.000		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.057		0	AS	1		0.048		
18:3 n-3 c,c,c (ALA) g	0.054		1	A	1		0.046		
18:3 n-6 c,c,c g	0.003		1	A	1		0.002		
18:3i g									
18:4 g	0.000		0	Z	7		0.000		
20:2 n-6 c,c g	0.001		1	A	1		0.001		
20:3 undifferentiated g	0.014		0	AS	1		0.012		
20:3 n-3 g	0.003		1	A	1		0.002		
20:3 n-6 g	0.012		1	A	1		0.010		
20:4 undifferentiated g	0.040		0	AS	1		0.034		
20:4 n-6 g	0.040		1	A	1		0.034		
20:5 n-3 (EPA) g	0.031		1	A	1		0.026		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.036		1	A	1		0.031		
22:6 n-3 (DHA) g	0.005		1	A	1		0.005		
Fatty acids, total trans g	0.054		0	NC	4		0.046		
Fatty acids, total trans-monoenoic g	0.054		0	NC	4		0.046		
Fatty acids, total trans-polyenoic g	0.000		0	NC	4		0.000		
Cholesterol mg	89		1	A	1		76		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.327		0	A	1		0.278		
Threonine g	1.131		0	A	1		0.961		
Isoleucine g	1.298		0	A	1		1.104		
Leucine g	2.356		0	A	1		2.003		
Lysine g	2.473		0	A	1		2.102		
Methionine g	1.027		0	A	1		0.873		
Cystine g									
Phenylalanine g	1.214		0	A	1		1.032		

NDB No. 23416

Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tyrosine....g	1.051		0	A	1		0.893		
Valine....g	1.378		0	A	1		1.172		
Arginine....g	2.054		0	A	1		1.746		
Histidine....g	1.125		0	A	1		0.956		
Alanine....g	1.625		0	A	1		1.381		
Aspartic acid....g									
Glutamic acid....g	4.355		0	A	1		3.702		
Glycine....g	1.701		0	A	1		1.446		
Proline....g	1.002		0	A	1		0.852		
Serine....g	1.098		0	A	1		0.933		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23417
Beef, New Zealand, imported, hind shin, separable lean only, raw

Refuse: 7% Conective tissue .91%, Separable fat 6%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	74.57		1	A	1		84.27		
Energy kcal	114		0	NC	4		129		
Energy kJ	477		0	NC	4		539		
Protein (N x 6.25) g	21.46		1	A	1		24.25		
Total lipid (fat) g	3.12		1	A	1		3.52		
Ash g	0.99		1	A	1		1.12		
Carbohydrate, by difference g	0.00		0	NC	4		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	4		1	A	1		4		
Iron, Fe mg	2.04		1	A	1		2.31		
Magnesium, Mg mg	21		1	A	1		24		
Phosphorus, P mg	178		1	A	1		201		
Potassium, K mg	326		1	A	1		368		
Sodium, Na mg	63		1	A	1		72		
Zinc, Zn mg	3.86		1	A	1		4.36		
Copper, Cu mg	0.067		1	A	1		0.075		
Manganese, Mn mg	0.009		1	A	1		0.010		
Selenium, Se µg	2.0		1	A	1		2.3		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.036		1	A	1		0.041		
Riboflavin mg	0.115		1	A	1		0.130		
Niacin mg	3.286		1	A	1		3.714		
Pantothenic acid mg	0.518		1	A	1		0.585		
Vitamin B-6 mg	0.259		1	A	1		0.293		
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	1.51		1	A	1		1.71		
Vitamin A, RAE µg	6		0	AS	1		7		
Vitamin A, IU IU	21		0	AS	1		24		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.43		1	A	1		0.49		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	AS	1		0.0		
Vitamin D IU	0		1	A	1		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	0.881		0	NC	4		0.996		
4:0 g	0.000		0	Z	7		0.000		
6:0 g	0.000		0	Z	7		0.000		
8:0 g	0.000		0	Z	7		0.000		
10:0 g	0.001		1	A	1		0.001		

NDB No. 23417

Beef, New Zealand, imported, hind shin, separable lean only, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.001		1	A	1		0.001		
13:0 g									
14:0 g	0.044		1	A	1		0.050		
15:0 g									
16:0 g	0.517		1	A	1		0.584		
17:0 g	0.029		1	A	1		0.033		
18:0 g	0.284		1	A	1		0.321		
20:0 g	0.002		1	A	1		0.002		
22:0 g	0.000		1	A	1		0.000		
24:0 g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated g	1.257		0	NC	4		1.420		
14:1 g	0.015		1	A	1		0.017		
15:1 g	0.000		1	A	1		0.000		
16:1 undifferentiated g	0.101		0	AS	1		0.114		
16:1 c g	0.101		1	A	1		0.114		
16:1 t g	0.000		1	A	1		0.000		
17:1 g	0.000		1	A	1		0.000		
18:1 undifferentiated g	1.136		0	AS	1		1.284		
18:1 c g	1.115		1	A	1		1.259		
18:1 t g	0.022		1	A	1		0.024		
18:1-11 t (18:1t n-7) g									
20:1 g	0.004		1	A	1		0.005		
22:1 undifferentiated g	0.000		0	AS	1		0.000		
22:1 c g	0.000		1	A	1		0.000		
22:1 t g									
24:1 c g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated g	0.146		0	NC	4		0.165		
18:2 undifferentiated g	0.066		0	AS	1		0.074		
18:2 n-6 c,c g	0.050		1	A	1		0.056		
18:2 CLAs g	0.016		1	A	1		0.018		
18:2 t,t g	0.000		1	A	1		0.000		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.029		0	AS	1		0.033		
18:3 n-3 c,c,c (ALA) g	0.029		1	A	1		0.033		
18:3 n-6 c,c,c g	0.000		1	A	1		0.000		
18:3i g									
18:4 g	0.000		0	Z	7		0.000		
20:2 n-6 c,c g	0.000		1	A	1		0.000		
20:3 undifferentiated g	0.006		0	AS	1		0.007		
20:3 n-3 g	0.001		1	A	1		0.001		
20:3 n-6 g	0.005		1	A	1		0.006		
20:4 undifferentiated g	0.017		0	AS	1		0.019		
20:4 n-6 g	0.017		1	A	1		0.019		
20:5 n-3 (EPA) g	0.011		1	A	1		0.012		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.015		1	A	1		0.017		
22:6 n-3 (DHA) g	0.002		1	A	1		0.002		
Fatty acids, total trans g	0.022		0	NC	4		0.024		
Fatty acids, total trans-monoenoic g	0.022		0	NC	4		0.024		
Fatty acids, total trans-polyenoic g	0.000		0	NC	4		0.000		
Cholesterol mg	56		1	A	1		63		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.225		0	A	1		0.254		
Threonine g	0.777		0	A	1		0.878		
Isoleucine g	0.892		0	A	1		1.008		
Leucine g	1.619		0	A	1		1.830		
Lysine g	1.699		0	A	1		1.920		
Methionine g	0.706		0	A	1		0.798		
Cystine g									
Phenylalanine g	0.834		0	A	1		0.943		

NDB No. 23417

Beef, New Zealand, imported, hind shin, separable lean only, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tyrosine....g	0.722		0	A	1		0.816		
Valine....g	0.947		0	A	1		1.070		
Arginine....g	1.412		0	A	1		1.595		
Histidine....g	0.773		0	A	1		0.874		
Alanine....g	1.117		0	A	1		1.262		
Aspartic acid....g									
Glutamic acid....g	2.993		0	A	1		3.382		
Glycine....g	1.169		0	A	1		1.321		
Proline....g	0.689		0	A	1		0.778		
Serine....g	0.754		0	A	1		0.853		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 113g: 4 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23418
Beef, New Zealand, imported, inside, raw

Refuse: 3% Connective tissue .55% Separable fat 2%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	72.35		1	A	1		81.76		
Energy kcal	128		0	NC	4		145		
Energy kJ	537		0	NC	4		607		
Protein (N x 6.25) g	22.16		1	A	1		25.04		
Total lipid (fat) g	4.36		1	A	1		4.93		
Ash g	1.03		1	A	1		1.16		
Carbohydrate, by difference g	0.10		0	NC	4		0.11		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	4		1	A	1		4		
Iron, Fe mg	2.27		1	A	1		2.56		
Magnesium, Mg mg	22		1	A	1		25		
Phosphorus, P mg	198		1	A	1		224		
Potassium, K mg	338		1	A	1		382		
Sodium, Na mg	40		1	A	1		45		
Zinc, Zn mg	2.93		1	A	1		3.31		
Copper, Cu mg	0.079		1	A	1		0.089		
Manganese, Mn mg	0.008		1	A	1		0.009		
Selenium, Se µg	1.4		1	A	1		1.6		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.058		1	A	1		0.066		
Riboflavin mg	0.072		1	A	1		0.082		
Niacin mg	3.955		1	A	1		4.469		
Pantothenic acid mg	0.282		1	A	1		0.318		
Vitamin B-6 mg	0.367		1	A	1		0.415		
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	1.65		1	A	1		1.86		
Vitamin A, RAE µg	8		0	AS	1		9		
Vitamin A, IU IU	25		0	AS	1		28		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.20		1	A	1		0.23		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.3		0	AS	1		0.3		
Vitamin D IU	11		1	A	1		13		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	1.528		0	NC	4		1.726		
4:0 g	0.000		0	Z	7		0.000		
6:0 g	0.000		0	Z	7		0.000		
8:0 g	0.000		1	A	1		0.000		
10:0 g	0.002		1	A	1		0.002		

NDB No. 23418
Beef, New Zealand, imported, inside, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.002		1	A	1		0.002		
13:0 g									
14:0 g	0.075		1	A	1		0.085		
15:0 g									
16:0 g	0.873		1	A	1		0.987		
17:0 g	0.057		1	A	1		0.064		
18:0 g	0.511		1	A	1		0.578		
20:0 g	0.004		1	A	1		0.004		
22:0 g	0.002		1	A	1		0.003		
24:0 g	0.001		1	A	1		0.001		
Fatty acids, total monounsaturated g	1.541		0	NC	4		1.741		
14:1 g	0.017		1	A	1		0.019		
15:1 g	0.004		1	A	1		0.005		
16:1 undifferentiated g	0.123		0	AS	1		0.139		
16:1 c g	0.107		1	A	1		0.121		
16:1 t g	0.016		1	A	1		0.018		
17:1 g	0.000		1	A	1		0.000		
18:1 undifferentiated g	1.391		0	AS	1		1.572		
18:1 c g	1.326		1	A	1		1.498		
18:1 t g	0.066		1	A	1		0.074		
18:1-11 t (18:1t n-7) g									
20:1 g	0.006		1	A	1		0.006		
22:1 undifferentiated g	0.000		0	AS	1		0.000		
22:1 c g	0.000		1	A	1		0.000		
22:1 t g									
24:1 c g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated g	0.228		0	NC	4		0.258		
18:2 undifferentiated g	0.101		0	AS	1		0.114		
18:2 n-6 c,c g	0.081		1	A	1		0.092		
18:2 CLAs g	0.020		1	A	1		0.022		
18:2 t,t g	0.000		1	A	1		0.000		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.050		0	AS	1		0.056		
18:3 n-3 c,c,c (ALA) g	0.047		1	A	1		0.053		
18:3 n-6 c,c,c g	0.003		1	A	1		0.003		
18:3i g									
18:4 g	0.000		0	Z	7		0.000		
20:2 n-6 c,c g	0.002		1	A	1		0.002		
20:3 undifferentiated g	0.010		0	AS	1		0.011		
20:3 n-3 g	0.002		1	A	1		0.002		
20:3 n-6 g	0.008		1	A	1		0.009		
20:4 undifferentiated g	0.024		0	AS	1		0.027		
20:4 n-6 g	0.024		1	A	1		0.027		
20:5 n-3 (EPA) g	0.015		1	A	1		0.017		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.017		1	A	1		0.020		
22:6 n-3 (DHA) g	0.002		1	A	1		0.003		
Fatty acids, total trans g	0.082		0	NC	4		0.092		
Fatty acids, total trans-monoenoic g	0.082		0	NC	4		0.092		
Fatty acids, total trans-polyenoic g	0.000		0	NC	4		0.000		
Cholesterol mg	55		1	A	1		62		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.232		0	A	1		0.262		
Threonine g	0.802		0	A	1		0.907		
Isoleucine g	0.921		0	A	1		1.041		
Leucine g	1.672		0	A	1		1.889		
Lysine g	1.754		0	A	1		1.982		
Methionine g	0.729		0	A	1		0.824		
Cystine g									
Phenylalanine g	0.862		0	A	1		0.974		

NDB No. 23418
Beef, New Zealand, imported, inside, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tyrosine....g	0.746		0	A	1		0.842		
Valine....g	0.978		0	A	1		1.105		
Arginine....g	1.458		0	A	1		1.647		
Histidine....g	0.798		0	A	1		0.902		
Alanine....g	1.153		0	A	1		1.303		
Aspartic acid....g									
Glutamic acid....g	3.090		0	A	1		3.492		
Glycine....g	1.207		0	A	1		1.364		
Proline....g	0.711		0	A	1		0.804		
Serine....g	0.779		0	A	1		0.880		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 113g: 4 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23419
Beef, New Zealand, imported, intermuscular fat, cooked

Refuse:

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	31.16		1	A	1		26.48		
Energy kcal	560		0	NC	4		476		
Energy kJ	2344		0	NC	4		1992		
Protein (N x 6.25) g	7.90		1	A	1		6.72		
Total lipid (fat) g	57.22		1	A	1		48.64		
Ash g	0.33		1	A	1		0.28		
Carbohydrate, by difference g	3.39		0	NC	4		2.88		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	16		1	A	1		14		
Iron, Fe mg	1.18		1	A	1		1.00		
Magnesium, Mg mg	9		1	A	1		8		
Phosphorus, P mg	75		1	A	1		64		
Potassium, K mg	125		1	A	1		107		
Sodium, Na mg	25		1	A	1		21		
Zinc, Zn mg	1.88		1	A	1		1.60		
Copper, Cu mg	0.033		1	A	1		0.028		
Manganese, Mn mg	0.005		1	A	1		0.005		
Selenium, Se µg	4.0		1	A	1		3.4		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.046		1	A	1		0.039		
Riboflavin mg	0.056		1	A	1		0.048		
Niacin mg	1.070		1	A	1		0.910		
Pantothenic acid mg	0.209		1	A	1		0.178		
Vitamin B-6 mg	0.084		1	A	1		0.071		
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.40		1	A	1		0.34		
Vitamin A, RAE µg									
Vitamin A, IU IU									
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.4		0	AS	1		0.3		
Vitamin D IU	15		1	A	1		13		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	25.250		0	NC	4		21.462		
4:0 g	0.000		0	Z	7		0.000		
6:0 g	0.000		0	Z	7		0.000		
8:0 g	0.000		1	A	1		0.000		
10:0 g	0.030		1	A	1		0.025		
12:0 g	0.040		1	A	1		0.034		

NDB No. 23419

Beef, New Zealand, imported, intermuscular fat, cooked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
13:0 g									
14:0 g	1.320		1	A	1		1.122		
15:0 g									
16:0 g	11.090		1	A	1		9.427		
17:0 g	0.920		1	A	1		0.782		
18:0 g	11.720		1	A	1		9.962		
20:0 g	0.080		1	A	1		0.068		
22:0 g	0.050		1	A	1		0.043		
24:0 g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated g	17.852		0	NC	4		15.174		
14:1 g	0.210		1	A	1		0.178		
15:1 g	0.000		1	A	1		0.000		
16:1 undifferentiated g	1.072		0	AS	1		0.911		
16:1 c g	1.020		1	A	1		0.867		
16:1 t g	0.052		1	A	1		0.045		
17:1 g	0.000		1	A	1		0.000		
18:1 undifferentiated g	16.520		0	AS	1		14.042		
18:1 c g	14.550		1	A	1		12.367		
18:1 t g	1.970		1	A	1		1.675		
18:1-11 t (18:1t n-7) g									
20:1 g	0.050		1	A	1		0.043		
22:1 undifferentiated g	0.000		0	AS	1		0.000		
22:1 c g	0.000		1	A	1		0.000		
22:1 t g									
24:1 c g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated g	1.270		0	NC	4		1.079		
18:2 undifferentiated g	0.810		0	AS	1		0.688		
18:2 n-6 c,c g	0.380		1	A	1		0.323		
18:2 CLAs g	0.400		1	A	1		0.340		
18:2 t,t g	0.030		1	A	1		0.025		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.390		0	AS	1		0.331		
18:3 n-3 c,c,c (ALA) g	0.390		1	A	1		0.331		
18:3 n-6 c,c,c g	0.000		1	A	1		0.000		
18:3i g									
18:4 g	0.000		0	Z	7		0.000		
20:2 n-6 c,c g	0.000		1	A	1		0.000		
20:3 undifferentiated g	0.000		0	AS	1		0.000		
20:3 n-3 g	0.000		1	A	1		0.000		
20:3 n-6 g	0.000		1	A	1		0.000		
20:4 undifferentiated g	0.000		0	AS	1		0.000		
20:4 n-6 g	0.000		1	A	1		0.000		
20:5 n-3 (EPA) g	0.000		1	A	1		0.000		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.070		1	A	1		0.060		
22:6 n-3 (DHA) g	0.000		1	A	1		0.000		
Fatty acids, total trans g	2.052		0	NC	4		1.744		
Fatty acids, total trans-monoenoic g	2.022		0	NC	4		1.719		
Fatty acids, total trans-polyenoic g	0.030		0	NC	4		0.025		
Cholesterol mg	87		1	A	1		74		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.083		0	A	1		0.070		
Threonine g	0.286		0	A	1		0.243		
Isoleucine g	0.328		0	A	1		0.279		
Leucine g	0.596		0	A	1		0.507		
Lysine g	0.625		0	A	1		0.532		
Methionine g	0.260		0	A	1		0.221		
Cystine g									
Phenylalanine g	0.307		0	A	1		0.261		
Tyrosine g	0.266		0	A	1		0.226		

NDB No. 23419
Beef, New Zealand, imported, intermuscular fat, cooked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Valine....g	0.349		0	A	1		0.296		
Arginine....g	0.520		0	A	1		0.442		
Histidine....g	0.285		0	A	1		0.242		
Alanine....g	0.411		0	A	1		0.349		
Aspartic acid....g									
Glutamic acid....g	1.102		0	A	1		0.936		
Glycine....g	0.430		0	A	1		0.366		
Proline....g	0.254		0	A	1		0.216		
Serine....g	0.278		0	A	1		0.236		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23420
Beef, New Zealand, imported, intermuscular fat, raw

Refuse:

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	29.04		1	A	1		32.81		
Energy kcal	602		0	NC	4		680		
Energy kJ	2518		0	NC	4		2845		
Protein (N x 6.25) g	6.97		1	A	1		7.87		
Total lipid (fat) g	63.78		1	A	1		72.07		
Ash g	0.20		1	A	1		0.23		
Carbohydrate, by difference g	0.01		0	NC	4		0.02		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	11		1	A	1		13		
Iron, Fe mg	0.76		1	A	1		0.86		
Magnesium, Mg mg	7		1	A	1		8		
Phosphorus, P mg	68		1	A	1		77		
Potassium, K mg	143		1	A	1		161		
Sodium, Na mg	32		1	A	1		36		
Zinc, Zn mg	1.09		1	A	1		1.23		
Copper, Cu mg	0.019		1	A	1		0.021		
Manganese, Mn mg	0.002		1	A	1		0.002		
Selenium, Se µg	2.9		1	A	1		3.2		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.060		1	A	1		0.067		
Riboflavin mg	0.032		1	A	1		0.036		
Niacin mg	1.050		1	A	1		1.186		
Pantothenic acid mg	0.143		1	A	1		0.161		
Vitamin B-6 mg	0.063		1	A	1		0.072		
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.21		1	A	1		0.24		
Vitamin A, RAE µg									
Vitamin A, IU IU									
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.3		0	AS	1		0.4		
Vitamin D IU	13		1	A	1		14		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	28.500		0	NC	4		32.205		
4:0 g	0.000		0	Z	7		0.000		
6:0 g	0.000		0	Z	7		0.000		
8:0 g	0.000		0	Z	7		0.000		
10:0 g	0.030		1	A	1		0.034		
12:0 g	0.050		1	A	1		0.057		

NDB No. 23420

Beef, New Zealand, imported, intermuscular fat, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
13:0 g									
14:0 g	1.370		1	A	1		1.548		
15:0 g									
16:0 g	11.410		1	A	1		12.893		
17:0 g	1.040		1	A	1		1.175		
18:0 g	14.420		1	A	1		16.295		
20:0 g	0.130		1	A	1		0.147		
22:0 g	0.050		1	A	1		0.057		
24:0 g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated g	17.893		0	NC	4		20.219		
14:1 g	0.150		1	A	1		0.170		
15:1 g	0.000		1	A	1		0.000		
16:1 undifferentiated g	0.933		0	AS	1		1.054		
16:1 c g	0.880		1	A	1		0.994		
16:1 t g	0.053		1	A	1		0.060		
17:1 g	0.000		1	A	1		0.000		
18:1 undifferentiated g	16.750		0	AS	1		18.927		
18:1 c g	14.710		1	A	1		16.622		
18:1 t g	2.040		1	A	1		2.305		
18:1-11 t (18:1t n-7) g									
20:1 g	0.060		1	A	1		0.068		
22:1 undifferentiated g	0.000		0	AS	1		0.000		
22:1 c g	0.000		1	A	1		0.000		
22:1 t g									
24:1 c g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated g	1.338		0	NC	4		1.512		
18:2 undifferentiated g	0.818		0	AS	1		0.924		
18:2 n-6 c,c g	0.380		1	A	1		0.429		
18:2 CLAs g	0.398		1	A	1		0.450		
18:2 t,t g	0.040		1	A	1		0.045		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.450		0	AS	1		0.508		
18:3 n-3 c,c,c (ALA) g	0.450		1	A	1		0.508		
18:3 n-6 c,c,c g	0.000		1	A	1		0.000		
18:3i g									
18:4 g	0.000		0	Z	7		0.000		
20:2 n-6 c,c g	0.000		1	A	1		0.000		
20:3 undifferentiated g	0.000		0	AS	1		0.000		
20:3 n-3 g	0.000		1	A	1		0.000		
20:3 n-6 g	0.000		1	A	1		0.000		
20:4 undifferentiated g	0.000		0	AS	1		0.000		
20:4 n-6 g	0.000		1	A	1		0.000		
20:5 n-3 (EPA) g	0.000		1	A	1		0.000		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.070		1	A	1		0.079		
22:6 n-3 (DHA) g	0.000		1	A	1		0.000		
Fatty acids, total trans g	2.133		0	NC	4		2.410		
Fatty acids, total trans-monoenoic g	2.093		0	NC	4		2.365		
Fatty acids, total trans-polyenoic g	0.040		0	NC	4		0.045		
Cholesterol mg	104		1	A	1		118		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.073		0	A	1		0.082		
Threonine g	0.252		0	A	1		0.285		
Isoleucine g	0.290		0	A	1		0.327		
Leucine g	0.526		0	A	1		0.594		
Lysine g	0.552		0	A	1		0.623		
Methionine g	0.229		0	A	1		0.259		
Cystine g									
Phenylalanine g	0.271		0	A	1		0.306		
Tyrosine g	0.234		0	A	1		0.265		

NDB No. 23420

Beef, New Zealand, imported, intermuscular fat, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Valine....g	0.307		0	A	1		0.347		
Arginine....g	0.458		0	A	1		0.518		
Histidine....g	0.251		0	A	1		0.284		
Alanine....g	0.363		0	A	1		0.410		
Aspartic acid....g									
Glutamic acid....g	0.972		0	A	1		1.098		
Glycine....g	0.379		0	A	1		0.429		
Proline....g	0.224		0	A	1		0.253		
Serine....g	0.245		0	A	1		0.277		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 113g: 4 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23422
Beef, New Zealand, imported, knuckle, cooked, fast fried

Refuse: 5% Connective tissue .33%, Separable fat 5%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	64.70		1	A	1		54.99		
Energy kcal	178		0	NC	4		152		
Energy kJ	746		0	NC	4		634		
Protein (N x 6.25) g	27.51		1	A	1		23.39		
Total lipid (fat) g	7.58		1	A	1		6.45		
Ash g	1.25		1	A	1		1.06		
Carbohydrate, by difference g	0.00		0	NC	4		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	5		1	A	1		4		
Iron, Fe mg	2.25		1	A	1		1.91		
Magnesium, Mg mg	26		1	A	1		22		
Phosphorus, P mg	232		1	A	1		197		
Potassium, K mg	405		1	A	1		345		
Sodium, Na mg	49		1	A	1		41		
Zinc, Zn mg	4.66		1	A	1		3.96		
Copper, Cu mg	0.093		1	A	1		0.079		
Manganese, Mn mg	0.008		1	A	1		0.007		
Selenium, Se µg	1.8		1	A	1		1.5		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.058		1	A	1		0.049		
Riboflavin mg	0.090		1	A	1		0.077		
Niacin mg	3.229		1	A	1		2.744		
Pantothenic acid mg	0.359		1	A	1		0.305		
Vitamin B-6 mg	0.319		1	A	1		0.271		
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	1.88		1	A	1		1.60		
Vitamin A, RAE µg	13		0	AS	1		11		
Vitamin A, IU IU	45		0	AS	1		38		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.38		1	A	1		0.33		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1		
Vitamin D IU	4		1	A	1		4		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	2.299		0	NC	4		1.954		
4:0 g	0.000		0	Z	7		0.000		
6:0 g	0.000		0	Z	7		0.000		
8:0 g	0.000		0	Z	7		0.000		
10:0 g	0.002		1	A	1		0.002		

NDB No. 23422

Beef, New Zealand, imported, knuckle, cooked, fast fried

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.003		1	A	1		0.002		
13:0 g									
14:0 g	0.114		1	A	1		0.097		
15:0 g									
16:0 g	1.337		1	A	1		1.136		
17:0 g	0.084		1	A	1		0.071		
18:0 g	0.749		1	A	1		0.637		
20:0 g	0.006		1	A	1		0.005		
22:0 g	0.002		1	A	1		0.002		
24:0 g	0.002		1	A	1		0.001		
Fatty acids, total monounsaturated g	2.353		0	NC	4		2.000		
14:1 g	0.026		1	A	1		0.022		
15:1 g	0.004		1	A	1		0.004		
16:1 undifferentiated g	0.181		0	AS	1		0.153		
16:1 c g	0.155		1	A	1		0.132		
16:1 t g	0.025		1	A	1		0.021		
17:1 g	0.000		1	A	1		0.000		
18:1 undifferentiated g	2.135		0	AS	1		1.815		
18:1 c g	2.032		1	A	1		1.727		
18:1 t g	0.103		1	A	1		0.087		
18:1-11 t (18:1t n-7) g									
20:1 g	0.008		1	A	1		0.007		
22:1 undifferentiated g	0.000		0	AS	1		0.000		
22:1 c g	0.000		1	A	1		0.000		
22:1 t g									
24:1 c g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated g	0.337		0	NC	4		0.287		
18:2 undifferentiated g	0.157		0	AS	1		0.133		
18:2 n-6 c,c g	0.107		1	A	1		0.091		
18:2 CLAs g	0.050		1	A	1		0.042		
18:2 t,t g	0.000		1	A	1		0.000		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.070		0	AS	1		0.059		
18:3 n-3 c,c,c (ALA) g	0.067		1	A	1		0.057		
18:3 n-6 c,c,c g	0.002		1	A	1		0.002		
18:3i g									
18:4 g	0.000		0	Z	7		0.000		
20:2 n-6 c,c g	0.003		1	A	1		0.002		
20:3 undifferentiated g	0.014		0	AS	1		0.012		
20:3 n-3 g	0.003		1	A	1		0.002		
20:3 n-6 g	0.012		1	A	1		0.010		
20:4 undifferentiated g	0.032		0	AS	1		0.027		
20:4 n-6 g	0.032		1	A	1		0.027		
20:5 n-3 (EPA) g	0.022		1	A	1		0.019		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.028		1	A	1		0.024		
22:6 n-3 (DHA) g	0.003		1	A	1		0.002		
Fatty acids, total trans g	0.128		0	NC	4		0.109		
Fatty acids, total trans-monoenoic g	0.128		0	NC	4		0.109		
Fatty acids, total trans-polyenoic g	0.000		0	NC	4		0.000		
Cholesterol mg	76		1	A	1		65		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.288		0	A	1		0.245		
Threonine g	0.996		0	A	1		0.847		
Isoleucine g	1.144		0	A	1		0.972		
Leucine g	2.076		0	A	1		1.764		
Lysine g	2.178		0	A	1		1.851		
Methionine g	0.905		0	A	1		0.769		
Cystine g									
Phenylalanine g	1.070		0	A	1		0.909		

NDB No. 23422

Beef, New Zealand, imported, knuckle, cooked, fast fried

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tyrosine....g	0.926		0	A	1		0.787		
Valine....g	1.214		0	A	1		1.032		
Arginine....g	1.810		0	A	1		1.538		
Histidine....g	0.991		0	A	1		0.843		
Alanine....g	1.432		0	A	1		1.217		
Aspartic acid....g									
Glutamic acid....g	3.837		0	A	1		3.261		
Glycine....g	1.498		0	A	1		1.274		
Proline....g	0.883		0	A	1		0.751		
Serine....g	0.967		0	A	1		0.822		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23426
Beef, New Zealand, imported, manufacturing beef, cooked, boiled

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	73.10		1	A	1		62.13		
Energy kcal	126		0	NC	4		107		
Energy kJ	528		0	NC	4		449		
Protein (N x 6.25) g	24.21		1	A	1		20.58		
Total lipid (fat) g	3.26		1	A	1		2.77		
Ash g	0.63		1	A	1		0.54		
Carbohydrate, by difference g	0.00		0	NC	4		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	6		1	A	1		5		
Iron, Fe mg	1.78		1	A	1		1.51		
Magnesium, Mg mg	16		1	A	1		14		
Phosphorus, P mg	129		1	A	1		110		
Potassium, K mg	193		1	A	1		164		
Sodium, Na mg	32		1	A	1		28		
Zinc, Zn mg	5.02		1	A	1		4.27		
Copper, Cu mg	0.108		1	A	1		0.092		
Manganese, Mn mg	0.007		1	A	1		0.006		
Selenium, Se µg	1.1		1	A	1		1.0		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.042		1	A	1		0.036		
Riboflavin mg	0.096		1	A	1		0.082		
Niacin mg	1.759		1	A	1		1.495		
Pantothenic acid mg	0.287		1	A	1		0.244		
Vitamin B-6 mg	0.160		1	A	1		0.136		
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	1.02		1	A	1		0.87		
Vitamin A, RAE µg	8		0	AS	1		7		
Vitamin A, IU IU	27		0	AS	1		23		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.57		1	A	1		0.48		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1		
Vitamin D IU	5		1	A	1		4		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	1.154		0	NC	4		0.981		
4:0 g	0.000		0	Z	7		0.000		
6:0 g	0.000		0	Z	7		0.000		
8:0 g	0.000		1	A	1		0.000		
10:0 g	0.001		1	A	1		0.001		

NDB No. 23426

Beef, New Zealand, imported, manufacturing beef, cooked, boiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.001		1	A	1		0.001		
13:0 g									
14:0 g	0.052		1	A	1		0.045		
15:0 g									
16:0 g	0.514		1	A	1		0.437		
17:0 g	0.042		1	A	1		0.035		
18:0 g	0.536		1	A	1		0.456		
20:0 g	0.004		1	A	1		0.004		
22:0 g	0.002		1	A	1		0.002		
24:0 g	0.002		1	A	1		0.002		
Fatty acids, total monounsaturated g	0.897		0	NC	4		0.762		
14:1 g	0.008		1	A	1		0.007		
15:1 g	0.004		1	A	1		0.003		
16:1 undifferentiated g	0.066		0	AS	1		0.056		
16:1 c g	0.052		1	A	1		0.044		
16:1 t g	0.014		1	A	1		0.012		
17:1 g	0.000		1	A	1		0.000		
18:1 undifferentiated g	0.815		0	AS	1		0.693		
18:1 c g	0.751		1	A	1		0.638		
18:1 t g	0.064		1	A	1		0.055		
18:1-11 t (18:1t n-7) g									
20:1 g	0.004		1	A	1		0.003		
22:1 undifferentiated g	0.000		0	AS	1		0.000		
22:1 c g	0.000		1	A	1		0.000		
22:1 t g									
24:1 c g	0.001		1	A	1		0.000		
Fatty acids, total polyunsaturated g	0.246		0	NC	4		0.209		
18:2 undifferentiated g	0.108		0	AS	1		0.091		
18:2 n-6 c,c g	0.092		1	A	1		0.078		
18:2 CLAs g	0.016		1	A	1		0.013		
18:2 t,t g	0.000		1	A	1		0.000		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.063		0	AS	1		0.054		
18:3 n-3 c,c,c (ALA) g	0.062		1	A	1		0.053		
18:3 n-6 c,c,c g	0.001		1	A	1		0.001		
18:3i g									
18:4 g	0.000		0	Z	7		0.000		
20:2 n-6 c,c g	0.002		1	A	1		0.001		
20:3 undifferentiated g	0.007		0	AS	1		0.006		
20:3 n-3 g	0.001		1	A	1		0.001		
20:3 n-6 g	0.006		1	A	1		0.005		
20:4 undifferentiated g	0.024		0	AS	1		0.020		
20:4 n-6 g	0.024		1	A	1		0.020		
20:5 n-3 (EPA) g	0.017		1	A	1		0.015		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.019		1	A	1		0.016		
22:6 n-3 (DHA) g	0.001		1	A	1		0.001		
Fatty acids, total trans g	0.078		0	NC	4		0.066		
Fatty acids, total trans-monoenoic g	0.078		0	NC	4		0.066		
Fatty acids, total trans-polyenoic g	0.000		0	NC	4		0.000		
Cholesterol mg	67		1	A	1		57		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.254		0	A	1		0.216		
Threonine g	0.877		0	A	1		0.745		
Isoleucine g	1.007		0	A	1		0.856		
Leucine g	1.827		0	A	1		1.553		
Lysine g	1.917		0	A	1		1.629		
Methionine g	0.796		0	A	1		0.677		
Cystine g									
Phenylalanine g	0.941		0	A	1		0.800		

NDB No. 23426

Beef, New Zealand, imported, manufacturing beef, cooked, boiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tyrosine....g	0.815		0	A	1		0.692		
Valine....g	1.069		0	A	1		0.908		
Arginine....g	1.593		0	A	1		1.354		
Histidine....g	0.872		0	A	1		0.741		
Alanine....g	1.260		0	A	1		1.071		
Aspartic acid....g									
Glutamic acid....g	3.376		0	A	1		2.870		
Glycine....g	1.319		0	A	1		1.121		
Proline....g	0.777		0	A	1		0.661		
Serine....g	0.851		0	A	1		0.723		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23427
Beef, New Zealand, imported, manufacturing beef, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	73.84		1	A	1		83.44		
Energy kcal	119		0	NC	4		134		
Energy kJ	498		0	NC	4		563		
Protein (N x 6.25) g	21.23		1	A	1		23.99		
Total lipid (fat) g	3.68		1	A	1		4.16		
Ash g	1.02		1	A	1		1.15		
Carbohydrate, by difference g	0.23		0	NC	4		0.26		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	6		1	A	1		6		
Iron, Fe mg	1.95		1	A	1		2.21		
Magnesium, Mg mg	21		1	A	1		24		
Phosphorus, P mg	182		1	A	1		206		
Potassium, K mg	340		1	A	1		385		
Sodium, Na mg	55		1	A	1		62		
Zinc, Zn mg	4.28		1	A	1		4.84		
Copper, Cu mg	0.074		1	A	1		0.084		
Manganese, Mn mg	0.008		1	A	1		0.009		
Selenium, Se µg	1.1		1	A	1		1.2		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.055		1	A	1		0.062		
Riboflavin mg	0.107		1	A	1		0.121		
Niacin mg	2.908		1	A	1		3.286		
Pantothenic acid mg	0.532		1	A	1		0.601		
Vitamin B-6 mg	0.194		1	A	1		0.219		
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	1.41		1	A	1		1.59		
Vitamin A, RAE µg	10		0	AS	1		11		
Vitamin A, IU IU	32		0	AS	1		36		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.49		1	A	1		0.55		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.2		
Vitamin D IU	5		1	A	1		6		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	1.650		0	NC	4		1.864		
4:0 g	0.000		0	Z	7		0.000		
6:0 g	0.000		0	Z	7		0.000		
8:0 g	0.000		1	A	1		0.000		
10:0 g	0.001		1	A	1		0.001		

NDB No. 23427

Beef, New Zealand, imported, manufacturing beef, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.001		1	A	1		0.001		
13:0 g									
14:0 g	0.079		1	A	1		0.089		
15:0 g									
16:0 g	0.728		1	A	1		0.822		
17:0 g	0.060		1	A	1		0.067		
18:0 g	0.772		1	A	1		0.873		
20:0 g	0.007		1	A	1		0.007		
22:0 g	0.002		1	A	1		0.002		
24:0 g	0.001		1	A	1		0.002		
Fatty acids, total monounsaturated g	1.219		0	NC	4		1.378		
14:1 g	0.012		1	A	1		0.013		
15:1 g	0.002		1	A	1		0.003		
16:1 undifferentiated g	0.090		0	AS	1		0.101		
16:1 c g	0.070		1	A	1		0.079		
16:1 t g	0.019		1	A	1		0.022		
17:1 g	0.000		1	A	1		0.000		
18:1 undifferentiated g	1.112		0	AS	1		1.256		
18:1 c g	1.017		1	A	1		1.149		
18:1 t g	0.095		1	A	1		0.107		
18:1-11 t (18:1t n-7) g									
20:1 g	0.004		1	A	1		0.004		
22:1 undifferentiated g	0.000		0	AS	1		0.000		
22:1 c g	0.000		1	A	1		0.000		
22:1 t g									
24:1 c g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated g	0.226		0	NC	4		0.255		
18:2 undifferentiated g	0.103		0	AS	1		0.116		
18:2 n-6 c,c g	0.084		1	A	1		0.094		
18:2 CLAs g	0.019		1	A	1		0.021		
18:2 t,t g	0.000		1	A	1		0.000		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.063		0	AS	1		0.071		
18:3 n-3 c,c,c (ALA) g	0.061		1	A	1		0.069		
18:3 n-6 c,c,c g	0.002		1	A	1		0.002		
18:3i g									
18:4 g	0.000		0	Z	7		0.000		
20:2 n-6 c,c g	0.002		1	A	1		0.002		
20:3 undifferentiated g	0.006		0	AS	1		0.007		
20:3 n-3 g	0.003		1	A	1		0.003		
20:3 n-6 g	0.004		1	A	1		0.004		
20:4 undifferentiated g	0.019		0	AS	1		0.021		
20:4 n-6 g	0.019		1	A	1		0.021		
20:5 n-3 (EPA) g	0.013		1	A	1		0.015		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.015		1	A	1		0.016		
22:6 n-3 (DHA) g	0.002		1	A	1		0.002		
Fatty acids, total trans g	0.114		0	NC	4		0.129		
Fatty acids, total trans-monoenoic g	0.114		0	NC	4		0.129		
Fatty acids, total trans-polyenoic g	0.000		0	NC	4		0.000		
Cholesterol mg	49		1	A	1		56		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.222		0	A	1		0.251		
Threonine g	0.769		0	A	1		0.869		
Isoleucine g	0.883		0	A	1		0.997		
Leucine g	1.602		0	A	1		1.810		
Lysine g	1.681		0	A	1		1.899		
Methionine g	0.698		0	A	1		0.789		
Cystine g									
Phenylalanine g	0.825		0	A	1		0.933		

NDB No. 23427
Beef, New Zealand, imported, manufacturing beef, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tyrosine....g	0.714		0	A	1		0.807		
Valine....g	0.937		0	A	1		1.059		
Arginine....g	1.396		0	A	1		1.578		
Histidine....g	0.765		0	A	1		0.864		
Alanine....g	1.105		0	A	1		1.248		
Aspartic acid....g									
Glutamic acid....g	2.960		0	A	1		3.345		
Glycine....g	1.156		0	A	1		1.306		
Proline....g	0.681		0	A	1		0.770		
Serine....g	0.746		0	A	1		0.843		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 113g: 4 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23464

Beef, New Zealand, imported, oyster blade, separable lean and fat, cooked, braised

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	62.23		0	PAK	1		52.89		
Energy kcal	197		0	NC	4		168		
Energy kJ	826		0	NC	4		702		
Protein g	29.79		0	PAK	1		25.32		
Total lipid (fat) g	8.68		0	PAK	1		7.38		
Ash g	0.63		0	PAK	1		0.53		
Carbohydrate, by difference g	0.00		0	PIK	4		0.00		
Fiber, total dietary g	0.0		0	PIK	4		0.0		
Sugars, total g	0.00		0	PIK	4		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	5		0	PAK	1		4		
Iron, Fe mg	2.77		0	PAK	1		2.35		
Magnesium, Mg mg	17		0	PAK	1		14		
Phosphorus, P mg	144		0	PAK	1		122		
Potassium, K mg	151		0	PAK	1		129		
Sodium, Na mg	25		0	PAK	1		21		
Zinc, Zn mg	5.27		0	PAK	1		4.48		
Copper, Cu mg	0.090		0	PAK	1		0.076		
Manganese, Mn mg	0.011		0	PAK	1		0.009		
Selenium, Se µg	2.0		0	PAK	1		1.7		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0		
Thiamin mg	0.023		0	PAK	1		0.020		
Riboflavin mg	0.147		0	PAK	1		0.125		
Niacin mg	1.645		0	PAK	1		1.399		
Pantothenic acid mg	0.000		0	PAK	1		0.000		
Vitamin B-6 mg	0.099		0	PAK	1		0.084		
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	1.85		0	PAK	1		1.57		
Vitamin A, RAE µg	10		0	PAK	1		9		
Vitamin A, IU IU	35		0	PAK	1		30		
Lycopene µg	0		0	PIK	4		0		
Lutein + zeaxanthin µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol) mg	0.75		0	PAK	1		0.64		
Vitamin E, added mg	0.00		0	PIK	4		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	PAK	1		0.2		
Vitamin D IU	10		0	PAK	1		8		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	3.013		0	PIK	4		2.561		
4:0 g	0.000		0	PIK	4		0.000		
6:0 g	0.000		0	PIK	4		0.000		
8:0 g	0.000		0	PAK	1		0.000		
10:0 g	0.004		0	PAK	1		0.004		

NDB No. 23464

Beef, New Zealand, imported, oyster blade, separable lean and fat, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.005		0	PAK	1		0.004		
13:0 g									
14:0 g	0.163		0	PAK	1		0.139		
15:0 g									
16:0 g	1.605		0	PAK	1		1.364		
17:0 g	0.108		0	PAK	1		0.092		
18:0 g	1.116		0	PAK	1		0.949		
20:0 g	0.007		0	PAK	1		0.006		
22:0 g	0.003		0	PAK	1		0.002		
24:0 g	0.002		0	PAK	1		0.002		
Fatty acids, total monounsaturated g	3.094		0	PIK	4		2.630		
14:1 g	0.043		0	PAK	1		0.037		
15:1 g	0.003		0	PAK	1		0.003		
16:1 undifferentiated g	0.243		0	PAK	1		0.207		
16:1 c g	0.213		0	PAK	1		0.181		
16:1 t g	0.030		0	PAK	1		0.026		
17:1 g	0.000		0	PAK	1		0.000		
18:1 undifferentiated g	2.793		0	PAK	1		2.374		
18:1 c g	2.698		0	PAK	1		2.293		
18:1 t g	0.095		0	PAK	1		0.081		
18:1-11 t (18:1t n-7) g									
20:1 g	0.011		0	PAK	1		0.009		
22:1 undifferentiated g	0.000		0	PAK	1		0.000		
22:1 c g	0.000		0	PAK	1		0.000		
22:1 t g									
24:1 c g	0.000		0	PAK	1		0.000		
Fatty acids, total polyunsaturated g	0.352		0	PIK	4		0.299		
18:2 undifferentiated g	0.151		0	PAK	1		0.128		
18:2 n-6 c,c g	0.116		0	PAK	1		0.099		
18:2 CLAs g	0.035		0	PAK	1		0.030		
18:2 t,t g	0.000		0	PAK	1		0.000		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.078		0	PAK	1		0.067		
18:3 n-3 c,c,c (ALA) g	0.076		0	PAK	1		0.064		
18:3 n-6 c,c,c g	0.003		0	PAK	1		0.002		
18:3i g									
18:4 g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c g	0.003		0	PAK	1		0.002		
20:3 undifferentiated g	0.016		0	PAK	1		0.013		
20:3 n-3 g	0.003		0	PAK	1		0.003		
20:3 n-6 g	0.012		0	PAK	1		0.010		
20:4 undifferentiated g	0.034		0	PAK	1		0.029		
20:4 n-6 g	0.034		0	PAK	1		0.029		
20:5 n-3 (EPA) g	0.021		0	PAK	1		0.018		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.035		0	PAK	1		0.029		
22:6 n-3 (DHA) g	0.004		0	PAK	1		0.003		
Fatty acids, total trans g	0.125		0	PIK	4		0.107		
Fatty acids, total trans-monoenoic g	0.125		0	PIK	4		0.107		
Fatty acids, total trans-polyenoic g	0.000		0	PIK	4		0.000		
Cholesterol mg	87		0	PAK	1		74		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.312		0	PAK	1		0.265		
Threonine g	1.079		0	PAK	1		0.917		
Isoleucine g	1.239		0	PAK	1		1.053		
Leucine g	2.248		0	PAK	1		1.911		
Lysine g	2.359		0	PAK	1		2.005		
Methionine g	0.980		0	PAK	1		0.833		
Cystine g									
Phenylalanine g	1.158		0	PAK	1		0.985		

NDB No. 23464

Beef, New Zealand, imported, oyster blade, separable lean and fat, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tyrosine....g	1.002		0	PAK	1		0.852		
Valine....g	1.315		0	PAK	1		1.118		
Arginine....g	1.960		0	PAK	1		1.666		
Histidine....g	1.073		0	PAK	1		0.912		
Alanine....g	1.550		0	PAK	1		1.318		
Aspartic acid....g									
Glutamic acid....g	4.155		0	PAK	1		3.532		
Glycine....g	1.623		0	PAK	1		1.379		
Proline....g	0.956		0	PAK	1		0.813		
Serine....g	1.047		0	PAK	1		0.890		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0		
Caffeine....mg	0		0	PIK	4		0		
Theobromine....mg	0		0	PIK	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23440

Beef, New Zealand, imported, oyster blade, separable lean and fat, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	69.48		0	PAK	1		78.52		
Energy kcal	178		0	NC	4		201		
Energy kJ	744		0	NC	4		841		
Protein g	21.27		0	PAK	1		24.03		
Total lipid (fat) g	10.31		0	PAK	1		11.65		
Ash g	0.87		0	PAK	1		0.98		
Carbohydrate, by difference g	0.00		0	PIK	4		0.00		
Fiber, total dietary g	0.0		0	PIK	4		0.0		
Sugars, total g	0.00		0	PIK	4		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	4		0	PAK	1		5		
Iron, Fe mg	1.89		0	PAK	1		2.13		
Magnesium, Mg mg	18		0	PAK	1		20		
Phosphorus, P mg	153		0	PAK	1		173		
Potassium, K mg	288		0	PAK	1		325		
Sodium, Na mg	57		0	PAK	1		65		
Zinc, Zn mg	4.46		0	PAK	1		5.03		
Copper, Cu mg	0.058		0	PAK	1		0.065		
Manganese, Mn mg	0.008		0	PAK	1		0.009		
Selenium, Se µg	2.0		0	PAK	1		2.3		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0		
Thiamin mg	0.057		0	PAK	1		0.064		
Riboflavin mg	0.117		0	PAK	1		0.132		
Niacin mg	2.293		0	PAK	1		2.591		
Pantothenic acid mg	0.831		0	PAK	1		0.939		
Vitamin B-6 mg	0.152		0	PAK	1		0.171		
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	2.24		0	PAK	1		2.53		
Vitamin A, RAE µg	12		0	PAK	1		13		
Vitamin A, IU IU	39		0	PAK	1		44		
Lycopene µg	0		0	PIK	4		0		
Lutein + zeaxanthin µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol) mg	0.36		0	PAK	1		0.41		
Vitamin E, added mg	0.00		0	PIK	4		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	PAK	1		0.2		
Vitamin D IU	7		0	PAK	1		8		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	3.815		0	PIK	4		4.311		
4:0 g	0.000		0	PIK	4		0.000		
6:0 g	0.000		0	PIK	4		0.000		
8:0 g	0.000		0	PIK	4		0.000		
10:0 g	0.005		0	PAK	1		0.005		

NDB No. 23440

Beef, New Zealand, imported, oyster blade, separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.006		0	PAK	1		0.007		
13:0 g									
14:0 g	0.217		0	PAK	1		0.245		
15:0 g									
16:0 g	1.952		0	PAK	1		2.206		
17:0 g	0.131		0	PAK	1		0.148		
18:0 g	1.484		0	PAK	1		1.677		
20:0 g	0.010		0	PAK	1		0.011		
22:0 g	0.002		0	PAK	1		0.002		
24:0 g	0.000		0	PAK	1		0.000		
Fatty acids, total monounsaturated g	3.583		0	PIK	4		4.049		
14:1 g	0.049		0	PAK	1		0.056		
15:1 g	0.000		0	PAK	1		0.000		
16:1 undifferentiated g	0.274		0	PAK	1		0.310		
16:1 c g	0.271		0	PAK	1		0.306		
16:1 t g	0.003		0	PAK	1		0.004		
17:1 g	0.000		0	PAK	1		0.000		
18:1 undifferentiated g	3.252		0	PAK	1		3.675		
18:1 c g	3.067		0	PAK	1		3.466		
18:1 t g	0.185		0	PAK	1		0.209		
18:1-11 t (18:1t n-7) g									
20:1 g	0.007		0	PAK	1		0.008		
22:1 undifferentiated g	0.000		0	PAK	1		0.000		
22:1 c g	0.000		0	PAK	1		0.000		
22:1 t g									
24:1 c g	0.000		0	PAK	1		0.000		
Fatty acids, total polyunsaturated g	0.328		0	PIK	4		0.371		
18:2 undifferentiated g	0.169		0	PAK	1		0.191		
18:2 n-6 c,c g	0.106		0	PAK	1		0.120		
18:2 CLAs g	0.061		0	PAK	1		0.069		
18:2 t,t g	0.002		0	PAK	1		0.002		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.078		0	PAK	1		0.088		
18:3 n-3 c,c,c (ALA) g	0.078		0	PAK	1		0.088		
18:3 n-6 c,c,c g	0.000		0	PAK	1		0.000		
18:3i g									
18:4 g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c g	0.000		0	PAK	1		0.000		
20:3 undifferentiated g	0.009		0	PAK	1		0.010		
20:3 n-3 g	0.000		0	PAK	1		0.000		
20:3 n-6 g	0.009		0	PAK	1		0.010		
20:4 undifferentiated g	0.021		0	PAK	1		0.024		
20:4 n-6 g	0.021		0	PAK	1		0.024		
20:5 n-3 (EPA) g	0.015		0	PAK	1		0.017		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.024		0	PAK	1		0.027		
22:6 n-3 (DHA) g	0.012		0	PAK	1		0.014		
Fatty acids, total trans g	0.190		0	PIK	4		0.215		
Fatty acids, total trans-monoenoic g	0.189		0	PIK	4		0.213		
Fatty acids, total trans-polyenoic g	0.002		0	PIK	4		0.002		
Cholesterol mg	56		0	PAK	1		64		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.223		0	PAK	1		0.252		
Threonine g	0.770		0	PAK	1		0.870		
Isoleucine g	0.884		0	PAK	1		0.999		
Leucine g	1.605		0	PAK	1		1.813		
Lysine g	1.684		0	PAK	1		1.903		
Methionine g	0.700		0	PAK	1		0.790		
Cystine g									
Phenylalanine g	0.827		0	PAK	1		0.934		

NDB No. 23440

Beef, New Zealand, imported, oyster blade, separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tyrosine....g	0.716		0	PAK	1		0.809		
Valine....g	0.939		0	PAK	1		1.061		
Arginine....g	1.399		0	PAK	1		1.581		
Histidine....g	0.766		0	PAK	1		0.866		
Alanine....g	1.107		0	PAK	1		1.251		
Aspartic acid....g									
Glutamic acid....g	2.966		0	PAK	1		3.351		
Glycine....g	1.158		0	PAK	1		1.309		
Proline....g	0.683		0	PAK	1		0.771		
Serine....g	0.748		0	PAK	1		0.845		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0		
Caffeine....mg	0		0	PIK	4		0		
Theobromine....mg	0		0	PIK	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 113g: 4 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23428

Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	62.38		1	A	1		53.02		
Energy kcal	196		0	NC	4		166		
Energy kJ	818		0	NC	4		695		
Protein (N x 6.25) g	29.87		1	A	1		25.39		
Total lipid (fat) g	8.46		1	A	1		7.19		
Ash g	0.63		1	A	1		0.54		
Carbohydrate, by difference g	0.00		0	NC	4		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	5		1	A	1		4		
Iron, Fe mg	2.78		1	A	1		2.36		
Magnesium, Mg mg	17		1	A	1		14		
Phosphorus, P mg	144		1	A	1		122		
Potassium, K mg	151		1	A	1		129		
Sodium, Na mg	25		1	A	1		21		
Zinc, Zn mg	5.28		1	A	1		4.49		
Copper, Cu mg	0.090		1	A	1		0.077		
Manganese, Mn mg	0.011		1	A	1		0.009		
Selenium, Se µg	2.0		1	A	1		1.7		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.023		1	A	1		0.020		
Riboflavin mg	0.148		1	A	1		0.126		
Niacin mg	1.647		1	A	1		1.400		
Pantothenic acid mg	0.000		1	A	1		0.000		
Vitamin B-6 mg	0.099		1	A	1		0.084		
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	1.86		1	A	1		1.58		
Vitamin A, RAE µg	11		0	AS	1		9		
Vitamin A, IU IU	35		0	AS	1		30		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.76		1	A	1		0.64		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	AS	1		0.2		
Vitamin D IU	9		1	A	1		8		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	2.925		0	NC	4		2.486		
4:0 g	0.000		0	Z	7		0.000		
6:0 g	0.000		0	Z	7		0.000		
8:0 g	0.000		1	A	1		0.000		

NDB No. 23428

Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
10:0 g	0.004		1	A	1		0.004		
12:0 g	0.004		1	A	1		0.004		
13:0 g									
14:0 g	0.157		1	A	1		0.134		
15:0 g									
16:0 g	1.562		1	A	1		1.327		
17:0 g	0.105		1	A	1		0.089		
18:0 g	1.081		1	A	1		0.919		
20:0 g	0.007		1	A	1		0.006		
22:0 g	0.003		1	A	1		0.002		
24:0 g	0.002		1	A	1		0.002		
Fatty acids, total monounsaturated g	3.022		0	NC	4		2.569		
14:1 g	0.042		1	A	1		0.036		
15:1 g	0.003		1	A	1		0.003		
16:1 undifferentiated g	0.237		0	AS	1		0.202		
16:1 c g	0.207		1	A	1		0.176		
16:1 t g	0.030		1	A	1		0.025		
17:1 g	0.000		1	A	1		0.000		
18:1 undifferentiated g	2.728		0	AS	1		2.319		
18:1 c g	2.641		1	A	1		2.245		
18:1 t g	0.087		1	A	1		0.074		
18:1-11 t (18:1t n-7) g									
20:1 g	0.011		1	A	1		0.009		
22:1 undifferentiated g	0.000		0	AS	1		0.000		
22:1 c g	0.000		1	A	1		0.000		
22:1 t g									
24:1 c g	0.001		1	A	1		0.000		
Fatty acids, total polyunsaturated g	0.348		0	NC	4		0.296		
18:2 undifferentiated g	0.148		0	AS	1		0.126		
18:2 n-6 c,c g	0.115		1	A	1		0.098		
18:2 CLAs g	0.033		1	A	1		0.028		
18:2 t,t g	0.000		1	A	1		0.000		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.077		0	AS	1		0.065		
18:3 n-3 c,c,c (ALA) g	0.074		1	A	1		0.063		
18:3 n-6 c,c,c g	0.003		1	A	1		0.002		
18:3i g									
18:4 g	0.000		0	Z	7		0.000		
20:2 n-6 c,c g	0.003		1	A	1		0.002		
20:3 undifferentiated g	0.016		0	AS	1		0.013		
20:3 n-3 g	0.004		1	A	1		0.003		
20:3 n-6 g	0.012		1	A	1		0.010		
20:4 undifferentiated g	0.035		0	AS	1		0.029		
20:4 n-6 g	0.035		1	A	1		0.029		
20:5 n-3 (EPA) g	0.021		1	A	1		0.018		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.035		1	A	1		0.029		
22:6 n-3 (DHA) g	0.004		1	A	1		0.003		
Fatty acids, total trans g	0.117		0	NC	4		0.100		
Fatty acids, total trans-monoenoic g	0.117		0	NC	4		0.100		
Fatty acids, total trans-polyenoic g	0.000		0	NC	4		0.000		
Cholesterol mg	87		1	A	1		74		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.313		0	A	1		0.266		
Threonine g	1.082		0	A	1		0.919		
Isoleucine g	1.242		0	A	1		1.056		
Leucine g	2.254		0	A	1		1.915		
Lysine g	2.365		0	A	1		2.010		
Methionine g	0.982		0	A	1		0.835		

NDB No. 23428

Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine....g									
Phenylalanine....g	1.161		0	A	1		0.987		
Tyrosine....g	1.005		0	A	1		0.854		
Valine....g	1.318		0	A	1		1.121		
Arginine....g	1.965		0	A	1		1.670		
Histidine....g	1.076		0	A	1		0.915		
Alanine....g	1.554		0	A	1		1.321		
Aspartic acid....g									
Glutamic acid....g	4.165		0	A	1		3.541		
Glycine....g	1.627		0	A	1		1.383		
Proline....g	0.959		0	A	1		0.815		
Serine....g	1.050		0	A	1		0.893		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23429

Beef, New Zealand, imported, oyster blade, separable lean only, raw

Refuse: 4% Separable fat 4%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	71.68		1	A	1		81.00		
Energy kcal	155		0	NC	4		176		
Energy kJ	650		0	NC	4		735		
Protein (N x 6.25) g	21.83		1	A	1		24.67		
Total lipid (fat) g	7.56		1	A	1		8.55		
Ash g	0.90		1	A	1		1.02		
Carbohydrate, by difference g	0.00		0	NC	4		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	4		1	A	1		4		
Iron, Fe mg	1.95		1	A	1		2.21		
Magnesium, Mg mg	18		1	A	1		20		
Phosphorus, P mg	158		1	A	1		178		
Potassium, K mg	297		1	A	1		335		
Sodium, Na mg	59		1	A	1		66		
Zinc, Zn mg	4.64		1	A	1		5.24		
Copper, Cu mg	0.060		1	A	1		0.068		
Manganese, Mn mg	0.008		1	A	1		0.009		
Selenium, Se µg	2.0		1	A	1		2.3		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.054		1	A	1		0.060		
Riboflavin mg	0.121		1	A	1		0.137		
Niacin mg	2.361		1	A	1		2.668		
Pantothenic acid mg	0.864		1	A	1		0.976		
Vitamin B-6 mg	0.156		1	A	1		0.176		
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	2.33		1	A	1		2.64		
Vitamin A, RAE µg	12		0	AS	1		14		
Vitamin A, IU IU	41		0	AS	1		46		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.38		1	A	1		0.43		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	AS	1		0.2		
Vitamin D IU	7		1	A	1		8		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	2.589		0	NC	4		2.925		
4:0 g	0.000		0	Z	7		0.000		
6:0 g	0.000		0	Z	7		0.000		
8:0 g	0.000		0	Z	7		0.000		
10:0 g	0.004		1	A	1		0.004		

NDB No. 23429

Beef, New Zealand, imported, oyster blade, separable lean only, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.004		1	A	1		0.005		
13:0 g									
14:0 g	0.139		1	A	1		0.157		
15:0 g									
16:0 g	1.377		1	A	1		1.556		
17:0 g	0.089		1	A	1		0.100		
18:0 g	0.961		1	A	1		1.086		
20:0 g	0.006		1	A	1		0.006		
22:0 g	0.000		1	A	1		0.000		
24:0 g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated g	2.648		0	NC	4		2.992		
14:1 g	0.034		1	A	1		0.038		
15:1 g	0.000		1	A	1		0.000		
16:1 undifferentiated g	0.201		0	AS	1		0.227		
16:1 c g	0.201		1	A	1		0.227		
16:1 t g	0.000		1	A	1		0.000		
17:1 g	0.000		1	A	1		0.000		
18:1 undifferentiated g	2.407		0	AS	1		2.720		
18:1 c g	2.329		1	A	1		2.631		
18:1 t g	0.079		1	A	1		0.089		
18:1-11 t (18:1t n-7) g									
20:1 g	0.006		1	A	1		0.007		
22:1 undifferentiated g	0.000		0	AS	1		0.000		
22:1 c g	0.000		1	A	1		0.000		
22:1 t g									
24:1 c g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated g	0.268		0	NC	4		0.303		
18:2 undifferentiated g	0.126		0	AS	1		0.142		
18:2 n-6 c,c g	0.091		1	A	1		0.103		
18:2 CLAs g	0.035		1	A	1		0.039		
18:2 t,t g	0.000		1	A	1		0.000		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.059		0	AS	1		0.067		
18:3 n-3 c,c,c (ALA) g	0.059		1	A	1		0.067		
18:3 n-6 c,c,c g	0.000		1	A	1		0.000		
18:3i g									
18:4 g	0.000		0	Z	7		0.000		
20:2 n-6 c,c g	0.000		1	A	1		0.000		
20:3 undifferentiated g	0.009		0	AS	1		0.010		
20:3 n-3 g	0.000		1	A	1		0.000		
20:3 n-6 g	0.009		1	A	1		0.010		
20:4 undifferentiated g	0.022		0	AS	1		0.025		
20:4 n-6 g	0.022		1	A	1		0.025		
20:5 n-3 (EPA) g	0.016		1	A	1		0.018		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.024		1	A	1		0.027		
22:6 n-3 (DHA) g	0.013		1	A	1		0.014		
Fatty acids, total trans g	0.079		0	NC	4		0.089		
Fatty acids, total trans-monoenoic g	0.079		0	NC	4		0.089		
Fatty acids, total trans-polyenoic g	0.000		0	NC	4		0.000		
Cholesterol mg	56		1	A	1		63		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.229		0	A	1		0.258		
Threonine g	0.791		0	A	1		0.893		
Isoleucine g	0.908		0	A	1		1.026		
Leucine g	1.647		0	A	1		1.861		
Lysine g	1.729		0	A	1		1.953		
Methionine g	0.718		0	A	1		0.811		
Cystine g									
Phenylalanine g	0.849		0	A	1		0.959		

NDB No. 23429

Beef, New Zealand, imported, oyster blade, separable lean only, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tyrosine....g	0.735		0	A	1		0.830		
Valine....g	0.964		0	A	1		1.089		
Arginine....g	1.436		0	A	1		1.623		
Histidine....g	0.787		0	A	1		0.889		
Alanine....g	1.136		0	A	1		1.284		
Aspartic acid....g									
Glutamic acid....g	3.045		0	A	1		3.440		
Glycine....g	1.189		0	A	1		1.344		
Proline....g	0.701		0	A	1		0.792		
Serine....g	0.767		0	A	1		0.867		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 113g: 4 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23430
Beef, New Zealand, imported, ribs prepared, cooked, fast roasted

Refuse: 25% Bone and Connective tissue 15%, Separable fat 10%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	61.82		1	A	1		52.55		
Energy kcal	197		0	NC	4		167		
Energy kJ	824		0	NC	4		700		
Protein (N x 6.25) g	27.23		1	A	1		23.15		
Total lipid (fat) g	9.74		1	A	1		8.28		
Ash g	1.12		1	A	1		0.95		
Carbohydrate, by difference g	0.09		0	NC	4		0.07		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	18		1	A	1		15		
Iron, Fe mg	2.21		1	A	1		1.88		
Magnesium, Mg mg	22		1	A	1		19		
Phosphorus, P mg	204		1	A	1		173		
Potassium, K mg	363		1	A	1		309		
Sodium, Na mg	58		1	A	1		49		
Zinc, Zn mg	4.90		1	A	1		4.16		
Copper, Cu mg	0.058		1	A	1		0.050		
Manganese, Mn mg	0.008		1	A	1		0.007		
Selenium, Se µg	3.5		1	A	1		3.0		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.026		1	A	1		0.022		
Riboflavin mg	0.117		1	A	1		0.100		
Niacin mg	5.053		1	A	1		4.295		
Pantothenic acid mg	0.389		1	A	1		0.330		
Vitamin B-6 mg	0.266		1	A	1		0.226		
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	1.15		1	A	1		0.97		
Vitamin A, RAE µg	9		0	AS	1		7		
Vitamin A, IU IU	29		0	AS	1		25		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.93		1	A	1		0.79		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.3		0	AS	1		0.3		
Vitamin D IU	12		1	A	1		11		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	3.585		0	NC	4		3.047		
4:0 g	0.000		0	Z	7		0.000		
6:0 g	0.000		0	Z	7		0.000		
8:0 g	0.000		1	A	1		0.000		
10:0 g	0.007		1	A	1		0.006		

NDB No. 23430

Beef, New Zealand, imported, ribs prepared, cooked, fast roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.005		1	A	1		0.004		
13:0 g									
14:0 g	0.190		1	A	1		0.162		
15:0 g									
16:0 g	1.866		1	A	1		1.586		
17:0 g	0.128		1	A	1		0.109		
18:0 g	1.372		1	A	1		1.166		
20:0 g	0.011		1	A	1		0.009		
22:0 g	0.005		1	A	1		0.004		
24:0 g	0.002		1	A	1		0.002		
Fatty acids, total monounsaturated g	2.975		0	NC	4		2.528		
14:1 g	0.035		1	A	1		0.030		
15:1 g	0.003		1	A	1		0.003		
16:1 undifferentiated g	0.231		0	AS	1		0.196		
16:1 c g	0.193		1	A	1		0.164		
16:1 t g	0.038		1	A	1		0.032		
17:1 g	0.000		1	A	1		0.000		
18:1 undifferentiated g	2.694		0	AS	1		2.290		
18:1 c g	2.549		1	A	1		2.166		
18:1 t g	0.145		1	A	1		0.123		
18:1-11 t (18:1t n-7) g									
20:1 g	0.009		1	A	1		0.007		
22:1 undifferentiated g	0.000		0	AS	1		0.000		
22:1 c g	0.000		1	A	1		0.000		
22:1 t g									
24:1 c g	0.004		1	A	1		0.003		
Fatty acids, total polyunsaturated g	0.236		0	NC	4		0.200		
18:2 undifferentiated g	0.108		0	AS	1		0.092		
18:2 n-6 c,c g	0.078		1	A	1		0.066		
18:2 CLAs g	0.030		1	A	1		0.025		
18:2 t,t g	0.000		1	A	1		0.000		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.053		0	AS	1		0.045		
18:3 n-3 c,c,c (ALA) g	0.050		1	A	1		0.043		
18:3 n-6 c,c,c g	0.003		1	A	1		0.003		
18:3i g									
18:4 g	0.000		0	Z	7		0.000		
20:2 n-6 c,c g	0.003		1	A	1		0.002		
20:3 undifferentiated g	0.011		0	AS	1		0.009		
20:3 n-3 g	0.002		1	A	1		0.002		
20:3 n-6 g	0.009		1	A	1		0.007		
20:4 undifferentiated g	0.021		0	AS	1		0.018		
20:4 n-6 g	0.021		1	A	1		0.018		
20:5 n-3 (EPA) g	0.011		1	A	1		0.009		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.019		1	A	1		0.016		
22:6 n-3 (DHA) g	0.001		1	A	1		0.001		
Fatty acids, total trans g	0.183		0	NC	4		0.155		
Fatty acids, total trans-monoenoic g	0.183		0	NC	4		0.155		
Fatty acids, total trans-polyenoic g	0.000		0	NC	4		0.000		
Cholesterol mg	69		1	A	1		58		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.285		0	A	1		0.243		
Threonine g	0.986		0	A	1		0.838		
Isoleucine g	1.132		0	A	1		0.962		
Leucine g	2.055		0	A	1		1.746		
Lysine g	2.156		0	A	1		1.833		
Methionine g	0.896		0	A	1		0.761		
Cystine g									
Phenylalanine g	1.059		0	A	1		0.900		

NDB No. 23430

Beef, New Zealand, imported, ribs prepared, cooked, fast roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tyrosine....g	0.916		0	A	1		0.779		
Valine....g	1.202		0	A	1		1.022		
Arginine....g	1.791		0	A	1		1.523		
Histidine....g	0.981		0	A	1		0.834		
Alanine....g	1.417		0	A	1		1.205		
Aspartic acid....g									
Glutamic acid....g	3.798		0	A	1		3.228		
Glycine....g	1.483		0	A	1		1.261		
Proline....g	0.874		0	A	1		0.743		
Serine....g	0.957		0	A	1		0.814		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23431
Beef, New Zealand, imported, ribs prepared, raw

Refuse: 22% Bone and connective tissue 7%, Separable fat 15%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	71.32		1	A	1		80.59		
Energy kcal	146		0	NC	4		165		
Energy kJ	612		0	NC	4		692		
Protein (N x 6.25) g	21.31		1	A	1		24.08		
Total lipid (fat) g	6.78		1	A	1		7.67		
Ash g	0.94		1	A	1		1.07		
Carbohydrate, by difference g	0.00		0	NC	4		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	15		1	A	1		17		
Iron, Fe mg	1.82		1	A	1		2.06		
Magnesium, Mg mg	20		1	A	1		23		
Phosphorus, P mg	184		1	A	1		208		
Potassium, K mg	337		1	A	1		381		
Sodium, Na mg	54		1	A	1		61		
Zinc, Zn mg	3.95		1	A	1		4.47		
Copper, Cu mg	0.047		1	A	1		0.053		
Manganese, Mn mg	0.006		1	A	1		0.007		
Selenium, Se µg	2.9		1	A	1		3.3		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.030		1	A	1		0.033		
Riboflavin mg	0.090		1	A	1		0.102		
Niacin mg	4.306		1	A	1		4.866		
Pantothenic acid mg	0.293		1	A	1		0.331		
Vitamin B-6 mg	0.255		1	A	1		0.288		
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	1.17		1	A	1		1.32		
Vitamin A, RAE µg	8		0	AS	1		9		
Vitamin A, IU IU	26		0	AS	1		29		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.74		1	A	1		0.83		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	AS	1		0.2		
Vitamin D IU	7		1	A	1		8		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	2.453		0	NC	4		2.772		
4:0 g	0.000		0	Z	7		0.000		
6:0 g	0.000		0	Z	7		0.000		
8:0 g	0.000		1	A	1		0.000		
10:0 g	0.004		1	A	1		0.004		

NDB No. 23431

Beef, New Zealand, imported, ribs prepared, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.003		1	A	1		0.004		
13:0 g									
14:0 g	0.133		1	A	1		0.150		
15:0 g									
16:0 g	1.329		1	A	1		1.502		
17:0 g	0.088		1	A	1		0.099		
18:0 g	0.886		1	A	1		1.002		
20:0 g	0.007		1	A	1		0.007		
22:0 g	0.002		1	A	1		0.002		
24:0 g	0.001		1	A	1		0.001		
Fatty acids, total monounsaturated g	2.279		0	NC	4		2.575		
14:1 g	0.029		1	A	1		0.033		
15:1 g	0.002		1	A	1		0.003		
16:1 undifferentiated g	0.185		0	AS	1		0.210		
16:1 c g	0.158		1	A	1		0.179		
16:1 t g	0.027		1	A	1		0.031		
17:1 g	0.000		1	A	1		0.000		
18:1 undifferentiated g	2.052		0	AS	1		2.319		
18:1 c g	1.957		1	A	1		2.211		
18:1 t g	0.096		1	A	1		0.108		
18:1-11 t (18:1t n-7) g									
20:1 g	0.007		1	A	1		0.008		
22:1 undifferentiated g	0.000		0	AS	1		0.000		
22:1 c g	0.000		1	A	1		0.000		
22:1 t g									
24:1 c g	0.003		1	A	1		0.003		
Fatty acids, total polyunsaturated g	0.191		0	NC	4		0.216		
18:2 undifferentiated g	0.087		0	AS	1		0.098		
18:2 n-6 c,c g	0.061		1	A	1		0.069		
18:2 CLAs g	0.026		1	A	1		0.029		
18:2 t,t g	0.000		1	A	1		0.000		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.041		0	AS	1		0.047		
18:3 n-3 c,c,c (ALA) g	0.039		1	A	1		0.044		
18:3 n-6 c,c,c g	0.002		1	A	1		0.002		
18:3i g									
18:4 g	0.000		0	Z	7		0.000		
20:2 n-6 c,c g	0.002		1	A	1		0.003		
20:3 undifferentiated g	0.009		0	AS	1		0.010		
20:3 n-3 g	0.001		1	A	1		0.002		
20:3 n-6 g	0.007		1	A	1		0.008		
20:4 undifferentiated g	0.018		0	AS	1		0.020		
20:4 n-6 g	0.018		1	A	1		0.020		
20:5 n-3 (EPA) g	0.010		1	A	1		0.012		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.016		1	A	1		0.018		
22:6 n-3 (DHA) g	0.002		1	A	1		0.002		
Fatty acids, total trans g	0.123		0	NC	4		0.139		
Fatty acids, total trans-monoenoic g	0.123		0	NC	4		0.139		
Fatty acids, total trans-polyenoic g	0.000		0	NC	4		0.000		
Cholesterol mg	57		1	A	1		64		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.223		0	A	1		0.252		
Threonine g	0.772		0	A	1		0.872		
Isoleucine g	0.886		0	A	1		1.001		
Leucine g	1.608		0	A	1		1.817		
Lysine g	1.687		0	A	1		1.906		
Methionine g	0.701		0	A	1		0.792		
Cystine g									
Phenylalanine g	0.828		0	A	1		0.936		

NDB No. 23431
Beef, New Zealand, imported, ribs prepared, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tyrosine....g	0.717		0	A	1		0.810		
Valine....g	0.941		0	A	1		1.063		
Arginine....g	1.402		0	A	1		1.584		
Histidine....g	0.768		0	A	1		0.868		
Alanine....g	1.109		0	A	1		1.253		
Aspartic acid....g									
Glutamic acid....g	2.972		0	A	1		3.358		
Glycine....g	1.161		0	A	1		1.311		
Proline....g	0.684		0	A	1		0.773		
Serine....g	0.749		0	A	1		0.846		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 113g: 4 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23465

Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	61.45		0	PAK	1		52.23		
Energy kcal	192		0	NC	4		163		
Energy kJ	802		0	NC	4		682		
Protein g	30.01		0	PAK	1		25.51		
Total lipid (fat) g	7.96		0	PAK	1		6.76		
Ash g	1.37		0	PAK	1		1.17		
Carbohydrate, by difference g	0.00		0	PIK	4		0.00		
Fiber, total dietary g	0.0		0	PIK	4		0.0		
Sugars, total g	0.00		0	PIK	4		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	5		0	PAK	1		4		
Iron, Fe mg	2.95		0	PAK	1		2.50		
Magnesium, Mg mg	29		0	PAK	1		24		
Phosphorus, P mg	253		0	PAK	1		215		
Potassium, K mg	425		0	PAK	1		361		
Sodium, Na mg	55		0	PAK	1		46		
Zinc, Zn mg	4.05		0	PAK	1		3.44		
Copper, Cu mg	0.144		0	PAK	1		0.123		
Manganese, Mn mg	0.012		0	PAK	1		0.010		
Selenium, Se µg	1.9		0	PAK	1		1.7		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0		
Thiamin mg	0.081		0	PAK	1		0.068		
Riboflavin mg	0.198		0	PAK	1		0.168		
Niacin mg	3.904		0	PAK	1		3.319		
Pantothenic acid mg	0.772		0	PAK	1		0.656		
Vitamin B-6 mg	0.274		0	PAK	1		0.233		
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	2.20		0	PAK	1		1.87		
Vitamin A, RAE µg	12		0	PAK	1		10		
Vitamin A, IU IU	38		0	PAK	1		33		
Lycopene µg	0		0	PIK	4		0		
Lutein + zeaxanthin µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol) mg	0.56		0	PAK	1		0.48		
Vitamin E, added mg	0.00		0	PIK	4		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	PAK	1		0.1		
Vitamin D IU	7		0	PAK	1		6		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	2.795		0	PIK	4		2.376		
4:0 g	0.000		0	PIK	4		0.000		
6:0 g	0.000		0	PIK	4		0.000		
8:0 g	0.000		0	PAK	1		0.000		
10:0 g	0.002		0	PAK	1		0.002		

NDB No. 23465

Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.003		0	PAK	1		0.002		
13:0 g									
14:0 g	0.130		0	PAK	1		0.110		
15:0 g									
16:0 g	1.532		0	PAK	1		1.302		
17:0 g	0.104		0	PAK	1		0.088		
18:0 g	1.012		0	PAK	1		0.860		
20:0 g	0.008		0	PAK	1		0.006		
22:0 g	0.003		0	PAK	1		0.003		
24:0 g	0.002		0	PAK	1		0.002		
Fatty acids, total monounsaturated g	2.776		0	PIK	4		2.359		
14:1 g	0.027		0	PAK	1		0.023		
15:1 g	0.005		0	PAK	1		0.004		
16:1 undifferentiated g	0.195		0	PAK	1		0.166		
16:1 c g	0.166		0	PAK	1		0.141		
16:1 t g	0.029		0	PAK	1		0.025		
17:1 g	0.000		0	PAK	1		0.000		
18:1 undifferentiated g	2.538		0	PAK	1		2.158		
18:1 c g	2.395		0	PAK	1		2.036		
18:1 t g	0.144		0	PAK	1		0.122		
18:1-11 t (18:1t n-7) g									
20:1 g	0.010		0	PAK	1		0.009		
22:1 undifferentiated g	0.000		0	PAK	1		0.000		
22:1 c g	0.000		0	PAK	1		0.000		
22:1 t g									
24:1 c g	0.000		0	PAK	1		0.000		
Fatty acids, total polyunsaturated g	0.406		0	PIK	4		0.345		
18:2 undifferentiated g	0.190		0	PAK	1		0.161		
18:2 n-6 c,c g	0.145		0	PAK	1		0.123		
18:2 CLAs g	0.045		0	PAK	1		0.038		
18:2 t,t g	0.000		0	PAK	1		0.000		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.090		0	PAK	1		0.077		
18:3 n-3 c,c,c (ALA) g	0.085		0	PAK	1		0.072		
18:3 n-6 c,c,c g	0.005		0	PAK	1		0.004		
18:3i g									
18:4 g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c g	0.004		0	PAK	1		0.004		
20:3 undifferentiated g	0.016		0	PAK	1		0.013		
20:3 n-3 g	0.003		0	PAK	1		0.003		
20:3 n-6 g	0.012		0	PAK	1		0.011		
20:4 undifferentiated g	0.037		0	PAK	1		0.031		
20:4 n-6 g	0.037		0	PAK	1		0.031		
20:5 n-3 (EPA) g	0.025		0	PAK	1		0.021		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.030		0	PAK	1		0.026		
22:6 n-3 (DHA) g	0.003		0	PAK	1		0.003		
Fatty acids, total trans g	0.173		0	PIK	4		0.147		
Fatty acids, total trans-monoenoic g	0.173		0	PIK	4		0.147		
Fatty acids, total trans-polyenoic g	0.000		0	PIK	4		0.000		
Cholesterol mg	78		0	PAK	1		66		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.314		0	PAK	1		0.267		
Threonine g	1.087		0	PAK	1		0.924		
Isoleucine g	1.248		0	PAK	1		1.061		
Leucine g	2.264		0	PAK	1		1.924		
Lysine g	2.376		0	PAK	1		2.019		
Methionine g	0.987		0	PAK	1		0.839		
Cystine g									
Phenylalanine g	1.167		0	PAK	1		0.992		

NDB No. 23465

Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tyrosine....g	1.010		0	PAK	1		0.858		
Valine....g	1.325		0	PAK	1		1.126		
Arginine....g	1.974		0	PAK	1		1.678		
Histidine....g	1.081		0	PAK	1		0.919		
Alanine....g	1.562		0	PAK	1		1.327		
Aspartic acid....g									
Glutamic acid....g	4.185		0	PAK	1		3.557		
Glycine....g	1.634		0	PAK	1		1.389		
Proline....g	0.963		0	PAK	1		0.819		
Serine....g	1.055		0	PAK	1		0.897		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0		
Caffeine....mg	0		0	PIK	4		0		
Theobromine....mg	0		0	PIK	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23467

Beef, New Zealand, imported, rump centre, separable lean and fat, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	71.87		0	PAK	1		81.21		
Energy kcal	145		0	NC	4		164		
Energy kJ	607		0	NC	4		686		
Protein g	21.65		0	PAK	1		24.46		
Total lipid (fat) g	6.50		0	PAK	1		7.35		
Ash g	0.97		0	PAK	1		1.09		
Carbohydrate, by difference g	0.00		0	PIK	4		0.00		
Fiber, total dietary g	0.0		0	PIK	4		0.0		
Sugars, total g	0.00		0	PIK	4		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	4		0	PAK	1		4		
Iron, Fe mg	2.29		0	PAK	1		2.59		
Magnesium, Mg mg	22		0	PAK	1		24		
Phosphorus, P mg	190		0	PAK	1		215		
Potassium, K mg	341		0	PAK	1		385		
Sodium, Na mg	49		0	PAK	1		55		
Zinc, Zn mg	3.43		0	PAK	1		3.88		
Copper, Cu mg	0.106		0	PAK	1		0.120		
Manganese, Mn mg	0.009		0	PAK	1		0.011		
Selenium, Se µg	1.5		0	PAK	1		1.6		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0		
Thiamin mg	0.067		0	PAK	1		0.075		
Riboflavin mg	0.117		0	PAK	1		0.132		
Niacin mg	2.716		0	PAK	1		3.069		
Pantothenic acid mg	0.577		0	PAK	1		0.652		
Vitamin B-6 mg	0.274		0	PAK	1		0.310		
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	2.13		0	PAK	1		2.41		
Vitamin A, RAE µg	7		0	PAK	1		8		
Vitamin A, IU IU	24		0	PAK	1		27		
Lycopene µg	0		0	PIK	4		0		
Lutein + zeaxanthin µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol) mg	0.31		0	PAK	1		0.35		
Vitamin E, added mg	0.00		0	PIK	4		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	PAK	1		0.1		
Vitamin D IU	4		0	PAK	1		4		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	2.200		0	PIK	4		2.486		
4:0 g	0.000		0	PIK	4		0.000		
6:0 g	0.000		0	PIK	4		0.000		
8:0 g	0.000		0	PIK	4		0.000		
10:0 g	0.002		0	PAK	1		0.002		

NDB No. 23467

Beef, New Zealand, imported, rump centre, separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.003		0	PAK	1		0.003		
13:0 g									
14:0 g	0.098		0	PAK	1		0.111		
15:0 g									
16:0 g	1.173		0	PAK	1		1.325		
17:0 g	0.089		0	PAK	1		0.101		
18:0 g	0.824		0	PAK	1		0.932		
20:0 g	0.006		0	PAK	1		0.007		
22:0 g	0.003		0	PAK	1		0.003		
24:0 g	0.002		0	PAK	1		0.002		
Fatty acids, total monounsaturated g	2.199		0	PIK	4		2.484		
14:1 g	0.020		0	PAK	1		0.023		
15:1 g	0.003		0	PAK	1		0.003		
16:1 undifferentiated g	0.152		0	PAK	1		0.171		
16:1 c g	0.128		0	PAK	1		0.144		
16:1 t g	0.024		0	PAK	1		0.027		
17:1 g	0.000		0	PAK	1		0.000		
18:1 undifferentiated g	2.015		0	PAK	1		2.277		
18:1 c g	1.889		0	PAK	1		2.134		
18:1 t g	0.126		0	PAK	1		0.142		
18:1-11 t (18:1t n-7) g									
20:1 g	0.008		0	PAK	1		0.008		
22:1 undifferentiated g	0.000		0	PAK	1		0.000		
22:1 c g	0.000		0	PAK	1		0.000		
22:1 t g									
24:1 c g	0.002		0	PAK	1		0.002		
Fatty acids, total polyunsaturated g	0.304		0	PIK	4		0.344		
18:2 undifferentiated g	0.147		0	PAK	1		0.166		
18:2 n-6 c,c g	0.110		0	PAK	1		0.125		
18:2 CLAs g	0.036		0	PAK	1		0.041		
18:2 t,t g	0.000		0	PAK	1		0.000		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.070		0	PAK	1		0.079		
18:3 n-3 c,c,c (ALA) g	0.067		0	PAK	1		0.076		
18:3 n-6 c,c,c g	0.003		0	PAK	1		0.003		
18:3i g									
18:4 g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c g	0.004		0	PAK	1		0.005		
20:3 undifferentiated g	0.011		0	PAK	1		0.012		
20:3 n-3 g	0.002		0	PAK	1		0.002		
20:3 n-6 g	0.009		0	PAK	1		0.010		
20:4 undifferentiated g	0.025		0	PAK	1		0.028		
20:4 n-6 g	0.025		0	PAK	1		0.028		
20:5 n-3 (EPA) g	0.016		0	PAK	1		0.018		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.021		0	PAK	1		0.024		
22:6 n-3 (DHA) g	0.002		0	PAK	1		0.003		
Fatty acids, total trans g	0.150		0	PIK	4		0.170		
Fatty acids, total trans-monoenoic g	0.150		0	PIK	4		0.169		
Fatty acids, total trans-polyenoic g	0.000		0	PIK	4		0.000		
Cholesterol mg	55		0	PAK	1		62		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.227		0	PAK	1		0.256		
Threonine g	0.784		0	PAK	1		0.886		
Isoleucine g	0.900		0	PAK	1		1.017		
Leucine g	1.633		0	PAK	1		1.846		
Lysine g	1.714		0	PAK	1		1.937		
Methionine g	0.712		0	PAK	1		0.805		
Cystine g									
Phenylalanine g	0.842		0	PAK	1		0.951		

NDB No. 23467

Beef, New Zealand, imported, rump centre, separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tyrosine g	0.728		0	PAK	1		0.823		
Valine g	0.956		0	PAK	1		1.080		
Arginine g	1.424		0	PAK	1		1.609		
Histidine g	0.780		0	PAK	1		0.881		
Alanine g	1.127		0	PAK	1		1.273		
Aspartic acid g									
Glutamic acid g	3.019		0	PAK	1		3.411		
Glycine g	1.179		0	PAK	1		1.332		
Proline g	0.695		0	PAK	1		0.785		
Serine g	0.761		0	PAK	1		0.860		
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	PIK	4		0.0		
Caffeine mg	0		0	PIK	4		0		
Theobromine mg	0		0	PIK	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 113g: 4 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23432

Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	61.77		1	A	1		52.50		
Energy kcal	188		0	NC	4		160		
Energy kJ	786		0	NC	4		668		
Protein (N x 6.25) g	30.17		1	A	1		25.64		
Total lipid (fat) g	7.48		1	A	1		6.35		
Ash g	1.38		1	A	1		1.17		
Carbohydrate, by difference g	0.00		0	NC	4		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	5		1	A	1		4		
Iron, Fe mg	2.96		1	A	1		2.52		
Magnesium, Mg mg	29		1	A	1		24		
Phosphorus, P mg	254		1	A	1		216		
Potassium, K mg	427		1	A	1		363		
Sodium, Na mg	55		1	A	1		47		
Zinc, Zn mg	4.08		1	A	1		3.47		
Copper, Cu mg	0.145		1	A	1		0.123		
Manganese, Mn mg	0.012		1	A	1		0.010		
Selenium, Se µg	1.9		1	A	1		1.7		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.081		1	A	1		0.069		
Riboflavin mg	0.199		1	A	1		0.169		
Niacin mg	3.922		1	A	1		3.334		
Pantothenic acid mg	0.777		1	A	1		0.660		
Vitamin B-6 mg	0.276		1	A	1		0.235		
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	2.21		1	A	1		1.88		
Vitamin A, RAE µg	12		0	AS	1		10		
Vitamin A, IU IU	39		0	AS	1		33		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.56		1	A	1		0.48		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	AS	1		0.1		
Vitamin D IU	7		1	A	1		6		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	2.609		0	NC	4		2.217		
4:0 g	0.000		0	Z	7		0.000		
6:0 g	0.000		0	Z	7		0.000		
8:0 g	0.000		1	A	1		0.000		
10:0 g	0.002		1	A	1		0.002		

NDB No. 23432

Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.002		1	A	1		0.002		
13:0 g									
14:0 g	0.118		1	A	1		0.100		
15:0 g									
16:0 g	1.441		1	A	1		1.225		
17:0 g	0.098		1	A	1		0.083		
18:0 g	0.936		1	A	1		0.796		
20:0 g	0.007		1	A	1		0.006		
22:0 g	0.003		1	A	1		0.002		
24:0 g	0.002		1	A	1		0.002		
Fatty acids, total monounsaturated g	2.622		0	NC	4		2.229		
14:1 g	0.024		1	A	1		0.020		
15:1 g	0.005		1	A	1		0.004		
16:1 undifferentiated g	0.183		0	AS	1		0.156		
16:1 c g	0.154		1	A	1		0.131		
16:1 t g	0.029		1	A	1		0.025		
17:1 g	0.000		1	A	1		0.000		
18:1 undifferentiated g	2.400		0	AS	1		2.040		
18:1 c g	2.273		1	A	1		1.932		
18:1 t g	0.127		1	A	1		0.108		
18:1-11 t (18:1t n-7) g									
20:1 g	0.010		1	A	1		0.008		
22:1 undifferentiated g	0.000		0	AS	1		0.000		
22:1 c g	0.000		1	A	1		0.000		
22:1 t g									
24:1 c g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated g	0.398		0	NC	4		0.338		
18:2 undifferentiated g	0.183		0	AS	1		0.156		
18:2 n-6 c,c g	0.143		1	A	1		0.121		
18:2 CLAs g	0.041		1	A	1		0.035		
18:2 t,t g	0.000		1	A	1		0.000		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.088		0	AS	1		0.074		
18:3 n-3 c,c,c (ALA) g	0.082		1	A	1		0.070		
18:3 n-6 c,c,c g	0.005		1	A	1		0.005		
18:3i g									
18:4 g	0.000		0	Z	7		0.000		
20:2 n-6 c,c g	0.004		1	A	1		0.004		
20:3 undifferentiated g	0.016		0	AS	1		0.014		
20:3 n-3 g	0.003		1	A	1		0.003		
20:3 n-6 g	0.013		1	A	1		0.011		
20:4 undifferentiated g	0.037		0	AS	1		0.032		
20:4 n-6 g	0.037		1	A	1		0.032		
20:5 n-3 (EPA) g	0.025		1	A	1		0.021		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.030		1	A	1		0.026		
22:6 n-3 (DHA) g	0.003		1	A	1		0.003		
Fatty acids, total trans g	0.156		0	NC	4		0.133		
Fatty acids, total trans-monoenoic g	0.156		0	NC	4		0.133		
Fatty acids, total trans-polyenoic g	0.000		0	NC	4		0.000		
Cholesterol mg	78		1	A	1		66		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.316		0	A	1		0.269		
Threonine g	1.092		0	A	1		0.929		
Isoleucine g	1.254		0	A	1		1.066		
Leucine g	2.276		0	A	1		1.935		
Lysine g	2.389		0	A	1		2.030		
Methionine g	0.992		0	A	1		0.843		
Cystine g									
Phenylalanine g	1.173		0	A	1		0.997		

NDB No. 23432

Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tyrosine....g	1.015		0	A	1		0.863		
Valine....g	1.332		0	A	1		1.132		
Arginine....g	1.985		0	A	1		1.687		
Histidine....g	1.087		0	A	1		0.924		
Alanine....g	1.570		0	A	1		1.335		
Aspartic acid....g									
Glutamic acid....g	4.207		0	A	1		3.576		
Glycine....g	1.643		0	A	1		1.397		
Proline....g	0.968		0	A	1		0.823		
Serine....g	1.061		0	A	1		0.901		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23466

Beef, New Zealand, imported, rump centre, separable lean only, raw

Refuse: 5% Separable fat 5%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	72.22		1	A	1		81.61		
Energy kcal	141		0	NC	4		160		
Energy kJ	592		0	NC	4		669		
Protein (N x 6.25) g	21.74		1	A	1		24.56		
Total lipid (fat) g	6.05		1	A	1		6.84		
Ash g	0.97		1	A	1		1.10		
Carbohydrate, by difference g	0.00		0	NC	4		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	4		1	A	1		4		
Iron, Fe mg	2.30		1	A	1		2.60		
Magnesium, Mg mg	22		1	A	1		25		
Phosphorus, P mg	191		1	A	1		216		
Potassium, K mg	343		1	A	1		387		
Sodium, Na mg	49		1	A	1		55		
Zinc, Zn mg	3.46		1	A	1		3.90		
Copper, Cu mg	0.107		1	A	1		0.120		
Manganese, Mn mg	0.010		1	A	1		0.011		
Selenium, Se µg	1.5		1	A	1		1.6		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.066		1	A	1		0.075		
Riboflavin mg	0.118		1	A	1		0.133		
Niacin mg	2.729		1	A	1		3.084		
Pantothenic acid mg	0.581		1	A	1		0.656		
Vitamin B-6 mg	0.276		1	A	1		0.312		
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	2.15		1	A	1		2.43		
Vitamin A, RAE µg	7		0	AS	1		8		
Vitamin A, IU IU	24		0	AS	1		27		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.32		1	A	1		0.36		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1		
Vitamin D IU	3		1	A	1		4		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	1.999		0	NC	4		2.259		
4:0 g	0.000		0	Z	7		0.000		
6:0 g	0.000		0	Z	7		0.000		
8:0 g	0.000		1	A	1		0.000		
10:0 g	0.002		1	A	1		0.002		
12:0 g	0.002		1	A	1		0.003		

NDB No. 23466

Beef, New Zealand, imported, rump centre, separable lean only, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
13:0 g									
14:0 g	0.085		1	A	1		0.097		
15:0 g									
16:0 g	1.078		1	A	1		1.218		
17:0 g	0.082		1	A	1		0.093		
18:0 g	0.739		1	A	1		0.835		
20:0 g	0.006		1	A	1		0.006		
22:0 g	0.002		1	A	1		0.002		
24:0 g	0.002		1	A	1		0.002		
Fatty acids, total monounsaturated g	2.045		0	NC	4		2.310		
14:1 g	0.018		1	A	1		0.020		
15:1 g	0.003		1	A	1		0.003		
16:1 undifferentiated g	0.140		0	AS	1		0.158		
16:1 c g	0.116		1	A	1		0.131		
16:1 t g	0.024		1	A	1		0.027		
17:1 g	0.000		1	A	1		0.000		
18:1 undifferentiated g	1.876		0	AS	1		2.119		
18:1 c g	1.767		1	A	1		1.996		
18:1 t g	0.109		1	A	1		0.123		
18:1-11 t (18:1t n-7) g									
20:1 g	0.007		1	A	1		0.008		
22:1 undifferentiated g	0.000		0	AS	1		0.000		
22:1 c g	0.000		1	A	1		0.000		
22:1 t g									
24:1 c g	0.002		1	A	1		0.002		
Fatty acids, total polyunsaturated g	0.295		0	NC	4		0.333		
18:2 undifferentiated g	0.140		0	AS	1		0.158		
18:2 n-6 c,c g	0.108		1	A	1		0.122		
18:2 CLAs g	0.032		1	A	1		0.036		
18:2 t,t g	0.000		1	A	1		0.000		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.067		0	AS	1		0.075		
18:3 n-3 c,c,c (ALA) g	0.064		1	A	1		0.072		
18:3 n-6 c,c,c g	0.003		1	A	1		0.003		
18:3i g									
18:4 g	0.000		0	Z	7		0.000		
20:2 n-6 c,c g	0.004		1	A	1		0.005		
20:3 undifferentiated g	0.011		0	AS	1		0.012		
20:3 n-3 g	0.002		1	A	1		0.002		
20:3 n-6 g	0.009		1	A	1		0.010		
20:4 undifferentiated g	0.025		0	AS	1		0.029		
20:4 n-6 g	0.025		1	A	1		0.029		
20:5 n-3 (EPA) g	0.016		1	A	1		0.018		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.021		1	A	1		0.024		
22:6 n-3 (DHA) g	0.003		1	A	1		0.003		
Fatty acids, total trans g	0.133		0	NC	4		0.150		
Fatty acids, total trans-monoenoic g	0.133		0	NC	4		0.150		
Fatty acids, total trans-polyenoic g	0.000		0	NC	4		0.000		
Cholesterol mg	55		1	A	1		62		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.228		0	A	1		0.257		
Threonine g	0.787		0	A	1		0.889		
Isoleucine g	0.904		0	A	1		1.021		
Leucine g	1.640		0	A	1		1.853		
Lysine g	1.721		0	A	1		1.945		
Methionine g	0.715		0	A	1		0.808		
Cystine g									
Phenylalanine g	0.845		0	A	1		0.955		
Tyrosine g	0.731		0	A	1		0.826		

NDB No. 23466

Beef, New Zealand, imported, rump centre, separable lean only, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Valine....g	0.960		0	A	1		1.084		
Arginine....g	1.430		0	A	1		1.616		
Histidine....g	0.783		0	A	1		0.885		
Alanine....g	1.131		0	A	1		1.278		
Aspartic acid....g									
Glutamic acid....g	3.032		0	A	1		3.426		
Glycine....g	1.184		0	A	1		1.338		
Proline....g	0.698		0	A	1		0.788		
Serine....g	0.764		0	A	1		0.864		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 113g: 4 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23468

Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	52.40		0	PAK	1		44.54		
Energy kcal	301		0	NC	4		256		
Energy kJ	1258		0	NC	4		1069		
Protein g	24.89		0	PAK	1		21.16		
Total lipid (fat) g	22.33		0	PAK	1		18.98		
Ash g	0.95		0	PAK	1		0.81		
Carbohydrate, by difference g	0.02		0	PIK	4		0.02		
Fiber, total dietary g	0.0		0	PIK	4		0.0		
Sugars, total g	0.00		0	PIK	4		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	8		0	PAK	1		7		
Iron, Fe mg	1.72		0	PAK	1		1.46		
Magnesium, Mg mg	21		0	PAK	1		18		
Phosphorus, P mg	192		0	PAK	1		163		
Potassium, K mg	325		0	PAK	1		276		
Sodium, Na mg	50		0	PAK	1		42		
Zinc, Zn mg	2.92		0	PAK	1		2.48		
Copper, Cu mg	0.068		0	PAK	1		0.057		
Manganese, Mn mg	0.003		0	PAK	1		0.003		
Selenium, Se µg	3.7		0	PAK	1		3.2		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0		
Thiamin mg	0.054		0	PAK	1		0.046		
Riboflavin mg	0.077		0	PAK	1		0.066		
Niacin mg	4.250		0	PAK	1		3.612		
Pantothenic acid mg	0.358		0	PAK	1		0.305		
Vitamin B-6 mg	0.279		0	PAK	1		0.237		
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.84		0	PAK	1		0.72		
Vitamin A, RAE µg	16		0	PAK	1		13		
Vitamin A, IU IU	53		0	PAK	1		45		
Lycopene µg	0		0	PIK	4		0		
Lutein + zeaxanthin µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol) mg	0.44		0	PAK	1		0.38		
Vitamin E, added mg	0.00		0	PIK	4		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.3		0	PAK	1		0.3		
Vitamin D IU	13		0	PAK	1		11		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	8.244		0	PIK	4		7.007		
4:0 g	0.000		0	PIK	4		0.000		
6:0 g	0.000		0	PIK	4		0.000		
8:0 g	0.000		0	PAK	1		0.000		
10:0 g	0.009		0	PAK	1		0.008		

NDB No. 23468

Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.015		0	PAK	1		0.012		
13:0 g									
14:0 g	0.544		0	PAK	1		0.462		
15:0 g									
16:0 g	4.363		0	PAK	1		3.709		
17:0 g	0.274		0	PAK	1		0.233		
18:0 g	3.008		0	PAK	1		2.557		
20:0 g	0.021		0	PAK	1		0.018		
22:0 g	0.009		0	PAK	1		0.008		
24:0 g	0.001		0	PAK	1		0.001		
Fatty acids, total monounsaturated g	8.070		0	PIK	4		6.859		
14:1 g	0.162		0	PAK	1		0.138		
15:1 g	0.002		0	PAK	1		0.002		
16:1 undifferentiated g	0.715		0	PAK	1		0.608		
16:1 c g	0.668		0	PAK	1		0.568		
16:1 t g	0.047		0	PAK	1		0.040		
17:1 g	0.000		0	PAK	1		0.000		
18:1 undifferentiated g	7.164		0	PAK	1		6.089		
18:1 c g	6.603		0	PAK	1		5.613		
18:1 t g	0.560		0	PAK	1		0.476		
18:1-11 t (18:1t n-7) g									
20:1 g	0.024		0	PAK	1		0.020		
22:1 undifferentiated g	0.000		0	PAK	1		0.000		
22:1 c g	0.000		0	PAK	1		0.000		
22:1 t g									
24:1 c g	0.003		0	PAK	1		0.003		
Fatty acids, total polyunsaturated g	0.561		0	PIK	4		0.477		
18:2 undifferentiated g	0.326		0	PAK	1		0.277		
18:2 n-6 c,c g	0.145		0	PAK	1		0.123		
18:2 CLAs g	0.175		0	PAK	1		0.148		
18:2 t,t g	0.006		0	PAK	1		0.005		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.148		0	PAK	1		0.125		
18:3 n-3 c,c,c (ALA) g	0.145		0	PAK	1		0.123		
18:3 n-6 c,c,c g	0.002		0	PAK	1		0.002		
18:3i g									
18:4 g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c g	0.003		0	PAK	1		0.002		
20:3 undifferentiated g	0.010		0	PAK	1		0.009		
20:3 n-3 g	0.003		0	PAK	1		0.002		
20:3 n-6 g	0.007		0	PAK	1		0.006		
20:4 undifferentiated g	0.021		0	PAK	1		0.018		
20:4 n-6 g	0.021		0	PAK	1		0.018		
20:5 n-3 (EPA) g	0.017		0	PAK	1		0.014		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.026		0	PAK	1		0.022		
22:6 n-3 (DHA) g	0.002		0	PAK	1		0.002		
Fatty acids, total trans g	0.613		0	PIK	4		0.521		
Fatty acids, total trans-monoenoic g	0.607		0	PIK	4		0.516		
Fatty acids, total trans-polyenoic g	0.006		0	PIK	4		0.005		
Cholesterol mg	69		0	PAK	1		59		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.261		0	PAK	1		0.222		
Threonine g	0.901		0	PAK	1		0.766		
Isoleucine g	1.035		0	PAK	1		0.880		
Leucine g	1.878		0	PAK	1		1.596		
Lysine g	1.971		0	PAK	1		1.675		
Methionine g	0.819		0	PAK	1		0.696		
Cystine g									
Phenylalanine g	0.968		0	PAK	1		0.823		

NDB No. 23468

Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tyrosine....g	0.838		0	PAK	1		0.712		
Valine....g	1.099		0	PAK	1		0.934		
Arginine....g	1.638		0	PAK	1		1.392		
Histidine....g	0.897		0	PAK	1		0.762		
Alanine....g	1.296		0	PAK	1		1.101		
Aspartic acid....g									
Glutamic acid....g	3.472		0	PAK	1		2.951		
Glycine....g	1.356		0	PAK	1		1.152		
Proline....g	0.799		0	PAK	1		0.679		
Serine....g	0.875		0	PAK	1		0.744		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0		
Caffeine....mg	0		0	PIK	4		0		
Theobromine....mg	0		0	PIK	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23469

Beef, New Zealand, imported, striploin, separable lean and fat, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	60.78		0	PAK	1		68.68		
Energy kcal	252		0	NC	4		285		
Energy kJ	1055		0	NC	4		1192		
Protein g	18.49		0	PAK	1		20.90		
Total lipid (fat) g	19.53		0	PAK	1		22.07		
Ash g	0.76		0	PAK	1		0.86		
Carbohydrate, by difference g	0.60		0	PIK	4		0.68		
Fiber, total dietary g	0.0		0	PIK	4		0.0		
Sugars, total g	0.00		0	PIK	4		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	7		0	PAK	1		8		
Iron, Fe mg	1.38		0	PAK	1		1.56		
Magnesium, Mg mg	17		0	PAK	1		19		
Phosphorus, P mg	153		0	PAK	1		173		
Potassium, K mg	268		0	PAK	1		303		
Sodium, Na mg	43		0	PAK	1		49		
Zinc, Zn mg	2.31		0	PAK	1		2.61		
Copper, Cu mg	0.046		0	PAK	1		0.053		
Manganese, Mn mg	0.005		0	PAK	1		0.006		
Selenium, Se µg	2.8		0	PAK	1		3.2		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0		
Thiamin mg	0.063		0	PAK	1		0.071		
Riboflavin mg	0.075		0	PAK	1		0.084		
Niacin mg	3.569		0	PAK	1		4.033		
Pantothenic acid mg	0.263		0	PAK	1		0.297		
Vitamin B-6 mg	0.265		0	PAK	1		0.299		
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.61		0	PAK	1		0.68		
Vitamin A, RAE µg	10		0	PAK	1		11		
Vitamin A, IU IU	33		0	PAK	1		37		
Lycopene µg	0		0	PIK	4		0		
Lutein + zeaxanthin µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol) mg	0.28		0	PAK	1		0.32		
Vitamin E, added mg	0.00		0	PIK	4		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	PAK	1		0.2		
Vitamin D IU	8		0	PAK	1		9		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	8.064		0	PIK	4		9.112		
4:0 g	0.000		0	PIK	4		0.000		
6:0 g	0.000		0	PIK	4		0.000		
8:0 g	0.000		0	PIK	4		0.000		
10:0 g	0.008		0	PAK	1		0.009		

NDB No. 23469

Beef, New Zealand, imported, striploin, separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.012		0	PAK	1		0.014		
13:0 g									
14:0 g	0.507		0	PAK	1		0.573		
15:0 g									
16:0 g	3.993		0	PAK	1		4.513		
17:0 g	0.272		0	PAK	1		0.308		
18:0 g	3.236		0	PAK	1		3.657		
20:0 g	0.024		0	PAK	1		0.027		
22:0 g	0.010		0	PAK	1		0.011		
24:0 g	0.001		0	PAK	1		0.001		
Fatty acids, total monounsaturated g	6.937		0	PIK	4		7.839		
14:1 g	0.118		0	PAK	1		0.134		
15:1 g	0.002		0	PAK	1		0.002		
16:1 undifferentiated g	0.571		0	PAK	1		0.645		
16:1 c g	0.536		0	PAK	1		0.605		
16:1 t g	0.035		0	PAK	1		0.040		
17:1 g	0.000		0	PAK	1		0.000		
18:1 undifferentiated g	6.228		0	PAK	1		7.038		
18:1 c g	5.655		0	PAK	1		6.390		
18:1 t g	0.573		0	PAK	1		0.648		
18:1-11 t (18:1t n-7) g									
20:1 g	0.016		0	PAK	1		0.018		
22:1 undifferentiated g	0.000		0	PAK	1		0.000		
22:1 c g	0.000		0	PAK	1		0.000		
22:1 t g									
24:1 c g	0.002		0	PAK	1		0.002		
Fatty acids, total polyunsaturated g	0.515		0	PIK	4		0.582		
18:2 undifferentiated g	0.304		0	PAK	1		0.344		
18:2 n-6 c,c g	0.137		0	PAK	1		0.155		
18:2 CLAs g	0.159		0	PAK	1		0.180		
18:2 t,t g	0.008		0	PAK	1		0.009		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.143		0	PAK	1		0.162		
18:3 n-3 c,c,c (ALA) g	0.141		0	PAK	1		0.160		
18:3 n-6 c,c,c g	0.002		0	PAK	1		0.002		
18:3i g									
18:4 g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c g	0.002		0	PAK	1		0.002		
20:3 undifferentiated g	0.007		0	PAK	1		0.008		
20:3 n-3 g	0.002		0	PAK	1		0.002		
20:3 n-6 g	0.005		0	PAK	1		0.006		
20:4 undifferentiated g	0.016		0	PAK	1		0.019		
20:4 n-6 g	0.016		0	PAK	1		0.019		
20:5 n-3 (EPA) g	0.013		0	PAK	1		0.015		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.021		0	PAK	1		0.024		
22:6 n-3 (DHA) g	0.002		0	PAK	1		0.002		
Fatty acids, total trans g	0.616		0	PIK	4		0.696		
Fatty acids, total trans-monoenoic g	0.609		0	PIK	4		0.688		
Fatty acids, total trans-polyenoic g	0.008		0	PIK	4		0.009		
Cholesterol mg	57		0	PAK	1		64		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.194		0	PAK	1		0.219		
Threonine g	0.670		0	PAK	1		0.757		
Isoleucine g	0.769		0	PAK	1		0.869		
Leucine g	1.395		0	PAK	1		1.576		
Lysine g	1.464		0	PAK	1		1.654		
Methionine g	0.608		0	PAK	1		0.687		
Cystine g									
Phenylalanine g	0.719		0	PAK	1		0.812		

NDB No. 23469

Beef, New Zealand, imported, striploin, separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tyrosine....g	0.622		0	PAK	1		0.703		
Valine....g	0.816		0	PAK	1		0.922		
Arginine....g	1.216		0	PAK	1		1.374		
Histidine....g	0.666		0	PAK	1		0.753		
Alanine....g	0.962		0	PAK	1		1.087		
Aspartic acid....g									
Glutamic acid....g	2.579		0	PAK	1		2.914		
Glycine....g	1.007		0	PAK	1		1.138		
Proline....g	0.594		0	PAK	1		0.671		
Serine....g	0.650		0	PAK	1		0.735		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0		
Caffeine....mg	0		0	PIK	4		0		
Theobromine....mg	0		0	PIK	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 113g: 4 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23433

Beef, New Zealand, imported, striploin, separable lean only, cooked, fast fried

Refuse: 14% Separable fat 14%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	59.61		1	A	1		50.67		
Energy kcal	217		0	NC	4		184		
Energy kJ	907		0	NC	4		771		
Protein (N x 6.25) g	28.53		1	A	1		24.25		
Total lipid (fat) g	11.40		1	A	1		9.69		
Ash g	1.09		1	A	1		0.92		
Carbohydrate, by difference g	0.00		0	NC	4		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	6		1	A	1		5		
Iron, Fe mg	1.96		1	A	1		1.66		
Magnesium, Mg mg	24		1	A	1		21		
Phosphorus, P mg	217		1	A	1		184		
Potassium, K mg	364		1	A	1		309		
Sodium, Na mg	55		1	A	1		46		
Zinc, Zn mg	3.41		1	A	1		2.89		
Copper, Cu mg	0.078		1	A	1		0.066		
Manganese, Mn mg	0.004		1	A	1		0.003		
Selenium, Se µg	4.0		1	A	1		3.4		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.053		1	A	1		0.045		
Riboflavin mg	0.086		1	A	1		0.073		
Niacin mg	4.842		1	A	1		4.116		
Pantothenic acid mg	0.410		1	A	1		0.349		
Vitamin B-6 mg	0.323		1	A	1		0.275		
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.94		1	A	1		0.80		
Vitamin A, RAE µg	19		0	AS	1		16		
Vitamin A, IU IU	63		0	AS	1		54		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.53		1	A	1		0.45		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.3		0	AS	1		0.3		
Vitamin D IU	13		1	A	1		11		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	3.918		0	NC	4		3.330		
4:0 g	0.000		0	Z	7		0.000		
6:0 g	0.000		0	Z	7		0.000		
8:0 g	0.000		1	A	1		0.000		
10:0 g	0.006		1	A	1		0.005		

NDB No. 23433

Beef, New Zealand, imported, striploin, separable lean only, cooked, fast fried

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.006		1	A	1		0.005		
13:0 g									
14:0 g	0.272		1	A	1		0.231		
15:0 g									
16:0 g	2.296		1	A	1		1.952		
17:0 g	0.125		1	A	1		0.106		
18:0 g	1.202		1	A	1		1.022		
20:0 g	0.009		1	A	1		0.008		
22:0 g	0.001		1	A	1		0.001		
24:0 g	0.002		1	A	1		0.001		
Fatty acids, total monounsaturated g	4.703		0	NC	4		3.998		
14:1 g	0.109		1	A	1		0.092		
15:1 g	0.003		1	A	1		0.002		
16:1 undifferentiated g	0.467		0	AS	1		0.397		
16:1 c g	0.425		1	A	1		0.361		
16:1 t g	0.042		1	A	1		0.035		
17:1 g	0.000		1	A	1		0.000		
18:1 undifferentiated g	4.102		0	AS	1		3.487		
18:1 c g	3.940		1	A	1		3.349		
18:1 t g	0.163		1	A	1		0.138		
18:1-11 t (18:1t n-7) g									
20:1 g	0.019		1	A	1		0.016		
22:1 undifferentiated g	0.000		0	AS	1		0.000		
22:1 c g	0.000		1	A	1		0.000		
22:1 t g									
24:1 c g	0.004		1	A	1		0.003		
Fatty acids, total polyunsaturated g	0.338		0	NC	4		0.287		
18:2 undifferentiated g	0.164		0	AS	1		0.139		
18:2 n-6 c,c g	0.089		1	A	1		0.076		
18:2 CLAs g	0.075		1	A	1		0.063		
18:2 t,t g	0.000		1	A	1		0.000		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.077		0	AS	1		0.065		
18:3 n-3 c,c,c (ALA) g	0.074		1	A	1		0.063		
18:3 n-6 c,c,c g	0.003		1	A	1		0.002		
18:3i g									
18:4 g	0.000		0	Z	7		0.000		
20:2 n-6 c,c g	0.003		1	A	1		0.003		
20:3 undifferentiated g	0.012		0	AS	1		0.010		
20:3 n-3 g	0.004		1	A	1		0.003		
20:3 n-6 g	0.009		1	A	1		0.007		
20:4 undifferentiated g	0.025		0	AS	1		0.021		
20:4 n-6 g	0.025		1	A	1		0.021		
20:5 n-3 (EPA) g	0.020		1	A	1		0.017		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.024		1	A	1		0.020		
22:6 n-3 (DHA) g	0.003		1	A	1		0.002		
Fatty acids, total trans g	0.205		0	NC	4		0.174		
Fatty acids, total trans-monoenoic g	0.205		0	NC	4		0.174		
Fatty acids, total trans-polyenoic g	0.000		0	NC	4		0.000		
Cholesterol mg	70		1	A	1		60		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.299		0	A	1		0.254		
Threonine g	1.033		0	A	1		0.878		
Isoleucine g	1.186		0	A	1		1.008		
Leucine g	2.153		0	A	1		1.830		
Lysine g	2.259		0	A	1		1.920		
Methionine g	0.938		0	A	1		0.798		
Cystine g									
Phenylalanine g	1.109		0	A	1		0.943		

NDB No. 23433

Beef, New Zealand, imported, striploin, separable lean only, cooked, fast fried

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tyrosine....g	0.960		0	A	1		0.816		
Valine....g	1.259		0	A	1		1.070		
Arginine....g	1.877		0	A	1		1.595		
Histidine....g	1.028		0	A	1		0.874		
Alanine....g	1.485		0	A	1		1.262		
Aspartic acid....g									
Glutamic acid....g	3.979		0	A	1		3.382		
Glycine....g	1.554		0	A	1		1.321		
Proline....g	0.916		0	A	1		0.778		
Serine....g	1.003		0	A	1		0.853		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23434
Beef, New Zealand, imported, striploin, separable lean only, raw

Refuse: 16% Separable fat 16%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	70.41		1	A	1		79.57		
Energy kcal	150		0	NC	4		169		
Energy kJ	626		0	NC	4		707		
Protein (N x 6.25) g	20.93		1	A	1		23.65		
Total lipid (fat) g	7.00		1	A	1		7.91		
Ash g	0.91		1	A	1		1.03		
Carbohydrate, by difference g	0.74		0	NC	4		0.84		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	4		1	A	1		5		
Iron, Fe mg	1.61		1	A	1		1.82		
Magnesium, Mg mg	20		1	A	1		22		
Phosphorus, P mg	177		1	A	1		200		
Potassium, K mg	309		1	A	1		349		
Sodium, Na mg	47		1	A	1		53		
Zinc, Zn mg	2.76		1	A	1		3.12		
Copper, Cu mg	0.055		1	A	1		0.062		
Manganese, Mn mg	0.006		1	A	1		0.007		
Selenium, Se µg	3.0		1	A	1		3.4		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.048		1	A	1		0.054		
Riboflavin mg	0.086		1	A	1		0.097		
Niacin mg	4.243		1	A	1		4.794		
Pantothenic acid mg	0.303		1	A	1		0.342		
Vitamin B-6 mg	0.316		1	A	1		0.357		
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.71		1	A	1		0.80		
Vitamin A, RAE µg	12		0	AS	1		14		
Vitamin A, IU IU	41		0	AS	1		46		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.35		1	A	1		0.39		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	AS	1		0.2		
Vitamin D IU	8		1	A	1		9		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	2.488		0	NC	4		2.811		
4:0 g	0.000		0	Z	7		0.000		
6:0 g	0.000		0	Z	7		0.000		
8:0 g	0.000		1	A	1		0.000		
10:0 g	0.003		1	A	1		0.003		

NDB No. 23434

Beef, New Zealand, imported, striploin, separable lean only, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.004		1	A	1		0.004		
13:0 g									
14:0 g	0.168		1	A	1		0.190		
15:0 g									
16:0 g	1.438		1	A	1		1.625		
17:0 g	0.079		1	A	1		0.089		
18:0 g	0.789		1	A	1		0.892		
20:0 g	0.005		1	A	1		0.006		
22:0 g	0.001		1	A	1		0.001		
24:0 g	0.001		1	A	1		0.001		
Fatty acids, total monounsaturated g	2.814		0	NC	4		3.180		
14:1 g	0.056		1	A	1		0.063		
15:1 g	0.002		1	A	1		0.003		
16:1 undifferentiated g	0.268		0	AS	1		0.303		
16:1 c g	0.243		1	A	1		0.275		
16:1 t g	0.025		1	A	1		0.028		
17:1 g	0.000		1	A	1		0.000		
18:1 undifferentiated g	2.476		0	AS	1		2.798		
18:1 c g	2.376		1	A	1		2.685		
18:1 t g	0.100		1	A	1		0.113		
18:1-11 t (18:1t n-7) g									
20:1 g	0.010		1	A	1		0.011		
22:1 undifferentiated g	0.000		0	AS	1		0.000		
22:1 c g	0.000		1	A	1		0.000		
22:1 t g									
24:1 c g	0.002		1	A	1		0.002		
Fatty acids, total polyunsaturated g	0.243		0	NC	4		0.274		
18:2 undifferentiated g	0.110		0	AS	1		0.124		
18:2 n-6 c,c g	0.066		1	A	1		0.075		
18:2 CLAs g	0.044		1	A	1		0.049		
18:2 t,t g	0.000		1	A	1		0.000		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.056		0	AS	1		0.064		
18:3 n-3 c,c,c (ALA) g	0.054		1	A	1		0.061		
18:3 n-6 c,c,c g	0.002		1	A	1		0.003		
18:3i g									
18:4 g	0.000		0	Z	7		0.000		
20:2 n-6 c,c g	0.002		1	A	1		0.002		
20:3 undifferentiated g	0.009		0	AS	1		0.010		
20:3 n-3 g	0.002		1	A	1		0.002		
20:3 n-6 g	0.007		1	A	1		0.008		
20:4 undifferentiated g	0.020		0	AS	1		0.023		
20:4 n-6 g	0.020		1	A	1		0.023		
20:5 n-3 (EPA) g	0.016		1	A	1		0.018		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.019		1	A	1		0.021		
22:6 n-3 (DHA) g	0.002		1	A	1		0.002		
Fatty acids, total trans g	0.125		0	NC	4		0.141		
Fatty acids, total trans-monoenoic g	0.125		0	NC	4		0.141		
Fatty acids, total trans-polyenoic g	0.000		0	NC	4		0.000		
Cholesterol mg	54		1	A	1		61		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.219		0	A	1		0.248		
Threonine g	0.758		0	A	1		0.856		
Isoleucine g	0.870		0	A	1		0.983		
Leucine g	1.579		0	A	1		1.784		
Lysine g	1.657		0	A	1		1.872		
Methionine g	0.688		0	A	1		0.778		
Cystine g									
Phenylalanine g	0.814		0	A	1		0.920		

NDB No. 23434

Beef, New Zealand, imported, striploin, separable lean only, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tyrosine....g	0.704		0	A	1		0.796		
Valine....g	0.924		0	A	1		1.044		
Arginine....g	1.377		0	A	1		1.556		
Histidine....g	0.754		0	A	1		0.852		
Alanine....g	1.089		0	A	1		1.231		
Aspartic acid....g									
Glutamic acid....g	2.919		0	A	1		3.298		
Glycine....g	1.140		0	A	1		1.288		
Proline....g	0.672		0	A	1		0.759		
Serine....g	0.736		0	A	1		0.831		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 113g: 4 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23435
Beef, New Zealand, imported, subcutaneous fat, cooked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	15.41		1	A	1		13.10		
Energy kcal	731		0	NC	4		621		
Energy kJ	3057		0	NC	4		2598		
Protein (N x 6.25) g	6.50		1	A	1		5.53		
Total lipid (fat) g	78.30		1	A	1		66.55		
Ash g	0.28		1	A	1		0.23		
Carbohydrate, by difference g	0.00		0	NC	4		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	17		1	A	1		14		
Iron, Fe mg	0.47		1	A	1		0.40		
Magnesium, Mg mg	7		1	A	1		6		
Phosphorus, P mg	66		1	A	1		56		
Potassium, K mg	129		1	A	1		109		
Sodium, Na mg	25		1	A	1		21		
Zinc, Zn mg	0.43		1	A	1		0.36		
Copper, Cu mg	0.015		1	A	1		0.013		
Manganese, Mn mg	0.002		1	A	1		0.002		
Selenium, Se µg	2.2		1	A	1		1.9		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.063		1	A	1		0.054		
Riboflavin mg	0.034		1	A	1		0.029		
Niacin mg	1.270		1	A	1		1.079		
Pantothenic acid mg	0.092		1	A	1		0.078		
Vitamin B-6 mg	0.057		1	A	1		0.048		
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.34		1	A	1		0.29		
Vitamin A, RAE µg									
Vitamin A, IU IU									
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.3		0	AS	1		0.3		
Vitamin D IU	13		1	A	1		11		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	30.256		0	NC	4		25.718		
4:0 g	0.000		0	Z	7		0.000		
6:0 g	0.000		0	Z	7		0.000		
8:0 g	0.000		1	A	1		0.000		
10:0 g	0.026		1	A	1		0.022		
12:0 g	0.060		1	A	1		0.051		

NDB No. 23435

Beef, New Zealand, imported, subcutaneous fat, cooked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
13:0 g									
14:0 g	1.940		1	A	1		1.649		
15:0 g									
16:0 g	14.940		1	A	1		12.699		
17:0 g	1.030		1	A	1		0.875		
18:0 g	12.130		1	A	1		10.311		
20:0 g	0.080		1	A	1		0.068		
22:0 g	0.050		1	A	1		0.043		
24:0 g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated g	25.342		0	NC	4		21.541		
14:1 g	0.440		1	A	1		0.374		
15:1 g	0.000		1	A	1		0.000		
16:1 undifferentiated g	2.003		0	AS	1		1.702		
16:1 c g	1.930		1	A	1		1.640		
16:1 t g	0.073		1	A	1		0.062		
17:1 g	0.000		1	A	1		0.000		
18:1 undifferentiated g	22.850		0	AS	1		19.423		
18:1 c g	20.260		1	A	1		17.221		
18:1 t g	2.590		1	A	1		2.202		
18:1-11 t (18:1t n-7) g									
20:1 g	0.050		1	A	1		0.043		
22:1 undifferentiated g	0.000		0	AS	1		0.000		
22:1 c g	0.000		1	A	1		0.000		
22:1 t g									
24:1 c g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated g	1.702		0	NC	4		1.447		
18:2 undifferentiated g	1.156		0	AS	1		0.983		
18:2 n-6 c,c g	0.430		1	A	1		0.366		
18:2 CLAs g	0.690		1	A	1		0.587		
18:2 t,t g	0.036		1	A	1		0.030		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.510		0	AS	1		0.433		
18:3 n-3 c,c,c (ALA) g	0.510		1	A	1		0.433		
18:3 n-6 c,c,c g	0.000		1	A	1		0.000		
18:3i g									
18:4 g	0.000		0	Z	7		0.000		
20:2 n-6 c,c g	0.000		1	A	1		0.000		
20:3 undifferentiated g	0.000		0	AS	1		0.000		
20:3 n-3 g	0.000		1	A	1		0.000		
20:3 n-6 g	0.000		1	A	1		0.000		
20:4 undifferentiated g	0.000		0	AS	1		0.000		
20:4 n-6 g	0.000		1	A	1		0.000		
20:5 n-3 (EPA) g	0.000		1	A	1		0.000		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.036		1	A	1		0.031		
22:6 n-3 (DHA) g	0.000		1	A	1		0.000		
Fatty acids, total trans g	2.698		0	NC	4		2.294		
Fatty acids, total trans-monoenoic g	2.663		0	NC	4		2.263		
Fatty acids, total trans-polyenoic g	0.036		0	NC	4		0.030		
Cholesterol mg	63		1	A	1		54		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.068		0	A	1		0.058		
Threonine g	0.235		0	A	1		0.200		
Isoleucine g	0.270		0	A	1		0.230		
Leucine g	0.490		0	A	1		0.417		
Lysine g	0.515		0	A	1		0.437		
Methionine g	0.214		0	A	1		0.182		
Cystine g									
Phenylalanine g	0.253		0	A	1		0.215		
Tyrosine g	0.219		0	A	1		0.186		

NDB No. 23435

Beef, New Zealand, imported, subcutaneous fat, cooked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Valine....g	0.287		0	A	1		0.244		
Arginine....g	0.428		0	A	1		0.363		
Histidine....g	0.234		0	A	1		0.199		
Alanine....g	0.338		0	A	1		0.288		
Aspartic acid....g									
Glutamic acid....g	0.906		0	A	1		0.771		
Glycine....g	0.354		0	A	1		0.301		
Proline....g	0.209		0	A	1		0.177		
Serine....g	0.229		0	A	1		0.194		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23436
Beef, New Zealand, imported, subcutaneous fat, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	19.91		1	A	1		22.50		
Energy kcal	685		0	NC	4		774		
Energy kJ	2868		0	NC	4		3241		
Protein (N x 6.25) g	8.50		1	A	1		9.61		
Total lipid (fat) g	72.38		1	A	1		81.78		
Ash g	0.10		1	A	1		0.11		
Carbohydrate, by difference g	0.00		0	NC	4		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	20		1	A	1		23		
Iron, Fe mg	0.38		1	A	1		0.43		
Magnesium, Mg mg	5		1	A	1		5		
Phosphorus, P mg	51		1	A	1		58		
Potassium, K mg	93		1	A	1		105		
Sodium, Na mg	26		1	A	1		30		
Zinc, Zn mg	0.36		1	A	1		0.41		
Copper, Cu mg	0.013		1	A	1		0.014		
Manganese, Mn mg	0.002		1	A	1		0.002		
Selenium, Se µg	1.8		1	A	1		2.1		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.132		1	A	1		0.149		
Riboflavin mg	0.027		1	A	1		0.031		
Niacin mg	0.740		1	A	1		0.836		
Pantothenic acid mg	0.092		1	A	1		0.104		
Vitamin B-6 mg	0.052		1	A	1		0.059		
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.16		1	A	1		0.18		
Vitamin A, RAE µg									
Vitamin A, IU IU									
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.3		0	AS	1		0.3		
Vitamin D IU	11		1	A	1		13		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	31.514		0	NC	4		35.610		
4:0 g	0.000		0	Z	7		0.000		
6:0 g	0.000		0	Z	7		0.000		
8:0 g	0.000		1	A	1		0.000		
10:0 g	0.029		1	A	1		0.033		
12:0 g	0.048		1	A	1		0.055		

NDB No. 23436

Beef, New Zealand, imported, subcutaneous fat, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
13:0 g									
14:0 g	1.970		1	A	1		2.226		
15:0 g									
16:0 g	14.940		1	A	1		16.882		
17:0 g	1.080		1	A	1		1.220		
18:0 g	13.300		1	A	1		15.029		
20:0 g	0.100		1	A	1		0.113		
22:0 g	0.047		1	A	1		0.053		
24:0 g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated g	24.702		0	NC	4		27.913		
14:1 g	0.400		1	A	1		0.452		
15:1 g	0.000		1	A	1		0.000		
16:1 undifferentiated g	1.922		0	AS	1		2.172		
16:1 c g	1.840		1	A	1		2.079		
16:1 t g	0.082		1	A	1		0.092		
17:1 g	0.000		1	A	1		0.000		
18:1 undifferentiated g	22.340		0	AS	1		25.244		
18:1 c g	19.750		1	A	1		22.318		
18:1 t g	2.590		1	A	1		2.927		
18:1-11 t (18:1t n-7) g									
20:1 g	0.040		1	A	1		0.045		
22:1 undifferentiated g	0.000		0	AS	1		0.000		
22:1 c g	0.000		1	A	1		0.000		
22:1 t g									
24:1 c g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated g	1.680		0	NC	4		1.899		
18:2 undifferentiated g	1.143		0	AS	1		1.292		
18:2 n-6 c,c g	0.440		1	A	1		0.497		
18:2 CLAs g	0.664		1	A	1		0.750		
18:2 t,t g	0.040		1	A	1		0.045		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.510		0	AS	1		0.576		
18:3 n-3 c,c,c (ALA) g	0.510		1	A	1		0.576		
18:3 n-6 c,c,c g	0.000		1	A	1		0.000		
18:3i g									
18:4 g	0.000		0	Z	7		0.000		
20:2 n-6 c,c g	0.000		1	A	1		0.000		
20:3 undifferentiated g	0.000		0	AS	1		0.000		
20:3 n-3 g	0.000		1	A	1		0.000		
20:3 n-6 g	0.000		1	A	1		0.000		
20:4 undifferentiated g	0.000		0	AS	1		0.000		
20:4 n-6 g	0.000		1	A	1		0.000		
20:5 n-3 (EPA) g	0.000		1	A	1		0.000		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.027		1	A	1		0.031		
22:6 n-3 (DHA) g	0.000		1	A	1		0.000		
Fatty acids, total trans g	2.712		0	NC	4		3.064		
Fatty acids, total trans-monoenoic g	2.672		0	NC	4		3.019		
Fatty acids, total trans-polyenoic g	0.040		0	NC	4		0.045		
Cholesterol mg	64		1	A	1		73		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.089		0	A	1		0.101		
Threonine g	0.308		0	A	1		0.348		
Isoleucine g	0.353		0	A	1		0.399		
Leucine g	0.641		0	A	1		0.725		
Lysine g	0.673		0	A	1		0.760		
Methionine g	0.280		0	A	1		0.316		
Cystine g									
Phenylalanine g	0.330		0	A	1		0.373		
Tyrosine g	0.286		0	A	1		0.323		

NDB No. 23436
Beef, New Zealand, imported, subcutaneous fat, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Valine....g	0.375		0	A	1		0.424		
Arginine....g	0.559		0	A	1		0.632		
Histidine....g	0.306		0	A	1		0.346		
Alanine....g	0.442		0	A	1		0.500		
Aspartic acid....g									
Glutamic acid....g	1.185		0	A	1		1.339		
Glycine....g	0.463		0	A	1		0.523		
Proline....g	0.273		0	A	1		0.308		
Serine....g	0.299		0	A	1		0.338		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 113g: 4 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23437
Beef, New Zealand, imported, sweetbread, cooked, boiled

Refuse: 8% Conncetive tissue 4%, Separable fat 4%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	56.26		1	A	1		47.82		
Energy kcal	318		0	NC	4		271		
Energy kJ	1332		0	NC	4		1132		
Protein g	12.53		1	A	1		10.65		
Total lipid (fat) g	29.79		1	A	1		25.32		
Ash g	1.91		1	A	1		1.62		
Carbohydrate, by difference g	0.00		0	NC	4		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	4		1	A	1		3		
Iron, Fe mg	1.12		1	A	1		0.95		
Magnesium, Mg mg	16		1	A	1		14		
Phosphorus, P mg	356		1	A	1		303		
Potassium, K mg	258		1	A	1		219		
Sodium, Na mg	52		1	A	1		44		
Zinc, Zn mg	1.20		1	A	1		1.02		
Copper, Cu mg	5.100		1	A	1		4.335		
Manganese, Mn mg	0.012		1	A	1		0.010		
Selenium, Se µg	11.0		1	A	1		9.4		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.077		1	A	1		0.065		
Riboflavin mg	0.114		1	A	1		0.097		
Niacin mg	1.600		1	A	1		1.360		
Pantothenic acid mg	0.500		1	A	1		0.425		
Vitamin B-6 mg	0.041		1	A	1		0.035		
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	1.50		1	A	1		1.28		
Vitamin A, RAE µg	19		0	AS	1		16		
Vitamin A, IU IU	62		0	AS	1		53		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.79		1	A	1		0.67		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.6		0	AS	1		0.5		
Vitamin D IU	22		1	A	1		19		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	12.473		0	NC	4		10.602		
4:0 g	0.000		0	Z	7		0.000		
6:0 g	0.000		0	Z	7		0.000		
8:0 g	0.000		1	A	1		0.000		
10:0 g	0.015		1	A	1		0.013		

NDB No. 23437

Beef, New Zealand, imported, sweetbread, cooked, boiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.045		1	A	1		0.038		
13:0 g									
14:0 g	0.738		1	A	1		0.627		
15:0 g									
16:0 g	5.872		1	A	1		4.991		
17:0 g	0.402		1	A	1		0.342		
18:0 g	5.364		1	A	1		4.559		
20:0 g	0.037		1	A	1		0.031		
22:0 g	0.000		1	A	1		0.000		
24:0 g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated g	7.837		0	NC	4		6.661		
14:1 g	0.065		1	A	1		0.055		
15:1 g	0.000		1	A	1		0.000		
16:1 undifferentiated g	0.494		0	AS	1		0.420		
16:1 c g	0.381		1	A	1		0.324		
16:1 t g	0.113		1	A	1		0.096		
17:1 g	0.000		1	A	1		0.000		
18:1 undifferentiated g	7.251		0	AS	1		6.163		
18:1 c g	6.778		1	A	1		5.761		
18:1 t g	0.473		1	A	1		0.402		
18:1-11 t (18:1t n-7) g									
20:1 g	0.027		1	A	1		0.023		
22:1 undifferentiated g	0.000		0	AS	1		0.000		
22:1 c g	0.000		1	A	1		0.000		
22:1 t g									
24:1 c g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated g	0.631		0	NC	4		0.536		
18:2 undifferentiated g	0.323		0	AS	1		0.275		
18:2 n-6 c,c g	0.226		1	A	1		0.192		
18:2 CLAs g	0.098		1	A	1		0.083		
18:2 t,t g	0.000		1	A	1		0.000		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.137		0	AS	1		0.116		
18:3 n-3 c,c,c (ALA) g	0.137		1	A	1		0.116		
18:3 n-6 c,c,c g	0.000		1	A	1		0.000		
18:3i g									
18:4 g	0.000		0	Z	7		0.000		
20:2 n-6 c,c g	0.012		1	A	1		0.010		
20:3 undifferentiated g	0.022		0	AS	1		0.019		
20:3 n-3 g	0.008		1	A	1		0.007		
20:3 n-6 g	0.014		1	A	1		0.012		
20:4 undifferentiated g	0.048		0	AS	1		0.040		
20:4 n-6 g	0.048		1	A	1		0.040		
20:5 n-3 (EPA) g	0.020		1	A	1		0.017		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.052		1	A	1		0.044		
22:6 n-3 (DHA) g	0.000		1	A	1		0.000		
Fatty acids, total trans g	0.586		0	NC	4		0.498		
Fatty acids, total trans-monoenoic g	0.586		0	NC	4		0.498		
Fatty acids, total trans-polyenoic g	0.000		0	NC	4		0.000		
Cholesterol mg	249		1	A	1		211		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.131		0	A	1		0.112		
Threonine g	0.454		0	A	1		0.386		
Isoleucine g	0.521		0	A	1		0.443		
Leucine g	0.945		0	A	1		0.803		
Lysine g	0.992		0	A	1		0.843		
Methionine g	0.412		0	A	1		0.350		
Cystine g									
Phenylalanine g	0.487		0	A	1		0.414		

NDB No. 23437
Beef, New Zealand, imported, sweetbread, cooked, boiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tyrosine....g	0.422		0	A	1		0.358		
Valine....g	0.553		0	A	1		0.470		
Arginine....g	0.824		0	A	1		0.701		
Histidine....g	0.451		0	A	1		0.384		
Alanine....g	0.652		0	A	1		0.554		
Aspartic acid....g									
Glutamic acid....g	1.747		0	A	1		1.485		
Glycine....g	0.682		0	A	1		0.580		
Proline....g	0.402		0	A	1		0.342		
Serine....g	0.440		0	A	1		0.374		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23438
Beef, New Zealand, imported, sweetbread, raw

Refuse: 7% Conncetive tissue 2%, Separable fat 5%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	57.67		1	A	1		65.16		
Energy kcal	303		0	NC	4		343		
Energy kJ	1270		0	NC	4		1435		
Protein (N x 6.25) g	11.51		1	A	1		13.01		
Total lipid (fat) g	28.60		1	A	1		32.32		
Ash g	2.36		1	A	1		2.67		
Carbohydrate, by difference g	0.00		0	NC	4		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	4		1	A	1		4		
Iron, Fe mg	1.15		1	A	1		1.30		
Magnesium, Mg mg	15		1	A	1		17		
Phosphorus, P mg	331		1	A	1		374		
Potassium, K mg	318		1	A	1		359		
Sodium, Na mg	64		1	A	1		72		
Zinc, Zn mg	1.00		1	A	1		1.13		
Copper, Cu mg	5.100		1	A	1		5.763		
Manganese, Mn mg	0.012		1	A	1		0.014		
Selenium, Se µg	9.0		1	A	1		10.2		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.087		1	A	1		0.098		
Riboflavin mg	0.122		1	A	1		0.138		
Niacin mg	2.000		1	A	1		2.260		
Pantothenic acid mg	0.600		1	A	1		0.678		
Vitamin B-6 mg	0.041		1	A	1		0.046		
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	2.10		1	A	1		2.37		
Vitamin A, RAE µg	19		0	AS	1		22		
Vitamin A, IU IU	65		0	AS	1		73		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.69		1	A	1		0.78		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.6		0	AS	1		0.7		
Vitamin D IU	25		1	A	1		28		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	12.294		0	NC	4		13.892		
4:0 g	0.000		0	Z	7		0.000		
6:0 g	0.000		0	Z	7		0.000		
8:0 g	0.000		1	A	1		0.000		
10:0 g	0.013		1	A	1		0.014		

NDB No. 23438

Beef, New Zealand, imported, sweetbread, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.054		1	A	1		0.061		
13:0 g									
14:0 g	0.739		1	A	1		0.835		
15:0 g									
16:0 g	5.913		1	A	1		6.682		
17:0 g	0.399		1	A	1		0.451		
18:0 g	5.137		1	A	1		5.805		
20:0 g	0.039		1	A	1		0.044		
22:0 g	0.000		1	A	1		0.000		
24:0 g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated g	8.072		0	NC	4		9.121		
14:1 g	0.079		1	A	1		0.089		
15:1 g	0.000		1	A	1		0.000		
16:1 undifferentiated g	0.526		0	AS	1		0.594		
16:1 c g	0.411		1	A	1		0.465		
16:1 t g	0.115		1	A	1		0.130		
17:1 g	0.000		1	A	1		0.000		
18:1 undifferentiated g	7.435		0	AS	1		8.402		
18:1 c g	6.956		1	A	1		7.860		
18:1 t g	0.480		1	A	1		0.542		
18:1-11 t (18:1t n-7) g									
20:1 g	0.032		1	A	1		0.036		
22:1 undifferentiated g	0.000		0	AS	1		0.000		
22:1 c g	0.000		1	A	1		0.000		
22:1 t g									
24:1 c g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated g	0.646		0	NC	4		0.730		
18:2 undifferentiated g	0.358		0	AS	1		0.405		
18:2 n-6 c,c g	0.228		1	A	1		0.258		
18:2 CLAs g	0.130		1	A	1		0.147		
18:2 t,t g	0.000		1	A	1		0.000		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.126		0	AS	1		0.143		
18:3 n-3 c,c,c (ALA) g	0.126		1	A	1		0.143		
18:3 n-6 c,c,c g	0.000		1	A	1		0.000		
18:3i g									
18:4 g	0.000		0	Z	7		0.000		
20:2 n-6 c,c g	0.014		1	A	1		0.015		
20:3 undifferentiated g	0.019		0	AS	1		0.021		
20:3 n-3 g	0.000		1	A	1		0.000		
20:3 n-6 g	0.019		1	A	1		0.021		
20:4 undifferentiated g	0.044		0	AS	1		0.049		
20:4 n-6 g	0.044		1	A	1		0.049		
20:5 n-3 (EPA) g	0.018		1	A	1		0.021		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.049		1	A	1		0.055		
22:6 n-3 (DHA) g	0.000		1	A	1		0.000		
Fatty acids, total trans g	0.595		0	NC	4		0.672		
Fatty acids, total trans-monoenoic g	0.595		0	NC	4		0.672		
Fatty acids, total trans-polyenoic g	0.000		0	NC	4		0.000		
Cholesterol mg	217		1	A	1		245		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.121		0	A	1		0.136		
Threonine g	0.417		0	A	1		0.471		
Isoleucine g	0.479		0	A	1		0.541		
Leucine g	0.868		0	A	1		0.981		
Lysine g	0.911		0	A	1		1.030		
Methionine g	0.379		0	A	1		0.428		
Cystine g									
Phenylalanine g	0.448		0	A	1		0.506		

NDB No. 23438
Beef, New Zealand, imported, sweetbread, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tyrosine....g	0.387		0	A	1		0.438		
Valine....g	0.508		0	A	1		0.574		
Arginine....g	0.757		0	A	1		0.856		
Histidine....g	0.415		0	A	1		0.469		
Alanine....g	0.599		0	A	1		0.677		
Aspartic acid....g									
Glutamic acid....g	1.605		0	A	1		1.814		
Glycine....g	0.627		0	A	1		0.708		
Proline....g	0.369		0	A	1		0.418		
Serine....g	0.405		0	A	1		0.457		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 113g: 4 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23470

Beef, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	59.47		0	PAK	1		50.55		
Energy kcal	202		0	NC	4		172		
Energy kJ	846		0	NC	4		719		
Protein g	29.26		0	PAK	1		24.87		
Total lipid (fat) g	9.35		0	PAK	1		7.95		
Ash g	1.66		0	PAK	1		1.41		
Carbohydrate, by difference g	0.27		0	PIK	4		0.23		
Fiber, total dietary g	0.0		0	PIK	4		0.0		
Sugars, total g	0.00		0	PIK	4		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	4		0	PAK	1		4		
Iron, Fe mg	2.99		0	PAK	1		2.54		
Magnesium, Mg mg	30		0	PAK	1		26		
Phosphorus, P mg	258		0	PAK	1		219		
Potassium, K mg	425		0	PAK	1		361		
Sodium, Na mg	45		0	PAK	1		38		
Zinc, Zn mg	3.33		0	PAK	1		2.83		
Copper, Cu mg	0.180		0	PAK	1		0.153		
Manganese, Mn mg	0.015		0	PAK	1		0.013		
Selenium, Se µg	5.7		0	PAK	1		4.9		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0		
Thiamin mg	0.058		0	PAK	1		0.049		
Riboflavin mg	0.209		0	PAK	1		0.178		
Niacin mg	4.985		0	PAK	1		4.237		
Pantothenic acid mg	0.817		0	PAK	1		0.694		
Vitamin B-6 mg	0.229		0	PAK	1		0.195		
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	1.96		0	PAK	1		1.67		
Vitamin A, RAE µg	13		0	PAK	1		11		
Vitamin A, IU IU	42		0	PAK	1		36		
Lycopene µg	0		0	PIK	4		0		
Lutein + zeaxanthin µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol) mg	0.81		0	PAK	1		0.69		
Vitamin E, added mg	0.00		0	PIK	4		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	PAK	1		0.2		
Vitamin D IU	8		0	PAK	1		7		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	3.729		0	PIK	4		3.170		
4:0 g	0.000		0	PIK	4		0.000		
6:0 g	0.000		0	PIK	4		0.000		
8:0 g	0.000		0	PAK	1		0.000		
10:0 g	0.005		0	PAK	1		0.004		

NDB No. 23470

Beef, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.005		0	PAK	1		0.004		
13:0 g									
14:0 g	0.169		0	PAK	1		0.144		
15:0 g									
16:0 g	1.779		0	PAK	1		1.512		
17:0 g	0.135		0	PAK	1		0.115		
18:0 g	1.621		0	PAK	1		1.378		
20:0 g	0.011		0	PAK	1		0.009		
22:0 g	0.003		0	PAK	1		0.002		
24:0 g	0.001		0	PAK	1		0.001		
Fatty acids, total monounsaturated g	2.775		0	PIK	4		2.358		
14:1 g	0.018		0	PAK	1		0.015		
15:1 g	0.004		0	PAK	1		0.003		
16:1 undifferentiated g	0.174		0	PAK	1		0.148		
16:1 c g	0.138		0	PAK	1		0.118		
16:1 t g	0.036		0	PAK	1		0.031		
17:1 g	0.000		0	PAK	1		0.000		
18:1 undifferentiated g	2.568		0	PAK	1		2.183		
18:1 c g	2.416		0	PAK	1		2.054		
18:1 t g	0.151		0	PAK	1		0.129		
18:1-11 t (18:1t n-7) g									
20:1 g	0.009		0	PAK	1		0.007		
22:1 undifferentiated g	0.000		0	PAK	1		0.000		
22:1 c g	0.000		0	PAK	1		0.000		
22:1 t g									
24:1 c g	0.002		0	PAK	1		0.002		
Fatty acids, total polyunsaturated g	0.376		0	PIK	4		0.320		
18:2 undifferentiated g	0.151		0	PAK	1		0.128		
18:2 n-6 c,c g	0.122		0	PAK	1		0.104		
18:2 CLAs g	0.028		0	PAK	1		0.024		
18:2 t,t g	0.000		0	PAK	1		0.000		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.101		0	PAK	1		0.086		
18:3 n-3 c,c,c (ALA) g	0.096		0	PAK	1		0.082		
18:3 n-6 c,c,c g	0.004		0	PAK	1		0.004		
18:3i g									
18:4 g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c g	0.004		0	PAK	1		0.004		
20:3 undifferentiated g	0.012		0	PAK	1		0.010		
20:3 n-3 g	0.003		0	PAK	1		0.002		
20:3 n-6 g	0.009		0	PAK	1		0.008		
20:4 undifferentiated g	0.036		0	PAK	1		0.031		
20:4 n-6 g	0.036		0	PAK	1		0.031		
20:5 n-3 (EPA) g	0.027		0	PAK	1		0.023		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.031		0	PAK	1		0.026		
22:6 n-3 (DHA) g	0.004		0	PAK	1		0.003		
Fatty acids, total trans g	0.188		0	PIK	4		0.159		
Fatty acids, total trans-monoenoic g	0.187		0	PIK	4		0.159		
Fatty acids, total trans-polyenoic g	0.000		0	PIK	4		0.000		
Cholesterol mg	81		0	PAK	1		69		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.307		0	PAK	1		0.261		
Threonine g	1.060		0	PAK	1		0.901		
Isoleucine g	1.217		0	PAK	1		1.034		
Leucine g	2.208		0	PAK	1		1.876		
Lysine g	2.317		0	PAK	1		1.969		
Methionine g	0.962		0	PAK	1		0.818		
Cystine g									
Phenylalanine g	1.138		0	PAK	1		0.967		

NDB No. 23470

Beef, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tyrosine....g	0.984		0	PAK	1		0.837		
Valine....g	1.291		0	PAK	1		1.098		
Arginine....g	1.925		0	PAK	1		1.636		
Histidine....g	1.054		0	PAK	1		0.896		
Alanine....g	1.523		0	PAK	1		1.294		
Aspartic acid....g									
Glutamic acid....g	4.080		0	PAK	1		3.468		
Glycine....g	1.594		0	PAK	1		1.355		
Proline....g	0.939		0	PAK	1		0.798		
Serine....g	1.029		0	PAK	1		0.874		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0		
Caffeine....mg	0		0	PIK	4		0		
Theobromine....mg	0		0	PIK	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23471

Beef, New Zealand, imported, tenderloin, separable lean and fat, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	71.18		0	PAK	1		80.43		
Energy kcal	146		0	NC	4		165		
Energy kJ	611		0	NC	4		690		
Protein g	21.04		0	PAK	1		23.77		
Total lipid (fat) g	6.88		0	PAK	1		7.77		
Ash g	1.04		0	PAK	1		1.17		
Carbohydrate, by difference g	0.00		0	PIK	4		0.00		
Fiber, total dietary g	0.0		0	PIK	4		0.0		
Sugars, total g	0.00		0	PIK	4		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	4		0	PAK	1		4		
Iron, Fe mg	2.18		0	PAK	1		2.47		
Magnesium, Mg mg	24		0	PAK	1		27		
Phosphorus, P mg	203		0	PAK	1		229		
Potassium, K mg	359		0	PAK	1		406		
Sodium, Na mg	39		0	PAK	1		44		
Zinc, Zn mg	2.32		0	PAK	1		2.62		
Copper, Cu mg	0.102		0	PAK	1		0.116		
Manganese, Mn mg	0.012		0	PAK	1		0.013		
Selenium, Se µg	4.3		0	PAK	1		4.8		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0		
Thiamin mg	0.055		0	PAK	1		0.062		
Riboflavin mg	0.118		0	PAK	1		0.133		
Niacin mg	4.015		0	PAK	1		4.537		
Pantothenic acid mg	0.569		0	PAK	1		0.643		
Vitamin B-6 mg	0.264		0	PAK	1		0.299		
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	1.76		0	PAK	1		1.99		
Vitamin A, RAE µg	9		0	PAK	1		10		
Vitamin A, IU IU	30		0	PAK	1		34		
Lycopene µg	0		0	PIK	4		0		
Lutein + zeaxanthin µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol) mg	0.59		0	PAK	1		0.67		
Vitamin E, added mg	0.00		0	PIK	4		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	PAK	1		0.1		
Vitamin D IU	4		0	PAK	1		5		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	2.788		0	PIK	4		3.150		
4:0 g	0.000		0	PIK	4		0.000		
6:0 g	0.000		0	PIK	4		0.000		
8:0 g	0.000		0	PIK	4		0.000		
10:0 g	0.003		0	PAK	1		0.004		

NDB No. 23471

Beef, New Zealand, imported, tenderloin, separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.003		0	PAK	1		0.004		
13:0 g									
14:0 g	0.125		0	PAK	1		0.141		
15:0 g									
16:0 g	1.289		0	PAK	1		1.457		
17:0 g	0.102		0	PAK	1		0.115		
18:0 g	1.250		0	PAK	1		1.413		
20:0 g	0.008		0	PAK	1		0.010		
22:0 g	0.005		0	PAK	1		0.006		
24:0 g	0.001		0	PAK	1		0.001		
Fatty acids, total monounsaturated g	2.032		0	PIK	4		2.296		
14:1 g	0.016		0	PAK	1		0.019		
15:1 g	0.003		0	PAK	1		0.003		
16:1 undifferentiated g	0.129		0	PAK	1		0.146		
16:1 c g	0.104		0	PAK	1		0.117		
16:1 t g	0.026		0	PAK	1		0.029		
17:1 g	0.000		0	PAK	1		0.000		
18:1 undifferentiated g	1.876		0	PAK	1		2.119		
18:1 c g	1.750		0	PAK	1		1.978		
18:1 t g	0.125		0	PAK	1		0.141		
18:1-11 t (18:1t n-7) g									
20:1 g	0.006		0	PAK	1		0.007		
22:1 undifferentiated g	0.000		0	PAK	1		0.000		
22:1 c g	0.000		0	PAK	1		0.000		
22:1 t g									
24:1 c g	0.002		0	PAK	1		0.002		
Fatty acids, total polyunsaturated g	0.268		0	PIK	4		0.302		
18:2 undifferentiated g	0.110		0	PAK	1		0.124		
18:2 n-6 c,c g	0.085		0	PAK	1		0.096		
18:2 CLAs g	0.024		0	PAK	1		0.028		
18:2 t,t g	0.000		0	PAK	1		0.001		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.067		0	PAK	1		0.076		
18:3 n-3 c,c,c (ALA) g	0.064		0	PAK	1		0.073		
18:3 n-6 c,c,c g	0.003		0	PAK	1		0.003		
18:3i g									
18:4 g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c g	0.005		0	PAK	1		0.006		
20:3 undifferentiated g	0.009		0	PAK	1		0.010		
20:3 n-3 g	0.002		0	PAK	1		0.002		
20:3 n-6 g	0.006		0	PAK	1		0.007		
20:4 undifferentiated g	0.026		0	PAK	1		0.029		
20:4 n-6 g	0.026		0	PAK	1		0.029		
20:5 n-3 (EPA) g	0.019		0	PAK	1		0.021		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.021		0	PAK	1		0.024		
22:6 n-3 (DHA) g	0.004		0	PAK	1		0.004		
Fatty acids, total trans g	0.151		0	PIK	4		0.171		
Fatty acids, total trans-monoenoic g	0.151		0	PIK	4		0.170		
Fatty acids, total trans-polyenoic g	0.000		0	PIK	4		0.001		
Cholesterol mg	58		0	PAK	1		66		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.220		0	PAK	1		0.249		
Threonine g	0.762		0	PAK	1		0.861		
Isoleucine g	0.875		0	PAK	1		0.988		
Leucine g	1.587		0	PAK	1		1.793		
Lysine g	1.665		0	PAK	1		1.882		
Methionine g	0.692		0	PAK	1		0.782		
Cystine g									
Phenylalanine g	0.818		0	PAK	1		0.924		

NDB No. 23471

Beef, New Zealand, imported, tenderloin, separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tyrosine....g	0.708		0	PAK	1		0.800		
Valine....g	0.929		0	PAK	1		1.049		
Arginine....g	1.384		0	PAK	1		1.564		
Histidine....g	0.758		0	PAK	1		0.856		
Alanine....g	1.095		0	PAK	1		1.237		
Aspartic acid....g									
Glutamic acid....g	2.934		0	PAK	1		3.315		
Glycine....g	1.146		0	PAK	1		1.295		
Proline....g	0.675		0	PAK	1		0.763		
Serine....g	0.740		0	PAK	1		0.836		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0		
Caffeine....mg	0		0	PIK	4		0		
Theobromine....mg	0		0	PIK	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 113g: 4 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23439

Beef, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	59.69		1	A	1		50.73		
Energy kcal	200		0	NC	4		170		
Energy kJ	835		0	NC	4		710		
Protein (N x 6.25) g	29.37		1	A	1		24.97		
Total lipid (fat) g	9.01		1	A	1		7.66		
Ash g	1.66		1	A	1		1.41		
Carbohydrate, by difference g	0.27		0	NC	4		0.23		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	4		1	A	1		4		
Iron, Fe mg	3.01		1	A	1		2.56		
Magnesium, Mg mg	31		1	A	1		26		
Phosphorus, P mg	259		1	A	1		220		
Potassium, K mg	427		1	A	1		363		
Sodium, Na mg	45		1	A	1		38		
Zinc, Zn mg	3.34		1	A	1		2.84		
Copper, Cu mg	0.180		1	A	1		0.153		
Manganese, Mn mg	0.015		1	A	1		0.013		
Selenium, Se µg	5.7		1	A	1		4.9		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.058		1	A	1		0.049		
Riboflavin mg	0.210		1	A	1		0.178		
Niacin mg	5.003		1	A	1		4.253		
Pantothenic acid mg	0.820		1	A	1		0.697		
Vitamin B-6 mg	0.230		1	A	1		0.196		
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	1.97		1	A	1		1.67		
Vitamin A, RAE µg	13		0	AS	1		11		
Vitamin A, IU IU	42		0	AS	1		36		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.81		1	A	1		0.69		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	AS	1		0.2		
Vitamin D IU	8		1	A	1		7		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	3.596		0	NC	4		3.057		
4:0 g	0.000		0	Z	7		0.000		
6:0 g	0.000		0	Z	7		0.000		
8:0 g	0.000		1	A	1		0.000		
10:0 g	0.005		1	A	1		0.004		

NDB No. 23439

Beef, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.004		1	A	1		0.004		
13:0 g									
14:0 g	0.161		1	A	1		0.136		
15:0 g									
16:0 g	1.713		1	A	1		1.456		
17:0 g	0.131		1	A	1		0.111		
18:0 g	1.569		1	A	1		1.333		
20:0 g	0.011		1	A	1		0.009		
22:0 g	0.003		1	A	1		0.002		
24:0 g	0.001		1	A	1		0.001		
Fatty acids, total monounsaturated g	2.661		0	NC	4		2.262		
14:1 g	0.016		1	A	1		0.014		
15:1 g	0.004		1	A	1		0.003		
16:1 undifferentiated g	0.165		0	AS	1		0.140		
16:1 c g	0.129		1	A	1		0.110		
16:1 t g	0.036		1	A	1		0.031		
17:1 g	0.000		1	A	1		0.000		
18:1 undifferentiated g	2.466		0	AS	1		2.096		
18:1 c g	2.327		1	A	1		1.978		
18:1 t g	0.139		1	A	1		0.118		
18:1-11 t (18:1t n-7) g									
20:1 g	0.008		1	A	1		0.007		
22:1 undifferentiated g	0.000		0	AS	1		0.000		
22:1 c g	0.000		1	A	1		0.000		
22:1 t g									
24:1 c g	0.002		1	A	1		0.002		
Fatty acids, total polyunsaturated g	0.370		0	NC	4		0.314		
18:2 undifferentiated g	0.146		0	AS	1		0.124		
18:2 n-6 c,c g	0.121		1	A	1		0.103		
18:2 CLAs g	0.025		1	A	1		0.021		
18:2 t,t g	0.000		1	A	1		0.000		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.099		0	AS	1		0.084		
18:3 n-3 c,c,c (ALA) g	0.094		1	A	1		0.080		
18:3 n-6 c,c,c g	0.005		1	A	1		0.004		
18:3i g									
18:4 g	0.000		0	Z	7		0.000		
20:2 n-6 c,c g	0.004		1	A	1		0.004		
20:3 undifferentiated g	0.012		0	AS	1		0.010		
20:3 n-3 g	0.003		1	A	1		0.002		
20:3 n-6 g	0.009		1	A	1		0.008		
20:4 undifferentiated g	0.037		0	AS	1		0.031		
20:4 n-6 g	0.037		1	A	1		0.031		
20:5 n-3 (EPA) g	0.028		1	A	1		0.023		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.031		1	A	1		0.026		
22:6 n-3 (DHA) g	0.004		1	A	1		0.003		
Fatty acids, total trans g	0.175		0	NC	4		0.149		
Fatty acids, total trans-monoenoic g	0.175		0	NC	4		0.149		
Fatty acids, total trans-polyenoic g	0.000		0	NC	4		0.000		
Cholesterol mg	81		1	A	1		69		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.308		0	A	1		0.262		
Threonine g	1.064		0	A	1		0.904		
Isoleucine g	1.221		0	A	1		1.038		
Leucine g	2.216		0	A	1		1.884		
Lysine g	2.326		0	A	1		1.977		
Methionine g	0.966		0	A	1		0.821		
Cystine g									
Phenylalanine g	1.142		0	A	1		0.971		

NDB No. 23439

Beef, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tyrosine....g	0.988		0	A	1		0.840		
Valine....g	1.297		0	A	1		1.102		
Arginine....g	1.932		0	A	1		1.642		
Histidine....g	1.058		0	A	1		0.900		
Alanine....g	1.529		0	A	1		1.299		
Aspartic acid....g									
Glutamic acid....g	4.096		0	A	1		3.482		
Glycine....g	1.600		0	A	1		1.360		
Proline....g	0.943		0	A	1		0.801		
Serine....g	1.033		0	A	1		0.878		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23441
Beef, New Zealand, imported, tenderloin, separable lean only, raw

Refuse: 1% Separable fat 1%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	71.79		1	A	1		81.12		
Energy kcal	140		0	NC	4		158		
Energy kJ	584		0	NC	4		660		
Protein (N x 6.25) g	21.19		1	A	1		23.94		
Total lipid (fat) g	6.10		1	A	1		6.89		
Ash g	1.05		1	A	1		1.18		
Carbohydrate, by difference g	0.00		0	NC	4		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	4		1	A	1		4		
Iron, Fe mg	2.21		1	A	1		2.49		
Magnesium, Mg mg	24		1	A	1		27		
Phosphorus, P mg	204		1	A	1		231		
Potassium, K mg	362		1	A	1		409		
Sodium, Na mg	39		1	A	1		45		
Zinc, Zn mg	2.34		1	A	1		2.65		
Copper, Cu mg	0.104		1	A	1		0.117		
Manganese, Mn mg	0.012		1	A	1		0.014		
Selenium, Se µg	4.3		1	A	1		4.9		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.054		1	A	1		0.061		
Riboflavin mg	0.119		1	A	1		0.134		
Niacin mg	4.054		1	A	1		4.581		
Pantothenic acid mg	0.575		1	A	1		0.650		
Vitamin B-6 mg	0.267		1	A	1		0.302		
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	1.78		1	A	1		2.01		
Vitamin A, RAE µg	9		0	AS	1		10		
Vitamin A, IU IU	31		0	AS	1		35		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.60		1	A	1		0.67		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1		
Vitamin D IU	4		1	A	1		5		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	2.446		0	NC	4		2.764		
4:0 g	0.000		0	Z	7		0.000		
6:0 g	0.000		0	Z	7		0.000		
8:0 g	0.000		1	A	1		0.000		
10:0 g	0.003		1	A	1		0.003		

NDB No. 23441

Beef, New Zealand, imported, tenderloin, separable lean only, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.003		1	A	1		0.003		
13:0 g									
14:0 g	0.103		1	A	1		0.116		
15:0 g									
16:0 g	1.127		1	A	1		1.273		
17:0 g	0.090		1	A	1		0.102		
18:0 g	1.107		1	A	1		1.251		
20:0 g	0.007		1	A	1		0.008		
22:0 g	0.005		1	A	1		0.006		
24:0 g	0.001		1	A	1		0.001		
Fatty acids, total monounsaturated g	1.762		0	NC	4		1.991		
14:1 g	0.012		1	A	1		0.013		
15:1 g	0.003		1	A	1		0.003		
16:1 undifferentiated g	0.108		0	AS	1		0.122		
16:1 c g	0.083		1	A	1		0.094		
16:1 t g	0.025		1	A	1		0.028		
17:1 g	0.000		1	A	1		0.000		
18:1 undifferentiated g	1.632		0	AS	1		1.844		
18:1 c g	1.536		1	A	1		1.736		
18:1 t g	0.096		1	A	1		0.108		
18:1-11 t (18:1t n-7) g									
20:1 g	0.006		1	A	1		0.006		
22:1 undifferentiated g	0.000		0	AS	1		0.000		
22:1 c g	0.000		1	A	1		0.000		
22:1 t g									
24:1 c g	0.002		1	A	1		0.002		
Fatty acids, total polyunsaturated g	0.251		0	NC	4		0.283		
18:2 undifferentiated g	0.098		0	AS	1		0.110		
18:2 n-6 c,c g	0.081		1	A	1		0.091		
18:2 CLAs g	0.017		1	A	1		0.019		
18:2 t,t g	0.000		1	A	1		0.000		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.062		0	AS	1		0.070		
18:3 n-3 c,c,c (ALA) g	0.059		1	A	1		0.067		
18:3 n-6 c,c,c g	0.003		1	A	1		0.003		
18:3i g									
18:4 g	0.000		0	Z	7		0.000		
20:2 n-6 c,c g	0.005		1	A	1		0.006		
20:3 undifferentiated g	0.009		0	AS	1		0.010		
20:3 n-3 g	0.002		1	A	1		0.002		
20:3 n-6 g	0.007		1	A	1		0.007		
20:4 undifferentiated g	0.026		0	AS	1		0.030		
20:4 n-6 g	0.026		1	A	1		0.030		
20:5 n-3 (EPA) g	0.019		1	A	1		0.022		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.021		1	A	1		0.024		
22:6 n-3 (DHA) g	0.004		1	A	1		0.005		
Fatty acids, total trans g	0.121		0	NC	4		0.136		
Fatty acids, total trans-monoenoic g	0.121		0	NC	4		0.136		
Fatty acids, total trans-polyenoic g	0.000		0	NC	4		0.000		
Cholesterol mg	58		1	A	1		66		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.222		0	A	1		0.251		
Threonine g	0.767		0	A	1		0.867		
Isoleucine g	0.881		0	A	1		0.995		
Leucine g	1.598		0	A	1		1.806		
Lysine g	1.677		0	A	1		1.895		
Methionine g	0.697		0	A	1		0.787		
Cystine g									
Phenylalanine g	0.824		0	A	1		0.931		

NDB No. 23441

Beef, New Zealand, imported, tenderloin, separable lean only, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tyrosine....g	0.713		0	A	1		0.805		
Valine....g	0.935		0	A	1		1.057		
Arginine....g	1.394		0	A	1		1.575		
Histidine....g	0.763		0	A	1		0.863		
Alanine....g	1.103		0	A	1		1.246		
Aspartic acid....g									
Glutamic acid....g	2.954		0	A	1		3.338		
Glycine....g	1.154		0	A	1		1.304		
Proline....g	0.680		0	A	1		0.768		
Serine....g	0.745		0	A	1		0.842		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 113g: 4 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23424

Beef, New Zealand, imported, variety meats and by-products liver, cooked, boiled

Refuse: 2% Connective tissue 2%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	66.44		1	A	1		56.47		
Energy kcal	150		0	NC	4		128		
Energy kJ	629		0	NC	4		535		
Protein (N x 6.25) g	23.30		1	A	1		19.80		
Total lipid (fat) g	4.68		1	A	1		3.98		
Ash g	1.80		1	A	1		1.53		
Carbohydrate, by difference g	3.78		0	NC	4		3.21		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	4		1	A	1		4		
Iron, Fe mg	7.17		1	A	1		6.09		
Magnesium, Mg mg	21		1	A	1		18		
Phosphorus, P mg	397		1	A	1		337		
Potassium, K mg	336		1	A	1		286		
Sodium, Na mg	55		1	A	1		47		
Zinc, Zn mg	3.40		1	A	1		2.89		
Copper, Cu mg	5.730		1	A	1		4.871		
Manganese, Mn mg	328.000		1	A	1		278.800		
Selenium, Se µg	16.2		1	A	1		13.8		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.376		1	A	1		0.320		
Riboflavin mg	3.040		1	A	1		2.584		
Niacin mg	13.800		1	A	1		11.730		
Pantothenic acid mg	9.800		1	A	1		8.330		
Vitamin B-6 mg	0.452		1	A	1		0.384		
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	96.00		1	A	1		81.60		
Vitamin A, RAE µg	21014		0	AS	1		17862		
Vitamin A, IU IU	70046		0	AS	1		59539		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	1.28		1	A	1		1.09		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1		
Vitamin D IU	4		1	A	1		4		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	1.392		0	NC	4		1.183		
4:0 g	0.000		0	Z	7		0.000		
6:0 g	0.000		0	Z	7		0.000		
8:0 g	0.000		1	A	1		0.000		
10:0 g	0.002		1	A	1		0.001		

NDB No. 23424

Beef, New Zealand, imported, variety meats and by-products liver, cooked, boiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		1	A	1		0.000		
13:0 g									
14:0 g	0.019		1	A	1		0.016		
15:0 g									
16:0 g	0.394		1	A	1		0.335		
17:0 g	0.054		1	A	1		0.046		
18:0 g	0.902		1	A	1		0.767		
20:0 g	0.004		1	A	1		0.003		
22:0 g	0.007		1	A	1		0.006		
24:0 g	0.011		1	A	1		0.010		
Fatty acids, total monounsaturated g	0.533		0	NC	4		0.453		
14:1 g	0.003		1	A	1		0.003		
15:1 g	0.003		1	A	1		0.003		
16:1 undifferentiated g	0.056		0	AS	1		0.048		
16:1 c g	0.037		1	A	1		0.031		
16:1 t g	0.019		1	A	1		0.016		
17:1 g	0.000		1	A	1		0.000		
18:1 undifferentiated g	0.465		0	AS	1		0.395		
18:1 c g	0.394		1	A	1		0.335		
18:1 t g	0.071		1	A	1		0.060		
18:1-11 t (18:1t n-7) g									
20:1 g	0.003		1	A	1		0.002		
22:1 undifferentiated g	0.000		0	AS	1		0.000		
22:1 c g	0.000		1	A	1		0.000		
22:1 t g									
24:1 c g	0.003		1	A	1		0.003		
Fatty acids, total polyunsaturated g	0.824		0	NC	4		0.700		
18:2 undifferentiated g	0.153		0	AS	1		0.130		
18:2 n-6 c,c g	0.139		1	A	1		0.118		
18:2 CLAs g	0.014		1	A	1		0.012		
18:2 t,t g	0.000		1	A	1		0.000		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.061		0	AS	1		0.051		
18:3 n-3 c,c,c (ALA) g	0.050		1	A	1		0.043		
18:3 n-6 c,c,c g	0.010		1	A	1		0.009		
18:3i g									
18:4 g	0.000		0	Z	7		0.000		
20:2 n-6 c,c g	0.007		1	A	1		0.006		
20:3 undifferentiated g	0.096		0	AS	1		0.082		
20:3 n-3 g	0.003		1	A	1		0.002		
20:3 n-6 g	0.094		1	A	1		0.080		
20:4 undifferentiated g	0.180		0	AS	1		0.153		
20:4 n-6 g	0.180		1	A	1		0.153		
20:5 n-3 (EPA) g	0.102		1	A	1		0.087		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.130		1	A	1		0.110		
22:6 n-3 (DHA) g	0.035		1	A	1		0.029		
Fatty acids, total trans g	0.090		0	NC	4		0.076		
Fatty acids, total trans-monoenoic g	0.090		0	NC	4		0.076		
Fatty acids, total trans-polyenoic g	0.000		0	NC	4		0.000		
Cholesterol mg	243		1	A	1		206		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.244		0	A	1		0.207		
Threonine g	0.844		0	A	1		0.717		
Isoleucine g	0.969		0	A	1		0.823		
Leucine g	1.758		0	A	1		1.494		
Lysine g	1.845		0	A	1		1.568		
Methionine g	0.766		0	A	1		0.651		
Cystine g									
Phenylalanine g	0.906		0	A	1		0.770		

NDB No. 23424

Beef, New Zealand, imported, variety meats and by-products liver, cooked, boiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tyrosine....g	0.784		0	A	1		0.666		
Valine....g	1.028		0	A	1		0.874		
Arginine....g	1.533		0	A	1		1.303		
Histidine....g	0.839		0	A	1		0.714		
Alanine....g	1.213		0	A	1		1.031		
Aspartic acid....g									
Glutamic acid....g	3.249		0	A	1		2.762		
Glycine....g	1.269		0	A	1		1.079		
Proline....g	0.748		0	A	1		0.636		
Serine....g	0.819		0	A	1		0.696		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23414

Beef, New Zealand, imported, variety meats and by-products, heart, cooked, boiled

Refuse: 15% Separable fat 15%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	62.27		1	A	1		52.93		
Energy kcal	179		0	NC	4		152		
Energy kJ	750		0	NC	4		638		
Protein (N x 6.25) g	31.29		1	A	1		26.60		
Total lipid (fat) g	6.00		1	A	1		5.10		
Ash g	1.04		1	A	1		0.88		
Carbohydrate, by difference g	0.00		0	NC	4		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	6		1	A	1		5		
Iron, Fe mg	6.81		1	A	1		5.79		
Magnesium, Mg mg	26		1	A	1		22		
Phosphorus, P mg	265		1	A	1		225		
Potassium, K mg	184		1	A	1		157		
Sodium, Na mg	59		1	A	1		50		
Zinc, Zn mg	2.79		1	A	1		2.37		
Copper, Cu mg	0.648		1	A	1		0.551		
Manganese, Mn mg	0.041		1	A	1		0.035		
Selenium, Se µg	17.0		1	A	1		14.5		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.237		1	A	1		0.201		
Riboflavin mg	0.983		1	A	1		0.836		
Niacin mg	3.365		1	A	1		2.861		
Pantothenic acid mg	1.231		1	A	1		1.047		
Vitamin B-6 mg	0.122		1	A	1		0.104		
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	6.73		1	A	1		5.72		
Vitamin A, RAE µg	14		0	AS	1		12		
Vitamin A, IU IU	47		0	AS	1		40		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	2.09		1	A	1		1.78		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	AS	1		0.1		
Vitamin D IU	7		1	A	1		6		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	1.825		0	NC	4		1.552		
4:0 g	0.000		0	Z	7		0.000		
6:0 g	0.000		0	Z	7		0.000		
8:0 g	0.000		1	A	1		0.000		
10:0 g	0.001		1	A	1		0.000		

NDB No. 23414

Beef, New Zealand, imported, variety meats and by-products, heart, cooked, boiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.001		1	A	1		0.001		
13:0 g									
14:0 g	0.049		1	A	1		0.041		
15:0 g									
16:0 g	0.680		1	A	1		0.578		
17:0 g	0.073		1	A	1		0.062		
18:0 g	0.999		1	A	1		0.849		
20:0 g	0.009		1	A	1		0.008		
22:0 g	0.007		1	A	1		0.006		
24:0 g	0.007		1	A	1		0.006		
Fatty acids, total monounsaturated g	1.025		0	NC	4		0.871		
14:1 g	0.004		1	A	1		0.003		
15:1 g	0.011		1	A	1		0.009		
16:1 undifferentiated g	0.078		0	AS	1		0.066		
16:1 c g	0.051		1	A	1		0.043		
16:1 t g	0.027		1	A	1		0.023		
17:1 g	0.000		1	A	1		0.000		
18:1 undifferentiated g	0.923		0	AS	1		0.785		
18:1 c g	0.826		1	A	1		0.702		
18:1 t g	0.097		1	A	1		0.082		
18:1-11 t (18:1t n-7) g									
20:1 g	0.006		1	A	1		0.005		
22:1 undifferentiated g	0.000		0	AS	1		0.000		
22:1 c g	0.000		1	A	1		0.000		
22:1 t g									
24:1 c g	0.004		1	A	1		0.003		
Fatty acids, total polyunsaturated g	1.052		0	NC	4		0.894		
18:2 undifferentiated g	0.504		0	AS	1		0.429		
18:2 n-6 c,c g	0.486		1	A	1		0.413		
18:2 CLAs g	0.019		1	A	1		0.016		
18:2 t,t g	0.000		1	A	1		0.000		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.120		0	AS	1		0.102		
18:3 n-3 c,c,c (ALA) g	0.114		1	A	1		0.097		
18:3 n-6 c,c,c g	0.005		1	A	1		0.005		
18:3i g									
18:4 g	0.000		0	Z	7		0.000		
20:2 n-6 c,c g	0.005		1	A	1		0.005		
20:3 undifferentiated g	0.051		0	AS	1		0.043		
20:3 n-3 g	0.004		1	A	1		0.003		
20:3 n-6 g	0.047		1	A	1		0.040		
20:4 undifferentiated g	0.189		0	AS	1		0.161		
20:4 n-6 g	0.189		1	A	1		0.161		
20:5 n-3 (EPA) g	0.102		1	A	1		0.087		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.050		1	A	1		0.043		
22:6 n-3 (DHA) g	0.006		1	A	1		0.005		
Fatty acids, total trans g	0.124		0	NC	4		0.105		
Fatty acids, total trans-monoenoic g	0.124		0	NC	4		0.105		
Fatty acids, total trans-polyenoic g	0.000		0	NC	4		0.000		
Cholesterol mg	201		1	A	1		171		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.328		0	A	1		0.279		
Threonine g	1.133		0	A	1		0.963		
Isoleucine g	1.301		0	A	1		1.106		
Leucine g	2.361		0	A	1		2.007		
Lysine g	2.478		0	A	1		2.106		
Methionine g	1.029		0	A	1		0.875		
Cystine g									
Phenylalanine g	1.217		0	A	1		1.034		

NDB No. 23414

Beef, New Zealand, imported, variety meats and by-products, heart, cooked, boiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tyrosine....g	1.053		0	A	1		0.895		
Valine....g	1.381		0	A	1		1.174		
Arginine....g	2.059		0	A	1		1.750		
Histidine....g	1.127		0	A	1		0.958		
Alanine....g	1.629		0	A	1		1.384		
Aspartic acid....g									
Glutamic acid....g	4.364		0	A	1		3.709		
Glycine....g	1.704		0	A	1		1.449		
Proline....g	1.004		0	A	1		0.854		
Serine....g	1.100		0	A	1		0.935		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23415
Beef, New Zealand, imported, variety meats and by-products, heart, raw

Refuse: 12% Separable fat 12%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	78.07		1	A	1		88.22		
Energy kcal	105		0	NC	4		118		
Energy kJ	438		0	NC	4		495		
Protein (N x 6.25) g	18.52		1	A	1		20.93		
Total lipid (fat) g	3.40		1	A	1		3.84		
Ash g	1.02		1	A	1		1.15		
Carbohydrate, by difference g	0.00		0	NC	4		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	4		1	A	1		5		
Iron, Fe mg	4.38		1	A	1		4.95		
Magnesium, Mg mg	22		1	A	1		25		
Phosphorus, P mg	209		1	A	1		236		
Potassium, K mg	275		1	A	1		310		
Sodium, Na mg	86		1	A	1		97		
Zinc, Zn mg	1.51		1	A	1		1.71		
Copper, Cu mg	0.373		1	A	1		0.421		
Manganese, Mn mg	0.034		1	A	1		0.038		
Selenium, Se µg	9.0		1	A	1		10.2		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.252		1	A	1		0.284		
Riboflavin mg	0.682		1	A	1		0.770		
Niacin mg	4.444		1	A	1		5.022		
Pantothenic acid mg	1.787		1	A	1		2.019		
Vitamin B-6 mg	0.160		1	A	1		0.181		
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	10.81		1	A	1		12.21		
Vitamin A, RAE µg	10		0	AS	1		12		
Vitamin A, IU IU	34		0	AS	1		39		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	1.22		1	A	1		1.38		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	AS	1		0.2		
Vitamin D IU	6		1	A	1		7		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	0.857		0	NC	4		0.968		
4:0 g	0.000		0	Z	7		0.000		
6:0 g	0.000		0	Z	7		0.000		
8:0 g	0.000		1	A	1		0.000		
10:0 g	0.001		1	A	1		0.001		

NDB No. 23415

Beef, New Zealand, imported, variety meats and by-products, heart, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.001		1	A	1		0.001		
13:0 g									
14:0 g	0.019		1	A	1		0.021		
15:0 g									
16:0 g	0.322		1	A	1		0.363		
17:0 g	0.034		1	A	1		0.038		
18:0 g	0.471		1	A	1		0.532		
20:0 g	0.004		1	A	1		0.005		
22:0 g	0.003		1	A	1		0.004		
24:0 g	0.003		1	A	1		0.004		
Fatty acids, total monounsaturated g	0.533		0	NC	4		0.602		
14:1 g	0.001		1	A	1		0.002		
15:1 g	0.007		1	A	1		0.008		
16:1 undifferentiated g	0.041		0	AS	1		0.046		
16:1 c g	0.028		1	A	1		0.032		
16:1 t g	0.013		1	A	1		0.015		
17:1 g	0.000		1	A	1		0.000		
18:1 undifferentiated g	0.478		0	AS	1		0.541		
18:1 c g	0.437		1	A	1		0.494		
18:1 t g	0.042		1	A	1		0.047		
18:1-11 t (18:1t n-7) g									
20:1 g	0.003		1	A	1		0.003		
22:1 undifferentiated g	0.000		0	AS	1		0.000		
22:1 c g	0.000		1	A	1		0.000		
22:1 t g									
24:1 c g	0.002		1	A	1		0.002		
Fatty acids, total polyunsaturated g	0.579		0	NC	4		0.654		
18:2 undifferentiated g	0.259		0	AS	1		0.292		
18:2 n-6 c,c g	0.251		1	A	1		0.284		
18:2 CLAs g	0.008		1	A	1		0.008		
18:2 t,t g	0.000		1	A	1		0.000		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.065		0	AS	1		0.073		
18:3 n-3 c,c,c (ALA) g	0.061		1	A	1		0.069		
18:3 n-6 c,c,c g	0.004		1	A	1		0.004		
18:3i g									
18:4 g	0.000		0	Z	7		0.000		
20:2 n-6 c,c g	0.003		1	A	1		0.003		
20:3 undifferentiated g	0.027		0	AS	1		0.031		
20:3 n-3 g	0.001		1	A	1		0.001		
20:3 n-6 g	0.026		1	A	1		0.029		
20:4 undifferentiated g	0.111		0	AS	1		0.125		
20:4 n-6 g	0.111		1	A	1		0.125		
20:5 n-3 (EPA) g	0.064		1	A	1		0.072		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.032		1	A	1		0.036		
22:6 n-3 (DHA) g	0.004		1	A	1		0.005		
Fatty acids, total trans g	0.055		0	NC	4		0.062		
Fatty acids, total trans-monoenoic g	0.055		0	NC	4		0.062		
Fatty acids, total trans-polyenoic g	0.000		0	NC	4		0.000		
Cholesterol mg	124		1	A	1		140		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.194		0	A	1		0.219		
Threonine g	0.671		0	A	1		0.758		
Isoleucine g	0.770		0	A	1		0.870		
Leucine g	1.397		0	A	1		1.579		
Lysine g	1.466		0	A	1		1.657		
Methionine g	0.609		0	A	1		0.688		
Cystine g									
Phenylalanine g	0.720		0	A	1		0.814		

NDB No. 23415

Beef, New Zealand, imported, variety meats and by-products, heart, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tyrosine....g	0.623		0	A	1		0.704		
Valine....g	0.818		0	A	1		0.924		
Arginine....g	1.218		0	A	1		1.377		
Histidine....g	0.667		0	A	1		0.754		
Alanine....g	0.964		0	A	1		1.089		
Aspartic acid....g									
Glutamic acid....g	2.583		0	A	1		2.919		
Glycine....g	1.009		0	A	1		1.140		
Proline....g	0.595		0	A	1		0.672		
Serine....g	0.651		0	A	1		0.736		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 113g: 4 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23421

Beef, New Zealand, imported, variety meats and by-products, kidney, cooked, boiled

Refuse: 20% Connective tissue 20%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	66.44		1	A	1		56.47		
Energy kcal	157		0	NC	4		133		
Energy kJ	655		0	NC	4		557		
Protein (N x 6.25) g	27.28		1	A	1		23.19		
Total lipid (fat) g	5.27		1	A	1		4.48		
Ash g	1.55		1	A	1		1.31		
Carbohydrate, by difference g	0.00		0	NC	4		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	14		1	A	1		12		
Iron, Fe mg	5.70		1	A	1		4.85		
Magnesium, Mg mg	18		1	A	1		15		
Phosphorus, P mg	338		1	A	1		288		
Potassium, K mg	144		1	A	1		123		
Sodium, Na mg	123		1	A	1		104		
Zinc, Zn mg	2.60		1	A	1		2.21		
Copper, Cu mg	0.563		1	A	1		0.479		
Manganese, Mn mg	0.155		1	A	1		0.131		
Selenium, Se µg	105.2		1	A	1		89.4		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.403		1	A	1		0.342		
Riboflavin mg	2.945		1	A	1		2.503		
Niacin mg	3.903		1	A	1		3.318		
Pantothenic acid mg	3.055		1	A	1		2.596		
Vitamin B-6 mg	0.254		1	A	1		0.216		
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	21.35		1	A	1		18.15		
Vitamin A, RAE µg	104		0	AS	1		89		
Vitamin A, IU IU	347		0	AS	1		295		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	1.53		1	A	1		1.30		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.8		0	AS	1		0.7		
Vitamin D IU	33		1	A	1		28		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	1.173		0	NC	4		0.997		
4:0 g	0.000		0	Z	7		0.000		
6:0 g	0.000		0	Z	7		0.000		
8:0 g	0.000		1	A	1		0.000		
10:0 g	0.001		1	A	1		0.001		

NDB No. 23421

Beef, New Zealand, imported, variety meats and by-products, kidney, cooked, boiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		1	A	1		0.000		
13:0 g									
14:0 g	0.013		1	A	1		0.011		
15:0 g									
16:0 g	0.552		1	A	1		0.469		
17:0 g	0.045		1	A	1		0.038		
18:0 g	0.486		1	A	1		0.413		
20:0 g	0.017		1	A	1		0.014		
22:0 g	0.040		1	A	1		0.034		
24:0 g	0.021		1	A	1		0.018		
Fatty acids, total monounsaturated g	0.650		0	NC	4		0.552		
14:1 g	0.001		1	A	1		0.001		
15:1 g	0.011		1	A	1		0.009		
16:1 undifferentiated g	0.051		0	AS	1		0.043		
16:1 c g	0.025		1	A	1		0.021		
16:1 t g	0.025		1	A	1		0.022		
17:1 g	0.000		1	A	1		0.000		
18:1 undifferentiated g	0.564		0	AS	1		0.479		
18:1 c g	0.534		1	A	1		0.454		
18:1 t g	0.030		1	A	1		0.026		
18:1-11 t (18:1t n-7) g									
20:1 g	0.011		1	A	1		0.010		
22:1 undifferentiated g	0.000		0	AS	1		0.000		
22:1 c g	0.000		1	A	1		0.000		
22:1 t g									
24:1 c g	0.012		1	A	1		0.010		
Fatty acids, total polyunsaturated g	1.238		0	NC	4		1.052		
18:2 undifferentiated g	0.392		0	AS	1		0.333		
18:2 n-6 c,c g	0.380		1	A	1		0.323		
18:2 CLAs g	0.012		1	A	1		0.010		
18:2 t,t g	0.000		1	A	1		0.000		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.087		0	AS	1		0.074		
18:3 n-3 c,c,c (ALA) g	0.081		1	A	1		0.069		
18:3 n-6 c,c,c g	0.006		1	A	1		0.005		
18:3i g									
18:4 g	0.000		0	Z	7		0.000		
20:2 n-6 c,c g	0.008		1	A	1		0.007		
20:3 undifferentiated g	0.077		0	AS	1		0.065		
20:3 n-3 g	0.019		1	A	1		0.016		
20:3 n-6 g	0.058		1	A	1		0.049		
20:4 undifferentiated g	0.370		0	AS	1		0.314		
20:4 n-6 g	0.370		1	A	1		0.314		
20:5 n-3 (EPA) g	0.153		1	A	1		0.130		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.103		1	A	1		0.088		
22:6 n-3 (DHA) g	0.031		1	A	1		0.026		
Fatty acids, total trans g	0.055		0	NC	4		0.047		
Fatty acids, total trans-monoenoic g	0.055		0	NC	4		0.047		
Fatty acids, total trans-polyenoic g	0.000		0	NC	4		0.000		
Cholesterol mg	1002		1	A	1		852		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.286		0	A	1		0.243		
Threonine g	0.988		0	A	1		0.840		
Isoleucine g	1.134		0	A	1		0.964		
Leucine g	2.058		0	A	1		1.749		
Lysine g	2.160		0	A	1		1.836		
Methionine g	0.897		0	A	1		0.763		
Cystine g									
Phenylalanine g	1.061		0	A	1		0.902		

NDB No. 23421

Beef, New Zealand, imported, variety meats and by-products, kidney, cooked, boiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tyrosine....g	0.918		0	A	1		0.780		
Valine....g	1.204		0	A	1		1.023		
Arginine....g	1.794		0	A	1		1.525		
Histidine....g	0.983		0	A	1		0.835		
Alanine....g	1.420		0	A	1		1.207		
Aspartic acid....g									
Glutamic acid....g	3.804		0	A	1		3.234		
Glycine....g	1.486		0	A	1		1.263		
Proline....g	0.876		0	A	1		0.744		
Serine....g	0.959		0	A	1		0.815		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23423

Beef, New Zealand, imported, variety meats and by-products, kidney, raw

Refuse: 10% Connective tissue 10%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	80.52		1	A	1		90.99		
Energy kcal	87		0	NC	4		98		
Energy kJ	362		0	NC	4		409		
Protein (N x 6.25) g	15.68		1	A	1		17.72		
Total lipid (fat) g	2.64		1	A	1		2.98		
Ash g	1.15		1	A	1		1.30		
Carbohydrate, by difference g	0.00		0	NC	4		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	9		1	A	1		10		
Iron, Fe mg	3.83		1	A	1		4.33		
Magnesium, Mg mg	15		1	A	1		17		
Phosphorus, P mg	234		1	A	1		265		
Potassium, K mg	225		1	A	1		254		
Sodium, Na mg	175		1	A	1		198		
Zinc, Zn mg	1.53		1	A	1		1.73		
Copper, Cu mg	0.409		1	A	1		0.463		
Manganese, Mn mg	0.109		1	A	1		0.123		
Selenium, Se µg	103.3		1	A	1		116.8		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.559		1	A	1		0.631		
Riboflavin mg	2.116		1	A	1		2.391		
Niacin mg	4.878		1	A	1		5.512		
Pantothenic acid mg	3.974		1	A	1		4.491		
Vitamin B-6 mg	0.316		1	A	1		0.357		
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	27.66		1	A	1		31.25		
Vitamin A, RAE µg	89		0	AS	1		101		
Vitamin A, IU IU	297		0	AS	1		336		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.82		1	A	1		0.92		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	AS	1		0.2		
Vitamin D IU	6		1	A	1		7		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	0.616		0	NC	4		0.696		
4:0 g	0.000		0	Z	7		0.000		
6:0 g	0.000		0	Z	7		0.000		
8:0 g	0.000		1	A	1		0.000		
10:0 g	0.001		1	A	1		0.001		

NDB No. 23423

Beef, New Zealand, imported, variety meats and by-products, kidney, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		1	A	1		0.000		
13:0 g									
14:0 g	0.007		1	A	1		0.008		
15:0 g									
16:0 g	0.288		1	A	1		0.325		
17:0 g	0.024		1	A	1		0.027		
18:0 g	0.258		1	A	1		0.292		
20:0 g	0.008		1	A	1		0.009		
22:0 g	0.019		1	A	1		0.022		
24:0 g	0.011		1	A	1		0.012		
Fatty acids, total monounsaturated g	0.345		0	NC	4		0.390		
14:1 g	0.002		1	A	1		0.002		
15:1 g	0.005		1	A	1		0.006		
16:1 undifferentiated g	0.028		0	AS	1		0.031		
16:1 c g	0.013		1	A	1		0.015		
16:1 t g	0.014		1	A	1		0.016		
17:1 g	0.000		1	A	1		0.000		
18:1 undifferentiated g	0.299		0	AS	1		0.338		
18:1 c g	0.281		1	A	1		0.318		
18:1 t g	0.018		1	A	1		0.021		
18:1-11 t (18:1t n-7) g									
20:1 g	0.005		1	A	1		0.006		
22:1 undifferentiated g	0.000		0	Z	7		0.000		
22:1 c g	0.000		1	A	1		0.000		
22:1 t g									
24:1 c g	0.007		1	A	1		0.007		
Fatty acids, total polyunsaturated g	0.606		0	NC	4		0.685		
18:2 undifferentiated g	0.197		0	AS	1		0.223		
18:2 n-6 c,c g	0.189		1	A	1		0.213		
18:2 CLAs g	0.007		1	A	1		0.008		
18:2 t,t g	0.002		1	A	1		0.002		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.043		0	AS	1		0.049		
18:3 n-3 c,c,c (ALA) g	0.041		1	A	1		0.046		
18:3 n-6 c,c,c g	0.002		1	A	1		0.003		
18:3i g									
18:4 g	0.000		0	Z	7		0.000		
20:2 n-6 c,c g	0.004		1	A	1		0.005		
20:3 undifferentiated g	0.038		0	AS	1		0.042		
20:3 n-3 g	0.009		1	A	1		0.011		
20:3 n-6 g	0.028		1	A	1		0.032		
20:4 undifferentiated g	0.171		0	AS	1		0.193		
20:4 n-6 g	0.171		1	A	1		0.193		
20:5 n-3 (EPA) g	0.078		1	A	1		0.088		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.051		1	A	1		0.058		
22:6 n-3 (DHA) g	0.015		1	A	1		0.017		
Fatty acids, total trans g	0.034		0	NC	4		0.039		
Fatty acids, total trans-monoenoic g	0.033		0	NC	4		0.037		
Fatty acids, total trans-polyenoic g	0.002		0	NC	4		0.002		
Cholesterol mg	404		1	A	1		457		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.164		0	A	1		0.186		
Threonine g	0.568		0	A	1		0.642		
Isoleucine g	0.652		0	A	1		0.737		
Leucine g	1.183		0	A	1		1.337		
Lysine g	1.242		0	A	1		1.403		
Methionine g	0.516		0	A	1		0.583		
Cystine g									
Phenylalanine g	0.610		0	A	1		0.689		

NDB No. 23423

Beef, New Zealand, imported, variety meats and by-products, kidney, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tyrosine....g	0.528		0	A	1		0.596		
Valine....g	0.692		0	A	1		0.782		
Arginine....g	1.032		0	A	1		1.166		
Histidine....g	0.565		0	A	1		0.639		
Alanine....g	0.816		0	A	1		0.922		
Aspartic acid....g									
Glutamic acid....g	2.187		0	A	1		2.472		
Glycine....g	0.854		0	A	1		0.965		
Proline....g	0.503		0	A	1		0.569		
Serine....g	0.551		0	A	1		0.623		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 113g: 4 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23425

Beef, New Zealand, imported, variety meats and by-products, liver, raw

Refuse: 3% Connective tissue 3%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	70.39		1	A	1		79.54		
Energy kcal	133		0	NC	4		150		
Energy kJ	556		0	NC	4		628		
Protein (N x 6.25) g	20.50		1	A	1		23.17		
Total lipid (fat) g	4.05		1	A	1		4.57		
Ash g	1.46		1	A	1		1.66		
Carbohydrate, by difference g	3.60		0	NC	4		4.07		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	4		1	A	1		4		
Iron, Fe mg	8.44		1	A	1		9.54		
Magnesium, Mg mg	19		1	A	1		22		
Phosphorus, P mg	362		1	A	1		409		
Potassium, K mg	327		1	A	1		370		
Sodium, Na mg	53		1	A	1		60		
Zinc, Zn mg	3.00		1	A	1		3.39		
Copper, Cu mg	5.300		1	A	1		5.989		
Manganese, Mn mg	299.000		1	A	1		337.870		
Selenium, Se µg	16.5		1	A	1		18.7		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.371		1	A	1		0.419		
Riboflavin mg	2.347		1	A	1		2.652		
Niacin mg	15.400		1	A	1		17.402		
Pantothenic acid mg	10.300		1	A	1		11.639		
Vitamin B-6 mg	0.428		1	A	1		0.484		
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	84.50		1	A	1		95.49		
Vitamin A, RAE µg	28319		0	AS	1		32001		
Vitamin A, IU IU	94398		0	AS	1		106670		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	1.84		1	A	1		2.08		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	AS	1		0.0		
Vitamin D IU	1		1	A	1		1		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	1.185		0	NC	4		1.339		
4:0 g	0.000		0	Z	7		0.000		
6:0 g	0.000		0	Z	7		0.000		
8:0 g	0.000		1	A	1		0.000		
10:0 g	0.000		1	A	1		0.000		

NDB No. 23425

Beef, New Zealand, imported, variety meats and by-products, liver, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		1	A	1		0.000		
13:0 g									
14:0 g	0.017		1	A	1		0.019		
15:0 g									
16:0 g	0.337		1	A	1		0.381		
17:0 g	0.044		1	A	1		0.050		
18:0 g	0.767		1	A	1		0.866		
20:0 g	0.003		1	A	1		0.003		
22:0 g	0.008		1	A	1		0.008		
24:0 g	0.009		1	A	1		0.010		
Fatty acids, total monounsaturated g	0.464		0	NC	4		0.524		
14:1 g	0.003		1	A	1		0.003		
15:1 g	0.003		1	A	1		0.003		
16:1 undifferentiated g	0.047		0	AS	1		0.053		
16:1 c g	0.032		1	A	1		0.036		
16:1 t g	0.015		1	A	1		0.017		
17:1 g	0.000		1	A	1		0.000		
18:1 undifferentiated g	0.406		0	AS	1		0.459		
18:1 c g	0.345		1	A	1		0.390		
18:1 t g	0.061		1	A	1		0.069		
18:1-11 t (18:1t n-7) g									
20:1 g	0.003		1	A	1		0.003		
22:1 undifferentiated g	0.000		0	AS	1		0.000		
22:1 c g	0.000		1	A	1		0.000		
22:1 t g									
24:1 c g	0.002		1	A	1		0.003		
Fatty acids, total polyunsaturated g	0.880		0	NC	4		0.994		
18:2 undifferentiated g	0.158		0	AS	1		0.178		
18:2 n-6 c,c g	0.140		1	A	1		0.158		
18:2 CLAs g	0.018		1	A	1		0.021		
18:2 t,t g	0.000		1	A	1		0.000		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.062		0	AS	1		0.071		
18:3 n-3 c,c,c (ALA) g	0.053		1	A	1		0.059		
18:3 n-6 c,c,c g	0.010		1	A	1		0.011		
18:3i g									
18:4 g	0.000		0	Z	7		0.000		
20:2 n-6 c,c g	0.007		1	A	1		0.008		
20:3 undifferentiated g	0.100		0	AS	1		0.113		
20:3 n-3 g	0.003		1	A	1		0.003		
20:3 n-6 g	0.098		1	A	1		0.111		
20:4 undifferentiated g	0.190		0	AS	1		0.215		
20:4 n-6 g	0.190		1	A	1		0.215		
20:5 n-3 (EPA) g	0.112		1	A	1		0.127		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.144		1	A	1		0.163		
22:6 n-3 (DHA) g	0.039		1	A	1		0.044		
Fatty acids, total trans g	0.077		0	NC	4		0.087		
Fatty acids, total trans-monoenoic g	0.077		0	NC	4		0.087		
Fatty acids, total trans-polyenoic g	0.000		0	NC	4		0.000		
Cholesterol mg	254		1	A	1		287		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.215		0	A	1		0.243		
Threonine g	0.742		0	A	1		0.839		
Isoleucine g	0.852		0	A	1		0.963		
Leucine g	1.547		0	A	1		1.748		
Lysine g	1.623		0	A	1		1.834		
Methionine g	0.674		0	A	1		0.762		
Cystine g									
Phenylalanine g	0.797		0	A	1		0.901		

NDB No. 23425

Beef, New Zealand, imported, variety meats and by-products, liver, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tyrosine....g	0.690		0	A	1		0.779		
Valine....g	0.905		0	A	1		1.022		
Arginine....g	1.348		0	A	1		1.524		
Histidine....g	0.739		0	A	1		0.835		
Alanine....g	1.067		0	A	1		1.205		
Aspartic acid....g									
Glutamic acid....g	2.859		0	A	1		3.230		
Glycine....g	1.117		0	A	1		1.262		
Proline....g	0.658		0	A	1		0.744		
Serine....g	0.721		0	A	1		0.814		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 113g: 4 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23442

Beef, New Zealand, imported, variety meats and by-products, tongue, cooked, boiled

Refuse: 11% Connective tissue 9%, Separable fat 2%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	56.95		1	A	1		48.41		
Energy kcal	271		0	NC	4		230		
Energy kJ	1134		0	NC	4		964		
Protein (N x 6.25) g	18.31		1	A	1		15.56		
Total lipid (fat) g	20.34		1	A	1		17.29		
Ash g	0.72		1	A	1		0.61		
Carbohydrate, by difference g	3.68		0	NC	4		3.13		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	5		1	A	1		4		
Iron, Fe mg	2.52		1	A	1		2.14		
Magnesium, Mg mg	17		1	A	1		15		
Phosphorus, P mg	157		1	A	1		133		
Potassium, K mg	189		1	A	1		161		
Sodium, Na mg	57		1	A	1		48		
Zinc, Zn mg	4.20		1	A	1		3.57		
Copper, Cu mg	0.163		1	A	1		0.139		
Manganese, Mn mg	0.013		1	A	1		0.011		
Selenium, Se µg	3.9		1	A	1		3.3		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.059		1	A	1		0.050		
Riboflavin mg	0.227		1	A	1		0.193		
Niacin mg	2.580		1	A	1		2.193		
Pantothenic acid mg	0.709		1	A	1		0.603		
Vitamin B-6 mg	0.072		1	A	1		0.061		
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	3.95		1	A	1		3.35		
Vitamin A, RAE µg	12		0	AS	1		11		
Vitamin A, IU IU	42		0	AS	1		35		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.95		1	A	1		0.81		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.3		0	AS	1		0.3		
Vitamin D IU	14		1	A	1		12		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	7.019		0	NC	4		5.966		
4:0 g	0.000		0	Z	7		0.000		
6:0 g	0.000		0	Z	7		0.000		
8:0 g	0.000		1	A	1		0.000		
10:0 g	0.006		1	A	1		0.005		

NDB No. 23442

Beef, New Zealand, imported, variety meats and by-products, tongue, cooked, boiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.015		1	A	1		0.013		
13:0 g									
14:0 g	0.459		1	A	1		0.390		
15:0 g									
16:0 g	3.445		1	A	1		2.928		
17:0 g	0.310		1	A	1		0.264		
18:0 g	2.767		1	A	1		2.352		
20:0 g	0.016		1	A	1		0.014		
22:0 g	0.000		1	A	1		0.000		
24:0 g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated g	6.630		0	NC	4		5.635		
14:1 g	0.084		1	A	1		0.071		
15:1 g	0.009		1	A	1		0.007		
16:1 undifferentiated g	0.522		0	AS	1		0.444		
16:1 c g	0.437		1	A	1		0.371		
16:1 t g	0.085		1	A	1		0.073		
17:1 g	0.000		1	A	1		0.000		
18:1 undifferentiated g	5.989		0	AS	1		5.091		
18:1 c g	5.716		1	A	1		4.859		
18:1 t g	0.273		1	A	1		0.232		
18:1-11 t (18:1t n-7) g									
20:1 g	0.026		1	A	1		0.022		
22:1 undifferentiated g	0.000		0	AS	1		0.000		
22:1 c g	0.000		1	A	1		0.000		
22:1 t g									
24:1 c g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated g	0.715		0	NC	4		0.608		
18:2 undifferentiated g	0.398		0	AS	1		0.338		
18:2 n-6 c,c g	0.299		1	A	1		0.254		
18:2 CLAs g	0.099		1	A	1		0.084		
18:2 t,t g	0.000		1	A	1		0.000		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.147		0	AS	1		0.125		
18:3 n-3 c,c,c (ALA) g	0.147		1	A	1		0.125		
18:3 n-6 c,c,c g	0.000		1	A	1		0.000		
18:3i g									
18:4 g	0.000		0	Z	7		0.000		
20:2 n-6 c,c g	0.002		1	A	1		0.002		
20:3 undifferentiated g	0.024		0	AS	1		0.020		
20:3 n-3 g	0.005		1	A	1		0.004		
20:3 n-6 g	0.019		1	A	1		0.016		
20:4 undifferentiated g	0.045		0	AS	1		0.039		
20:4 n-6 g	0.045		1	A	1		0.039		
20:5 n-3 (EPA) g	0.025		1	A	1		0.021		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.057		1	A	1		0.049		
22:6 n-3 (DHA) g	0.003		1	A	1		0.002		
Fatty acids, total trans g	0.358		0	NC	4		0.305		
Fatty acids, total trans-monoenoic g	0.358		0	NC	4		0.305		
Fatty acids, total trans-polyenoic g	0.000		0	NC	4		0.000		
Cholesterol mg	105		1	A	1		89		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.192		0	A	1		0.163		
Threonine g	0.663		0	A	1		0.564		
Isoleucine g	0.761		0	A	1		0.647		
Leucine g	1.381		0	A	1		1.174		
Lysine g	1.450		0	A	1		1.232		
Methionine g	0.602		0	A	1		0.512		
Cystine g									
Phenylalanine g	0.712		0	A	1		0.605		

NDB No. 23442

Beef, New Zealand, imported, variety meats and by-products, tongue, cooked, boiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tyrosine....g	0.616		0	A	1		0.524		
Valine....g	0.808		0	A	1		0.687		
Arginine....g	1.204		0	A	1		1.024		
Histidine....g	0.660		0	A	1		0.561		
Alanine....g	0.953		0	A	1		0.810		
Aspartic acid....g									
Glutamic acid....g	2.553		0	A	1		2.170		
Glycine....g	0.997		0	A	1		0.848		
Proline....g	0.588		0	A	1		0.500		
Serine....g	0.644		0	A	1		0.547		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23443
Beef, New Zealand, imported, variety meats and by-products, tongue, raw

Refuse: 20% Connective tissue 17%, Separable fat 3%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	65.24		1	A	1		73.72		
Energy kcal	243		0	NC	4		274		
Energy kJ	1016		0	NC	4		1148		
Protein (N x 6.25) g	17.77		1	A	1		20.08		
Total lipid (fat) g	19.09		1	A	1		21.57		
Ash g	0.80		1	A	1		0.90		
Carbohydrate, by difference g	0.00		0	NC	4		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	4		1	A	1		5		
Iron, Fe mg	1.81		1	A	1		2.05		
Magnesium, Mg mg	16		1	A	1		18		
Phosphorus, P mg	150		1	A	1		170		
Potassium, K mg	252		1	A	1		285		
Sodium, Na mg	73		1	A	1		82		
Zinc, Zn mg	2.70		1	A	1		3.05		
Copper, Cu mg	0.120		1	A	1		0.135		
Manganese, Mn mg	0.013		1	A	1		0.015		
Selenium, Se µg	2.5		1	A	1		2.8		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.065		1	A	1		0.073		
Riboflavin mg	0.212		1	A	1		0.239		
Niacin mg	2.996		1	A	1		3.385		
Pantothenic acid mg	0.434		1	A	1		0.490		
Vitamin B-6 mg	0.094		1	A	1		0.106		
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	5.18		1	A	1		5.85		
Vitamin A, RAE µg	12		0	AS	1		14		
Vitamin A, IU IU	40		0	AS	1		45		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.95		1	A	1		1.08		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.3		0	AS	1		0.4		
Vitamin D IU	14		1	A	1		16		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	6.689		0	NC	4		7.558		
4:0 g	0.000		0	Z	7		0.000		
6:0 g	0.000		0	Z	7		0.000		
8:0 g	0.000		1	A	1		0.000		
10:0 g	0.011		1	A	1		0.012		

NDB No. 23443

Beef, New Zealand, imported, variety meats and by-products, tongue, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.011		1	A	1		0.012		
13:0 g									
14:0 g	0.438		1	A	1		0.495		
15:0 g									
16:0 g	3.333		1	A	1		3.766		
17:0 g	0.307		1	A	1		0.347		
18:0 g	2.573		1	A	1		2.907		
20:0 g	0.016		1	A	1		0.018		
22:0 g	0.000		1	A	1		0.000		
24:0 g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated g	6.656		0	NC	4		7.521		
14:1 g	0.079		1	A	1		0.089		
15:1 g	0.000		1	A	1		0.000		
16:1 undifferentiated g	0.518		0	AS	1		0.585		
16:1 c g	0.430		1	A	1		0.486		
16:1 t g	0.087		1	A	1		0.099		
17:1 g	0.000		1	A	1		0.000		
18:1 undifferentiated g	6.032		0	AS	1		6.816		
18:1 c g	5.334		1	A	1		6.027		
18:1 t g	0.698		1	A	1		0.789		
18:1-11 t (18:1t n-7) g									
20:1 g	0.027		1	A	1		0.031		
22:1 undifferentiated g	0.000		0	AS	1		0.000		
22:1 c g	0.000		1	A	1		0.000		
22:1 t g									
24:1 c g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated g	0.638		0	NC	4		0.721		
18:2 undifferentiated g	0.382		0	AS	1		0.432		
18:2 n-6 c,c g	0.273		1	A	1		0.309		
18:2 CLAs g	0.109		1	A	1		0.123		
18:2 t,t g	0.000		1	A	1		0.000		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.134		0	AS	1		0.151		
18:3 n-3 c,c,c (ALA) g	0.134		1	A	1		0.151		
18:3 n-6 c,c,c g	0.000		1	A	1		0.000		
18:3i g									
18:4 g	0.000		0	Z	7		0.000		
20:2 n-6 c,c g	0.000		1	A	1		0.000		
20:3 undifferentiated g	0.015		0	AS	1		0.016		
20:3 n-3 g	0.000		1	A	1		0.000		
20:3 n-6 g	0.015		1	A	1		0.016		
20:4 undifferentiated g	0.031		0	AS	1		0.035		
20:4 n-6 g	0.031		1	A	1		0.035		
20:5 n-3 (EPA) g	0.016		1	A	1		0.018		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.042		1	A	1		0.048		
22:6 n-3 (DHA) g	0.000		1	A	1		0.000		
Fatty acids, total trans g	0.785		0	NC	4		0.887		
Fatty acids, total trans-monoenoic g	0.785		0	NC	4		0.887		
Fatty acids, total trans-polyenoic g	0.000		0	NC	4		0.000		
Cholesterol mg	81		1	A	1		91		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.186		0	A	1		0.210		
Threonine g	0.644		0	A	1		0.727		
Isoleucine g	0.739		0	A	1		0.835		
Leucine g	1.341		0	A	1		1.515		
Lysine g	1.407		0	A	1		1.590		
Methionine g	0.585		0	A	1		0.661		
Cystine g									
Phenylalanine g	0.691		0	A	1		0.781		

NDB No. 23443

Beef, New Zealand, imported, variety meats and by-products, tongue, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tyrosine....g	0.598		0	A	1		0.676		
Valine....g	0.784		0	A	1		0.886		
Arginine....g	1.169		0	A	1		1.321		
Histidine....g	0.640		0	A	1		0.724		
Alanine....g	0.925		0	A	1		1.045		
Aspartic acid....g									
Glutamic acid....g	2.478		0	A	1		2.801		
Glycine....g	0.968		0	A	1		1.094		
Proline....g	0.570		0	A	1		0.645		
Serine....g	0.625		0	A	1		0.706		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 113g: 4 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23444

Beef, New Zealand, imported, variety meats and by-products, tripe cooked, boiled

Refuse: 8% Separable fat 8%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	77.71		1	A	1		66.05		
Energy kcal	103		0	NC	4		87		
Energy kJ	430		0	NC	4		366		
Protein (N x 6.25) g	19.00		1	A	1		16.15		
Total lipid (fat) g	2.98		1	A	1		2.53		
Ash g	0.89		1	A	1		0.76		
Carbohydrate, by difference g	0.00		0	NC	4		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	158		1	A	1		134		
Iron, Fe mg	3.72		1	A	1		3.16		
Magnesium, Mg mg	24		1	A	1		21		
Phosphorus, P mg	168		1	A	1		143		
Potassium, K mg	102		1	A	1		87		
Sodium, Na mg	40		1	A	1		34		
Zinc, Zn mg	2.39		1	A	1		2.03		
Copper, Cu mg	0.106		1	A	1		0.090		
Manganese, Mn mg	6.066		1	A	1		5.156		
Selenium, Se µg	4.3		1	A	1		3.6		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.022		1	A	1		0.019		
Riboflavin mg	0.103		1	A	1		0.087		
Niacin mg	2.616		1	A	1		2.223		
Pantothenic acid mg	0.226		1	A	1		0.192		
Vitamin B-6 mg	0.013		1	A	1		0.011		
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	2.29		1	A	1		1.95		
Vitamin A, RAE µg	6		0	AS	1		5		
Vitamin A, IU IU	20		0	AS	1		17		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.51		1	A	1		0.43		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.3		0	AS	1		0.2		
Vitamin D IU	10		1	A	1		9		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	0.922		0	NC	4		0.784		
4:0 g	0.000		0	Z	7		0.000		
6:0 g	0.000		0	Z	7		0.000		
8:0 g	0.000		0	Z	7		0.000		
10:0 g	0.000		1	A	1		0.000		

NDB No. 23444

Beef, New Zealand, imported, variety meats and by-products, tripe cooked, boiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.001		1	A	1		0.001		
13:0 g									
14:0 g	0.044		1	A	1		0.037		
15:0 g									
16:0 g	0.408		1	A	1		0.347		
17:0 g	0.051		1	A	1		0.043		
18:0 g	0.407		1	A	1		0.346		
20:0 g	0.005		1	A	1		0.004		
22:0 g	0.000		1	A	1		0.000		
24:0 g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated g	0.718		0	NC	4		0.610		
14:1 g	0.007		1	A	1		0.006		
15:1 g	0.000		1	A	1		0.000		
16:1 undifferentiated g	0.056		0	AS	1		0.048		
16:1 c g	0.056		1	A	1		0.048		
16:1 t g	0.000		1	A	1		0.000		
17:1 g	0.000		1	A	1		0.000		
18:1 undifferentiated g	0.650		0	AS	1		0.552		
18:1 c g	0.580		1	A	1		0.493		
18:1 t g	0.070		1	A	1		0.060		
18:1-11 t (18:1t n-7) g									
20:1 g	0.003		1	A	1		0.003		
22:1 undifferentiated g	0.002		0	AS	1		0.002		
22:1 c g	0.002		1	A	1		0.002		
22:1 t g									
24:1 c g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated g	0.159		0	NC	4		0.135		
18:2 undifferentiated g	0.069		0	AS	1		0.059		
18:2 n-6 c,c g	0.050		1	A	1		0.043		
18:2 CLAs g	0.019		1	A	1		0.016		
18:2 t,t g	0.000		1	A	1		0.000		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.018		0	AS	1		0.015		
18:3 n-3 c,c,c (ALA) g	0.018		1	A	1		0.015		
18:3 n-6 c,c,c g	0.000		1	A	1		0.000		
18:3i g									
18:4 g	0.000		0	Z	7		0.000		
20:2 n-6 c,c g	0.000		1	A	1		0.000		
20:3 undifferentiated g	0.010		0	AS	1		0.009		
20:3 n-3 g	0.000		1	A	1		0.000		
20:3 n-6 g	0.010		1	A	1		0.009		
20:4 undifferentiated g	0.025		0	AS	1		0.021		
20:4 n-6 g	0.025		1	A	1		0.021		
20:5 n-3 (EPA) g	0.012		1	A	1		0.010		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.022		1	A	1		0.019		
22:6 n-3 (DHA) g	0.004		1	A	1		0.003		
Fatty acids, total trans g	0.070		0	NC	4		0.060		
Fatty acids, total trans-monoenoic g	0.070		0	NC	4		0.060		
Fatty acids, total trans-polyenoic g	0.000		0	NC	4		0.000		
Cholesterol mg	199		1	A	1		169		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.199		0	A	1		0.169		
Threonine g	0.688		0	A	1		0.585		
Isoleucine g	0.790		0	A	1		0.671		
Leucine g	1.433		0	A	1		1.218		
Lysine g	1.504		0	A	1		1.278		
Methionine g	0.625		0	A	1		0.531		
Cystine g									
Phenylalanine g	0.739		0	A	1		0.628		

NDB No. 23444

Beef, New Zealand, imported, variety meats and by-products, tripe cooked, boiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tyrosine....g	0.639		0	A	1		0.543		
Valine....g	0.839		0	A	1		0.713		
Arginine....g	1.250		0	A	1		1.062		
Histidine....g	0.684		0	A	1		0.582		
Alanine....g	0.989		0	A	1		0.840		
Aspartic acid....g									
Glutamic acid....g	2.649		0	A	1		2.252		
Glycine....g	1.035		0	A	1		0.880		
Proline....g	0.610		0	A	1		0.518		
Serine....g	0.668		0	A	1		0.568		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23445

Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw

Refuse: 10% Separable fat 10%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	82.19		1	A	1		92.87		
Energy kcal	77		0	NC	4		87		
Energy kJ	323		0	NC	4		365		
Protein (N x 6.25) g	14.86		1	A	1		16.79		
Total lipid (fat) g	1.98		1	A	1		2.24		
Ash g	1.10		1	A	1		1.24		
Carbohydrate, by difference g	0.00		0	NC	4		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	112		1	A	1		127		
Iron, Fe mg	4.44		1	A	1		5.02		
Magnesium, Mg mg	19		1	A	1		22		
Phosphorus, P mg	159		1	A	1		180		
Potassium, K mg	217		1	A	1		245		
Sodium, Na mg	81		1	A	1		91		
Zinc, Zn mg	1.72		1	A	1		1.94		
Copper, Cu mg	0.094		1	A	1		0.106		
Manganese, Mn mg	4.055		1	A	1		4.582		
Selenium, Se µg	3.1		1	A	1		3.6		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.051		1	A	1		0.058		
Riboflavin mg	0.191		1	A	1		0.216		
Niacin mg	7.943		1	A	1		8.976		
Pantothenic acid mg	0.741		1	A	1		0.837		
Vitamin B-6 mg	0.035		1	A	1		0.040		
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	7.12		1	A	1		8.04		
Vitamin A, RAE µg	6		0	AS	1		7		
Vitamin A, IU IU	20		0	AS	1		23		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.45		1	A	1		0.51		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	AS	1		0.2		
Vitamin D IU	8		1	A	1		9		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	1.020		0	NR	4		1.153		
4:0 g	0.000		0	Z	7		0.000		
6:0 g	0.000		0	Z	7		0.000		
8:0 g	0.000		1	A	1		0.000		
10:0 g	0.001		1	A	1		0.001		

NDB No. 23445

Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.001		1	A	1		0.001		
13:0 g									
14:0 g	0.049		1	A	1		0.055		
15:0 g									
16:0 g	0.449		1	A	1		0.507		
17:0 g	0.055		1	A	1		0.063		
18:0 g	0.450		1	A	1		0.508		
20:0 g	0.006		1	A	1		0.007		
22:0 g	0.005		1	A	1		0.006		
24:0 g	0.004		1	A	1		0.004		
Fatty acids, total monounsaturated g	0.770		0	NR	4		0.870		
14:1 g	0.007		1	A	1		0.008		
15:1 g	0.002		1	A	1		0.002		
16:1 undifferentiated g	0.055		0	AS	1		0.062		
16:1 c g	0.039		1	A	1		0.044		
16:1 t g	0.016		1	A	1		0.018		
17:1 g	0.000		1	A	1		0.000		
18:1 undifferentiated g	0.703		0	AS	1		0.794		
18:1 c g	0.617		1	A	1		0.698		
18:1 t g	0.085		1	A	1		0.096		
18:1-11 t (18:1t n-7) g									
20:1 g	0.004		1	A	1		0.004		
22:1 undifferentiated g	0.000		0	AS	1		0.000		
22:1 c g	0.000		1	A	1		0.000		
22:1 t g									
24:1 c g	0.002		1	A	1		0.002		
Fatty acids, total polyunsaturated g	0.170		0	NR	4		0.192		
18:2 undifferentiated g	0.067		0	AS	1		0.076		
18:2 n-6 c,c g	0.057		1	A	1		0.064		
18:2 CLAs g	0.011		1	A	1		0.012		
18:2 t,t g	0.000		1	A	1		0.000		
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.022		0	AS	1		0.025		
18:3 n-3 c,c,c (ALA) g	0.021		1	A	1		0.024		
18:3 n-6 c,c,c g	0.001		1	A	1		0.001		
18:3i g									
18:4 g	0.000		0	Z	7		0.000		
20:2 n-6 c,c g	0.002		1	A	1		0.002		
20:3 undifferentiated g	0.011		0	AS	1		0.013		
20:3 n-3 g	0.002		1	A	1		0.003		
20:3 n-6 g	0.009		1	A	1		0.010		
20:4 undifferentiated g	0.027		0	AS	1		0.031		
20:4 n-6 g	0.027		1	A	1		0.031		
20:5 n-3 (EPA) g	0.012		1	A	1		0.013		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.023		1	A	1		0.026		
22:6 n-3 (DHA) g	0.003		1	A	1		0.003		
Fatty acids, total trans g	0.101		0	NR	4		0.114		
Fatty acids, total trans-monoenoic g	0.101		0	NR	4		0.114		
Fatty acids, total trans-polyenoic g	0.000		0	NC	4		0.000		
Cholesterol mg	117		1	A	1		133		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.156		0	A	1		0.176		
Threonine g	0.538		0	A	1		0.608		
Isoleucine g	0.618		0	A	1		0.698		
Leucine g	1.121		0	A	1		1.267		
Lysine g	1.176		0	A	1		1.329		
Methionine g	0.489		0	A	1		0.552		
Cystine g									
Phenylalanine g	0.578		0	A	1		0.653		

NDB No. 23445

Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tyrosine....g	0.500		0	A	1		0.565		
Valine....g	0.656		0	A	1		0.741		
Arginine....g	0.977		0	A	1		1.104		
Histidine....g	0.535		0	A	1		0.605		
Alanine....g	0.773		0	A	1		0.874		
Aspartic acid....g									
Glutamic acid....g	2.072		0	A	1		2.342		
Glycine....g	0.809		0	A	1		0.915		
Proline....g	0.477		0	A	1		0.539		
Serine....g	0.522		0	A	1		0.590		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 113g: 4 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13953

Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted

Refuse: 2% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	62.63	0.567	20	PAK	1		356.38		
Energy kcal	211		0	NC	4		1201		
Energy kJ	883		0	NC	4		5024		
Protein (N x 6.25) g	26.05	0.343	20	PAK	1		148.22		
Total lipid (fat) g	11.07	0.731	20	PAK	1		62.99		
Ash g	1.05	0.025	20	PAK	1		5.96		
Carbohydrate, by difference g	0.00		0	Z	7		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	19		0	BFFN	4		108		
Iron, Fe mg	1.66		0	BFFN	4		9.45		
Magnesium, Mg mg	22		0	BFFN	4		123		
Phosphorus, P mg	201		0	BFFN	4		1141		
Potassium, K mg	323		0	BFFN	4		1836		
Sodium, Na mg	53		0	BFFN	4		303		
Zinc, Zn mg	4.67		0	BFFN	4		26.57		
Copper, Cu mg	0.078		0	BFFN	4		0.442		
Manganese, Mn mg	0.009		0	BFFN	4		0.051		
Selenium, Se µg	28.0		0	BFFN	4		159.2		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.070		0	BFPN	4		0.401		
Riboflavin mg	0.126		0	BFPN	4		0.714		
Niacin mg	6.933		0	BFPN	4		39.449		
Pantothenic acid mg	0.514		0	BFPN	4		2.922		
Vitamin B-6 mg	0.545		0	BFPN	4		3.102		
Folate, total µg	8		0	BFPN	4		46		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	8		0	BFPN	4		46		
Folate, DFE µg	8		0	NC	4		46		
Choline, total mg	99.2		0	BFPN	4		564.5		
Betaine mg	13.0		0	BFPN	4		74.2		
Vitamin B-12 µg	1.53		0	BFPN	4		8.72		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	0		0	AS	1		0		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	0		0	AS	1		0		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.40		0	BFSN	4		2.27		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg	0.00		0	Z	7		0.00		
Tocopherol, gamma mg	0.00		0	Z	7		0.00		
Tocopherol, delta mg	0.00		0	Z	7		0.00		
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.4		0	BFSN	4		8.1		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13953

Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g									
4:0....g	0.000		0	BFFN	4		0.000		
6:0....g	0.000		0	BFFN	4		0.000		
8:0....g	0.000		0	BFFN	4		0.000		
10:0....g	0.005		0	BFFN	4		0.030		
12:0....g	0.015		0	BFFN	4		0.085		
13:0....g									
14:0....g	0.247		0	BFFN	4		1.405		
15:0....g									
16:0....g	2.586		0	BFFN	4		14.714		
17:0....g									
18:0....g	1.218		0	BFFN	4		6.928		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g									
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.353		0	BFFN	4		2.007		
17:1....g									
18:1 undifferentiated....g	5.125		0	BFFN	4		29.160		
20:1....g	0.003		0	BFFN	4		0.019		
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g									
18:2 undifferentiated....g	0.272		0	BFFN	4		1.550		
18:3 undifferentiated....g	0.051		0	BFFN	4		0.288		
18:4....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.040		0	BFFN	4		0.228		
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	83		0	BFSN	4		471		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.171		0	PAK	1		0.974		
Threonine....g	1.041		0	PAK	1		5.921		
Isoleucine....g	1.185		0	PAK	1		6.743		
Leucine....g	2.072		0	PAK	1		11.790		
Lysine....g	2.201		0	PAK	1		12.526		
Methionine....g	0.678		0	PAK	1		3.860		
Cystine....g	0.336		0	PAK	1		1.913		
Phenylalanine....g	1.029		0	PAK	1		5.854		
Tyrosine....g	0.830		0	PAK	1		4.723		
Valine....g	1.292		0	PAK	1		7.353		
Arginine....g	1.684		0	PAK	1		9.584		
Histidine....g	0.831		0	PAK	1		4.730		
Alanine....g	1.584		0	PAK	1		9.011		
Aspartic acid....g	2.373		0	PAK	1		13.501		
Glutamic acid....g	3.911		0	PAK	1		22.251		
Glycine....g	1.586		0	PAK	1		9.025		
Proline....g	1.242		0	PAK	1		7.066		
Serine....g	1.026		0	PAK	1		5.839		
Hydroxyproline....g	0.274		0	BFPN	4		1.557		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 13953

Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 569g: 1 roast (yield from 690g raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate**3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13954

Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw

Refuse: 1% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	70.08	0.861	19	PAK	1		59.57	182.92	
Energy kcal	165		0	NC	4		140	431	
Energy kJ	692		0	NC	4		588	1805	
Protein (N x 6.25) g	20.64	0.195	19	PAK	1		17.55	53.88	
Total lipid (fat) g	8.55	0.797	19	PAK	1		7.27	22.32	
Ash g	1.03	0.025	19	PAK	1		0.88	2.69	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	25		0	BFFN	4		21	64	
Iron, Fe mg	1.49		0	BFFN	4		1.27	3.90	
Magnesium, Mg mg	21		0	BFFN	4		18	55	
Phosphorus, P mg	189		0	BFFN	4		160	493	
Potassium, K mg	317		0	BFFN	4		270	828	
Sodium, Na mg	52		0	BFFN	4		44	137	
Zinc, Zn mg	3.58		0	BFFN	4		3.04	9.35	
Copper, Cu mg	0.070		0	BFFN	4		0.059	0.182	
Manganese, Mn mg	0.011		0	BFFN	4		0.010	0.029	
Selenium, Se µg	23.1		0	BFFN	4		19.7	60.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.064		0	BFPN	4		0.054	0.167	
Riboflavin mg	0.100		0	BFPN	4		0.085	0.260	
Niacin mg	6.087		0	BFPN	4		5.174	15.888	
Pantothenic acid mg	0.594		0	BFPN	4		0.505	1.549	
Vitamin B-6 mg	0.563		0	BFPN	4		0.479	1.469	
Folate, total µg	11		0	BFPN	4		9	29	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	11		0	BFPN	4		9	29	
Folate, DFE µg	11		0	NC	4		9	29	
Choline, total mg	86.2		0	BFPN	4		73.3	225.0	
Betaine mg	12.7		0	BFPN	4		10.8	33.1	
Vitamin B-12 µg	1.06		0	BFPN	4		0.90	2.78	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.32		0	BFSN	4		0.27	0.83	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.3		0	BFSN	4		1.1	3.3	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13954

Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.140		0	NC	4		2.669	8.195	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.007		0	BFFN	4		0.006	0.017	
12:0....g	0.005		0	BFFN	4		0.004	0.012	
13:0....g									
14:0....g	0.206		0	BFFN	4		0.175	0.538	
15:0....g									
16:0....g	1.969		0	BFFN	4		1.673	5.138	
17:0....g									
18:0....g	0.954		0	BFFN	4		0.811	2.490	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.246		0	NC	4		3.609	11.082	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.325		0	BFFN	4		0.277	0.849	
17:1....g									
18:1 undifferentiated....g	3.918		0	BFFN	4		3.330	10.227	
20:1....g	0.002		0	BFFN	4		0.002	0.006	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.394		0	NC	4		0.334	1.027	
18:2 undifferentiated....g	0.303		0	BFFN	4		0.257	0.791	
18:3 undifferentiated....g	0.052		0	BFFN	4		0.044	0.136	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.039		0	BFFN	4		0.033	0.101	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	66		0	BFSN	4		56	173	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.136		0	PAK	1		0.115	0.354	
Threonine....g	0.825		0	PAK	1		0.701	2.152	
Isoleucine....g	0.939		0	PAK	1		0.798	2.451	
Leucine....g	1.642		0	PAK	1		1.396	4.286	
Lysine....g	1.745		0	PAK	1		1.483	4.553	
Methionine....g	0.538		0	PAK	1		0.457	1.403	
Cystine....g	0.266		0	PAK	1		0.226	0.695	
Phenylalanine....g	0.815		0	PAK	1		0.693	2.128	
Tyrosine....g	0.658		0	PAK	1		0.559	1.717	
Valine....g	1.024		0	PAK	1		0.871	2.673	
Arginine....g	1.335		0	PAK	1		1.135	3.484	
Histidine....g	0.659		0	PAK	1		0.560	1.719	
Alanine....g	1.255		0	PAK	1		1.067	3.276	
Aspartic acid....g	1.880		0	PAK	1		1.598	4.908	
Glutamic acid....g	3.099		0	PAK	1		2.634	8.088	
Glycine....g	1.257		0	PAK	1		1.068	3.281	
Proline....g	0.984		0	PAK	1		0.837	2.569	
Serine....g	0.813		0	PAK	1		0.691	2.122	
Hydroxyproline....g	0.217		0	BFPN	4		0.184	0.566	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13954

Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 261g: 1 roast

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13955

Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted

URMIS #2244

Refuse: 2% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	61.82	0.899	10	PAK	1		52.55	365.36	
Energy kcal	221		0	NC	4		188	1307	
Energy kJ	925		0	NC	4		786	5467	
Protein (N x 6.25) g	25.66	0.516	10	PAK	1		21.81	151.65	
Total lipid (fat) g	12.36	1.158	10	PAK	1		10.51	73.06	
Ash g	1.03	0.027	10	PAK	1		0.88	6.11	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	17		0	BFFN	4		14	98	
Iron, Fe mg	1.70		0	BFFN	4		1.44	10.04	
Magnesium, Mg mg	20		0	BFFN	4		17	121	
Phosphorus, P mg	189		0	BFFN	4		161	1118	
Potassium, K mg	308		0	BFFN	4		261	1818	
Sodium, Na mg	50		0	BFFN	4		43	298	
Zinc, Zn mg	4.52		0	BFFN	4		3.84	26.72	
Copper, Cu mg	0.083		0	BFFN	4		0.070	0.488	
Manganese, Mn mg	0.009		0	BFFN	4		0.008	0.053	
Selenium, Se µg	27.3		0	BFFN	4		23.2	161.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.064		0	BFPN	4		0.054	0.378	
Riboflavin mg	0.113		0	BFPN	4		0.096	0.666	
Niacin mg	6.959		0	BFPN	4		5.915	41.129	
Pantothenic acid mg	0.505		0	BFPN	4		0.429	2.986	
Vitamin B-6 mg	0.511		0	BFPN	4		0.435	3.022	
Folate, total µg	8		0	BFPN	4		7	47	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	8		0	BFPN	4		7	47	
Folate, DFE µg	8		0	NC	4		7	47	
Choline, total mg	97.7		0	BFPN	4		83.1	577.6	
Betaine mg	12.8		0	BFPN	4		10.9	75.9	
Vitamin B-12 µg	1.69		0	BFPN	4		1.44	10.01	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.41		0	BFSN	4		0.35	2.40	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.4		0	BFSN	4		1.2	8.6	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13955

Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.546		0	NC	4		3.864	26.866	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.006		0	BFFN	4		0.005	0.035	
12:0....g	0.017		0	BFFN	4		0.014	0.099	
13:0....g									
14:0....g	0.276		0	BFFN	4		0.234	1.630	
15:0....g									
16:0....g	2.888		0	BFFN	4		2.455	17.067	
17:0....g									
18:0....g	1.360		0	BFFN	4		1.156	8.035	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.121		0	NC	4		5.202	36.172	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.394		0	BFFN	4		0.335	2.328	
17:1....g									
18:1 undifferentiated....g	5.723		0	BFFN	4		4.864	33.822	
20:1....g	0.004		0	BFFN	4		0.003	0.022	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.406		0	NC	4		0.345	2.397	
18:2 undifferentiated....g	0.304		0	BFFN	4		0.259	1.798	
18:3 undifferentiated....g	0.057		0	BFFN	4		0.048	0.335	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.045		0	BFFN	4		0.038	0.264	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	85		0	BFSN	4		72	500	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.169		0	PAK	1		0.143	0.997	
Threonine....g	1.025		0	PAK	1		0.871	6.058	
Isoleucine....g	1.167		0	PAK	1		0.992	6.899	
Leucine....g	2.041		0	PAK	1		1.735	12.064	
Lysine....g	2.169		0	PAK	1		1.843	12.816	
Methionine....g	0.668		0	PAK	1		0.568	3.949	
Cystine....g	0.331		0	PAK	1		0.281	1.957	
Phenylalanine....g	1.014		0	PAK	1		0.862	5.990	
Tyrosine....g	0.818		0	PAK	1		0.695	4.832	
Valine....g	1.273		0	PAK	1		1.082	7.523	
Arginine....g	1.659		0	PAK	1		1.410	9.806	
Histidine....g	0.819		0	PAK	1		0.696	4.840	
Alanine....g	1.560		0	PAK	1		1.326	9.220	
Aspartic acid....g	2.337		0	PAK	1		1.987	13.814	
Glutamic acid....g	3.852		0	PAK	1		3.274	22.766	
Glycine....g	1.562		0	PAK	1		1.328	9.234	
Proline....g	1.223		0	PAK	1		1.040	7.230	
Serine....g	1.011		0	PAK	1		0.859	5.974	
Hydroxyproline....g	0.270		0	BFPN	4		0.229	1.593	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13955

Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 591g: 1 roast (yield from 714 g raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13956

Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw

URMIS #2244

Refuse: 2% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	69.37	1.314	9	PAK	1		58.96	187.98	
Energy kcal	174		0	NC	4		148	471	
Energy kJ	728		0	NC	4		619	1972	
Protein (N x 6.25) g	20.64	0.361	9	PAK	1		17.55	55.95	
Total lipid (fat) g	9.51	1.324	9	PAK	1		8.09	25.78	
Ash g	1.00	0.037	9	PAK	1		0.85	2.70	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	25		0	BFFN	4		22	69	
Iron, Fe mg	1.47		0	BFFN	4		1.25	3.99	
Magnesium, Mg mg	21		0	BFFN	4		18	56	
Phosphorus, P mg	183		0	BFFN	4		156	497	
Potassium, K mg	313		0	BFFN	4		266	849	
Sodium, Na mg	51		0	BFFN	4		44	139	
Zinc, Zn mg	3.61		0	BFFN	4		3.07	9.79	
Copper, Cu mg	0.067		0	BFFN	4		0.057	0.182	
Manganese, Mn mg	0.013		0	BFFN	4		0.011	0.034	
Selenium, Se µg	22.1		0	BFFN	4		18.8	59.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.055		0	BFPN	4		0.046	0.148	
Riboflavin mg	0.087		0	BFPN	4		0.074	0.237	
Niacin mg	6.658		0	BFPN	4		5.659	18.042	
Pantothenic acid mg	0.603		0	BFPN	4		0.512	1.633	
Vitamin B-6 mg	0.556		0	BFPN	4		0.473	1.506	
Folate, total µg	11		0	BFPN	4		10	31	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	11		0	BFPN	4		10	31	
Folate, DFE µg	11		0	NC	4		10	31	
Choline, total mg	86.2		0	BFPN	4		73.3	233.7	
Betaine mg	12.7		0	BFPN	4		10.8	34.4	
Vitamin B-12 µg	1.15		0	BFPN	4		0.98	3.11	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.33		0	BFSN	4		0.28	0.88	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.3		0	BFSN	4		1.1	3.5	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13956

Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.493		0	NC	4		2.969	9.467	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.007		0	BFFN	4		0.006	0.020	
12:0....g	0.005		0	BFFN	4		0.004	0.014	
13:0....g									
14:0....g	0.230		0	BFFN	4		0.195	0.622	
15:0....g									
16:0....g	2.190		0	BFFN	4		1.862	5.935	
17:0....g									
18:0....g	1.061		0	BFFN	4		0.902	2.876	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.724		0	NC	4		4.015	12.802	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.362		0	BFFN	4		0.308	0.981	
17:1....g									
18:1 undifferentiated....g	4.359		0	BFFN	4		3.705	11.813	
20:1....g	0.003		0	BFFN	4		0.002	0.007	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.438		0	NC	4		0.372	1.187	
18:2 undifferentiated....g	0.337		0	BFFN	4		0.286	0.913	
18:3 undifferentiated....g	0.058		0	BFFN	4		0.049	0.157	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.043		0	BFFN	4		0.037	0.117	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	68		0	BFSN	4		58	184	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.136		0	PAK	1		0.115	0.368	
Threonine....g	0.825		0	PAK	1		0.701	2.235	
Isoleucine....g	0.939		0	PAK	1		0.798	2.545	
Leucine....g	1.642		0	PAK	1		1.396	4.450	
Lysine....g	1.745		0	PAK	1		1.483	4.728	
Methionine....g	0.538		0	PAK	1		0.457	1.457	
Cystine....g	0.266		0	PAK	1		0.226	0.722	
Phenylalanine....g	0.815		0	PAK	1		0.693	2.210	
Tyrosine....g	0.658		0	PAK	1		0.559	1.783	
Valine....g	1.024		0	PAK	1		0.871	2.775	
Arginine....g	1.335		0	PAK	1		1.135	3.618	
Histidine....g	0.659		0	PAK	1		0.560	1.785	
Alanine....g	1.255		0	PAK	1		1.067	3.401	
Aspartic acid....g	1.880		0	PAK	1		1.598	5.096	
Glutamic acid....g	3.099		0	PAK	1		2.634	8.399	
Glycine....g	1.257		0	PAK	1		1.068	3.407	
Proline....g	0.984		0	PAK	1		0.837	2.667	
Serine....g	0.813		0	PAK	1		0.691	2.204	
Hydroxyproline....g	0.217		0	BFPN	4		0.184	0.588	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13956

Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 271g: 1 roast

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13957

Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted

URMIS #1429

Refuse: 1% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	63.45	0.634	10	PAK	1		53.93	347.05	
Energy kcal	201		0	NC	4		171	1100	
Energy kJ	841		0	NC	4		715	4602	
Protein (N x 6.25) g	26.44	0.443	10	PAK	1		22.47	144.61	
Total lipid (fat) g	9.78	0.736	10	PAK	1		8.31	53.48	
Ash g	1.06	0.043	10	PAK	1		0.90	5.81	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	21		0	BFFN	4		18	117	
Iron, Fe mg	1.62		0	BFFN	4		1.38	8.86	
Magnesium, Mg mg	23		0	BFFN	4		19	124	
Phosphorus, P mg	212		0	BFFN	4		180	1160	
Potassium, K mg	338		0	BFFN	4		287	1848	
Sodium, Na mg	56		0	BFFN	4		48	307	
Zinc, Zn mg	4.82		0	BFFN	4		4.10	26.35	
Copper, Cu mg	0.073		0	BFFN	4		0.062	0.397	
Manganese, Mn mg	0.009		0	BFFN	4		0.008	0.050	
Selenium, Se µg	28.7		0	BFFN	4		24.4	156.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.077		0	BFPN	4		0.065	0.421	
Riboflavin mg	0.138		0	BFPN	4		0.118	0.757	
Niacin mg	6.906		0	BFPN	4		5.870	37.774	
Pantothenic acid mg	0.522		0	BFPN	4		0.443	2.854	
Vitamin B-6 mg	0.579		0	BFPN	4		0.492	3.168	
Folate, total µg	8		0	BFPN	4		7	45	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	8		0	BFPN	4		7	45	
Folate, DFE µg	8		0	NC	4		7	45	
Choline, total mg	100.7		0	BFPN	4		85.6	550.8	
Betaine mg	13.2		0	BFPN	4		11.2	72.4	
Vitamin B-12 µg	1.37		0	BFPN	4		1.16	7.49	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.39		0	BFSN	4		0.33	2.13	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.4		0	BFSN	4		1.2	7.6	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13957

Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.595		0	NC	4		3.056	19.666	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.005		0	BFFN	4		0.004	0.026	
12:0....g	0.013		0	BFFN	4		0.011	0.072	
13:0....g									
14:0....g	0.218		0	BFFN	4		0.185	1.193	
15:0....g									
16:0....g	2.284		0	BFFN	4		1.941	12.493	
17:0....g									
18:0....g	1.075		0	BFFN	4		0.914	5.882	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.841		0	NC	4		4.115	26.480	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.312		0	BFFN	4		0.265	1.704	
17:1....g									
18:1 undifferentiated....g	4.527		0	BFFN	4		3.848	24.760	
20:1....g	0.003		0	BFFN	4		0.002	0.016	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.321		0	NC	4		0.273	1.754	
18:2 undifferentiated....g	0.241		0	BFFN	4		0.205	1.316	
18:3 undifferentiated....g	0.045		0	BFFN	4		0.038	0.245	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.035		0	BFFN	4		0.030	0.193	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	81		0	BFSN	4		69	443	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.174		0	PAK	1		0.148	0.950	
Threonine....g	1.056		0	PAK	1		0.898	5.777	
Isoleucine....g	1.203		0	PAK	1		1.022	6.579	
Leucine....g	2.103		0	PAK	1		1.788	11.504	
Lysine....g	2.234		0	PAK	1		1.899	12.222	
Methionine....g	0.688		0	PAK	1		0.585	3.766	
Cystine....g	0.341		0	PAK	1		0.290	1.866	
Phenylalanine....g	1.044		0	PAK	1		0.888	5.712	
Tyrosine....g	0.842		0	PAK	1		0.716	4.608	
Valine....g	1.312		0	PAK	1		1.115	7.174	
Arginine....g	1.710		0	PAK	1		1.453	9.351	
Histidine....g	0.844		0	PAK	1		0.717	4.615	
Alanine....g	1.607		0	PAK	1		1.366	8.792	
Aspartic acid....g	2.408		0	PAK	1		2.047	13.172	
Glutamic acid....g	3.969		0	PAK	1		3.374	21.710	
Glycine....g	1.610		0	PAK	1		1.368	8.806	
Proline....g	1.260		0	PAK	1		1.071	6.894	
Serine....g	1.041		0	PAK	1		0.885	5.697	
Hydroxyproline....g	0.278		0	BFPN	4		0.236	1.519	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13957

Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 547g: 1 roast (yield from 666 g raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13958

Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw

URMIS #1429

Refuse: 1% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	70.73	1.158	10	PAK	1		60.12	178.24	
Energy kcal	157		0	NC	4		134	397	
Energy kJ	659		0	NC	4		560	1660	
Protein (N x 6.25) g	20.64	0.200	10	PAK	1		17.55	52.02	
Total lipid (fat) g	7.68	0.914	10	PAK	1		6.53	19.37	
Ash g	1.06	0.033	10	PAK	1		0.90	2.67	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	24		0	BFFN	4		20	60	
Iron, Fe mg	1.51		0	BFFN	4		1.29	3.81	
Magnesium, Mg mg	21		0	BFFN	4		18	54	
Phosphorus, P mg	194		0	BFFN	4		165	489	
Potassium, K mg	321		0	BFFN	4		273	809	
Sodium, Na mg	53		0	BFFN	4		45	134	
Zinc, Zn mg	3.54		0	BFFN	4		3.01	8.93	
Copper, Cu mg	0.073		0	BFFN	4		0.062	0.183	
Manganese, Mn mg	0.010		0	BFFN	4		0.008	0.024	
Selenium, Se µg	24.1		0	BFFN	4		20.5	60.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.074		0	BFPN	4		0.063	0.186	
Riboflavin mg	0.112		0	BFPN	4		0.095	0.282	
Niacin mg	5.516		0	BFPN	4		4.688	13.900	
Pantothenic acid mg	0.585		0	BFPN	4		0.497	1.473	
Vitamin B-6 mg	0.570		0	BFPN	4		0.485	1.437	
Folate, total µg	11		0	BFPN	4		9	28	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	11		0	BFPN	4		9	28	
Folate, DFE µg	11		0	NC	4		9	28	
Choline, total mg	86.2		0	BFPN	4		73.3	217.3	
Betaine mg	12.7		0	BFPN	4		10.8	31.9	
Vitamin B-12 µg	0.98		0	BFPN	4		0.83	2.47	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.31		0	BFSN	4		0.27	0.79	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.2		0	BFSN	4		1.1	3.1	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13958

Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.822		0	NC	4		2.399	7.111	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.006		0	BFFN	4		0.005	0.015	
12:0....g	0.004		0	BFFN	4		0.003	0.010	
13:0....g									
14:0....g	0.185		0	BFFN	4		0.158	0.467	
15:0....g									
16:0....g	1.769		0	BFFN	4		1.504	4.458	
17:0....g									
18:0....g	0.857		0	BFFN	4		0.729	2.161	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.816		0	NC	4		3.244	9.616	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.293		0	BFFN	4		0.249	0.737	
17:1....g									
18:1 undifferentiated....g	3.521		0	BFFN	4		2.993	8.874	
20:1....g	0.002		0	BFFN	4		0.002	0.005	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.354		0	NC	4		0.301	0.891	
18:2 undifferentiated....g	0.272		0	BFFN	4		0.231	0.686	
18:3 undifferentiated....g	0.047		0	BFFN	4		0.040	0.118	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.035		0	BFFN	4		0.029	0.087	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	65		0	BFSN	4		55	164	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.136		0	PAK	1		0.115	0.342	
Threonine....g	0.825		0	PAK	1		0.701	2.078	
Isoleucine....g	0.939		0	PAK	1		0.798	2.367	
Leucine....g	1.642		0	PAK	1		1.396	4.138	
Lysine....g	1.744		0	PAK	1		1.483	4.396	
Methionine....g	0.538		0	PAK	1		0.457	1.355	
Cystine....g	0.266		0	PAK	1		0.226	0.671	
Phenylalanine....g	0.815		0	PAK	1		0.693	2.055	
Tyrosine....g	0.658		0	PAK	1		0.559	1.658	
Valine....g	1.024		0	PAK	1		0.870	2.581	
Arginine....g	1.335		0	PAK	1		1.135	3.364	
Histidine....g	0.659		0	PAK	1		0.560	1.660	
Alanine....g	1.255		0	PAK	1		1.067	3.162	
Aspartic acid....g	1.880		0	PAK	1		1.598	4.738	
Glutamic acid....g	3.099		0	PAK	1		2.634	7.809	
Glycine....g	1.257		0	PAK	1		1.068	3.167	
Proline....g	0.984		0	PAK	1		0.836	2.480	
Serine....g	0.813		0	PAK	1		0.691	2.049	
Hydroxyproline....g	0.217		0	BFPN	4		0.184	0.546	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13958

Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 252g: 1 roast

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23646

Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, raw

Refuse: 6% Bone and connective tissue 1%, sep fat 5%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	72.41	0.639	20	A	1		61.54	188.98	
Energy kcal	142		0	NC	4		120	369	
Energy kJ	592		0	NC	4		503	1546	
Protein (N x 6.25) g	21.26	0.214	20	A	1		18.07	55.49	
Total lipid (fat) g	5.63	0.544	20	A	1		4.79	14.70	
Ash g	1.06	0.024	20	A	1		0.90	2.78	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	23		0	BFNN	4		20	61	
Iron, Fe mg	1.54		0	BFNN	4		1.31	4.01	
Magnesium, Mg mg	22		0	BFNN	4		19	58	
Phosphorus, P mg	198		0	BFNN	4		168	517	
Potassium, K mg	333		0	BFNN	4		283	869	
Sodium, Na mg	54		0	BFNN	4		45	140	
Zinc, Zn mg	3.85		0	BFNN	4		3.27	10.05	
Copper, Cu mg	0.072		0	BFNN	4		0.061	0.187	
Manganese, Mn mg	0.012		0	BFNN	4		0.010	0.032	
Selenium, Se µg	25.9		0	BFNN	4		22.0	67.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.065		0	BFPN	4		0.056	0.170	
Riboflavin mg	0.107		0	BFPN	4		0.091	0.279	
Niacin mg	6.585		0	BFPN	4		5.598	17.188	
Pantothenic acid mg	0.629		0	BFPN	4		0.534	1.641	
Vitamin B-6 mg	0.595		0	BFPN	4		0.506	1.554	
Folate, total µg	13		0	BFPN	4		11	33	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	13		0	BFPN	4		11	33	
Folate, DFE µg	13		0	NC	4		11	33	
Choline, total mg	88.8		0	BFPN	4		75.5	231.8	
Betaine mg	13.1		0	BFPN	4		11.1	34.1	
Vitamin B-12 µg	1.04		0	BFPN	4		0.89	2.73	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.29		0	BFSN	4		0.25	0.77	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.2		0	BFSN	4		1.0	3.1	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23646

Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.729		0	NC	4		1.470	4.513	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.000		0	BFFN	4		0.000	0.000	
13:0....g									
14:0....g	0.107		0	BFFN	4		0.091	0.279	
15:0....g									
16:0....g	1.095		0	BFFN	4		0.931	2.858	
17:0....g									
18:0....g	0.527		0	BFFN	4		0.448	1.377	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.470		0	NC	4		2.100	6.447	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.167		0	BFFN	4		0.142	0.436	
17:1....g									
18:1 undifferentiated....g	2.303		0	BFFN	4		1.958	6.012	
20:1....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.234		0	NC	4		0.199	0.610	
18:2 undifferentiated....g	0.187		0	BFFN	4		0.159	0.488	
18:3 undifferentiated....g	0.020		0	BFFN	4		0.017	0.052	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.027		0	BFFN	4		0.023	0.070	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	61		0	BFSN	4		52	160	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.140		0	A	1		0.119	0.365	
Threonine....g	0.849		0	A	1		0.722	2.217	
Isoleucine....g	0.967		0	A	1		0.822	2.524	
Leucine....g	1.691		0	A	1		1.437	4.414	
Lysine....g	1.797		0	A	1		1.527	4.689	
Methionine....g	0.554		0	A	1		0.471	1.445	
Cystine....g	0.274		0	A	1		0.233	0.716	
Phenylalanine....g	0.840		0	A	1		0.714	2.192	
Tyrosine....g	0.677		0	A	1		0.576	1.768	
Valine....g	1.055		0	A	1		0.896	2.753	
Arginine....g	1.375		0	A	1		1.168	3.588	
Histidine....g	0.678		0	A	1		0.577	1.771	
Alanine....g	1.292		0	A	1		1.099	3.373	
Aspartic acid....g	1.936		0	A	1		1.646	5.054	
Glutamic acid....g	3.191		0	A	1		2.713	8.330	
Glycine....g	1.294		0	A	1		1.100	3.379	
Proline....g	1.013		0	A	1		0.861	2.645	
Serine....g	0.837		0	A	1		0.712	2.186	
Hydroxyproline....g	0.223		0	BFPN	4		0.190	0.583	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 23646

Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 261g: 1 roast

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23647

Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted

URMIS #2244

Refuse: 6% Bone and connective tissue 2%, sep fat 4%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	63.79	0.753	10	A	1		54.22	376.99	
Energy kcal	193		0	NC	4		164	1140	
Energy kJ	807		0	NC	4		686	4771	
Protein (N x 6.25) g	26.34	0.484	10	A	1		22.39	155.65	
Total lipid (fat) g	9.73	0.861	10	A	1		8.27	57.53	
Ash g	1.06	0.029	10	A	1		0.90	6.28	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	15		0	BFNN	4		12	86	
Iron, Fe mg	1.77		0	BFNN	4		1.50	10.45	
Magnesium, Mg mg	22		0	BFNN	4		19	130	
Phosphorus, P mg	202		0	BFNN	4		172	1195	
Potassium, K mg	324		0	BFNN	4		275	1915	
Sodium, Na mg	54		0	BFNN	4		46	318	
Zinc, Zn mg	4.90		0	BFNN	4		4.16	28.93	
Copper, Cu mg	0.082		0	BFNN	4		0.070	0.486	
Manganese, Mn mg	0.010		0	BFNN	4		0.008	0.057	
Selenium, Se µg	29.9		0	BFNN	4		25.5	177.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.070		0	BFPN	4		0.059	0.413	
Riboflavin mg	0.135		0	BFPN	4		0.115	0.797	
Niacin mg	7.770		0	BFPN	4		6.604	45.920	
Pantothenic acid mg	0.517		0	BFPN	4		0.440	3.057	
Vitamin B-6 mg	0.548		0	BFPN	4		0.466	3.239	
Folate, total µg	9		0	BFPN	4		7	52	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	9		0	BFPN	4		7	52	
Folate, DFE µg	9		0	NC	4		7	52	
Choline, total mg	100.3		0	BFPN	4		85.3	592.8	
Betaine mg	13.2		0	BFPN	4		11.2	77.9	
Vitamin B-12 µg	1.64		0	BFPN	4		1.40	9.71	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.39		0	BFSN	4		0.33	2.28	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.4		0	BFSN	4		1.2	8.1	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23647

Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.527		0	NC	4		2.998	20.842	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.010		0	BFFN	4		0.009	0.059	
13:0....g									
14:0....g	0.202		0	BFFN	4		0.171	1.191	
15:0....g									
16:0....g	2.247		0	BFFN	4		1.910	13.280	
17:0....g									
18:0....g	1.068		0	BFFN	4		0.908	6.312	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.907		0	NC	4		4.171	29.002	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.292		0	BFFN	4		0.248	1.727	
17:1....g									
18:1 undifferentiated....g	4.615		0	BFFN	4		3.923	27.275	
20:1....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.312		0	NC	4		0.265	1.846	
18:2 undifferentiated....g	0.242		0	BFFN	4		0.206	1.429	
18:3 undifferentiated....g	0.030		0	BFFN	4		0.026	0.178	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.040		0	BFFN	4		0.034	0.238	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	80		0	BFSN	4		68	474	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.173		0	A	1		0.147	1.023	
Threonine....g	1.052		0	A	1		0.894	6.218	
Isoleucine....g	1.198		0	A	1		1.018	7.081	
Leucine....g	2.095		0	A	1		1.781	12.381	
Lysine....g	2.226		0	A	1		1.892	13.154	
Methionine....g	0.686		0	A	1		0.583	4.053	
Cystine....g	0.340		0	A	1		0.289	2.009	
Phenylalanine....g	1.040		0	A	1		0.884	6.148	
Tyrosine....g	0.839		0	A	1		0.713	4.960	
Valine....g	1.307		0	A	1		1.111	7.722	
Arginine....g	1.703		0	A	1		1.448	10.064	
Histidine....g	0.840		0	A	1		0.714	4.967	
Alanine....g	1.601		0	A	1		1.361	9.462	
Aspartic acid....g	2.399		0	A	1		2.039	14.177	
Glutamic acid....g	3.954		0	A	1		3.361	23.366	
Glycine....g	1.604		0	A	1		1.363	9.477	
Proline....g	1.255		0	A	1		1.067	7.420	
Serine....g	1.037		0	A	1		0.882	6.131	
Hydroxyproline....g	0.277		0	BFPN	4		0.235	1.635	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 23647

Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 591g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23648

Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw

URMIS #2244

Refuse: 6% Bone and connective tissue 2%, sep fat 4%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	71.33	0.907	10	A	1		60.63	193.32	
Energy kcal	154		0	NC	4		131	417	
Energy kJ	645		0	NC	4		548	1747	
Protein (N x 6.25) g	21.17	0.354	10	A	1		18.00	57.38	
Total lipid (fat) g	7.06	0.761	10	A	1		6.00	19.12	
Ash g	1.02	0.030	10	A	1		0.87	2.77	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	27		0	BFNN	4		23	73	
Iron, Fe mg	1.54		0	BFNN	4		1.31	4.18	
Magnesium, Mg mg	22		0	BFNN	4		19	60	
Phosphorus, P mg	193		0	BFNN	4		164	524	
Potassium, K mg	323		0	BFNN	4		275	875	
Sodium, Na mg	54		0	BFNN	4		46	146	
Zinc, Zn mg	3.92		0	BFNN	4		3.33	10.61	
Copper, Cu mg	0.069		0	BFNN	4		0.058	0.186	
Manganese, Mn mg	0.013		0	BFNN	4		0.011	0.036	
Selenium, Se µg	24.1		0	BFNN	4		20.5	65.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.059		0	BFPN	4		0.050	0.159	
Riboflavin mg	0.104		0	BFPN	4		0.088	0.281	
Niacin mg	7.170		0	BFPN	4		6.095	19.431	
Pantothenic acid mg	0.630		0	BFPN	4		0.536	1.708	
Vitamin B-6 mg	0.581		0	BFPN	4		0.494	1.575	
Folate, total µg	13		0	BFPN	4		11	34	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	13		0	BFPN	4		11	34	
Folate, DFE µg	13		0	NC	4		11	34	
Choline, total mg	88.4		0	BFPN	4		75.2	239.7	
Betaine mg	13.0		0	BFPN	4		11.1	35.2	
Vitamin B-12 µg	1.15		0	BFPN	4		0.98	3.11	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.31		0	BFSN	4		0.26	0.83	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.2		0	BFSN	4		1.0	3.3	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23648

Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.132		0	NC	4		1.812	5.777	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.000		0	BFFN	4		0.000	0.000	
13:0....g									
14:0....g	0.132		0	BFFN	4		0.112	0.357	
15:0....g									
16:0....g	1.350		0	BFFN	4		1.147	3.658	
17:0....g									
18:0....g	0.650		0	BFFN	4		0.553	1.762	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.045		0	NC	4		2.589	8.253	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.206		0	BFFN	4		0.175	0.557	
17:1....g									
18:1 undifferentiated....g	2.840		0	BFFN	4		2.414	7.696	
20:1....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.288		0	NC	4		0.245	0.780	
18:2 undifferentiated....g	0.230		0	BFFN	4		0.196	0.624	
18:3 undifferentiated....g	0.025		0	BFFN	4		0.021	0.067	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.033		0	BFFN	4		0.028	0.089	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	64		0	BFSN	4		54	172	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.139		0	A	1		0.118	0.377	
Threonine....g	0.846		0	A	1		0.719	2.292	
Isoleucine....g	0.963		0	A	1		0.819	2.611	
Leucine....g	1.684		0	A	1		1.432	4.565	
Lysine....g	1.789		0	A	1		1.521	4.849	
Methionine....g	0.551		0	A	1		0.469	1.494	
Cystine....g	0.273		0	A	1		0.232	0.740	
Phenylalanine....g	0.836		0	A	1		0.711	2.266	
Tyrosine....g	0.675		0	A	1		0.574	1.828	
Valine....g	1.050		0	A	1		0.893	2.847	
Arginine....g	1.369		0	A	1		1.164	3.710	
Histidine....g	0.676		0	A	1		0.574	1.831	
Alanine....g	1.287		0	A	1		1.094	3.488	
Aspartic acid....g	1.929		0	A	1		1.639	5.227	
Glutamic acid....g	3.179		0	A	1		2.702	8.614	
Glycine....g	1.289		0	A	1		1.096	3.494	
Proline....g	1.009		0	A	1		0.858	2.736	
Serine....g	0.834		0	A	1		0.709	2.260	
Hydroxyproline....g	0.222		0	BFPN	4		0.189	0.603	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 23648

Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 271g: 1 roast

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23649

Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, cooked, roasted

URMIS #1429

Refuse: 6% Bone and connective tissue 1%, sep fat 5%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	65.55	0.582	10	A	1		55.72	358.56	
Energy kcal	179		0	NC	4		152	977	
Energy kJ	748		0	NC	4		635	4089	
Protein (N x 6.25) g	27.17	0.398	10	A	1		23.09	148.60	
Total lipid (fat) g	6.95	0.526	10	A	1		5.90	38.00	
Ash g	1.09	0.043	10	A	1		0.93	5.96	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	20		0	BFNN	4		17	107	
Iron, Fe mg	1.68		0	BFNN	4		1.43	9.19	
Magnesium, Mg mg	24		0	BFNN	4		20	129	
Phosphorus, P mg	222		0	BFNN	4		188	1212	
Potassium, K mg	359		0	BFNN	4		305	1963	
Sodium, Na mg	58		0	BFNN	4		49	316	
Zinc, Zn mg	5.00		0	BFNN	4		4.25	27.33	
Copper, Cu mg	0.074		0	BFNN	4		0.063	0.406	
Manganese, Mn mg	0.010		0	BFNN	4		0.008	0.054	
Selenium, Se µg	34.1		0	BFNN	4		29.0	186.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.078		0	BFPN	4		0.066	0.424	
Riboflavin mg	0.144		0	BFPN	4		0.122	0.787	
Niacin mg	7.939		0	BFPN	4		6.748	43.429	
Pantothenic acid mg	0.535		0	BFPN	4		0.455	2.928	
Vitamin B-6 mg	0.600		0	BFPN	4		0.510	3.283	
Folate, total µg	9		0	BFPN	4		8	50	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	9		0	BFPN	4		8	50	
Folate, DFE µg	9		0	NC	4		8	50	
Choline, total mg	103.5		0	BFPN	4		88.0	566.0	
Betaine mg	13.6		0	BFPN	4		11.6	74.4	
Vitamin B-12 µg	1.30		0	BFPN	4		1.10	7.10	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.37		0	BFSN	4		0.31	2.00	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.3		0	BFSN	4		1.1	7.1	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23649

Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.517		0	NC	4		2.139	13.767	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.007		0	BFFN	4		0.006	0.039	
13:0....g									
14:0....g	0.144		0	BFFN	4		0.122	0.787	
15:0....g									
16:0....g	1.604		0	BFFN	4		1.363	8.772	
17:0....g									
18:0....g	0.762		0	BFFN	4		0.648	4.170	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.502		0	NC	4		2.977	19.157	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.209		0	BFFN	4		0.177	1.140	
17:1....g									
18:1 undifferentiated....g	3.294		0	BFFN	4		2.800	18.017	
20:1....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.223		0	NC	4		0.189	1.218	
18:2 undifferentiated....g	0.173		0	BFFN	4		0.147	0.944	
18:3 undifferentiated....g	0.022		0	BFFN	4		0.018	0.118	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.029		0	BFFN	4		0.024	0.157	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	76		0	BFSN	4		65	418	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.179		0	A	1		0.152	0.977	
Threonine....g	1.085		0	A	1		0.922	5.936	
Isoleucine....g	1.236		0	A	1		1.051	6.761	
Leucine....g	2.161		0	A	1		1.837	11.821	
Lysine....g	2.296		0	A	1		1.952	12.559	
Methionine....g	0.707		0	A	1		0.601	3.870	
Cystine....g	0.351		0	A	1		0.298	1.918	
Phenylalanine....g	1.073		0	A	1		0.912	5.870	
Tyrosine....g	0.866		0	A	1		0.736	4.735	
Valine....g	1.348		0	A	1		1.146	7.372	
Arginine....g	1.757		0	A	1		1.493	9.609	
Histidine....g	0.867		0	A	1		0.737	4.743	
Alanine....g	1.652		0	A	1		1.404	9.034	
Aspartic acid....g	2.475		0	A	1		2.103	13.536	
Glutamic acid....g	4.078		0	A	1		3.467	22.309	
Glycine....g	1.654		0	A	1		1.406	9.049	
Proline....g	1.295		0	A	1		1.101	7.084	
Serine....g	1.070		0	A	1		0.910	5.854	
Hydroxyproline....g	0.285		0	BFPN	4		0.243	1.561	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 23649

Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 547g: 1 roast (yield from 666 g raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23650

Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, raw

URMIS #1429

Refuse: 6% Bone and connective tissue 1%, sep fat 5%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	73.48	0.803	10	A	1		62.45	185.16	
Energy kcal	129		0	NC	4		110	325	
Energy kJ	540		0	NC	4		459	1361	
Protein (N x 6.25) g	21.34	0.258	10	A	1		18.14	53.79	
Total lipid (fat) g	4.21	0.469	10	A	1		3.58	10.60	
Ash g	1.10	0.033	10	A	1		0.94	2.78	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	22		0	BFNN	4		18	54	
Iron, Fe mg	1.55		0	BFNN	4		1.32	3.92	
Magnesium, Mg mg	23		0	BFNN	4		19	57	
Phosphorus, P mg	204		0	BFNN	4		173	513	
Potassium, K mg	344		0	BFNN	4		292	866	
Sodium, Na mg	54		0	BFNN	4		46	136	
Zinc, Zn mg	3.85		0	BFNN	4		3.28	9.71	
Copper, Cu mg	0.074		0	BFNN	4		0.063	0.186	
Manganese, Mn mg	0.011		0	BFNN	4		0.009	0.027	
Selenium, Se µg	29.7		0	BFNN	4		25.2	74.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.072		0	BFPN	4		0.061	0.181	
Riboflavin mg	0.115		0	BFPN	4		0.097	0.289	
Niacin mg	6.201		0	BFPN	4		5.271	15.626	
Pantothenic acid mg	0.627		0	BFPN	4		0.533	1.580	
Vitamin B-6 mg	0.602		0	BFPN	4		0.512	1.517	
Folate, total µg	12		0	BFPN	4		11	31	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	12		0	BFPN	4		11	31	
Folate, DFE µg	12		0	NC	4		11	31	
Choline, total mg	89.2		0	BFPN	4		75.8	224.7	
Betaine mg	13.1		0	BFPN	4		11.1	33.0	
Vitamin B-12 µg	0.90		0	BFPN	4		0.77	2.28	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.28		0	BFSN	4		0.24	0.71	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.1		0	BFSN	4		1.0	2.8	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23650

Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.500		0	NC	4		1.275	3.781	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.000		0	BFFN	4		0.000	0.000	
13:0....g									
14:0....g	0.093		0	BFFN	4		0.079	0.233	
15:0....g									
16:0....g	0.950		0	BFFN	4		0.808	2.394	
17:0....g									
18:0....g	0.458		0	BFFN	4		0.389	1.153	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.144		0	NC	4		1.822	5.402	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.145		0	BFFN	4		0.123	0.365	
17:1....g									
18:1 undifferentiated....g	1.999		0	BFFN	4		1.699	5.037	
20:1....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.203		0	NC	4		0.172	0.511	
18:2 undifferentiated....g	0.162		0	BFFN	4		0.138	0.409	
18:3 undifferentiated....g	0.017		0	BFFN	4		0.015	0.044	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.023		0	BFFN	4		0.020	0.058	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	59		0	BFSN	4		50	148	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.140		0	A	1		0.119	0.353	
Threonine....g	0.853		0	A	1		0.725	2.149	
Isoleucine....g	0.971		0	A	1		0.825	2.447	
Leucine....g	1.698		0	A	1		1.443	4.279	
Lysine....g	1.804		0	A	1		1.533	4.546	
Methionine....g	0.556		0	A	1		0.472	1.401	
Cystine....g	0.275		0	A	1		0.234	0.694	
Phenylalanine....g	0.843		0	A	1		0.717	2.125	
Tyrosine....g	0.680		0	A	1		0.578	1.714	
Valine....g	1.059		0	A	1		0.900	2.668	
Arginine....g	1.380		0	A	1		1.173	3.478	
Histidine....g	0.681		0	A	1		0.579	1.717	
Alanine....g	1.298		0	A	1		1.103	3.270	
Aspartic acid....g	1.944		0	A	1		1.653	4.899	
Glutamic acid....g	3.204		0	A	1		2.724	8.075	
Glycine....g	1.300		0	A	1		1.105	3.275	
Proline....g	1.018		0	A	1		0.865	2.564	
Serine....g	0.841		0	A	1		0.715	2.119	
Hydroxyproline....g	0.224		0	BFPN	4		0.191	0.565	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 23650

Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 252g: 1 roast

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13595

Beef, brisket, flat half, boneless separable lean only, trimmed to 0" fat, all grades, raw

Beef, Brisket, Flat Half, URMIS #1623

Refuse: 10% Connective tissue 1%, seam fat 9%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	72.70	0.432	36	AR	1		61.79	1348.50	
Energy kcal	132		0	NC	4		112	2445	
Energy kJ	552		0	NC	4		469	10231	
Protein (N x 6.25) g	21.47	0.268	36	AR	1		18.25	398.22	
Total lipid (fat) g	5.11	0.574	36	AR	1		4.34	94.72	
Ash g	1.03	0.117	36	AR	1		0.88	19.10	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	13	0.288	6	AR	1		11	239	
Iron, Fe mg	2.06	0.079	6	AR	1		1.75	38.18	
Magnesium, Mg mg	24	0.092	6	AR	1		20	441	
Phosphorus, P mg	222	2.315	6	AR	1		188	4109	
Potassium, K mg	362	6.286	6	AR	1		307	6708	
Sodium, Na mg	83	1.260	6	AR	1		70	1537	
Zinc, Zn mg	5.21	0.109	6	AR	1		4.43	96.64	
Copper, Cu mg	0.070	0.002	6	AR	1		0.060	1.301	
Manganese, Mn mg	0.002	0.001	6	AR	1		0.002	0.041	
Selenium, Se µg	24.6	1.005	6	AR	1		20.9	456.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.075		2	AR	1		0.064	1.391	
Riboflavin mg	0.165	0.005	6	AR	1		0.140	3.061	
Niacin mg	6.353	0.160	6	AR	1		5.400	117.848	
Pantothenic acid mg	0.725		2	AR	1		0.616	13.449	
Vitamin B-6 mg	0.622	0.012	6	AR	1		0.529	11.536	
Folate, total µg	3		0	BFPN	4		3	64	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	3		0	BFPN	4		3	64	
Folate, DFE µg	3		0	NC	4		3	64	
Choline, total mg	63.7		2	AR	1		54.1	1180.7	
Betaine mg	12.5		2	AR	1		10.6	231.9	
Vitamin B-12 µg	1.81	0.037	6	AR	1		1.54	33.63	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		2	35	
Retinol µg	2		0	BFSN	4		2	35	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	6		0	NC	4		5	115	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.14	0.002	6	AR	1		0.12	2.68	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	1.8	
Vitamin D IU	4		0	BFSN	4		3	70	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	28.1	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13595

Beef, brisket, flat half, boneless separable lean only, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.844		0	NC	4		1.568	34.213	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	Z	7		0.000	0.000	
12:0....g	0.000		0	Z	7		0.000	0.000	
13:0....g									
14:0....g	0.125	0.006	6	AR	1		0.107	2.328	
15:0....g									
16:0....g	1.113	0.065	6	AR	1		0.946	20.640	
17:0....g	0.050	0.003	6	AR	1		0.042	0.920	
18:0....g	0.551	0.038	6	AR	1		0.468	10.217	
20:0....g	0.000	0.000	6	AR	1		0.000	0.000	
22:0....g									
24:0....g	0.006	0.001	6	AR	1		0.005	0.107	
Fatty acids, total monounsaturated....g	2.728		0	NC	4		2.319	50.610	
14:1....g	0.042	0.002	6	AR	1		0.035	0.772	
15:1....g									
16:1 undifferentiated....g	0.237	0.008	6	AR	1		0.202	4.400	
17:1....g	0.057	0.002	6	AR	1		0.048	1.055	
18:1 undifferentiated....g	2.393		0	AS	1		2.034	44.383	
18:1 c....g	2.190	0.137	6	AR	1		1.862	40.628	
18:1 t....g	0.202	0.015	6	AR	1		0.172	3.754	
18:1-11 t (18:1t n-7)....g	0.135	0.012	6	AR	1		0.115	2.502	
20:1....g	0.000	0.000	6	AR	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.253		0	NC	4		0.215	4.701	
18:2 undifferentiated....g	0.211		0	AS	1		0.179	3.912	
18:2 n-6 c,c....g	0.194	0.019	6	AR	1		0.165	3.595	
18:2 CLAs....g	0.017	0.001	6	AR	1		0.015	0.317	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.000		0	AS	1		0.000	0.000	
18:3 n-3 c,c,c (ALA)....g	0.000	0.000	6	AR	1		0.000	0.000	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000	0.000	6	AR	1		0.000	0.000	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.042	0.004	6	AR	1		0.036	0.777	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001	0.001	6	AR	1		0.001	0.011	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	6	AR	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000	0.000	6	AR	1		0.000	0.000	
Fatty acids, total trans....g	0.202		0	NC	4		0.172	3.754	
Fatty acids, total trans-monoenoic....g	0.202		0	NC	4		0.172	3.754	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	67	1.882	6	AR	1		57	1250	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.246		0	AR	1		0.209	4.567	
Threonine....g	0.972		0	AR	1		0.826	18.032	
Isoleucine....g	0.940		0	AR	1		0.799	17.436	
Leucine....g	1.777		0	AR	1		1.510	32.961	
Lysine....g	1.931		0	AR	1		1.642	35.827	
Methionine....g	0.626		0	AR	1		0.532	11.614	

NDB No. 13595

Beef, brisket, flat half, boneless separable lean only, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine g	0.228		0	AR	1		0.194	4.238	
Phenylalanine g	0.837		0	AR	1		0.711	15.524	
Tyrosine g	0.761		0	AR	1		0.647	14.122	
Valine g	0.993		0	AR	1		0.844	18.420	
Arginine g	1.444		0	AR	1		1.227	26.781	
Histidine g	0.708		0	AR	1		0.602	13.136	
Alanine g	1.241		0	AR	1		1.055	23.018	
Aspartic acid g	1.976		0	AR	1		1.680	36.663	
Glutamic acid g	3.496		0	AR	1		2.972	64.851	
Glycine g	0.956		0	AR	1		0.813	17.735	
Proline g	0.884		0	AR	1		0.751	16.389	
Serine g	0.843		0	AR	1		0.717	15.643	
Hydroxyproline g	0.108		0	AR	1		0.092	2.011	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 1855g: 1 piece

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13904

Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw

URMIS #1623

Refuse: 1% Connective tissue 1%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	69.89	0.301	36	AR	1		59.41	1296.43	
Energy kcal	165		0	NC	4		140	3059	
Energy kJ	690		0	NC	4		587	12800	
Protein (N x 6.25) g	20.32	0.214	36	AR	1		17.27	376.91	
Total lipid (fat) g	9.29	0.705	36	AR	1		7.90	172.41	
Ash g	0.98	0.096	36	AR	1		0.83	18.16	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	13	0.273	6	AR	1		11	237	
Iron, Fe mg	2.00	0.075	6	AR	1		1.70	37.08	
Magnesium, Mg mg	22	0.121	6	AR	1		19	412	
Phosphorus, P mg	210	2.134	6	AR	1		178	3890	
Potassium, K mg	344	5.980	6	AR	1		292	6380	
Sodium, Na mg	80	1.225	6	AR	1		68	1484	
Zinc, Zn mg	4.98	0.106	6	AR	1		4.23	92.33	
Copper, Cu mg	0.067	0.002	6	AR	1		0.057	1.239	
Manganese, Mn mg	0.002	0.001	6	AR	1		0.002	0.037	
Selenium, Se µg	23.1	0.872	6	AR	1		19.6	428.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.075		2	AR	1		0.063	1.384	
Riboflavin mg	0.154	0.005	6	AR	1		0.131	2.855	
Niacin mg	6.019	0.159	6	AR	1		5.116	111.656	
Pantothenic acid mg	0.689		2	AR	1		0.585	12.777	
Vitamin B-6 mg	0.590	0.011	6	AR	1		0.501	10.944	
Folate, total µg	3		0	BFPN	4		3	60	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	3		0	BFPN	4		3	60	
Folate, DFE µg	3		0	NC	4		3	60	
Choline, total mg	59.9		2	AR	1		50.9	1111.8	
Betaine mg	12.2		2	AR	1		10.3	225.7	
Vitamin B-12 µg	1.76	0.031	6	AR	1		1.49	32.57	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	4		0	NC	4		3	68	
Retinol µg	4		0	BFSN	4		3	68	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	12		0	NC	4		10	225	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.14	0.002	6	AR	1		0.12	2.59	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	1.8	
Vitamin D IU	4		0	BFSN	4		3	74	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	28.1	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13904

Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.592		0	NC	4		3.053	66.633	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	Z	7		0.000	0.000	
12:0....g	0.000		0	Z	7		0.000	0.000	
13:0....g									
14:0....g	0.259	0.005	6	AR	1		0.220	4.797	
15:0....g									
16:0....g	2.020	0.029	6	AR	1		1.717	37.467	
17:0....g	0.100	0.003	6	AR	1		0.085	1.859	
18:0....g	1.204	0.029	6	AR	1		1.024	22.338	
20:0....g	0.003	0.000	6	AR	1		0.003	0.061	
22:0....g									
24:0....g	0.006	0.001	6	AR	1		0.005	0.111	
Fatty acids, total monounsaturated....g	4.586		0	NC	4		3.898	85.075	
14:1....g	0.065	0.002	6	AR	1		0.056	1.215	
15:1....g									
16:1 undifferentiated....g	0.343		0	AS	1		0.292	6.368	
16:1 c....g	0.343	0.007	6	AR	1		0.292	6.368	
16:1 t....g									
17:1....g	0.084	0.002	6	AR	1		0.072	1.564	
18:1 undifferentiated....g	4.081		0	AS	1		3.469	75.700	
18:1 c....g	3.580	0.070	6	AR	1		3.043	66.413	
18:1 t....g	0.501	0.021	6	AR	1		0.426	9.288	
18:1-11 t (18:1t n-7)....g	0.177	0.011	6	AR	1		0.151	3.285	
20:1....g	0.012	0.001	6	AR	1		0.010	0.228	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.393		0	NC	4		0.334	7.282	
18:2 undifferentiated....g	0.338		0	AS	1		0.287	6.268	
18:2 n-6 c,c....g	0.298	0.018	6	AR	1		0.254	5.535	
18:2 CLAs....g	0.040	0.001	6	AR	1		0.034	0.733	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.009		0	AS	1		0.008	0.174	
18:3 n-3 c,c,c (ALA)....g	0.009	0.001	6	AR	1		0.008	0.174	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.002	0.000	6	AR	1		0.001	0.032	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.041	0.004	6	AR	1		0.035	0.762	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001	0.001	6	AR	1		0.001	0.015	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.002	0.000	6	AR	1		0.001	0.029	
22:6 n-3 (DHA)....g	0.000	0.000	6	AR	1		0.000	0.002	
Fatty acids, total trans....g	0.501		0	NC	4		0.426	9.288	
Fatty acids, total trans-monoenoic....g	0.501		0	NC	4		0.426	9.288	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	67	1.725	6	AR	1		57	1252	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.229		0	AR	1		0.195	4.245	
Threonine....g	0.894		0	AR	1		0.760	16.583	
Isoleucine....g	0.864		0	AR	1		0.734	16.028	
Leucine....g	1.634		0	AR	1		1.389	30.318	

NDB No. 13904

Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	1.777		0	AR	1		1.510	32.955	
Methionine g	0.577		0	AR	1		0.491	10.705	
Cystine g	0.213		0	AR	1		0.181	3.956	
Phenylalanine g	0.773		0	AR	1		0.657	14.344	
Tyrosine g	0.701		0	AR	1		0.596	12.997	
Valine g	0.918		0	AR	1		0.781	17.034	
Arginine g	1.338		0	AR	1		1.137	24.815	
Histidine g	0.658		0	AR	1		0.560	12.211	
Alanine g	1.159		0	AR	1		0.985	21.498	
Aspartic acid g	1.822		0	AR	1		1.549	33.802	
Glutamic acid g	3.213		0	AR	1		2.731	59.609	
Glycine g	0.927		0	AR	1		0.788	17.194	
Proline g	0.835		0	AR	1		0.710	15.489	
Serine g	0.780		0	AR	1		0.663	14.477	
Hydroxyproline g	0.139		0	BFPN	4		0.118	2.575	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 1855g: 1 piece

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13975

Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw

URMIS #1623

Refuse: 1% Connective tissue 1%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	69.47	0.377	24	AR	1		59.05	1236.50	
Energy kcal	169		0	NC	4		144	3014	
Energy kJ	708		0	NC	4		602	12602	
Protein (N x 6.25) g	20.15	0.248	24	AR	1		17.13	358.66	
Total lipid (fat) g	9.86	0.780	24	AR	1		8.38	175.49	
Ash g	0.96	0.097	24	AR	1		0.81	17.04	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	13	0.339	4	AR	1		11	230	
Iron, Fe mg	1.98	0.093	4	AR	1		1.69	35.32	
Magnesium, Mg mg	22	0.151	4	AR	1		19	392	
Phosphorus, P mg	212	2.651	4	AR	1		180	3777	
Potassium, K mg	349	7.429	4	AR	1		297	6217	
Sodium, Na mg	79	1.522	4	AR	1		67	1407	
Zinc, Zn mg	4.93	0.132	4	AR	1		4.19	87.69	
Copper, Cu mg	0.069	0.002	4	AR	1		0.059	1.237	
Manganese, Mn mg	0.002	0.002	4	AR	1		0.002	0.037	
Selenium, Se µg	21.6	1.083	4	AR	1		18.4	384.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.070		1	AR	1		0.060	1.246	
Riboflavin mg	0.154	0.006	4	AR	1		0.131	2.743	
Niacin mg	6.115	0.197	4	AR	1		5.198	108.856	
Pantothenic acid mg	0.647		1	AR	1		0.550	11.522	
Vitamin B-6 mg	0.586	0.014	4	AR	1		0.498	10.425	
Folate, total µg	3		0	BFPN	4		3	57	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	3		0	BFPN	4		3	57	
Folate, DFE µg	3		0	NC	4		3	57	
Choline, total mg	61.3		1	AR	1		52.1	1090.6	
Betaine mg	13.4		1	AR	1		11.4	238.7	
Vitamin B-12 µg	1.68	0.039	4	AR	1		1.42	29.82	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	4		0	NC	4		3	63	
Retinol µg	4		0	BFSN	4		3	63	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	12		0	NC	4		10	211	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.16	0.003	4	AR	1		0.14	2.86	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	1.9	
Vitamin D IU	4		0	BFSN	4		4	75	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	26.9	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13975

Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.704		0	NC	4		3.148	65.931	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	Z	7		0.000	0.000	
12:0....g	0.000		0	Z	7		0.000	0.000	
13:0....g									
14:0....g	0.267	0.006	4	AR	1		0.227	4.760	
15:0....g									
16:0....g	2.100	0.036	4	AR	1		1.785	37.385	
17:0....g	0.102	0.004	4	AR	1		0.087	1.812	
18:0....g	1.225	0.035	4	AR	1		1.041	21.803	
20:0....g	0.003	0.000	4	AR	1		0.003	0.059	
22:0....g									
24:0....g	0.006	0.001	4	AR	1		0.005	0.112	
Fatty acids, total monounsaturated....g	4.772		0	NC	4		4.056	84.944	
14:1....g	0.071	0.002	4	AR	1		0.061	1.267	
15:1....g									
16:1 undifferentiated....g	0.370		0	AS	1		0.314	6.579	
16:1 c....g	0.370	0.009	4	AR	1		0.314	6.579	
16:1 t....g									
17:1....g	0.088	0.002	4	AR	1		0.075	1.564	
18:1 undifferentiated....g	4.231		0	AS	1		3.597	75.319	
18:1 c....g	3.728	0.087	4	AR	1		3.169	66.364	
18:1 t....g	0.503	0.026	4	AR	1		0.428	8.955	
18:1-11 t (18:1t n-7)....g	0.179	0.014	4	AR	1		0.152	3.183	
20:1....g	0.012	0.001	4	AR	1		0.010	0.215	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.398		0	NC	4		0.338	7.087	
18:2 undifferentiated....g	0.342		0	AS	1		0.291	6.095	
18:2 n-6 c,c....g	0.302	0.023	4	AR	1		0.257	5.383	
18:2 CLAs....g	0.040	0.001	4	AR	1		0.034	0.712	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.009		0	AS	1		0.008	0.166	
18:3 n-3 c,c,c (ALA)....g	0.009	0.001	4	AR	1		0.008	0.166	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.002	0.000	4	AR	1		0.001	0.028	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.043	0.005	4	AR	1		0.036	0.762	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.001	4	AR	1		0.000	0.007	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.002	0.000	4	AR	1		0.001	0.028	
22:6 n-3 (DHA)....g	0.000	0.000	4	AR	1		0.000	0.002	
Fatty acids, total trans....g	0.503		0	NC	4		0.428	8.955	
Fatty acids, total trans-monoenoic....g	0.503		0	NC	4		0.428	8.955	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	67	2.142	4	AR	1		57	1189	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.227		0	AR	1		0.193	4.040	
Threonine....g	0.887		0	AR	1		0.754	15.780	
Isoleucine....g	0.857		0	AR	1		0.728	15.252	
Leucine....g	1.621		0	AR	1		1.378	28.850	

NDB No. 13975

Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	1.762		0	AR	1		1.497	31.359	
Methionine g	0.572		0	AR	1		0.486	10.187	
Cystine g	0.212		0	AR	1		0.180	3.765	
Phenylalanine g	0.767		0	AR	1		0.652	13.649	
Tyrosine g	0.695		0	AR	1		0.591	12.368	
Valine g	0.911		0	AR	1		0.774	16.209	
Arginine g	1.327		0	AR	1		1.128	23.613	
Histidine g	0.653		0	AR	1		0.555	11.620	
Alanine g	1.149		0	AR	1		0.977	20.457	
Aspartic acid g	1.807		0	AR	1		1.536	32.164	
Glutamic acid g	3.187		0	AR	1		2.709	56.722	
Glycine g	0.919		0	AR	1		0.781	16.361	
Proline g	0.828		0	AR	1		0.704	14.739	
Serine g	0.774		0	AR	1		0.658	13.776	
Hydroxyproline g	0.138		0	BFPN	4		0.117	2.451	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 1780g: 1 piece

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13983

Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw

URMIS #1623

Refuse: 1% Connective tissue 1%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	70.52	0.499	12	AR	1		59.94	362.48	
Energy kcal	158		0	NC	4		135	814	
Energy kJ	662		0	NC	4		563	3403	
Protein (N x 6.25) g	20.57	0.306	12	AR	1		17.49	105.74	
Total lipid (fat) g	8.45	0.916	12	AR	1		7.18	43.42	
Ash g	1.01	0.099	12	AR	1		0.86	5.20	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	12		2	AR	1		11	64	
Iron, Fe mg	2.02		2	AR	1		1.72	10.39	
Magnesium, Mg mg	22		2	AR	1		19	115	
Phosphorus, P mg	206		2	AR	1		175	1059	
Potassium, K mg	336		2	AR	1		286	1727	
Sodium, Na mg	82		2	AR	1		69	419	
Zinc, Zn mg	5.05		2	AR	1		4.30	25.97	
Copper, Cu mg	0.063		2	AR	1		0.053	0.322	
Manganese, Mn mg	0.002		2	AR	1		0.002	0.009	
Selenium, Se µg	25.4		2	AR	1		21.6	130.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.079		1	AR	1		0.067	0.407	
Riboflavin mg	0.154		2	AR	1		0.131	0.790	
Niacin mg	5.875		2	AR	1		4.993	30.196	
Pantothenic acid mg	0.730		1	AR	1		0.621	3.754	
Vitamin B-6 mg	0.597		2	AR	1		0.507	3.066	
Folate, total µg	3		0	BFPN	4		3	17	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	3		0	BFPN	4		3	17	
Folate, DFE µg	3		0	NC	4		3	17	
Choline, total mg	58.6		1	AR	1		49.8	301.2	
Betaine mg	10.9		1	AR	1		9.3	56.2	
Vitamin B-12 µg	1.88		2	AR	1		1.59	9.64	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	4		0	NC	4		3	19	
Retinol µg	4		0	BFSN	4		3	19	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	13		0	NC	4		11	65	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.11		2	AR	1		0.09	0.55	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.5	
Vitamin D IU	4		0	BFSN	4		3	19	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	7.8	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13983

Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.424		0	NC	4		2.911	17.602	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	Z	7		0.000	0.000	
12:0....g	0.000		0	Z	7		0.000	0.000	
13:0....g									
14:0....g	0.245		2	AR	1		0.208	1.261	
15:0....g									
16:0....g	1.899		2	AR	1		1.614	9.762	
17:0....g	0.098		2	AR	1		0.083	0.503	
18:0....g	1.173		2	AR	1		0.997	6.031	
20:0....g	0.003		2	AR	1		0.003	0.017	
22:0....g									
24:0....g	0.005		2	AR	1		0.005	0.028	
Fatty acids, total monounsaturated....g	4.307		0	NC	4		3.661	22.140	
14:1....g	0.057		2	AR	1		0.048	0.293	
15:1....g									
16:1 undifferentiated....g	0.304		0	AS	1		0.258	1.561	
16:1 c....g	0.304		2	AR	1		0.258	1.561	
16:1 t....g									
17:1....g	0.079		2	AR	1		0.067	0.406	
18:1 undifferentiated....g	3.855		0	AS	1		3.277	19.816	
18:1 c....g	3.358		2	AR	1		2.854	17.260	
18:1 t....g	0.497		2	AR	1		0.423	2.556	
18:1-11 t (18:1t n-7)....g	0.174		2	AR	1		0.148	0.896	
20:1....g	0.013		2	AR	1		0.011	0.065	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.384		0	NC	4		0.326	1.974	
18:2 undifferentiated....g	0.331		0	AS	1		0.282	1.702	
18:2 n-6 c,c....g	0.292		2	AR	1		0.249	1.503	
18:2 CLAs....g	0.039		2	AR	1		0.033	0.199	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.010		0	AS	1		0.008	0.049	
18:3 n-3 c,c,c (ALA)....g	0.010		2	AR	1		0.008	0.049	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.002		2	AR	1		0.001	0.009	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.038		2	AR	1		0.033	0.198	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001		2	AR	1		0.001	0.007	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.002		2	AR	1		0.001	0.009	
22:6 n-3 (DHA)....g	0.000		2	AR	1		0.000	0.000	
Fatty acids, total trans....g	0.497		0	NC	4		0.423	2.556	
Fatty acids, total trans-monoenoic....g	0.497		0	NC	4		0.423	2.556	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	69		2	AR	1		58	353	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.232		0	AR	1		0.197	1.191	
Threonine....g	0.905		0	AR	1		0.769	4.652	
Isoleucine....g	0.875		0	AR	1		0.744	4.497	
Leucine....g	1.655		0	AR	1		1.407	8.506	

NDB No. 13983

Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	1.799		0	AR	1		1.529	9.246	
Methionine g	0.584		0	AR	1		0.497	3.003	
Cystine g	0.216		0	AR	1		0.184	1.110	
Phenylalanine g	0.783		0	AR	1		0.666	4.024	
Tyrosine g	0.709		0	AR	1		0.603	3.646	
Valine g	0.930		0	AR	1		0.790	4.779	
Arginine g	1.354		0	AR	1		1.151	6.962	
Histidine g	0.667		0	AR	1		0.567	3.426	
Alanine g	1.173		0	AR	1		0.997	6.031	
Aspartic acid g	1.845		0	AR	1		1.568	9.483	
Glutamic acid g	3.254		0	AR	1		2.766	16.724	
Glycine g	0.938		0	AR	1		0.798	4.824	
Proline g	0.845		0	AR	1		0.719	4.346	
Serine g	0.790		0	AR	1		0.672	4.062	
Hydroxyproline g	0.141		0	BFPN	4		0.119	0.723	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 514g: 1 piece

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13596

Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw

Beef, Brsket, Flat Half, URMIS #1623

Refuse: 9% Connective tissue 1%, seam fat 8%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	72.21	0.447	24	AR	1		61.38	1285.28	
Energy kcal	137		0	NC	4		116	2436	
Energy kJ	573		0	NC	4		487	10194	
Protein (N x 6.25) g	21.28	0.285	24	AR	1		18.09	378.84	
Total lipid (fat) g	5.75	0.585	24	AR	1		4.89	102.33	
Ash g	1.00	0.117	24	AR	1		0.85	17.86	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	13	0.357	4	AR	1		11	233	
Iron, Fe mg	2.04	0.098	4	AR	1		1.73	36.33	
Magnesium, Mg mg	24	0.114	4	AR	1		20	419	
Phosphorus, P mg	224	2.876	4	AR	1		190	3988	
Potassium, K mg	367	7.809	4	AR	1		312	6535	
Sodium, Na mg	82	1.565	4	AR	1		69	1455	
Zinc, Zn mg	5.15	0.135	4	AR	1		4.38	91.67	
Copper, Cu mg	0.073	0.002	4	AR	1		0.062	1.301	
Manganese, Mn mg	0.002	0.002	4	AR	1		0.002	0.041	
Selenium, Se µg	22.9	1.249	4	AR	1		19.5	408.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.070		1	AR	1		0.060	1.246	
Riboflavin mg	0.165	0.007	4	AR	1		0.140	2.937	
Niacin mg	6.452	0.198	4	AR	1		5.484	114.840	
Pantothenic acid mg	0.680		1	AR	1		0.578	12.104	
Vitamin B-6 mg	0.617	0.014	4	AR	1		0.524	10.974	
Folate, total µg	3		0	BFPN	4		3	61	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	3		0	BFPN	4		3	61	
Folate, DFE µg	3		0	NC	4		3	61	
Choline, total mg	65.1		1	AR	1		55.4	1159.6	
Betaine mg	13.9		1	AR	1		11.8	246.7	
Vitamin B-12 µg	1.73	0.045	4	AR	1		1.47	30.71	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		1	31	
Retinol µg	2		0	BFSN	4		1	31	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	6		0	NC	4		5	103	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.17	0.003	4	AR	1		0.14	2.99	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	1.8	
Vitamin D IU	4		0	BFSN	4		3	73	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	26.9	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13596

Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.993		0	NC	4		1.694	35.482	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	Z	7		0.000	0.000	
12:0....g	0.000		0	Z	7		0.000	0.000	
13:0....g									
14:0....g	0.137	0.007	4	AR	1		0.117	2.442	
15:0....g									
16:0....g	1.214	0.081	4	AR	1		1.032	21.618	
17:0....g	0.052	0.004	4	AR	1		0.044	0.927	
18:0....g	0.583	0.047	4	AR	1		0.496	10.385	
20:0....g	0.000	0.000	4	AR	1		0.000	0.000	
22:0....g									
24:0....g	0.006	0.001	4	AR	1		0.005	0.110	
Fatty acids, total monounsaturated....g	2.960		0	NC	4		2.516	52.690	
14:1....g	0.048	0.003	4	AR	1		0.041	0.858	
15:1....g									
16:1 undifferentiated....g	0.268	0.010	4	AR	1		0.228	4.767	
17:1....g	0.061	0.003	4	AR	1		0.052	1.089	
18:1 undifferentiated....g	2.583		0	AS	1		2.195	45.976	
18:1 c....g	2.373	0.171	4	AR	1		2.017	42.245	
18:1 t....g	0.210	0.018	4	AR	1		0.178	3.731	
18:1-11 t (18:1t n-7)....g	0.138	0.015	4	AR	1		0.117	2.448	
20:1....g	0.000	0.000	4	AR	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.262		0	NC	4		0.223	4.664	
18:2 undifferentiated....g	0.218		0	AS	1		0.185	3.881	
18:2 n-6 c,c....g	0.200	0.024	4	AR	1		0.170	3.559	
18:2 CLAs....g	0.018	0.002	4	AR	1		0.015	0.322	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.000		0	AS	1		0.000	0.000	
18:3 n-3 c,c,c (ALA)....g	0.000	0.000	4	AR	1		0.000	0.000	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000	0.000	4	AR	1		0.000	0.000	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.044	0.005	4	AR	1		0.037	0.778	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.001	4	AR	1		0.000	0.005	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	4	AR	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000	0.000	4	AR	1		0.000	0.000	
Fatty acids, total trans....g	0.210		0	NC	4		0.178	3.731	
Fatty acids, total trans-monoenoic....g	0.210		0	NC	4		0.178	3.731	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	67	2.338	4	AR	1		57	1185	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.244		0	AR	1		0.207	4.345	
Threonine....g	0.964		0	AR	1		0.819	17.155	
Isoleucine....g	0.932		0	AR	1		0.792	16.587	
Leucine....g	1.762		0	AR	1		1.497	31.357	
Lysine....g	1.915		0	AR	1		1.628	34.083	
Methionine....g	0.621		0	AR	1		0.528	11.048	

NDB No. 13596

Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine g	0.227		0	AR	1		0.193	4.032	
Phenylalanine g	0.830		0	AR	1		0.705	14.768	
Tyrosine g	0.755		0	AR	1		0.642	13.434	
Valine g	0.984		0	AR	1		0.837	17.524	
Arginine g	1.431		0	AR	1		1.217	25.477	
Histidine g	0.702		0	AR	1		0.597	12.497	
Alanine g	1.230		0	AR	1		1.046	21.898	
Aspartic acid g	1.959		0	AR	1		1.666	34.879	
Glutamic acid g	3.466		0	AR	1		2.946	61.695	
Glycine g	0.948		0	AR	1		0.806	16.872	
Proline g	0.876		0	AR	1		0.745	15.591	
Serine g	0.836		0	AR	1		0.711	14.882	
Hydroxyproline g	0.107		0	BFPN	4		0.091	1.913	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 1780g: 1 piece

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13597

Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw

Beef, Brisket, Flat Half, URMIS #1623

Refuse: 10% Connective tissue 1%, seam fat 9%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	73.43	0.477	12	AR	1		62.41	1444.34	
Energy kcal	124		0	NC	4		106	2444	
Energy kJ	520		0	NC	4		442	10226	
Protein (N x 6.25) g	21.74	0.318	12	AR	1		18.48	427.71	
Total lipid (fat) g	4.14	0.607	12	AR	1		3.52	81.47	
Ash g	1.07	0.119	12	AR	1		0.91	21.02	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	13		2	AR	1		11	248	
Iron, Fe mg	2.08		2	AR	1		1.77	40.98	
Magnesium, Mg mg	24		2	AR	1		20	473	
Phosphorus, P mg	218		2	AR	1		185	4283	
Potassium, K mg	353		2	AR	1		300	6949	
Sodium, Na mg	85		2	AR	1		72	1663	
Zinc, Zn mg	5.30		2	AR	1		4.50	104.24	
Copper, Cu mg	0.066		2	AR	1		0.056	1.292	
Manganese, Mn mg	0.002		2	AR	1		0.002	0.039	
Selenium, Se µg	27.1		2	AR	1		23.1	533.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.080		1	AR	1		0.068	1.573	
Riboflavin mg	0.165		2	AR	1		0.140	3.246	
Niacin mg	6.205		2	AR	1		5.274	122.052	
Pantothenic acid mg	0.770		1	AR	1		0.654	15.146	
Vitamin B-6 mg	0.630		2	AR	1		0.535	12.392	
Folate, total µg	3		0	BFPN	4		3	68	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	3		0	BFPN	4		3	68	
Folate, DFE µg	3		0	NC	4		3	68	
Choline, total mg	62.2		1	AR	1		52.8	1222.7	
Betaine mg	11.1		1	AR	1		9.5	219.2	
Vitamin B-12 µg	1.95		2	AR	1		1.65	38.26	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		2	41	
Retinol µg	2		0	BFSN	4		2	41	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	7		0	NC	4		6	135	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.11		2	AR	1		0.09	2.16	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	1.6	
Vitamin D IU	3		0	BFSN	4		3	65	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	29.8	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13597

Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.580		0	NR	4		1.343	31.079	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	Z	7		0.000	0.000	
12:0....g	0.000		0	Z	7		0.000	0.000	
13:0....g									
14:0....g	0.105		2	AR	1		0.089	2.067	
15:0....g									
16:0....g	0.936		2	AR	1		0.796	18.409	
17:0....g	0.045		2	AR	1		0.038	0.876	
18:0....g	0.489		2	AR	1		0.416	9.625	
20:0....g	0.000		2	AR	1		0.000	0.000	
22:0....g									
24:0....g	0.005		2	AR	1		0.004	0.101	
Fatty acids, total monounsaturated....g	2.300		0	NR	4		1.955	45.241	
14:1....g	0.031		2	AR	1		0.026	0.608	
15:1....g									
16:1 undifferentiated....g	0.185		2	AR	1		0.157	3.630	
17:1....g	0.048		2	AR	1		0.041	0.950	
18:1 undifferentiated....g	2.036		0	AS	1		1.730	40.044	
18:1 c....g	1.851		2	AR	1		1.574	36.414	
18:1 t....g	0.185		2	AR	1		0.157	3.630	
18:1-11 t (18:1t n-7)....g	0.131		2	AR	1		0.111	2.575	
20:1....g	0.000		2	AR	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.230		0	NR	4		0.196	4.524	
18:2 undifferentiated....g	0.192		0	AS	1		0.163	3.768	
18:2 n-6 c,c....g	0.176		2	AR	1		0.150	3.471	
18:2 CLAs....g	0.015		2	AR	1		0.013	0.297	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.000		0	AS	1		0.000	0.000	
18:3 n-3 c,c,c (ALA)....g	0.000		2	AR	1		0.000	0.000	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000		2	AR	1		0.000	0.000	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.037		2	AR	1		0.032	0.733	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001		2	AR	1		0.001	0.023	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		2	AR	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		2	AR	1		0.000	0.000	
Fatty acids, total trans....g	0.185		0	NR	4		0.157	3.639	
Fatty acids, total trans-monoenoic....g	0.185		0	NR	4		0.157	3.639	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	69		2	AR	1		58	1349	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.249		0	AR	1		0.212	4.905	
Threonine....g	0.985		0	AR	1		0.837	19.367	
Isoleucine....g	0.952		0	AR	1		0.809	18.727	
Leucine....g	1.800		0	AR	1		1.530	35.401	
Lysine....g	1.956		0	AR	1		1.663	38.480	
Methionine....g	0.634		0	AR	1		0.539	12.473	

NDB No. 13597

Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine....g	0.231		0	AR	1		0.197	4.552	
Phenylalanine....g	0.848		0	AR	1		0.721	16.673	
Tyrosine....g	0.771		0	AR	1		0.655	15.167	
Valine....g	1.006		0	AR	1		0.855	19.784	
Arginine....g	1.462		0	AR	1		1.243	28.763	
Histidine....g	0.717		0	AR	1		0.610	14.109	
Alanine....g	1.257		0	AR	1		1.068	24.722	
Aspartic acid....g	2.002		0	AR	1		1.702	39.378	
Glutamic acid....g	3.541		0	AR	1		3.010	69.653	
Glycine....g	0.968		0	AR	1		0.823	19.048	
Proline....g	0.895		0	AR	1		0.761	17.603	
Serine....g	0.854		0	AR	1		0.726	16.802	
Hydroxyproline....g	0.110		0	AR	1		0.093	2.160	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 1967g: 1 piece

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13369

Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	58.90	0.392	20	PAK	1		50.06	159.02	
Energy kcal	213		0	NC	4		181	574	
Energy kJ	890		0	NC	4		756	2403	
Protein (N x 6.25) g	32.90	0.361	20	PAK	1		27.97	88.83	
Total lipid (fat) g	8.01	0.504	20	PAK	1		6.81	21.62	
Ash g	1.03	0.225	20	PAK	1		0.88	2.79	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	19		0	BFFN	4		16	50	
Iron, Fe mg	2.76		0	BFFN	4		2.35	7.46	
Magnesium, Mg mg	21		0	BFFN	4		18	58	
Phosphorus, P mg	200		0	BFFN	4		170	539	
Potassium, K mg	264		0	BFFN	4		225	714	
Sodium, Na mg	54		0	BFFN	4		46	146	
Zinc, Zn mg	7.61		0	BFFN	4		6.47	20.56	
Copper, Cu mg	0.114		0	BFFN	4		0.096	0.306	
Manganese, Mn mg	0.011		0	BFFN	4		0.009	0.029	
Selenium, Se µg	30.9		0	BFFN	4		26.2	83.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.067		0	BFPN	4		0.057	0.180	
Riboflavin mg	0.195		0	BFPN	4		0.165	0.525	
Niacin mg	4.667		0	BFPN	4		3.967	12.601	
Pantothenic acid mg	0.649		0	BFPN	4		0.551	1.751	
Vitamin B-6 mg	0.322		0	BFPN	4		0.274	0.869	
Folate, total µg	10		0	BFPN	4		9	28	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	10		0	BFPN	4		9	28	
Folate, DFE µg	10		0	NC	4		9	28	
Choline, total mg	125.3		0	BFPN	4		106.5	338.3	
Betaine mg	16.5		0	BFPN	4		14.0	44.5	
Vitamin B-12 µg	2.43		0	BFPN	4		2.06	6.55	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.44		0	BFSN	4		0.37	1.18	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.6		0	BFSN	4		1.3	4.2	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13369

Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.152		0	NC	4		2.679	8.510	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.020		0	BFFN	4		0.017	0.053	
12:0....g	0.018		0	BFFN	4		0.015	0.047	
13:0....g									
14:0....g	0.249		0	BFFN	4		0.212	0.672	
15:0....g									
16:0....g	1.924		0	BFFN	4		1.636	5.196	
17:0....g									
18:0....g	0.942		0	BFFN	4		0.800	2.543	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.444		0	NC	4		2.927	9.298	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.327		0	BFFN	4		0.278	0.883	
17:1....g									
18:1 undifferentiated....g	3.103		0	BFFN	4		2.638	8.379	
20:1....g	0.014		0	BFFN	4		0.012	0.037	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.296		0	NC	4		0.251	0.798	
18:2 undifferentiated....g	0.202		0	BFFN	4		0.172	0.546	
18:3 undifferentiated....g	0.080		0	BFFN	4		0.068	0.215	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.014		0	BFFN	4		0.012	0.037	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	92		0	BFSN	4		78	249	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.216		0	PAK	1		0.184	0.584	
Threonine....g	1.314		0	PAK	1		1.117	3.549	
Isoleucine....g	1.497		0	PAK	1		1.272	4.041	
Leucine....g	2.617		0	PAK	1		2.225	7.066	
Lysine....g	2.780		0	PAK	1		2.363	7.507	
Methionine....g	0.857		0	PAK	1		0.728	2.313	
Cystine....g	0.425		0	PAK	1		0.361	1.146	
Phenylalanine....g	1.300		0	PAK	1		1.105	3.509	
Tyrosine....g	1.048		0	PAK	1		0.891	2.831	
Valine....g	1.632		0	PAK	1		1.387	4.407	
Arginine....g	2.127		0	PAK	1		1.808	5.744	
Histidine....g	1.050		0	PAK	1		0.892	2.835	
Alanine....g	2.000		0	PAK	1		1.700	5.400	
Aspartic acid....g	2.997		0	PAK	1		2.547	8.091	
Glutamic acid....g	4.939		0	PAK	1		4.198	13.335	
Glycine....g	2.003		0	PAK	1		1.703	5.409	
Proline....g	1.568		0	PAK	1		1.333	4.235	
Serine....g	1.296		0	PAK	1		1.102	3.499	
Hydroxyproline....g	0.346		0	BFPN	4		0.294	0.933	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13369

Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 270g: 1 steak (Yield from 418 g raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13165

Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised

URMIS #2438

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	58.42	0.484	10	PAK	1		49.65	171.16	
Energy kcal	221		0	NC	4		188	647	
Energy kJ	924		0	NC	4		786	2708	
Protein (N x 6.25) g	32.21	0.595	10	PAK	1		27.38	94.38	
Total lipid (fat) g	9.24	0.779	10	PAK	1		7.85	27.07	
Ash g	1.09	0.079	10	PAK	1		0.93	3.20	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	17		0	BFFN	4		15	51	
Iron, Fe mg	2.75		0	BFFN	4		2.33	8.05	
Magnesium, Mg mg	21		0	BFFN	4		18	60	
Phosphorus, P mg	191		0	BFFN	4		163	560	
Potassium, K mg	254		0	BFFN	4		216	745	
Sodium, Na mg	52		0	BFFN	4		44	152	
Zinc, Zn mg	7.23		0	BFFN	4		6.15	21.19	
Copper, Cu mg	0.122		0	BFFN	4		0.103	0.356	
Manganese, Mn mg	0.011		0	BFFN	4		0.009	0.031	
Selenium, Se µg	29.3		0	BFFN	4		24.9	85.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.061		0	BFPN	4		0.052	0.178	
Riboflavin mg	0.206		0	BFPN	4		0.175	0.603	
Niacin mg	4.496		0	BFPN	4		3.822	13.174	
Pantothenic acid mg	0.634		0	BFPN	4		0.539	1.858	
Vitamin B-6 mg	0.313		0	BFPN	4		0.266	0.917	
Folate, total µg	10		0	BFPN	4		9	29	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	10		0	BFPN	4		9	29	
Folate, DFE µg	10		0	NC	4		9	29	
Choline, total mg	122.7		0	BFPN	4		104.3	359.5	
Betaine mg	16.1		0	BFPN	4		13.7	47.2	
Vitamin B-12 µg	2.62		0	BFPN	4		2.23	7.68	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.44		0	BFSN	4		0.38	1.30	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.6		0	BFSN	4		1.3	4.6	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13165

Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.638		0	NC	4		3.092	10.659	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.023		0	BFFN	4		0.019	0.066	
12:0....g	0.020		0	BFFN	4		0.017	0.059	
13:0....g									
14:0....g	0.287		0	BFFN	4		0.244	0.842	
15:0....g									
16:0....g	2.221		0	BFFN	4		1.888	6.507	
17:0....g									
18:0....g	1.087		0	BFFN	4		0.924	3.185	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.975		0	NC	4		3.378	11.646	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.377		0	BFFN	4		0.321	1.105	
17:1....g									
18:1 undifferentiated....g	3.582		0	BFFN	4		3.044	10.494	
20:1....g	0.016		0	BFFN	4		0.013	0.046	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.341		0	NC	4		0.290	1.000	
18:2 undifferentiated....g	0.234		0	BFFN	4		0.198	0.684	
18:3 undifferentiated....g	0.092		0	BFFN	4		0.078	0.270	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.016		0	BFFN	4		0.013	0.046	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	92		0	BFSN	4		78	268	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.212		0	PAK	1		0.180	0.620	
Threonine....g	1.287		0	PAK	1		1.094	3.770	
Isoleucine....g	1.465		0	PAK	1		1.246	4.294	
Leucine....g	2.562		0	PAK	1		2.178	7.508	
Lysine....g	2.722		0	PAK	1		2.314	7.976	
Methionine....g	0.839		0	PAK	1		0.713	2.458	
Cystine....g	0.416		0	PAK	1		0.353	1.218	
Phenylalanine....g	1.272		0	PAK	1		1.081	3.728	
Tyrosine....g	1.026		0	PAK	1		0.872	3.007	
Valine....g	1.598		0	PAK	1		1.358	4.682	
Arginine....g	2.083		0	PAK	1		1.770	6.103	
Histidine....g	1.028		0	PAK	1		0.874	3.012	
Alanine....g	1.958		0	PAK	1		1.665	5.738	
Aspartic acid....g	2.934		0	PAK	1		2.494	8.597	
Glutamic acid....g	4.836		0	PAK	1		4.110	14.169	
Glycine....g	1.961		0	PAK	1		1.667	5.747	
Proline....g	1.536		0	PAK	1		1.305	4.499	
Serine....g	1.269		0	PAK	1		1.079	3.718	
Hydroxyproline....g	0.338		0	BFPN	4		0.288	0.992	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13165

Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 293g: 1 steak (Yield from 448 g raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13950

Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised

URMIS #1623

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	59.38	0.602	10	PAK	1		50.47	146.67	
Energy kcal	205		0	NC	4		174	505	
Energy kJ	856		0	NC	4		727	2114	
Protein (N x 6.25) g	33.59	0.299	10	PAK	1		28.55	82.97	
Total lipid (fat) g	6.77	0.355	10	PAK	1		5.76	16.73	
Ash g	0.98	0.061	10	PAK	1		0.83	2.42	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	20		0	BFFN	4		17	49	
Iron, Fe mg	2.78		0	BFFN	4		2.36	6.86	
Magnesium, Mg mg	22		0	BFFN	4		19	55	
Phosphorus, P mg	208		0	BFFN	4		177	514	
Potassium, K mg	275		0	BFFN	4		233	679	
Sodium, Na mg	57		0	BFFN	4		48	140	
Zinc, Zn mg	8.01		0	BFFN	4		6.81	19.79	
Copper, Cu mg	0.105		0	BFFN	4		0.089	0.259	
Manganese, Mn mg	0.011		0	BFFN	4		0.010	0.028	
Selenium, Se µg	32.5		0	BFFN	4		27.6	80.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.063		0	BFPN	4		0.053	0.155	
Riboflavin mg	0.158		0	BFPN	4		0.134	0.389	
Niacin mg	4.175		0	BFPN	4		3.549	10.313	
Pantothenic acid mg	0.572		0	BFPN	4		0.486	1.412	
Vitamin B-6 mg	0.285		0	BFPN	4		0.243	0.705	
Folate, total µg	9		0	BFPN	4		8	22	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	9		0	BFPN	4		8	22	
Folate, DFE µg	9		0	NC	4		8	22	
Choline, total mg	127.9		0	BFPN	4		108.7	316.0	
Betaine mg	16.8		0	BFPN	4		14.3	41.5	
Vitamin B-12 µg	1.92		0	BFPN	4		1.63	4.73	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.43		0	BFSN	4		0.37	1.07	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.5		0	BFSN	4		1.3	3.8	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13950

Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.666		0	NC	4		2.266	6.586	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.017		0	BFFN	4		0.014	0.041	
12:0....g	0.015		0	BFFN	4		0.013	0.037	
13:0....g									
14:0....g	0.211		0	BFFN	4		0.179	0.520	
15:0....g									
16:0....g	1.628		0	BFFN	4		1.384	4.020	
17:0....g									
18:0....g	0.797		0	BFFN	4		0.677	1.968	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.913		0	NC	4		2.476	7.195	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.277		0	BFFN	4		0.235	0.683	
17:1....g									
18:1 undifferentiated....g	2.625		0	BFFN	4		2.231	6.484	
20:1....g	0.012		0	BFFN	4		0.010	0.028	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.250		0	NC	4		0.213	0.618	
18:2 undifferentiated....g	0.171		0	BFFN	4		0.146	0.423	
18:3 undifferentiated....g	0.068		0	BFFN	4		0.057	0.167	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.012		0	BFFN	4		0.010	0.028	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	93		0	BFSN	4		79	231	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.221		0	PAK	1		0.188	0.545	
Threonine....g	1.342		0	PAK	1		1.141	3.314	
Isoleucine....g	1.528		0	PAK	1		1.299	3.775	
Leucine....g	2.672		0	PAK	1		2.271	6.600	
Lysine....g	2.839		0	PAK	1		2.413	7.012	
Methionine....g	0.875		0	PAK	1		0.743	2.161	
Cystine....g	0.433		0	PAK	1		0.368	1.071	
Phenylalanine....g	1.327		0	PAK	1		1.128	3.277	
Tyrosine....g	1.070		0	PAK	1		0.910	2.644	
Valine....g	1.666		0	PAK	1		1.416	4.116	
Arginine....g	2.172		0	PAK	1		1.846	5.365	
Histidine....g	1.072		0	PAK	1		0.911	2.648	
Alanine....g	2.042		0	PAK	1		1.736	5.044	
Aspartic acid....g	3.060		0	PAK	1		2.601	7.557	
Glutamic acid....g	5.043		0	PAK	1		4.286	12.455	
Glycine....g	2.045		0	PAK	1		1.738	5.052	
Proline....g	1.601		0	PAK	1		1.361	3.955	
Serine....g	1.323		0	PAK	1		1.125	3.268	
Hydroxyproline....g	0.353		0	BFPN	4		0.300	0.872	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13950

Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 247g: 1 steak (yield from 388 g raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13806

Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	52.48	0.582	20	PAK	1		44.61	199.44	
Energy kcal	289		0	NC	4		246	1099	
Energy kJ	1210		0	NC	4		1029	4598	
Protein (N x 6.25) g	28.82	0.331	20	PAK	1		24.49	109.50	
Total lipid (fat) g	18.42	0.745	20	PAK	1		15.66	70.00	
Ash g	0.94	0.046	20	PAK	1		0.80	3.57	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	16		0	BFNN	4		14	62	
Iron, Fe mg	2.43		0	BFNN	4		2.07	9.23	
Magnesium, Mg mg	19		0	BFNN	4		16	72	
Phosphorus, P mg	175		0	BFNN	4		149	667	
Potassium, K mg	232		0	BFNN	4		197	883	
Sodium, Na mg	48		0	BFNN	4		41	181	
Zinc, Zn mg	6.69		0	BFNN	4		5.69	25.43	
Copper, Cu mg	0.100		0	BFNN	4		0.085	0.379	
Manganese, Mn mg	0.010		0	BFNN	4		0.008	0.036	
Selenium, Se µg	27.1		0	BFNN	4		23.1	103.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.059		0	BFPN	4		0.050	0.222	
Riboflavin mg	0.171		0	BFPN	4		0.145	0.648	
Niacin mg	4.087		0	BFPN	4		3.474	15.532	
Pantothenic acid mg	0.568		0	PAK	1		0.483	2.158	
Vitamin B-6 mg	0.282		0	BFPN	4		0.240	1.071	
Folate, total µg	9		0	PAK	1		8	34	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	9		0	PAK	1		8	34	
Folate, DFE µg	9		0	NC	4		8	34	
Choline, total mg	109.8		0	BFPN	4		93.3	417.1	
Betaine mg	14.4		0	BFPN	4		12.3	54.8	
Vitamin B-12 µg	2.12		0	BFPN	4		1.81	8.07	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.51		0	BFSN	4		0.43	1.92	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	PAK	1		0.00	0.00	
Tocopherol, gamma mg	0.00		0	PAK	1		0.00	0.00	
Tocopherol, delta mg	0.00		0	PAK	1		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.8		0	BFSN	4		1.5	6.8	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13806

Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	7.305		0	NC	4		6.210	27.760	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.052		0	BFFN	4		0.044	0.198	
12:0....g	0.048		0	BFFN	4		0.041	0.184	
13:0....g									
14:0....g	0.584		0	BFFN	4		0.497	2.220	
15:0....g									
16:0....g	4.477		0	BFFN	4		3.806	17.013	
17:0....g									
18:0....g	2.144		0	BFFN	4		1.822	8.146	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.934		0	NC	4		6.744	30.150	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.770		0	BFFN	4		0.655	2.927	
17:1....g									
18:1 undifferentiated....g	7.134		0	BFFN	4		6.064	27.110	
20:1....g	0.030		0	BFFN	4		0.025	0.113	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.681		0	NC	4		0.579	2.587	
18:2 undifferentiated....g	0.458		0	BFFN	4		0.389	1.739	
18:3 undifferentiated....g	0.201		0	BFFN	4		0.171	0.763	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.022		0	BFFN	4		0.019	0.085	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	106		0	BFSN	4		91	405	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.181		0	NR	4		0.154	0.688	
Threonine....g	1.101		0	NR	4		0.935	4.182	
Isoleucine....g	1.253		0	NR	4		1.065	4.763	
Leucine....g	2.192		0	NR	4		1.863	8.328	
Lysine....g	2.328		0	NR	4		1.979	8.848	
Methionine....g	0.717		0	NR	4		0.610	2.726	
Cystine....g	0.356		0	NR	4		0.302	1.351	
Phenylalanine....g	1.088		0	NR	4		0.925	4.135	
Tyrosine....g	0.878		0	NR	4		0.746	3.336	
Valine....g	1.367		0	NR	4		1.162	5.194	
Arginine....g	1.781		0	NR	4		1.514	6.770	
Histidine....g	0.879		0	NR	4		0.747	3.341	
Alanine....g	1.675		0	NR	4		1.424	6.365	
Aspartic acid....g	2.509		0	NR	4		2.133	9.536	
Glutamic acid....g	4.136		0	NR	4		3.516	15.716	
Glycine....g	1.678		0	NR	4		1.426	6.375	
Proline....g	1.313		0	NR	4		1.116	4.991	
Serine....g	1.085		0	NR	4		0.922	4.124	
Hydroxyproline....g	0.289		0	BFPN	4		0.246	1.100	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13806

Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 380g: 1 steak (yield from raw steak weighing 550 g)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13805

Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Refuse: 1% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	59.07	1.006	20	PAK	1		50.21	266.99	
Energy kcal	277		0	NC	4		235	1251	
Energy kJ	1158		0	NC	4		984	5233	
Protein (N x 6.25) g	17.94	0.386	20	PAK	1		15.25	81.10	
Total lipid (fat) g	22.18	1.329	20	PAK	1		18.85	100.26	
Ash g	0.81	0.021	20	PAK	1		0.69	3.65	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	16		0	BFNN	4		14	72	
Iron, Fe mg	1.59		0	BFNN	4		1.35	7.18	
Magnesium, Mg mg	18		0	BFNN	4		16	83	
Phosphorus, P mg	165		0	BFNN	4		140	747	
Potassium, K mg	276		0	BFNN	4		235	1248	
Sodium, Na mg	59		0	BFNN	4		51	269	
Zinc, Zn mg	4.32		0	BFNN	4		3.67	19.54	
Copper, Cu mg	0.077		0	BFNN	4		0.065	0.348	
Manganese, Mn mg	0.011		0	BFNN	4		0.009	0.048	
Selenium, Se µg	19.4		0	BFNN	4		16.5	87.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.065		0	BFPN	4		0.055	0.293	
Riboflavin mg	0.130		0	BFPN	4		0.110	0.587	
Niacin mg	4.041		0	BFPN	4		3.435	18.264	
Pantothenic acid mg	0.516		0	PAK	1		0.439	2.332	
Vitamin B-6 mg	0.425		0	BFPN	4		0.361	1.921	
Folate, total µg	10		0	PAK	1		8	44	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	10		0	PAK	1		8	44	
Folate, DFE µg	10		0	NC	4		8	44	
Choline, total mg	74.9		0	BFPN	4		63.7	338.8	
Betaine mg	11.0		0	BFPN	4		9.4	49.8	
Vitamin B-12 µg	1.54		0	BFPN	4		1.31	6.94	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.44		0	BFSN	4		0.37	1.97	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	PAK	1		0.00	0.00	
Tocopherol, gamma mg	0.00		0	PAK	1		0.00	0.00	
Tocopherol, delta mg	0.00		0	PAK	1		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.7		0	BFSN	4		1.5	7.9	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13805

Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	8.951		0	NC	4		7.608	40.459	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.071		0	BFFN	4		0.061	0.322	
12:0....g	0.048		0	BFFN	4		0.040	0.215	
13:0....g									
14:0....g	0.701		0	BFFN	4		0.596	3.170	
15:0....g									
16:0....g	5.389		0	BFFN	4		4.581	24.358	
17:0....g									
18:0....g	2.742		0	BFFN	4		2.331	12.394	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	9.498		0	NC	4		8.073	42.931	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.082		0	BFFN	4		0.919	4.889	
17:1....g									
18:1 undifferentiated....g	8.385		0	BFFN	4		7.127	37.899	
20:1....g	0.032		0	BFFN	4		0.027	0.143	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.844		0	NC	4		0.717	3.814	
18:2 undifferentiated....g	0.543		0	BFFN	4		0.461	2.453	
18:3 undifferentiated....g	0.265		0	BFFN	4		0.226	1.200	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.036		0	BFFN	4		0.030	0.161	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	92		0	BFSN	4		78	415	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.127		0	NR	4		0.108	0.572	
Threonine....g	0.769		0	NR	4		0.654	3.476	
Isoleucine....g	0.876		0	NR	4		0.744	3.959	
Leucine....g	1.531		0	NR	4		1.302	6.921	
Lysine....g	1.627		0	NR	4		1.383	7.353	
Methionine....g	0.501		0	NR	4		0.426	2.266	
Cystine....g	0.248		0	NR	4		0.211	1.123	
Phenylalanine....g	0.760		0	NR	4		0.646	3.437	
Tyrosine....g	0.613		0	NR	4		0.521	2.773	
Valine....g	0.955		0	NR	4		0.812	4.317	
Arginine....g	1.245		0	NR	4		1.058	5.626	
Histidine....g	0.614		0	NR	4		0.522	2.777	
Alanine....g	1.170		0	NR	4		0.995	5.290	
Aspartic acid....g	1.753		0	NR	4		1.490	7.926	
Glutamic acid....g	2.890		0	NR	4		2.456	13.062	
Glycine....g	1.172		0	NR	4		0.996	5.298	
Proline....g	0.918		0	NR	4		0.780	4.148	
Serine....g	0.758		0	NR	4		0.645	3.427	
Hydroxyproline....g	0.202		0	BFPN	4		0.172	0.914	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13805

Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 452g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23660

Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised

URMIS #2438

Refuse: 1% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	51.58	0.759	10	PAK	1		43.84	210.97	
Energy kcal	298		0	NC	4		253	1219	
Energy kJ	1247		0	NC	4		1060	5100	
Protein (N x 6.25) g	28.66	0.548	10	PAK	1		24.36	117.23	
Total lipid (fat) g	19.47	1.154	10	PAK	1		16.55	79.65	
Ash g	0.95	0.064	10	PAK	1		0.81	3.88	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	16		0	BFNN	4		13	63	
Iron, Fe mg	2.46		0	BFNN	4		2.09	10.05	
Magnesium, Mg mg	18		0	BFNN	4		16	75	
Phosphorus, P mg	171		0	BFNN	4		145	700	
Potassium, K mg	227		0	BFNN	4		193	930	
Sodium, Na mg	46		0	BFNN	4		40	190	
Zinc, Zn mg	6.47		0	BFNN	4		5.50	26.47	
Copper, Cu mg	0.109		0	BFNN	4		0.092	0.445	
Manganese, Mn mg	0.010		0	BFNN	4		0.008	0.039	
Selenium, Se µg	26.2		0	BFNN	4		22.3	107.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.054		0	BFPN	4		0.046	0.222	
Riboflavin mg	0.183		0	BFPN	4		0.156	0.749	
Niacin mg	4.001		0	BFPN	4		3.401	16.362	
Pantothenic acid mg	0.564		0	PAK	1		0.480	2.308	
Vitamin B-6 mg	0.278		0	BFPN	4		0.237	1.139	
Folate, total µg	9		0	PAK	1		8	37	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	9		0	PAK	1		8	37	
Folate, DFE µg	9		0	NC	4		8	37	
Choline, total mg	109.2		0	BFPN	4		92.8	446.5	
Betaine mg	14.3		0	BFPN	4		12.2	58.7	
Vitamin B-12 µg	2.33		0	BFPN	4		1.98	9.54	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.52		0	BFSN	4		0.44	2.11	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	PAK	1		0.00	0.00	
Tocopherol, gamma mg	0.00		0	PAK	1		0.00	0.00	
Tocopherol, delta mg	0.00		0	PAK	1		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.8		0	BFSN	4		1.6	7.5	
Dihydrophylloquinone µg									

NDB No. 23660

Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	8.219		0	NC	4		6.986	33.614	
4:0 g	0.000		0	BFFN	4		0.000	0.000	
6:0 g	0.000		0	BFFN	4		0.000	0.000	
8:0 g	0.000		0	BFFN	4		0.000	0.000	
10:0 g	0.551		0	BFFN	4		0.468	2.253	
12:0 g	0.051		0	BFFN	4		0.043	0.209	
13:0 g									
14:0 g	0.618		0	BFFN	4		0.525	2.526	
15:0 g									
16:0 g	4.733		0	BFFN	4		4.023	19.358	
17:0 g									
18:0 g	2.266		0	BFFN	4		1.926	9.268	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	8.388		0	NC	4		7.130	34.306	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.814		0	BFFN	4		0.692	3.331	
17:1 g									
18:1 undifferentiated g	7.542		0	BFFN	4		6.411	30.847	
20:1 g	0.031		0	BFFN	4		0.027	0.128	
22:1 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.720		0	NC	4		0.612	2.944	
18:2 undifferentiated g	0.484		0	BFFN	4		0.411	1.979	
18:3 undifferentiated g	0.212		0	BFFN	4		0.181	0.869	
18:4 g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.024		0	BFFN	4		0.020	0.097	
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000	0.000	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	107		0	BFSN	4		91	436	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.188		0	PAK	1		0.160	0.770	
Threonine g	1.145		0	PAK	1		0.973	4.683	
Isoleucine g	1.304		0	PAK	1		1.108	5.333	
Leucine g	2.280		0	PAK	1		1.938	9.325	
Lysine g	2.422		0	PAK	1		2.059	9.907	
Methionine g	0.746		0	PAK	1		0.634	3.053	
Cystine g	0.370		0	PAK	1		0.314	1.513	
Phenylalanine g	1.132		0	PAK	1		0.962	4.630	
Tyrosine g	0.913		0	PAK	1		0.776	3.735	
Valine g	1.422		0	PAK	1		1.209	5.816	
Arginine g	1.853		0	PAK	1		1.575	7.580	
Histidine g	0.915		0	PAK	1		0.777	3.741	
Alanine g	1.742		0	PAK	1		1.481	7.127	
Aspartic acid g	2.611		0	PAK	1		2.219	10.678	
Glutamic acid g	4.303		0	PAK	1		3.657	17.598	
Glycine g	1.745		0	PAK	1		1.483	7.138	
Proline g	1.366		0	PAK	1		1.161	5.588	
Serine g	1.129		0	PAK	1		0.960	4.618	
Hydroxyproline g	0.301		0	BFPN	4		0.256	1.232	

NDB No. 23660

Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 409g: 1 steak (yield from 593 g raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23658

Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw

URMIS #2438

Refuse: 1% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	58.80	1.309	10	PAK	1		49.98	255.18	
Energy kcal	278		0	NC	4		236	1205	
Energy kJ	1162		0	NC	4		987	5041	
Protein (N x 6.25) g	18.12	0.714	10	PAK	1		15.40	78.63	
Total lipid (fat) g	22.15	2.010	10	PAK	1		18.83	96.14	
Ash g	0.82	0.037	10	PAK	1		0.69	3.54	
Carbohydrate, by difference g	0.12		0	NC	4		0.10	0.50	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	15		0	BFNN	4		13	66	
Iron, Fe mg	1.68		0	BFNN	4		1.43	7.29	
Magnesium, Mg mg	19		0	BFNN	4		16	82	
Phosphorus, P mg	166		0	BFNN	4		141	720	
Potassium, K mg	281		0	BFNN	4		239	1219	
Sodium, Na mg	61		0	BFNN	4		52	265	
Zinc, Zn mg	4.42		0	BFNN	4		3.75	19.17	
Copper, Cu mg	0.079		0	BFNN	4		0.067	0.343	
Manganese, Mn mg	0.012		0	BFNN	4		0.011	0.054	
Selenium, Se µg	19.3		0	BFNN	4		16.4	83.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.060		0	BFPN	4		0.051	0.261	
Riboflavin mg	0.135		0	BFPN	4		0.115	0.587	
Niacin mg	4.098		0	BFPN	4		3.483	17.785	
Pantothenic acid mg	0.529		0	PAK	1		0.449	2.295	
Vitamin B-6 mg	0.403		0	BFPN	4		0.342	1.748	
Folate, total µg	10		0	PAK	1		8	43	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	10		0	PAK	1		8	43	
Folate, DFE µg	10		0	NC	4		8	43	
Choline, total mg	75.7		0	BFPN	4		64.3	328.4	
Betaine mg	11.1		0	BFPN	4		9.5	48.3	
Vitamin B-12 µg	1.69		0	BFPN	4		1.44	7.35	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.44		0	BFSN	4		0.37	1.91	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	PAK	1		0.00	0.00	
Tocopherol, gamma mg	0.00		0	PAK	1		0.00	0.00	
Tocopherol, delta mg	0.00		0	PAK	1		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.8		0	BFSN	4		1.5	7.6	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23658

Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	8.939		0	NC	4		7.598	38.796	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.071		0	BFFN	4		0.061	0.309	
12:0....g	0.047		0	BFFN	4		0.040	0.206	
13:0....g									
14:0....g	0.700		0	BFFN	4		0.595	3.040	
15:0....g									
16:0....g	5.382		0	BFFN	4		4.575	23.357	
17:0....g									
18:0....g	2.738		0	BFFN	4		2.328	11.885	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	9.485		0	NC	4		8.063	41.167	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.080		0	BFFN	4		0.918	4.689	
17:1....g									
18:1 undifferentiated....g	8.374		0	BFFN	4		7.117	36.341	
20:1....g	0.032		0	BFFN	4		0.027	0.137	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.843		0	NC	4		0.716	3.658	
18:2 undifferentiated....g	0.542		0	BFFN	4		0.461	2.353	
18:3 undifferentiated....g	0.265		0	BFFN	4		0.225	1.151	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.036		0	BFFN	4		0.030	0.155	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	91		0	BFSN	4		77	394	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.119		0	PAK	1		0.101	0.517	
Threonine....g	0.724		0	PAK	1		0.615	3.141	
Isoleucine....g	0.824		0	PAK	1		0.701	3.577	
Leucine....g	1.441		0	PAK	1		1.225	6.255	
Lysine....g	1.531		0	PAK	1		1.302	6.645	
Methionine....g	0.472		0	PAK	1		0.401	2.048	
Cystine....g	0.234		0	PAK	1		0.199	1.015	
Phenylalanine....g	0.716		0	PAK	1		0.608	3.106	
Tyrosine....g	0.577		0	PAK	1		0.491	2.506	
Valine....g	0.899		0	PAK	1		0.764	3.901	
Arginine....g	1.172		0	PAK	1		0.996	5.085	
Histidine....g	0.578		0	PAK	1		0.491	2.509	
Alanine....g	1.101		0	PAK	1		0.936	4.780	
Aspartic acid....g	1.650		0	PAK	1		1.403	7.162	
Glutamic acid....g	2.720		0	PAK	1		2.312	11.805	
Glycine....g	1.103		0	PAK	1		0.938	4.788	
Proline....g	0.864		0	PAK	1		0.734	3.749	
Serine....g	0.714		0	PAK	1		0.607	3.097	
Hydroxyproline....g	0.190		0	BFPN	4		0.162	0.826	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 23658

Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 434g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13055

Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised

URMIS #1623

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	53.39	0.821	10	PAK	1		45.38	186.85	
Energy kcal	280		0	NC	4		238	981	
Energy kJ	1173		0	NC	4		997	4106	
Protein (N x 6.25) g	28.97	0.395	10	PAK	1		24.62	101.39	
Total lipid (fat) g	17.37	0.877	10	PAK	1		14.76	60.79	
Ash g	0.93	0.070	10	PAK	1		0.79	3.26	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	17		0	BFNN	4		15	60	
Iron, Fe mg	2.40		0	BFNN	4		2.04	8.40	
Magnesium, Mg mg	19		0	BFNN	4		16	67	
Phosphorus, P mg	180		0	BFNN	4		153	630	
Potassium, K mg	237		0	BFNN	4		202	831	
Sodium, Na mg	49		0	BFNN	4		42	171	
Zinc, Zn mg	6.92		0	BFNN	4		5.88	24.23	
Copper, Cu mg	0.090		0	BFNN	4		0.077	0.316	
Manganese, Mn mg	0.010		0	BFNN	4		0.008	0.034	
Selenium, Se µg	28.1		0	BFNN	4		23.9	98.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.063		0	BFPN	4		0.053	0.220	
Riboflavin mg	0.158		0	BFPN	4		0.134	0.552	
Niacin mg	4.175		0	BFPN	4		3.549	14.614	
Pantothenic acid mg	0.572		0	PAK	1		0.486	2.001	
Vitamin B-6 mg	0.285		0	BFPN	4		0.243	0.999	
Folate, total µg	9		0	PAK	1		8	32	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	9		0	PAK	1		8	32	
Folate, DFE µg	9		0	NC	4		8	32	
Choline, total mg	110.3		0	BFPN	4		93.8	386.2	
Betaine mg	14.5		0	BFPN	4		12.3	50.7	
Vitamin B-12 µg	1.92		0	BFPN	4		1.63	6.70	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.50		0	BFSN	4		0.42	1.74	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	PAK	1		0.00	0.00	
Tocopherol, gamma mg	0.00		0	PAK	1		0.00	0.00	
Tocopherol, delta mg	0.00		0	PAK	1		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.3		0	AS	1		0.2	1.0	
Vitamin D IU	11		0	BFFN	4		10	40	
Vitamin K (phylloquinone) µg	1.8		0	BFSN	4		1.5	6.2	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13055

Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	6.888		0	NC	4		5.855	24.108	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.049		0	BFFN	4		0.042	0.172	
12:0....g	0.046		0	BFFN	4		0.039	0.160	
13:0....g									
14:0....g	0.551		0	BFFN	4		0.468	1.928	
15:0....g									
16:0....g	4.221		0	BFFN	4		3.588	14.775	
17:0....g									
18:0....g	2.021		0	BFFN	4		1.718	7.074	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.481		0	NC	4		6.359	26.184	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.726		0	BFFN	4		0.617	2.542	
17:1....g									
18:1 undifferentiated....g	6.727		0	BFFN	4		5.718	23.543	
20:1....g	0.028		0	BFFN	4		0.024	0.098	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.642		0	NC	4		0.546	2.247	
18:2 undifferentiated....g	0.432		0	BFFN	4		0.367	1.511	
18:3 undifferentiated....g	0.189		0	BFFN	4		0.161	0.663	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.021		0	BFFN	4		0.018	0.074	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	107		0	BFSN	4		91	375	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.190		0	PAK	1		0.162	0.666	
Threonine....g	1.157		0	PAK	1		0.984	4.050	
Isoleucine....g	1.318		0	PAK	1		1.120	4.613	
Leucine....g	2.304		0	PAK	1		1.959	8.066	
Lysine....g	2.448		0	PAK	1		2.081	8.569	
Methionine....g	0.754		0	PAK	1		0.641	2.640	
Cystine....g	0.374		0	PAK	1		0.318	1.308	
Phenylalanine....g	1.144		0	PAK	1		0.973	4.005	
Tyrosine....g	0.923		0	PAK	1		0.785	3.231	
Valine....g	1.437		0	PAK	1		1.222	5.030	
Arginine....g	1.873		0	PAK	1		1.592	6.556	
Histidine....g	0.925		0	PAK	1		0.786	3.236	
Alanine....g	1.761		0	PAK	1		1.497	6.164	
Aspartic acid....g	2.639		0	PAK	1		2.243	9.236	
Glutamic acid....g	4.349		0	PAK	1		3.697	15.221	
Glycine....g	1.764		0	PAK	1		1.499	6.174	
Proline....g	1.381		0	PAK	1		1.174	4.834	
Serine....g	1.141		0	PAK	1		0.970	3.994	
Hydroxyproline....g	0.304		0	BFPN	4		0.259	1.065	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13055

Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 350g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23659

Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw

URMIS #1623

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	59.34	1.594	10	PAK	1		50.44	278.90	
Energy kcal	276		0	NC	4		235	1298	
Energy kJ	1156		0	NC	4		982	5432	
Protein (N x 6.25) g	17.77	0.337	10	PAK	1		15.10	83.51	
Total lipid (fat) g	22.21	1.848	10	PAK	1		18.88	104.39	
Ash g	0.80	0.022	10	PAK	1		0.68	3.75	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	17		0	BFNN	4		14	79	
Iron, Fe mg	1.50		0	BFNN	4		1.28	7.06	
Magnesium, Mg mg	18		0	BFNN	4		15	85	
Phosphorus, P mg	164		0	BFNN	4		140	773	
Potassium, K mg	271		0	BFNN	4		231	1275	
Sodium, Na mg	58		0	BFNN	4		49	273	
Zinc, Zn mg	4.23		0	BFNN	4		3.60	19.88	
Copper, Cu mg	0.075		0	BFNN	4		0.064	0.352	
Manganese, Mn mg	0.009		0	BFNN	4		0.008	0.042	
Selenium, Se µg	19.4		0	BFNN	4		16.5	91.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.070		0	BFPN	4		0.059	0.327	
Riboflavin mg	0.124		0	BFPN	4		0.106	0.585	
Niacin mg	3.984		0	BFPN	4		3.386	18.724	
Pantothenic acid mg	0.503		0	PAK	1		0.428	2.366	
Vitamin B-6 mg	0.446		0	BFPN	4		0.379	2.098	
Folate, total µg	9		0	PAK	1		8	44	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	9		0	PAK	1		8	44	
Folate, DFE µg	9		0	NC	4		8	44	
Choline, total mg	74.2		0	BFPN	4		63.1	348.8	
Betaine mg	10.9		0	BFPN	4		9.3	51.3	
Vitamin B-12 µg	1.38		0	BFPN	4		1.17	6.49	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.43		0	BFSN	4		0.37	2.04	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	PAK	1		0.00	0.00	
Tocopherol, gamma mg	0.00		0	PAK	1		0.00	0.00	
Tocopherol, delta mg	0.00		0	PAK	1		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.7		0	BFSN	4		1.5	8.1	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23659

Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	8.963		0	NC	4		7.619	42.127	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.071		0	BFFN	4		0.061	0.336	
12:0....g	0.048		0	BFFN	4		0.040	0.224	
13:0....g									
14:0....g	0.702		0	BFFN	4		0.597	3.301	
15:0....g									
16:0....g	5.396		0	BFFN	4		4.587	25.362	
17:0....g									
18:0....g	2.746		0	BFFN	4		2.334	12.905	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	9.511		0	NC	4		8.084	44.700	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.083		0	BFFN	4		0.921	5.091	
17:1....g									
18:1 undifferentiated....g	8.396		0	BFFN	4		7.136	39.460	
20:1....g	0.032		0	BFFN	4		0.027	0.149	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.845		0	NC	4		0.718	3.972	
18:2 undifferentiated....g	0.544		0	BFFN	4		0.462	2.554	
18:3 undifferentiated....g	0.266		0	BFFN	4		0.226	1.249	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.036		0	BFFN	4		0.030	0.168	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	94		0	BFSN	4		79	439	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.117		0	PAK	1		0.099	0.549	
Threonine....g	0.710		0	PAK	1		0.603	3.336	
Isoleucine....g	0.808		0	PAK	1		0.687	3.799	
Leucine....g	1.413		0	PAK	1		1.201	6.643	
Lysine....g	1.502		0	PAK	1		1.276	7.057	
Methionine....g	0.463		0	PAK	1		0.393	2.175	
Cystine....g	0.229		0	PAK	1		0.195	1.078	
Phenylalanine....g	0.702		0	PAK	1		0.597	3.298	
Tyrosine....g	0.566		0	PAK	1		0.481	2.661	
Valine....g	0.881		0	PAK	1		0.749	4.143	
Arginine....g	1.149		0	PAK	1		0.977	5.400	
Histidine....g	0.567		0	PAK	1		0.482	2.665	
Alanine....g	1.080		0	PAK	1		0.918	5.077	
Aspartic acid....g	1.618		0	PAK	1		1.376	7.606	
Glutamic acid....g	2.667		0	PAK	1		2.267	12.536	
Glycine....g	1.082		0	PAK	1		0.920	5.085	
Proline....g	0.847		0	PAK	1		0.720	3.981	
Serine....g	0.700		0	PAK	1		0.595	3.290	
Hydroxyproline....g	0.187		0	BFPN	4		0.159	0.877	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 23659

Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 470g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13370

Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised

Refuse: 2% Separable fat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	59.55	0.371	20	A	1		50.62	160.80	
Energy kcal	205		0	NC	4		174	554	
Energy kJ	858		0	NC	4		729	2317	
Protein (N x 6.25) g	33.26	0.347	20	A	1		28.27	89.80	
Total lipid (fat) g	6.99	0.438	20	A	1		5.95	18.89	
Ash g	1.04	0.051	20	A	1		0.89	2.82	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	16		0	BFNN	4		13	42	
Iron, Fe mg	2.82		0	BFNN	4		2.39	7.60	
Magnesium, Mg mg	22		0	BFNN	4		19	59	
Phosphorus, P mg	205		0	BFNN	4		174	552	
Potassium, K mg	267		0	BFNN	4		227	720	
Sodium, Na mg	54		0	BFNN	4		46	146	
Zinc, Zn mg	8.00		0	BFNN	4		6.80	21.59	
Copper, Cu mg	0.115		0	BFNN	4		0.098	0.312	
Manganese, Mn mg	0.012		0	BFNN	4		0.010	0.032	
Selenium, Se µg	34.0		0	BFNN	4		28.9	91.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.067		0	BFPN	4		0.057	0.182	
Riboflavin mg	0.208		0	BFPN	4		0.177	0.562	
Niacin mg	4.840		0	BFPN	4		4.114	13.069	
Pantothenic acid mg	0.654		0	BFPN	4		0.556	1.767	
Vitamin B-6 mg	0.318		0	BFPN	4		0.271	0.859	
Folate, total µg	11		0	BFPN	4		9	30	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	11		0	BFPN	4		9	30	
Folate, DFE µg	11		0	NC	4		9	30	
Choline, total mg	126.7		0	BFPN	4		107.7	342.0	
Betaine mg	16.6		0	BFPN	4		14.1	44.9	
Vitamin B-12 µg	2.42		0	BFPN	4		2.06	6.53	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.43		0	BFSN	4		0.37	1.16	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.5		0	BFSN	4		1.3	4.1	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13370

Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.647		0	NC	4		2.250	7.147	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.003		0	BFFN	4		0.003	0.009	
12:0....g	0.007		0	BFFN	4		0.006	0.018	
13:0....g									
14:0....g	0.197		0	BFFN	4		0.168	0.533	
15:0....g									
16:0....g	1.560		0	BFFN	4		1.326	4.211	
17:0....g									
18:0....g	0.880		0	BFFN	4		0.748	2.376	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.978		0	NC	4		2.532	8.042	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.248		0	BFFN	4		0.210	0.669	
17:1....g									
18:1 undifferentiated....g	2.728		0	BFFN	4		2.318	7.364	
20:1....g	0.003		0	BFFN	4		0.003	0.009	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.244		0	NC	4		0.207	0.659	
18:2 undifferentiated....g	0.201		0	BFFN	4		0.171	0.542	
18:3 undifferentiated....g	0.017		0	BFFN	4		0.014	0.045	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.027		0	BFFN	4		0.023	0.072	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	100		0	BFSN	4		85	269	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.219		0	A	1		0.186	0.590	
Threonine....g	1.329		0	A	1		1.129	3.587	
Isoleucine....g	1.513		0	A	1		1.286	4.085	
Leucine....g	2.646		0	A	1		2.249	7.143	
Lysine....g	2.811		0	A	1		2.389	7.589	
Methionine....g	0.866		0	A	1		0.736	2.338	
Cystine....g	0.429		0	A	1		0.365	1.159	
Phenylalanine....g	1.314		0	A	1		1.117	3.547	
Tyrosine....g	1.060		0	A	1		0.901	2.861	
Valine....g	1.650		0	A	1		1.402	4.455	
Arginine....g	2.151		0	A	1		1.828	5.807	
Histidine....g	1.061		0	A	1		0.902	2.866	
Alanine....g	2.022		0	A	1		1.719	5.459	
Aspartic acid....g	3.029		0	A	1		2.575	8.180	
Glutamic acid....g	4.993		0	A	1		4.244	13.481	
Glycine....g	2.025		0	A	1		1.721	5.468	
Proline....g	1.586		0	A	1		1.348	4.281	
Serine....g	1.310		0	A	1		1.114	3.537	
Hydroxyproline....g	0.349		0	BFPN	4		0.297	0.943	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13370

Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 270g: 1 steak (yield from 418g raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13343

Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised

URMIS #2438

Refuse: 2% Separable fat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	59.18	0.457	10	A	1		50.31	173.41	
Energy kcal	212		0	NC	4		180	621	
Energy kJ	887		0	NC	4		754	2600	
Protein (N x 6.25) g	32.62	0.564	10	A	1		27.73	95.57	
Total lipid (fat) g	8.07	0.682	10	A	1		6.86	23.64	
Ash g	1.10	0.079	10	A	1		0.94	3.23	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	14		0	BFNN	4		12	41	
Iron, Fe mg	2.83		0	BFNN	4		2.40	8.28	
Magnesium, Mg mg	21		0	BFNN	4		18	63	
Phosphorus, P mg	198		0	BFNN	4		168	579	
Potassium, K mg	256		0	BFNN	4		217	749	
Sodium, Na mg	52		0	BFNN	4		45	154	
Zinc, Zn mg	7.61		0	BFNN	4		6.47	22.31	
Copper, Cu mg	0.120		0	BFNN	4		0.102	0.351	
Manganese, Mn mg	0.011		0	BFNN	4		0.010	0.033	
Selenium, Se µg	32.3		0	BFNN	4		27.4	94.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.065		0	BFPN	4		0.056	0.191	
Riboflavin mg	0.217		0	BFPN	4		0.185	0.636	
Niacin mg	4.926		0	BFPN	4		4.187	14.433	
Pantothenic acid mg	0.641		0	BFPN	4		0.545	1.877	
Vitamin B-6 mg	0.323		0	BFPN	4		0.274	0.946	
Folate, total µg	11		0	BFPN	4		9	32	
Folic acid µg									
Folate, food µg	11		0	BFPN	4		9	32	
Folate, DFE µg									
Choline, total mg	124.2		0	BFPN	4		105.6	364.0	
Betaine mg	16.3		0	BFPN	4		13.9	47.8	
Vitamin B-12 µg	2.53		0	BFPN	4		2.15	7.42	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.43		0	BFSN	4		0.37	1.27	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.5		0	BFSN	4		1.3	4.5	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13343

Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.053		0	NC	4		2.595	8.946	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.004		0	BFFN	4		0.003	0.011	
12:0....g	0.008		0	BFFN	4		0.007	0.023	
13:0....g									
14:0....g	0.228		0	BFFN	4		0.194	0.667	
15:0....g									
16:0....g	1.799		0	BFFN	4		1.529	5.270	
17:0....g									
18:0....g	1.015		0	BFFN	4		0.863	2.975	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.436		0	NC	4		2.920	10.066	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.286		0	BFFN	4		0.243	0.837	
17:1....g									
18:1 undifferentiated....g	3.146		0	BFFN	4		2.674	9.218	
20:1....g	0.004		0	BFFN	4		0.003	0.011	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.282		0	NC	4		0.239	0.825	
18:2 undifferentiated....g	0.232		0	BFFN	4		0.197	0.679	
18:3 undifferentiated....g	0.019		0	BFFN	4		0.016	0.057	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.031		0	BFFN	4		0.026	0.090	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	99		0	BFSN	4		84	289	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.214		0	A	1		0.182	0.628	
Threonine....g	1.303		0	A	1		1.108	3.818	
Isoleucine....g	1.484		0	A	1		1.261	4.348	
Leucine....g	2.595		0	A	1		2.206	7.603	
Lysine....g	2.757		0	A	1		2.343	8.077	
Methionine....g	0.849		0	A	1		0.722	2.489	
Cystine....g	0.421		0	A	1		0.358	1.233	
Phenylalanine....g	1.288		0	A	1		1.095	3.775	
Tyrosine....g	1.039		0	A	1		0.884	3.045	
Valine....g	1.618		0	A	1		1.376	4.741	
Arginine....g	2.109		0	A	1		1.793	6.180	
Histidine....g	1.041		0	A	1		0.885	3.050	
Alanine....g	1.983		0	A	1		1.686	5.810	
Aspartic acid....g	2.971		0	A	1		2.525	8.706	
Glutamic acid....g	4.897		0	A	1		4.162	14.348	
Glycine....g	1.986		0	A	1		1.688	5.820	
Proline....g	1.555		0	A	1		1.322	4.556	
Serine....g	1.285		0	A	1		1.092	3.765	
Hydroxyproline....g	0.343		0	BFPN	4		0.291	1.004	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13343

Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 293g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13485

Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised

URMIS #1623

Refuse: 1% Separable fat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	59.92	0.586	10	A	1		50.94	148.01	
Energy kcal	198		0	NC	4		168	489	
Energy kJ	829		0	NC	4		705	2048	
Protein g	33.90	0.313	10	A	1		28.81	83.73	
Total lipid (fat) g	5.92	0.295	10	A	1		5.03	14.62	
Ash g	0.98	0.062	10	A	1		0.84	2.43	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	17		0	BFNN	4		15	43	
Iron, Fe mg	2.87		0	BFNN	4		2.44	7.09	
Magnesium, Mg mg	23		0	BFNN	4		19	57	
Phosphorus, P mg	214		0	BFNN	4		182	528	
Potassium, K mg	279		0	BFNN	4		238	690	
Sodium, Na mg	56		0	BFNN	4		48	139	
Zinc, Zn mg	8.38		0	BFNN	4		7.12	20.69	
Copper, Cu mg	0.112		0	BFNN	4		0.095	0.276	
Manganese, Mn mg	0.012		0	BFNN	4		0.010	0.030	
Selenium, Se µg	39.2		0	BFNN	4		33.3	96.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.072		0	BFPN	4		0.061	0.177	
Riboflavin mg	0.208		0	BFPN	4		0.177	0.515	
Niacin mg	4.906		0	BFPN	4		4.170	12.117	
Pantothenic acid mg	0.668		0	BFPN	4		0.568	1.650	
Vitamin B-6 mg	0.314		0	BFPN	4		0.267	0.776	
Folate, total µg	11		0	BFPN	4		10	28	
Folic acid µg									
Folate, food µg	11		0	BFPN	4		10	28	
Folate, DFE µg									
Choline, total mg	129.1		0	BFPN	4		109.7	318.9	
Betaine mg	17.0		0	BFPN	4		14.4	41.9	
Vitamin B-12 µg	2.28		0	BFPN	4		1.94	5.64	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.43		0	BFSN	4		0.36	1.05	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.5		0	BFSN	4		1.3	3.8	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13485

Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.241		0	NC	4		1.905	5.534	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.003		0	BFFN	4		0.002	0.007	
12:0....g	0.006		0	BFFN	4		0.005	0.014	
13:0....g									
14:0....g	0.167		0	BFFN	4		0.142	0.413	
15:0....g									
16:0....g	1.320		0	BFFN	4		1.122	3.261	
17:0....g									
18:0....g	0.745		0	BFFN	4		0.633	1.840	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.521		0	NC	4		2.143	6.228	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.210		0	BFFN	4		0.178	0.518	
17:1....g									
18:1 undifferentiated....g	2.309		0	BFFN	4		1.963	5.703	
20:1....g	0.003		0	BFFN	4		0.002	0.007	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.207		0	NC	4		0.176	0.510	
18:2 undifferentiated....g	0.170		0	BFFN	4		0.144	0.420	
18:3 undifferentiated....g	0.014		0	BFFN	4		0.012	0.035	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.023		0	BFFN	4		0.019	0.056	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	102		0	BFSN	4		87	252	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.223		0	A	1		0.189	0.550	
Threonine....g	1.354		0	A	1		1.151	3.345	
Isoleucine....g	1.542		0	A	1		1.311	3.809	
Leucine....g	2.697		0	A	1		2.292	6.661	
Lysine....g	2.865		0	A	1		2.435	7.076	
Methionine....g	0.883		0	A	1		0.750	2.180	
Cystine....g	0.437		0	A	1		0.372	1.081	
Phenylalanine....g	1.339		0	A	1		1.138	3.307	
Tyrosine....g	1.080		0	A	1		0.918	2.668	
Valine....g	1.682		0	A	1		1.429	4.154	
Arginine....g	2.192		0	A	1		1.863	5.414	
Histidine....g	1.082		0	A	1		0.920	2.672	
Alanine....g	2.061		0	A	1		1.752	5.090	
Aspartic acid....g	3.088		0	A	1		2.625	7.627	
Glutamic acid....g	5.089		0	A	1		4.326	12.570	
Glycine....g	2.064		0	A	1		1.755	5.098	
Proline....g	1.616		0	A	1		1.374	3.992	
Serine....g	1.335		0	A	1		1.135	3.298	
Hydroxyproline....g	0.356		0	BFPN	4		0.303	0.880	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13485

Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 247g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23595

Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised

Refuse: 20% Bone and connective tissue 1%, sep fat 19%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	60.61	0.480	20	A	1		17.18	274.93	
Energy kcal	196		0	NC	4		55	888	
Energy kJ	819		0	NC	4		232	3714	
Protein (N x 6.25) g	33.15	0.242	20	A	1		9.40	150.38	
Total lipid (fat) g	6.00	0.363	20	A	1		1.70	27.22	
Ash g	1.06	0.057	20	A	1		0.30	4.81	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	16		0	BFNN	4		4	71	
Iron, Fe mg	2.81		0	BFNN	4		0.80	12.75	
Magnesium, Mg mg	22		0	BFNN	4		6	100	
Phosphorus, P mg	204		0	BFNN	4		58	926	
Potassium, K mg	266		0	BFNN	4		75	1207	
Sodium, Na mg	54		0	BFNN	4		15	245	
Zinc, Zn mg	7.98		0	BFNN	4		2.26	36.21	
Copper, Cu mg	0.115		0	BFNN	4		0.033	0.523	
Manganese, Mn mg	0.012		0	BFNN	4		0.003	0.054	
Selenium, Se µg	34.0		0	BFNN	4		9.6	154.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.067		0	BFPN	4		0.019	0.304	
Riboflavin mg	0.208		0	BFPN	4		0.059	0.941	
Niacin mg	4.825		0	BFPN	4		1.368	21.887	
Pantothenic acid mg	0.652		0	BFPN	4		0.185	2.958	
Vitamin B-6 mg	0.317		0	BFPN	4		0.090	1.439	
Folate, total µg	11		0	BFPN	4		3	50	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	11		0	BFPN	4		3	50	
Folate, DFE µg	11		0	NC	4		3	50	
Choline, total mg	126.3		0	BFPN	4		35.8	572.8	
Betaine mg	16.6		0	BFPN	4		4.7	75.3	
Vitamin B-12 µg	2.42		0	BFPN	4		0.69	10.99	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.47		0	BFSN	4		0.13	2.15	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.7		0	BFSN	4		0.5	7.7	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23595

Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.274		0	NC	4		0.645	10.314	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.003		0	BFFN	4		0.001	0.013	
12:0....g	0.006		0	BFFN	4		0.002	0.025	
13:0....g									
14:0....g	0.171		0	BFFN	4		0.048	0.776	
15:0....g									
16:0....g	1.340		0	BFFN	4		0.380	6.079	
17:0....g									
18:0....g	0.754		0	BFFN	4		0.214	3.421	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.554		0	NC	4		0.724	11.585	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.213		0	BFFN	4		0.060	0.966	
17:1....g									
18:1 undifferentiated....g	2.338		0	BFFN	4		0.663	10.607	
20:1....g	0.003		0	BFFN	4		0.001	0.013	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.207		0	NC	4		0.059	0.941	
18:2 undifferentiated....g	0.171		0	BFFN	4		0.048	0.776	
18:3 undifferentiated....g	0.014		0	BFFN	4		0.004	0.064	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.022		0	BFFN	4		0.006	0.102	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	97		0	BFSN	4		28	441	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.218		0	A	1		0.062	0.988	
Threonine....g	1.324		0	A	1		0.375	6.007	
Isoleucine....g	1.508		0	A	1		0.428	6.842	
Leucine....g	2.637		0	A	1		0.748	11.963	
Lysine....g	2.802		0	A	1		0.794	12.709	
Methionine....g	0.863		0	A	1		0.245	3.916	
Cystine....g	0.428		0	A	1		0.121	1.941	
Phenylalanine....g	1.310		0	A	1		0.371	5.940	
Tyrosine....g	1.056		0	A	1		0.300	4.792	
Valine....g	1.645		0	A	1		0.466	7.461	
Arginine....g	2.144		0	A	1		0.608	9.724	
Histidine....g	1.058		0	A	1		0.300	4.799	
Alanine....g	2.016		0	A	1		0.571	9.142	
Aspartic acid....g	3.020		0	A	1		0.856	13.698	
Glutamic acid....g	4.977		0	A	1		1.411	22.576	
Glycine....g	2.019		0	A	1		0.572	9.157	
Proline....g	1.581		0	A	1		0.448	7.169	
Serine....g	1.306		0	A	1		0.370	5.924	
Hydroxyproline....g	0.348		0	BFPN	4		0.099	1.580	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 23595

Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23596

Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw

Refuse: 28% Bone and connective tissue 1%, sep fat 27%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	73.76	0.394	20	A	1		20.91	334.58	
Energy kcal	127		0	NC	4		36	575	
Energy kJ	530		0	NC	4		150	2405	
Protein (N x 6.25) g	21.57	0.253	20	A	1		6.12	97.85	
Total lipid (fat) g	3.84	0.190	20	A	1		1.09	17.42	
Ash g	1.01	0.018	20	A	1		0.29	4.58	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	16		0	BFNN	4		4	71	
Iron, Fe mg	1.92		0	BFNN	4		0.55	8.72	
Magnesium, Mg mg	23		0	BFNN	4		6	103	
Phosphorus, P mg	202		0	BFNN	4		57	915	
Potassium, K mg	336		0	BFNN	4		95	1523	
Sodium, Na mg	74		0	BFNN	4		21	335	
Zinc, Zn mg	5.52		0	BFNN	4		1.57	25.05	
Copper, Cu mg	0.093		0	BFNN	4		0.026	0.421	
Manganese, Mn mg	0.014		0	BFNN	4		0.004	0.063	
Selenium, Se µg	25.1		0	BFNN	4		7.1	113.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.079		0	BFPN	4		0.022	0.356	
Riboflavin mg	0.156		0	BFPN	4		0.044	0.709	
Niacin mg	4.947		0	BFPN	4		1.402	22.438	
Pantothenic acid mg	0.638		0	BFPN	4		0.181	2.893	
Vitamin B-6 mg	0.519		0	BFPN	4		0.147	2.353	
Folate, total µg	13		0	BFPN	4		4	58	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	13		0	BFPN	4		4	58	
Folate, DFE µg	13		0	NC	4		4	58	
Choline, total mg	90.1		0	BFPN	4		25.5	408.7	
Betaine mg	13.2		0	BFPN	4		3.8	60.1	
Vitamin B-12 µg	1.84		0	BFPN	4		0.52	8.33	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.29		0	BFSN	4		0.08	1.30	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.1		0	BFSN	4		0.3	5.2	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23596

Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.425		0	NC	4		0.404	6.465	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.003		0	BFFN	4		0.001	0.015	
13:0....g									
14:0....g	0.101		0	BFFN	4		0.029	0.457	
15:0....g									
16:0....g	0.853		0	BFFN	4		0.242	3.867	
17:0....g									
18:0....g	0.469		0	BFFN	4		0.133	2.126	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.611		0	NC	4		0.457	7.306	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.140		0	BFFN	4		0.040	0.635	
17:1....g									
18:1 undifferentiated....g	1.468		0	BFFN	4		0.416	6.657	
20:1....g	0.003		0	BFFN	4		0.001	0.015	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.166		0	NC	4		0.047	0.753	
18:2 undifferentiated....g	0.133		0	BFFN	4		0.038	0.605	
18:3 undifferentiated....g	0.013		0	BFFN	4		0.004	0.059	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.020		0	BFFN	4		0.006	0.088	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	65		0	BFSN	4		18	294	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.142		0	A	1		0.040	0.643	
Threonine....g	0.862		0	A	1		0.244	3.909	
Isoleucine....g	0.981		0	A	1		0.278	4.452	
Leucine....g	1.716		0	A	1		0.486	7.783	
Lysine....g	1.823		0	A	1		0.517	8.269	
Methionine....g	0.562		0	A	1		0.159	2.548	
Cystine....g	0.278		0	A	1		0.079	1.263	
Phenylalanine....g	0.852		0	A	1		0.242	3.865	
Tyrosine....g	0.687		0	A	1		0.195	3.118	
Valine....g	1.070		0	A	1		0.303	4.854	
Arginine....g	1.395		0	A	1		0.395	6.327	
Histidine....g	0.688		0	A	1		0.195	3.123	
Alanine....g	1.311		0	A	1		0.372	5.948	
Aspartic acid....g	1.965		0	A	1		0.557	8.912	
Glutamic acid....g	3.238		0	A	1		0.918	14.689	
Glycine....g	1.313		0	A	1		0.372	5.958	
Proline....g	1.028		0	A	1		0.292	4.665	
Serine....g	0.850		0	A	1		0.241	3.854	
Hydroxyproline....g	0.227		0	BFPN	4		0.064	1.028	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 23596

Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23615

Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised

URMIS #2438

Refuse: 20% Separable fat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	59.82	0.428	10	A	1		16.96	271.34	
Energy kcal	203		0	NC	4		57	919	
Energy kJ	848		0	NC	4		240	3847	
Protein (N x 6.25) g	33.13	0.374	10	A	1		9.39	150.28	
Total lipid (fat) g	6.79	0.546	10	A	1		1.92	30.80	
Ash g	1.07	0.076	10	A	1		0.30	4.85	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	14		0	BFNN	4		4	65	
Iron, Fe mg	2.88		0	BFNN	4		0.82	13.07	
Magnesium, Mg mg	22		0	BFNN	4		6	99	
Phosphorus, P mg	202		0	BFNN	4		57	915	
Potassium, K mg	261		0	BFNN	4		74	1183	
Sodium, Na mg	53		0	BFNN	4		15	243	
Zinc, Zn mg	7.76		0	BFNN	4		2.20	35.22	
Copper, Cu mg	0.122		0	BFNN	4		0.035	0.554	
Manganese, Mn mg	0.012		0	BFNN	4		0.003	0.053	
Selenium, Se µg	32.9		0	BFNN	4		9.3	149.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.066		0	BFPN	4		0.019	0.301	
Riboflavin mg	0.221		0	BFPN	4		0.063	1.001	
Niacin mg	5.003		0	BFPN	4		1.418	22.695	
Pantothenic acid mg	0.651		0	BFPN	4		0.184	2.952	
Vitamin B-6 mg	0.328		0	BFPN	4		0.093	1.487	
Folate, total µg	11		0	BFPN	4		3	50	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	11		0	BFPN	4		3	50	
Folate, DFE µg	11		0	NC	4		3	50	
Choline, total mg	126.2		0	BFPN	4		35.8	572.4	
Betaine mg	16.6		0	BFPN	4		4.7	75.2	
Vitamin B-12 µg	2.57		0	BFPN	4		0.73	11.67	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.50		0	BFSN	4		0.14	2.25	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.8		0	BFSN	4		0.5	8.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23615

Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.572		0	NC	4		0.729	11.667	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.003		0	BFFN	4		0.001	0.015	
12:0....g	0.006		0	BFFN	4		0.002	0.029	
13:0....g									
14:0....g	0.194		0	BFFN	4		0.055	0.878	
15:0....g									
16:0....g	1.516		0	BFFN	4		0.430	6.877	
17:0....g									
18:0....g	0.853		0	BFFN	4		0.242	3.870	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.889		0	NC	4		0.819	13.105	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.241		0	BFFN	4		0.068	1.093	
17:1....g									
18:1 undifferentiated....g	2.645		0	BFFN	4		0.750	11.998	
20:1....g	0.003		0	BFFN	4		0.001	0.015	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.235		0	NC	4		0.067	1.065	
18:2 undifferentiated....g	0.194		0	BFFN	4		0.055	0.878	
18:3 undifferentiated....g	0.016		0	BFFN	4		0.005	0.072	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.025		0	BFFN	4		0.007	0.115	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	97		0	BFSN	4		28	440	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.218		0	A	1		0.062	0.988	
Threonine....g	1.323		0	A	1		0.375	6.003	
Isoleucine....g	1.507		0	A	1		0.427	6.837	
Leucine....g	2.635		0	A	1		0.747	11.954	
Lysine....g	2.800		0	A	1		0.794	12.700	
Methionine....g	0.863		0	A	1		0.245	3.913	
Cystine....g	0.428		0	A	1		0.121	1.939	
Phenylalanine....g	1.309		0	A	1		0.371	5.936	
Tyrosine....g	1.056		0	A	1		0.299	4.789	
Valine....g	1.644		0	A	1		0.466	7.455	
Arginine....g	2.142		0	A	1		0.607	9.717	
Histidine....g	1.057		0	A	1		0.300	4.796	
Alanine....g	2.014		0	A	1		0.571	9.136	
Aspartic acid....g	3.018		0	A	1		0.856	13.688	
Glutamic acid....g	4.974		0	A	1		1.410	22.560	
Glycine....g	2.017		0	A	1		0.572	9.151	
Proline....g	1.579		0	A	1		0.448	7.164	
Serine....g	1.305		0	A	1		0.370	5.920	
Hydroxyproline....g	0.348		0	BFPN	4		0.099	1.579	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 23615

Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23613

Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw

URMIS #2438

Refuse: 28% Bone and connective tissue 1%, sep fat 27%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	73.27	0.596	10	A	1		20.77	332.34	
Energy kcal	129		0	NC	4		37	586	
Energy kJ	541		0	NC	4		153	2453	
Protein (N x 6.25) g	21.69	0.441	10	A	1		6.15	98.39	
Total lipid (fat) g	4.06	0.282	10	A	1		1.15	18.43	
Ash g	1.01	0.026	10	A	1		0.29	4.58	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	15		0	BFNN	4		4	68	
Iron, Fe mg	2.04		0	BFNN	4		0.58	9.27	
Magnesium, Mg mg	23		0	BFNN	4		7	105	
Phosphorus, P mg	203		0	BFNN	4		58	923	
Potassium, K mg	335		0	BFNN	4		95	1521	
Sodium, Na mg	75		0	BFNN	4		21	338	
Zinc, Zn mg	5.53		0	BFNN	4		1.57	25.10	
Copper, Cu mg	0.092		0	BFNN	4		0.026	0.419	
Manganese, Mn mg	0.015		0	BFNN	4		0.004	0.069	
Selenium, Se µg	24.7		0	BFNN	4		7.0	112.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.076		0	BFPN	4		0.022	0.344	
Riboflavin mg	0.166		0	BFPN	4		0.047	0.751	
Niacin mg	5.158		0	BFPN	4		1.462	23.397	
Pantothenic acid mg	0.646		0	BFPN	4		0.183	2.929	
Vitamin B-6 mg	0.483		0	BFPN	4		0.137	2.191	
Folate, total µg	13		0	BFPN	4		4	58	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	13		0	BFPN	4		4	58	
Folate, DFE µg	13		0	NC	4		4	58	
Choline, total mg	90.6		0	BFPN	4		25.7	410.9	
Betaine mg	13.3		0	BFPN	4		3.8	60.4	
Vitamin B-12 µg	2.09		0	BFPN	4		0.59	9.47	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.29		0	BFSN	4		0.08	1.29	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.1		0	BFSN	4		0.3	5.2	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23613

Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.508		0	NC	4		0.428	6.842	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.003		0	BFFN	4		0.001	0.015	
13:0....g									
14:0....g	0.107		0	BFFN	4		0.030	0.484	
15:0....g									
16:0....g	0.902		0	BFFN	4		0.256	4.093	
17:0....g									
18:0....g	0.496		0	BFFN	4		0.141	2.249	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.705		0	NC	4		0.483	7.732	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.148		0	BFFN	4		0.042	0.671	
17:1....g									
18:1 undifferentiated....g	1.553		0	BFFN	4		0.440	7.045	
20:1....g	0.003		0	BFFN	4		0.001	0.015	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.176		0	NC	4		0.050	0.796	
18:2 undifferentiated....g	0.141		0	BFFN	4		0.040	0.640	
18:3 undifferentiated....g	0.014		0	BFFN	4		0.004	0.062	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.021		0	BFFN	4		0.006	0.093	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	65		0	BFSN	4		18	293	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.143		0	A	1		0.040	0.647	
Threonine....g	0.866		0	A	1		0.246	3.930	
Isoleucine....g	0.987		0	A	1		0.280	4.476	
Leucine....g	1.725		0	A	1		0.489	7.826	
Lysine....g	1.833		0	A	1		0.520	8.315	
Methionine....g	0.565		0	A	1		0.160	2.562	
Cystine....g	0.280		0	A	1		0.079	1.270	
Phenylalanine....g	0.857		0	A	1		0.243	3.886	
Tyrosine....g	0.691		0	A	1		0.196	3.135	
Valine....g	1.076		0	A	1		0.305	4.881	
Arginine....g	1.403		0	A	1		0.398	6.362	
Histidine....g	0.692		0	A	1		0.196	3.140	
Alanine....g	1.319		0	A	1		0.374	5.981	
Aspartic acid....g	1.976		0	A	1		0.560	8.962	
Glutamic acid....g	3.256		0	A	1		0.923	14.770	
Glycine....g	1.321		0	A	1		0.374	5.991	
Proline....g	1.034		0	A	1		0.293	4.690	
Serine....g	0.854		0	A	1		0.242	3.876	
Hydroxyproline....g	0.228		0	BFPN	4		0.065	1.034	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 23613

Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23634

Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised

URMIS #1623

Refuse: 19% Separable fat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	61.39	0.808	10	A	1		17.40	278.47	
Energy kcal	189		0	NC	4		53	856	
Energy kJ	789		0	NC	4		224	3580	
Protein (N x 6.25) g	33.18	0.327	10	A	1		9.41	150.49	
Total lipid (fat) g	5.21	0.346	10	A	1		1.48	23.61	
Ash g	1.05	0.090	10	A	1		0.30	4.75	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	17		0	BFNN	4		5	76	
Iron, Fe mg	2.81		0	BFNN	4		0.80	12.73	
Magnesium, Mg mg	22		0	BFNN	4		6	101	
Phosphorus, P mg	209		0	BFNN	4		59	949	
Potassium, K mg	273		0	BFNN	4		77	1240	
Sodium, Na mg	55		0	BFNN	4		16	250	
Zinc, Zn mg	8.19		0	BFNN	4		2.32	37.16	
Copper, Cu mg	0.109		0	BFNN	4		0.031	0.496	
Manganese, Mn mg	0.012		0	BFNN	4		0.003	0.054	
Selenium, Se µg	38.3		0	BFNN	4		10.9	173.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.070		0	BFPN	4		0.020	0.318	
Riboflavin mg	0.204		0	BFPN	4		0.058	0.925	
Niacin mg	4.801		0	BFPN	4		1.361	21.778	
Pantothenic acid mg	0.654		0	BFPN	4		0.185	2.965	
Vitamin B-6 mg	0.308		0	BFPN	4		0.087	1.395	
Folate, total µg	11		0	BFPN	4		3	50	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	11		0	BFPN	4		3	50	
Folate, DFE µg	11		0	NC	4		3	50	
Choline, total mg	126.4		0	BFPN	4		35.8	573.2	
Betaine mg	16.6		0	BFPN	4		4.7	75.3	
Vitamin B-12 µg	2.24		0	BFPN	4		0.63	10.14	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.41		0	BFSN	4		0.12	1.87	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.5		0	BFSN	4		0.4	6.6	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23634

Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.973		0	NC	4		0.559	8.948	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.002		0	BFFN	4		0.001	0.011	
12:0....g	0.005		0	BFFN	4		0.001	0.022	
13:0....g									
14:0....g	0.148		0	BFFN	4		0.042	0.673	
15:0....g									
16:0....g	1.163		0	BFFN	4		0.330	5.274	
17:0....g									
18:0....g	0.654		0	BFFN	4		0.185	2.968	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.216		0	NC	4		0.628	10.052	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.185		0	BFFN	4		0.052	0.838	
17:1....g									
18:1 undifferentiated....g	2.029		0	BFFN	4		0.575	9.203	
20:1....g	0.002		0	BFFN	4		0.001	0.011	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.180		0	NC	4		0.051	0.816	
18:2 undifferentiated....g	0.148		0	BFFN	4		0.042	0.673	
18:3 undifferentiated....g	0.012		0	BFFN	4		0.003	0.055	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.019		0	BFFN	4		0.005	0.088	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	98		0	BFSN	4		28	446	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.218		0	A	1		0.062	0.989	
Threonine....g	1.325		0	A	1		0.376	6.012	
Isoleucine....g	1.509		0	A	1		0.428	6.847	
Leucine....g	2.639		0	A	1		0.748	11.971	
Lysine....g	2.804		0	A	1		0.795	12.718	
Methionine....g	0.864		0	A	1		0.245	3.919	
Cystine....g	0.428		0	A	1		0.121	1.942	
Phenylalanine....g	1.310		0	A	1		0.372	5.944	
Tyrosine....g	1.057		0	A	1		0.300	4.795	
Valine....g	1.646		0	A	1		0.467	7.466	
Arginine....g	2.145		0	A	1		0.608	9.731	
Histidine....g	1.059		0	A	1		0.300	4.803	
Alanine....g	2.017		0	A	1		0.572	9.149	
Aspartic acid....g	3.022		0	A	1		0.857	13.708	
Glutamic acid....g	4.981		0	A	1		1.412	22.592	
Glycine....g	2.020		0	A	1		0.573	9.163	
Proline....g	1.582		0	A	1		0.448	7.174	
Serine....g	1.307		0	A	1		0.371	5.928	
Hydroxyproline....g	0.349		0	BFPN	4		0.099	1.581	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 23634

Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23632

Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw

URMIS #1623

Refuse: 28% Separable fat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	74.26	0.495	10	A	1		21.05	336.82	
Energy kcal	124		0	NC	4		35	563	
Energy kJ	519		0	NC	4		147	2356	
Protein (N x 6.25) g	21.45	0.270	10	A	1		6.08	97.31	
Total lipid (fat) g	3.61	0.247	10	A	1		1.02	16.37	
Ash g	1.00	0.026	10	A	1		0.28	4.53	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	18		0	BFNN	4		5	81	
Iron, Fe mg	1.83		0	BFNN	4		0.52	8.29	
Magnesium, Mg mg	22		0	BFNN	4		6	102	
Phosphorus, P mg	200		0	BFNN	4		57	909	
Potassium, K mg	333		0	BFNN	4		94	1510	
Sodium, Na mg	76		0	BFNN	4		22	344	
Zinc, Zn mg	5.57		0	BFNN	4		1.58	25.27	
Copper, Cu mg	0.092		0	BFNN	4		0.026	0.418	
Manganese, Mn mg	0.012		0	BFNN	4		0.003	0.053	
Selenium, Se µg	27.1		0	BFNN	4		7.7	122.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.082		0	BFPN	4		0.023	0.371	
Riboflavin mg	0.140		0	BFPN	4		0.040	0.636	
Niacin mg	4.731		0	BFPN	4		1.341	21.459	
Pantothenic acid mg	0.630		0	BFPN	4		0.179	2.858	
Vitamin B-6 mg	0.536		0	BFPN	4		0.152	2.431	
Folate, total µg	13		0	BFPN	4		4	57	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	13		0	BFPN	4		4	57	
Folate, DFE µg	13		0	NC	4		4	57	
Choline, total mg	89.6		0	BFPN	4		25.4	406.4	
Betaine mg	13.2		0	BFPN	4		3.7	59.8	
Vitamin B-12 µg	1.71		0	BFPN	4		0.48	7.74	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.27		0	BFSN	4		0.08	1.24	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.1		0	BFSN	4		0.3	5.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23632

Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.340		0	NC	4		0.380	6.077	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.003		0	BFFN	4		0.001	0.014	
13:0....g									
14:0....g	0.095		0	BFFN	4		0.027	0.430	
15:0....g									
16:0....g	0.802		0	BFFN	4		0.227	3.636	
17:0....g									
18:0....g	0.441		0	BFFN	4		0.125	1.998	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.514		0	NC	4		0.429	6.868	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.132		0	BFFN	4		0.037	0.596	
17:1....g									
18:1 undifferentiated....g	1.380		0	BFFN	4		0.391	6.258	
20:1....g	0.003		0	BFFN	4		0.001	0.014	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.156		0	NC	4		0.044	0.707	
18:2 undifferentiated....g	0.125		0	BFFN	4		0.036	0.569	
18:3 undifferentiated....g	0.012		0	BFFN	4		0.003	0.055	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.018		0	BFFN	4		0.005	0.083	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	66		0	BFSN	4		19	298	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.141		0	A	1		0.040	0.640	
Threonine....g	0.857		0	A	1		0.243	3.887	
Isoleucine....g	0.976		0	A	1		0.277	4.427	
Leucine....g	1.706		0	A	1		0.484	7.740	
Lysine....g	1.813		0	A	1		0.514	8.224	
Methionine....g	0.559		0	A	1		0.158	2.534	
Cystine....g	0.277		0	A	1		0.078	1.256	
Phenylalanine....g	0.847		0	A	1		0.240	3.843	
Tyrosine....g	0.684		0	A	1		0.194	3.101	
Valine....g	1.064		0	A	1		0.302	4.827	
Arginine....g	1.387		0	A	1		0.393	6.292	
Histidine....g	0.685		0	A	1		0.194	3.105	
Alanine....g	1.304		0	A	1		0.370	5.916	
Aspartic acid....g	1.954		0	A	1		0.554	8.863	
Glutamic acid....g	3.220		0	A	1		0.913	14.608	
Glycine....g	1.306		0	A	1		0.370	5.925	
Proline....g	1.023		0	A	1		0.290	4.639	
Serine....g	0.845		0	A	1		0.240	3.833	
Hydroxyproline....g	0.225		0	BFPN	4		0.064	1.022	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 23632

Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13371

Beef, brisket, point half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised

URMIS #1628

Refuse: 1% Connective tissue 1%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	46.05		0		1		39.14	144.60	
Energy kcal	358		0	NC	4		304	1124	
Energy kJ	1498		0		4		1273	4703	
Protein (N x 6.25) g	23.53		0		1		20.00	73.88	
Total lipid (fat) g	28.50		0		1		24.23	89.49	
Ash g	0.84		0		1		0.71	2.64	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	8		0		1		7	25	
Iron, Fe mg	2.34		0		1		1.99	7.35	
Magnesium, Mg mg	18		0		1		15	57	
Phosphorus, P mg	187		0		1		159	587	
Potassium, K mg	233		0		1		198	732	
Sodium, Na mg	68		0		1		58	214	
Zinc, Zn mg	5.83		0		1		4.96	18.31	
Copper, Cu mg	0.097		0		1		0.082	0.305	
Manganese, Mn mg	0.014		0		1		0.012	0.044	
Selenium, Se µg	21.9		0	BFYN	4		18.6	68.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.060		0		1		0.051	0.188	
Riboflavin mg	0.190		0		1		0.162	0.597	
Niacin mg	3.040		0		1		2.584	9.546	
Pantothenic acid mg	0.290		0		1		0.247	0.911	
Vitamin B-6 mg	0.240		0		1		0.204	0.754	
Folate, total µg	7		0		1		6	22	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	7		0		1		6	22	
Folate, DFE µg	7		0	NC	4		6	22	
Choline, total mg	89.6		0	BFPN	4		76.2	281.4	
Betaine mg	11.8		0	BFPN	4		10.0	37.0	
Vitamin B-12 µg	2.33		0		1		1.98	7.32	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg									
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0		1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13371

Beef, brisket, point half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	11.240		0		1		9.554	35.294	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.080		0		1		0.068	0.251	
12:0....g	0.070		0		1		0.060	0.220	
13:0....g									
14:0....g	0.950		0		1		0.808	2.983	
15:0....g									
16:0....g	6.980		0		1		5.933	21.917	
17:0....g									
18:0....g	3.160		0		1		2.686	9.922	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	12.700		0		1		10.795	39.878	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.290		0		1		1.097	4.051	
17:1....g									
18:1 undifferentiated....g	11.350		0		1		9.648	35.639	
20:1....g	0.060		0		1		0.051	0.188	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.960		0		1		0.816	3.014	
18:2 undifferentiated....g	0.640		0		1		0.544	2.010	
18:3 undifferentiated....g	0.290		0		1		0.247	0.911	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.030		0		1		0.026	0.094	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	92		0		1		78	289	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.263		0		1		0.224	0.826	
Threonine....g	1.028		0		1		0.874	3.228	
Isoleucine....g	1.058		0		1		0.899	3.322	
Leucine....g	1.859		0		1		1.580	5.837	
Lysine....g	1.957		0		1		1.663	6.145	
Methionine....g	0.602		0		1		0.512	1.890	
Cystine....g	0.263		0		1		0.224	0.826	
Phenylalanine....g	0.918		0		1		0.780	2.883	
Tyrosine....g	0.790		0		1		0.672	2.481	
Valine....g	1.144		0		1		0.972	3.592	
Arginine....g	1.487		0		1		1.264	4.669	
Histidine....g	0.806		0		1		0.685	2.531	
Alanine....g	1.419		0		1		1.206	4.456	
Aspartic acid....g	2.149		0		1		1.827	6.748	
Glutamic acid....g	3.535		0		1		3.005	11.100	
Glycine....g	1.284		0		1		1.091	4.032	
Proline....g	1.039		0		1		0.883	3.262	
Serine....g	0.900		0		1		0.765	2.826	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13371

Beef, brisket, point half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 314g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13808

Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised

Refuse: 1% Connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	48.30		0	PAE	4		41.06	160.36	
Energy kcal	349		0	NC	4		297	1159	
Energy kJ	1460		0		4		1241	4848	
Protein (N x 6.25) g	24.40		0	PAE	4		20.74	81.01	
Total lipid (fat) g	27.17		0	PAE	4		23.09	90.20	
Ash g	0.87		0	PAE	4		0.74	2.89	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	8		0	PAE	4		7	27	
Iron, Fe mg	2.43		0	PAE	4		2.07	8.07	
Magnesium, Mg mg	19		0	PAE	4		16	63	
Phosphorus, P mg	194		0	PAE	4		165	644	
Potassium, K mg	241		0	PAE	4		205	800	
Sodium, Na mg	69		0	PAE	4		59	229	
Zinc, Zn mg	6.13		0	PAE	4		5.21	20.35	
Copper, Cu mg	0.100		0	PAE	4		0.085	0.332	
Manganese, Mn mg	0.015		0	PAE	4		0.013	0.050	
Selenium, Se µg	21.7		0	BFZN	4		18.4	72.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.060		0	PAE	4		0.051	0.199	
Riboflavin mg	0.200		0	PAE	4		0.170	0.664	
Niacin mg	3.140		0	PAE	4		2.669	10.425	
Pantothenic acid mg	0.300		0	PAE	4		0.255	0.996	
Vitamin B-6 mg	0.250		0	PAE	4		0.213	0.830	
Folate, total µg	7		0	PAE	4		6	23	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	7		0	PAE	4		6	23	
Folate, DFE µg	7		0	NC	4		6	23	
Choline, total mg	92.9		0	BFPN	4		79.0	308.5	
Betaine mg	12.2		0	BFPN	4		10.4	40.5	
Vitamin B-12 µg	2.38		0	PAE	4		2.02	7.90	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg									
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	PAE	4		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13808

Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	10.640		0	PAE	4		9.044	35.325	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.060		0	PAE	4		0.051	0.199	
12:0....g	0.060		0	PAE	4		0.051	0.199	
13:0....g									
14:0....g	0.900		0	PAE	4		0.765	2.988	
15:0....g									
16:0....g	6.600		0	PAE	4		5.610	21.912	
17:0....g									
18:0....g	3.010		0	PAE	4		2.559	9.993	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	12.210		0	PAE	4		10.379	40.537	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.240		0	PAE	4		1.054	4.117	
17:1....g									
18:1 undifferentiated....g	10.920		0	PAE	4		9.282	36.254	
20:1....g	0.050		0	PAE	4		0.043	0.166	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.880		0	PAE	4		0.748	2.922	
18:2 undifferentiated....g	0.610		0	PAE	4		0.519	2.025	
18:3 undifferentiated....g	0.240		0	PAE	4		0.204	0.797	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.030		0	PAE	4		0.026	0.100	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	92		0	PAE	4		78	305	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.273		0	PAE	4		0.232	0.906	
Threonine....g	1.066		0	PAE	4		0.906	3.539	
Isoleucine....g	1.097		0	PAE	4		0.932	3.642	
Leucine....g	1.928		0	PAE	4		1.639	6.401	
Lysine....g	2.030		0	PAE	4		1.726	6.740	
Methionine....g	0.625		0	PAE	4		0.531	2.075	
Cystine....g	0.273		0	PAE	4		0.232	0.906	
Phenylalanine....g	0.952		0	PAE	4		0.809	3.161	
Tyrosine....g	0.820		0	PAE	4		0.697	2.722	
Valine....g	1.187		0	PAE	4		1.009	3.941	
Arginine....g	1.542		0	PAE	4		1.311	5.119	
Histidine....g	0.835		0	PAE	4		0.710	2.772	
Alanine....g	1.472		0	PAE	4		1.251	4.887	
Aspartic acid....g	2.229		0	PAE	4		1.895	7.400	
Glutamic acid....g	3.665		0	PAE	4		3.115	12.168	
Glycine....g	1.331		0	PAE	4		1.131	4.419	
Proline....g	1.077		0	PAE	4		0.915	3.576	
Serine....g	0.933		0	PAE	4		0.793	3.098	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13808

Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 332g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13807

Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Refuse: 1% Connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	59.96		0	PAE	4		17.00	271.98	
Energy kcal	265		0	NC	4		75	1202	
Energy kJ	1109		0		4		314	5029	
Protein (N x 6.25) g	17.65		0	PAE	4		5.00	80.06	
Total lipid (fat) g	20.98		0	PAE	4		5.95	95.17	
Ash g	0.82		0	PAE	4		0.23	3.72	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	6		0	PAE	4		2	27	
Iron, Fe mg	1.69		0	PAE	4		0.48	7.67	
Magnesium, Mg mg	18		0	PAE	4		5	82	
Phosphorus, P mg	166		0	PAE	4		47	753	
Potassium, K mg	264		0	PAE	4		75	1198	
Sodium, Na mg	72		0	PAE	4		20	327	
Zinc, Zn mg	4.24		0	PAE	4		1.20	19.23	
Copper, Cu mg	0.071		0	PAE	4		0.020	0.322	
Manganese, Mn mg	0.012		0	PAE	4		0.003	0.054	
Selenium, Se µg	15.2		0	BFYN	4		4.3	68.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.080		0	PAE	4		0.023	0.363	
Riboflavin mg	0.150		0	PAE	4		0.043	0.680	
Niacin mg	3.120		0	PAE	4		0.885	14.152	
Pantothenic acid mg	0.300		0	PAE	4		0.085	1.361	
Vitamin B-6 mg	0.360		0	PAE	4		0.102	1.633	
Folate, total µg	6		0	PAE	4		2	27	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	6		0	PAE	4		2	27	
Folate, DFE µg	6		0	NC	4		2	27	
Choline, total mg	73.7		0	BFPN	4		20.9	334.4	
Betaine mg	10.8		0	BFPN	4		3.1	49.2	
Vitamin B-12 µg	2.24		0	PAE	4		0.64	10.16	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg									
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	PAE	4		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13807

Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	8.420		0	PAE	4		2.387	38.193	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.070		0	PAE	4		0.020	0.318	
12:0....g	0.050		0	PAE	4		0.014	0.227	
13:0....g									
14:0....g	0.700		0	PAE	4		0.198	3.175	
15:0....g									
16:0....g	5.150		0	PAE	4		1.460	23.360	
17:0....g									
18:0....g	2.450		0	PAE	4		0.695	11.113	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	9.530		0	PAE	4		2.702	43.228	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.120		0	PAE	4		0.318	5.080	
17:1....g									
18:1 undifferentiated....g	8.380		0	PAE	4		2.376	38.012	
20:1....g	0.030		0	PAE	4		0.009	0.136	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.690		0	PAE	4		0.196	3.130	
18:2 undifferentiated....g	0.440		0	PAE	4		0.125	1.996	
18:3 undifferentiated....g	0.230		0	PAE	4		0.065	1.043	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.020		0	PAE	4		0.006	0.091	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	71		0	PAE	4		20	322	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.198		0	PAE	4		0.056	0.898	
Threonine....g	0.771		0	PAE	4		0.219	3.497	
Isoleucine....g	0.794		0	PAE	4		0.225	3.602	
Leucine....g	1.395		0	PAE	4		0.395	6.328	
Lysine....g	1.469		0	PAE	4		0.416	6.663	
Methionine....g	0.452		0	PAE	4		0.128	2.050	
Cystine....g	0.198		0	PAE	4		0.056	0.898	
Phenylalanine....g	0.689		0	PAE	4		0.195	3.125	
Tyrosine....g	0.593		0	PAE	4		0.168	2.690	
Valine....g	0.859		0	PAE	4		0.244	3.896	
Arginine....g	1.116		0	PAE	4		0.316	5.062	
Histidine....g	0.604		0	PAE	4		0.171	2.740	
Alanine....g	1.065		0	PAE	4		0.302	4.831	
Aspartic acid....g	1.613		0	PAE	4		0.457	7.317	
Glutamic acid....g	2.652		0	PAE	4		0.752	12.029	
Glycine....g	0.963		0	PAE	4		0.273	4.368	
Proline....g	0.780		0	PAE	4		0.221	3.538	
Serine....g	0.675		0	PAE	4		0.191	3.062	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13807

Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13372

Beef, brisket, point half, separable lean only, trimmed to 0" fat, all grades, cooked, braised

Refuse: 25% Connective tissue, 1%, separable fat, 24%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	55.70		1		1		47.35	129.22	
Energy kcal	244		0	NC	4		207	566	
Energy kJ	1021		0		4		868	2368	
Protein (N x 6.25) g	28.05	0.482	11		1		23.84	65.08	
Total lipid (fat) g	13.80		1		1		11.73	32.02	
Ash g	0.98	0.069	10		1		0.83	2.27	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	6	0.377	10		1		5	14	
Iron, Fe mg	2.79	0.134	9		1		2.37	6.47	
Magnesium, Mg mg	22	0.813	10		1		19	51	
Phosphorus, P mg	226		1		1		192	524	
Potassium, K mg	273	8.141	10		1		232	633	
Sodium, Na mg	77	5.705	10		1		65	179	
Zinc, Zn mg	7.39	0.326	8		1		6.28	17.14	
Copper, Cu mg	0.115	0.006	8		1		0.098	0.267	
Manganese, Mn mg	0.017		1		1		0.014	0.039	
Selenium, Se µg	23.5		0	BFYN	4		20.0	54.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.070	0.007	10		1		0.060	0.162	
Riboflavin mg	0.230	0.014	9		1		0.196	0.534	
Niacin mg	3.570	0.239	11		1		3.035	8.282	
Pantothenic acid mg	0.340		1		1		0.289	0.789	
Vitamin B-6 mg	0.280		1		1		0.238	0.650	
Folate, total µg	8	1.193	11		1		7	19	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	8	1.193	11		1		7	19	
Folate, DFE µg	8		0	NC	4		7	19	
Choline, total mg	106.8		0	BFPN	4		90.8	247.9	
Betaine mg	14.0		0	BFPN	4		11.9	32.6	
Vitamin B-12 µg	2.58	0.424	11		1		2.19	5.99	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg									
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0		1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13372

Beef, brisket, point half, separable lean only, trimmed to 0" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	5.180		0		1		4.403	12.018	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.010		8		1		0.009	0.023	
12:0....g	0.010		8		1		0.009	0.023	
13:0....g									
14:0....g	0.450		8		1		0.383	1.044	
15:0....g									
16:0....g	3.190		8		1		2.712	7.401	
17:0....g									
18:0....g	1.510		8		1		1.284	3.503	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.460		0		1		5.491	14.987	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.640		8		1		0.544	1.485	
17:1....g									
18:1 undifferentiated....g	5.800		8		1		4.930	13.456	
20:1....g	0.020		8		1		0.017	0.046	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.360		0		1		0.306	0.835	
18:2 undifferentiated....g	0.300		8		1		0.255	0.696	
18:3 undifferentiated....g	0.030		8		1		0.026	0.070	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.030		8		1		0.026	0.070	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	91	1.930	8		1		77	211	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.314		0		1		0.267	0.728	
Threonine....g	1.225		0		1		1.041	2.842	
Isoleucine....g	1.261		0		1		1.072	2.926	
Leucine....g	2.217		0		1		1.884	5.143	
Lysine....g	2.334		0		1		1.984	5.415	
Methionine....g	0.718		0		1		0.610	1.666	
Cystine....g	0.314		0		1		0.267	0.728	
Phenylalanine....g	1.095		0		1		0.931	2.540	
Tyrosine....g	0.942		0		1		0.801	2.185	
Valine....g	1.364		0		1		1.159	3.164	
Arginine....g	1.773		0		1		1.507	4.113	
Histidine....g	0.960		0		1		0.816	2.227	
Alanine....g	1.692		0		1		1.438	3.925	
Aspartic acid....g	2.563		0		1		2.179	5.946	
Glutamic acid....g	4.214		0		1		3.582	9.776	
Glycine....g	1.530		0		1		1.301	3.550	
Proline....g	1.239		0		1		1.053	2.874	
Serine....g	1.073		0		1		0.912	2.489	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13372

Beef, brisket, point half, separable lean only, trimmed to 0" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 232g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13367

Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised

Refuse: 1% Connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	51.54		0		1		43.81	161.84	
Energy kcal	291		0	NC	4		247	914	
Energy kJ	1218		0		4		1035	3823	
Protein (N x 6.25) g	26.79		0		1		22.77	84.12	
Total lipid (fat) g	19.52		0		1		16.59	61.29	
Ash g	0.95		0		1		0.81	2.98	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	7		0		1		6	22	
Iron, Fe mg	2.53		0		1		2.15	7.94	
Magnesium, Mg mg	21		0		1		18	66	
Phosphorus, P mg	216		0		1		184	678	
Potassium, K mg	259		0		1		220	813	
Sodium, Na mg	65		0		1		55	204	
Zinc, Zn mg	5.96		0		1		5.07	18.71	
Copper, Cu mg	0.108		0		1		0.092	0.339	
Manganese, Mn mg	0.015		0		1		0.013	0.047	
Selenium, Se µg	23.3		0	BFYN	4		19.8	73.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.070		0		1		0.060	0.220	
Riboflavin mg	0.200		0		1		0.170	0.628	
Niacin mg	3.370		0		1		2.865	10.582	
Pantothenic acid mg	0.320		0		1		0.272	1.005	
Vitamin B-6 mg	0.270		0		1		0.230	0.848	
Folate, total µg	7		0		1		6	22	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	7		0		1		6	22	
Folate, DFE µg	7		0	NC	4		6	22	
Choline, total mg	102.0		0	BFPN	4		86.7	320.4	
Betaine mg	13.4		0	BFPN	4		11.4	42.1	
Vitamin B-12 µg	2.45		0		1		2.08	7.69	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	NC	4		0	0	
Retinol µg	0		0	NR	4		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0		1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.19		0	NR	4		0.16	0.60	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.3		0	AS	1		0.3	1.0	
Vitamin D IU	13		0	BFFN	4		11	40	
Vitamin K (phylloquinone) µg	1.8		0	BFSN	4		1.6	5.8	
Dihydrophylloquinone µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4 µg									

NDB No. 13367

Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	7.530		0		1		6.401	23.644	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.050		0		1		0.043	0.157	
12:0....g	0.040		0		1		0.034	0.126	
13:0....g									
14:0....g	0.630		0		1		0.536	1.978	
15:0....g									
16:0....g	4.680		0		1		3.978	14.695	
17:0....g									
18:0....g	2.130		0		1		1.811	6.688	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.680		0		1		7.378	27.255	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.880		0		1		0.748	2.763	
17:1....g									
18:1 undifferentiated....g	7.770		0		1		6.605	24.398	
20:1....g	0.030		0		1		0.026	0.094	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.670		0		1		0.570	2.104	
18:2 undifferentiated....g	0.460		0		1		0.391	1.444	
18:3 undifferentiated....g	0.180		0		1		0.153	0.565	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.030		0		1		0.026	0.094	
20:5 n-3 (EPA)....g	0.003		18	AR	1		0.003	0.009	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.016		18	AR	1		0.014	0.050	
22:6 n-3 (DHA)....g	0.001		18	AR	1		0.001	0.003	
Fatty acids, total trans....g									
Cholesterol....mg	93		0		1		79	292	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.176		0	NR	4		0.150	0.553	
Threonine....g	1.070		0	NR	4		0.910	3.360	
Isoleucine....g	1.219		0	NR	4		1.036	3.827	
Leucine....g	2.131		0	NR	4		1.811	6.692	
Lysine....g	2.264		0	NR	4		1.924	7.109	
Methionine....g	0.698		0	NR	4		0.593	2.191	
Cystine....g	0.346		0	NR	4		0.294	1.086	
Phenylalanine....g	1.058		0	NR	4		0.899	3.323	
Tyrosine....g	0.854		0	NR	4		0.726	2.681	
Valine....g	1.329		0	NR	4		1.130	4.173	
Arginine....g	1.732		0	NR	4		1.472	5.439	
Histidine....g	0.855		0	NR	4		0.727	2.685	
Alanine....g	1.629		0	NR	4		1.384	5.114	
Aspartic acid....g	2.440		0	NR	4		2.074	7.662	
Glutamic acid....g	4.022		0	NR	4		3.419	12.629	
Glycine....g	1.631		0	NR	4		1.387	5.122	
Proline....g	1.277		0	NR	4		1.086	4.010	
Serine....g	1.055		0	NR	4		0.897	3.314	
Hydroxyproline....g	0.281		0	BFPN	4		0.239	0.884	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13367

Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 314g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13804

Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised

Refuse: 1% Connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	49.58		0	PAE	4		42.14	163.12	
Energy kcal	331		0	NC	4		281	1089	
Energy kJ	1385		0		4		1177	4556	
Protein (N x 6.25) g	25.85		0	PAE	4		21.97	85.05	
Total lipid (fat) g	24.50		0	PAE	4		20.83	80.61	
Ash g	0.92		0	PAE	4		0.78	3.03	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	7		0	PAE	4		6	23	
Iron, Fe mg	2.46		0	PAE	4		2.09	8.09	
Magnesium, Mg mg	20		0	PAE	4		17	66	
Phosphorus, P mg	207		0	PAE	4		176	681	
Potassium, K mg	251		0	PAE	4		213	826	
Sodium, Na mg	64		0	PAE	4		54	211	
Zinc, Zn mg	5.77		0	PAE	4		4.90	18.98	
Copper, Cu mg	0.104		0	PAE	4		0.088	0.342	
Manganese, Mn mg	0.015		0	PAE	4		0.013	0.049	
Selenium, Se µg	22.8		0	BFZN	4		19.4	75.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.060		0	PAE	4		0.051	0.197	
Riboflavin mg	0.200		0	PAE	4		0.170	0.658	
Niacin mg	3.270		0	PAE	4		2.780	10.758	
Pantothenic acid mg	0.310		0	PAE	4		0.264	1.020	
Vitamin B-6 mg	0.260		0	PAE	4		0.221	0.855	
Folate, total µg	7		0	PAE	4		6	23	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	7		0	PAE	4		6	23	
Folate, DFE µg	7		0	NC	4		6	23	
Choline, total mg	98.5		0	BFPN	4		83.7	323.9	
Betaine mg									
Vitamin B-12 µg	2.40		0	PAE	4		2.04	7.90	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	BFSN	4		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	PAE	4		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.19		0	BFSN	4		0.16	0.63	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.4		0	AS	1		0.3	1.3	
Vitamin D IU	16		0	BFFN	4		14	53	
Vitamin K (phylloquinone) µg	1.9		0	BFSN	4		1.6	6.3	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13804

Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	9.440		0	PAE	4		8.024	31.058	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.060		0	PAE	4		0.051	0.197	
12:0....g	0.060		0	PAE	4		0.051	0.197	
13:0....g									
14:0....g	0.780		0	PAE	4		0.663	2.566	
15:0....g									
16:0....g	5.870		0	PAE	4		4.990	19.312	
17:0....g									
18:0....g	2.680		0	PAE	4		2.278	8.817	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	10.890		0	PAE	4		9.257	35.828	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.100		0	PAE	4		0.935	3.619	
17:1....g									
18:1 undifferentiated....g	9.740		0	PAE	4		8.279	32.045	
20:1....g	0.040		0	PAE	4		0.034	0.132	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.850		0	PAE	4		0.723	2.797	
18:2 undifferentiated....g	0.580		0	PAE	4		0.493	1.908	
18:3 undifferentiated....g	0.230		0	PAE	4		0.196	0.757	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.040		0	PAE	4		0.034	0.132	
20:5 n-3 (EPA)....g	0.003		18	AR	1		0.003	0.010	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.016		18	AR	1		0.014	0.053	
22:6 n-3 (DHA)....g	0.001		18	AR	1		0.001	0.003	
Fatty acids, total trans....g									
Cholesterol....mg	93		0	PAE	4		79	306	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.290		0	PAE	4		0.247	0.954	
Threonine....g	1.129		0	PAE	4		0.960	3.714	
Isoleucine....g	1.162		0	PAE	4		0.988	3.823	
Leucine....g	2.043		0	PAE	4		1.737	6.721	
Lysine....g	2.151		0	PAE	4		1.828	7.077	
Methionine....g	0.662		0	PAE	4		0.563	2.178	
Cystine....g	0.290		0	PAE	4		0.247	0.954	
Phenylalanine....g	1.009		0	PAE	4		0.858	3.320	
Tyrosine....g	0.869		0	PAE	4		0.739	2.859	
Valine....g	1.258		0	PAE	4		1.069	4.139	
Arginine....g	1.634		0	PAE	4		1.389	5.376	
Histidine....g	0.885		0	PAE	4		0.752	2.912	
Alanine....g	1.559		0	PAE	4		1.325	5.129	
Aspartic acid....g	2.362		0	PAE	4		2.008	7.771	
Glutamic acid....g	3.884		0	PAE	4		3.301	12.778	
Glycine....g	1.411		0	PAE	4		1.199	4.642	
Proline....g	1.142		0	PAE	4		0.971	3.757	
Serine....g	0.989		0	PAE	4		0.841	3.254	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13804

Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 329g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13803

Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Refuse: 1% Connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	61.08		0	PAE	4		17.32	277.06	
Energy kcal	251		0	NC	4		71	1139	
Energy kJ	1050		0		4		298	4764	
Protein (N x 6.25) g	18.42		0	PAE	4		5.22	83.55	
Total lipid (fat) g	19.06		0	PAE	4		5.40	86.46	
Ash g	0.88		0	PAE	4		0.25	3.99	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	6		0	PAE	4		2	27	
Iron, Fe mg	1.70		0	PAE	4		0.48	7.71	
Magnesium, Mg mg	19		0	PAE	4		5	86	
Phosphorus, P mg	177		0	PAE	4		50	803	
Potassium, K mg	282		0	PAE	4		80	1279	
Sodium, Na mg	69		0	PAE	4		20	313	
Zinc, Zn mg	3.71		0	PAE	4		1.05	16.83	
Copper, Cu mg	0.071		0	PAE	4		0.020	0.322	
Manganese, Mn mg	0.013		0	PAE	4		0.004	0.059	
Selenium, Se µg	16.0		0	BFYN	4		4.5	72.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.090		0	PAE	4		0.026	0.408	
Riboflavin mg	0.150		0	PAE	4		0.043	0.680	
Niacin mg	3.480		0	PAE	4		0.987	15.785	
Pantothenic acid mg	0.310		0	PAE	4		0.088	1.406	
Vitamin B-6 mg	0.380		0	PAE	4		0.108	1.724	
Folate, total µg	6		0	PAE	4		2	27	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	6		0	PAE	4		2	27	
Folate, DFE µg	6		0	NC	4		2	27	
Choline, total mg	76.9		0	BFPN	4		21.8	349.0	
Betaine mg	11.3		0	BFPN	4		3.2	51.3	
Vitamin B-12 µg	2.25		0	PAE	4		0.64	10.21	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg									
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	PAE	4		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13803

Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	7.530		0	PAE	4		2.135	34.156	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.060		0	PAE	4		0.017	0.272	
12:0....g	0.040		0	PAE	4		0.011	0.181	
13:0....g									
14:0....g	0.620		0	PAE	4		0.176	2.812	
15:0....g									
16:0....g	4.590		0	PAE	4		1.301	20.820	
17:0....g									
18:0....g	2.220		0	PAE	4		0.629	10.070	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.520		0	PAE	4		2.415	38.647	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.000		0	PAE	4		0.284	4.536	
17:1....g									
18:1 undifferentiated....g	7.490		0	PAE	4		2.123	33.975	
20:1....g	0.020		0	PAE	4		0.006	0.091	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.660		0	PAE	4		0.187	2.994	
18:2 undifferentiated....g	0.420		0	PAE	4		0.119	1.905	
18:3 undifferentiated....g	0.210		0	PAE	4		0.060	0.953	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.030		0	PAE	4		0.009	0.136	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	68		0	PAE	4		19	308	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.206		0	PAE	4		0.058	0.934	
Threonine....g	0.804		0	PAE	4		0.228	3.647	
Isoleucine....g	0.828		0	PAE	4		0.235	3.756	
Leucine....g	1.456		0	PAE	4		0.413	6.604	
Lysine....g	1.532		0	PAE	4		0.434	6.949	
Methionine....g	0.471		0	PAE	4		0.134	2.136	
Cystine....g	0.206		0	PAE	4		0.058	0.934	
Phenylalanine....g	0.719		0	PAE	4		0.204	3.261	
Tyrosine....g	0.619		0	PAE	4		0.175	2.808	
Valine....g	0.896		0	PAE	4		0.254	4.064	
Arginine....g	1.164		0	PAE	4		0.330	5.280	
Histidine....g	0.631		0	PAE	4		0.179	2.862	
Alanine....g	1.111		0	PAE	4		0.315	5.039	
Aspartic acid....g	1.682		0	PAE	4		0.477	7.630	
Glutamic acid....g	2.767		0	PAE	4		0.784	12.551	
Glycine....g	1.005		0	PAE	4		0.285	4.559	
Proline....g	0.813		0	PAE	4		0.230	3.688	
Serine....g	0.704		0	PAE	4		0.200	3.193	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13803

Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13023
Beef, brisket, whole, separable lean only, all grades, raw

Refuse: 30% Connective tissue 0.3%, separable fat 30%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	70.29		0		1		19.93	318.84	
Energy kcal	155		0	NC	4		44	703	
Energy kJ	649		0		4		184	2942	
Protein (N x 6.25) g	20.72		0		1		5.87	93.99	
Total lipid (fat) g	7.37		0		1		2.09	33.43	
Ash g	1.02		0		1		0.29	4.63	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	5		0		1		1	23	
Iron, Fe mg	1.92		0		1		0.54	8.71	
Magnesium, Mg mg	23		0		1		7	104	
Phosphorus, P mg	201		0		1		57	912	
Potassium, K mg	330		0		1		94	1497	
Sodium, Na mg	79		0		1		22	358	
Zinc, Zn mg	4.31		0		1		1.22	19.55	
Copper, Cu mg	0.080		0		1		0.023	0.363	
Manganese, Mn mg	0.014		0		1		0.004	0.064	
Selenium, Se µg	16.4		0	BFNN	4		4.6	74.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.100		0		1		0.028	0.454	
Riboflavin mg	0.170		0		1		0.048	0.771	
Niacin mg	3.940		0		1		1.117	17.872	
Pantothenic acid mg	0.350		0		1		0.099	1.588	
Vitamin B-6 mg	0.420		0		1		0.119	1.905	
Folate, total µg	7		0		1		2	32	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	7		0		1		2	32	
Folate, DFE µg	7		0	NC	4		2	32	
Choline, total mg	86.5		0	BFPN	4		24.5	392.6	
Betaine mg									
Vitamin B-12 µg	2.43		0		1		0.69	11.02	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	BFSN	4		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0		1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.32		0	BFSN	4		0.09	1.44	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.3		0	BFSN	4		0.4	5.7	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13023

Beef, brisket, whole, separable lean only, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.590		0		1		0.734	11.748	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.220		0		1		0.062	0.998	
15:0....g									
16:0....g	1.630		0		1		0.462	7.394	
17:0....g									
18:0....g	0.730		0		1		0.207	3.311	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.460		0		1		0.981	15.695	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.350		0		1		0.099	1.588	
17:1....g									
18:1 undifferentiated....g	3.100		0		1		0.879	14.062	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.230		0		1		0.065	1.043	
18:2 undifferentiated....g	0.180		0		1		0.051	0.816	
18:3 undifferentiated....g	0.020		0		1		0.006	0.091	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.030		0		1		0.009	0.136	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	62		0		1		18	281	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.232		0		1		0.066	1.052	
Threonine....g	0.905		0		1		0.257	4.105	
Isoleucine....g	0.931		0		1		0.264	4.223	
Leucine....g	1.637		0		1		0.464	7.425	
Lysine....g	1.724		0		1		0.489	7.820	
Methionine....g	0.530		0		1		0.150	2.404	
Cystine....g	0.232		0		1		0.066	1.052	
Phenylalanine....g	0.809		0		1		0.229	3.670	
Tyrosine....g	0.696		0		1		0.197	3.157	
Valine....g	1.008		0		1		0.286	4.572	
Arginine....g	1.309		0		1		0.371	5.938	
Histidine....g	0.709		0		1		0.201	3.216	
Alanine....g	1.250		0		1		0.354	5.670	
Aspartic acid....g	1.893		0		1		0.537	8.587	
Glutamic acid....g	3.112		0		1		0.882	14.116	
Glycine....g	1.130		0		1		0.320	5.126	
Proline....g	0.915		0		1		0.259	4.150	
Serine....g	0.792		0		1		0.225	3.593	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13023

Beef, brisket, whole, separable lean only, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13368

Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised

Refuse: 17% 1% connective tissue, 16% separable fat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	57.71		0		1		49.05	152.35	
Energy kcal	218		0	NC	4		185	576	
Energy kJ	912		0		4		775	2408	
Protein (N x 6.25) g	29.75		0		1		25.29	78.54	
Total lipid (fat) g	10.08		0		1		8.57	26.61	
Ash g	1.04		0		1		0.88	2.75	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	6		0		1		5	16	
Iron, Fe mg	2.81		0		1		2.39	7.42	
Magnesium, Mg mg	23		0		1		20	61	
Phosphorus, P mg	241		0		1		205	636	
Potassium, K mg	285		0		1		242	752	
Sodium, Na mg	70		0		1		60	185	
Zinc, Zn mg	6.89		0		1		5.86	18.19	
Copper, Cu mg	0.119		0		1		0.101	0.314	
Manganese, Mn mg	0.017		0		1		0.014	0.045	
Selenium, Se µg	24.5		0	BFZN	4		20.8	64.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.070		0		1		0.060	0.185	
Riboflavin mg	0.220		0		1		0.187	0.581	
Niacin mg	3.710		0		1		3.154	9.794	
Pantothenic acid mg	0.360		0		1		0.306	0.950	
Vitamin B-6 mg	0.290		0		1		0.247	0.766	
Folate, total µg	8		0		1		7	21	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	8		0		1		7	21	
Folate, DFE µg	8		0	NC	4		7	21	
Choline, total mg	113.3		0	BFPN	4		96.3	299.1	
Betaine mg	14.9		0	BFPN	4		12.7	39.3	
Vitamin B-12 µg	2.60		0		1		2.21	6.86	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	NC	4		0	0	
Retinol µg	0		0	NR	4		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0		1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.14		0	NR	4		0.12	0.37	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	AS	1		0.1	0.4	
Vitamin D IU	7		0	BFFN	4		6	17	
Vitamin K (phylloquinone) µg	1.6		0	BFSN	4		1.4	4.2	
Dihydrophylloquinone µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4 µg									

NDB No. 13368

Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.630		0		1		3.086	9.583	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.310		0		1		0.264	0.818	
15:0....g									
16:0....g	2.250		0		1		1.913	5.940	
17:0....g									
18:0....g	1.070		0		1		0.910	2.825	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.650		0		1		3.953	12.276	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.460		0		1		0.391	1.214	
17:1....g									
18:1 undifferentiated....g	4.180		0		1		3.553	11.035	
20:1....g	0.010		0		1		0.009	0.026	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.300		0		1		0.255	0.792	
18:2 undifferentiated....g	0.240		0		1		0.204	0.634	
18:3 undifferentiated....g	0.020		0		1		0.017	0.053	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.040		0		1		0.034	0.106	
20:5 n-3 (EPA)....g	0.003		18	AR	1		0.003	0.008	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.015		18	AR	1		0.013	0.040	
22:6 n-3 (DHA)....g	0.001		18	AR	1		0.001	0.003	
Fatty acids, total trans....g									
Cholesterol....mg	93		0		1		79	246	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.196		0	A	1		0.166	0.516	
Threonine....g	1.188		0	A	1		1.010	3.138	
Isoleucine....g	1.354		0	A	1		1.150	3.573	
Leucine....g	2.367		0	A	1		2.012	6.248	
Lysine....g	2.514		0	A	1		2.137	6.638	
Methionine....g	0.775		0	A	1		0.659	2.045	
Cystine....g	0.384		0	A	1		0.326	1.014	
Phenylalanine....g	1.175		0	A	1		0.999	3.102	
Tyrosine....g	0.948		0	A	1		0.806	2.503	
Valine....g	1.476		0	A	1		1.255	3.896	
Arginine....g	1.924		0	A	1		1.635	5.079	
Histidine....g	0.949		0	A	1		0.807	2.507	
Alanine....g	1.809		0	A	1		1.537	4.775	
Aspartic acid....g	2.710		0	A	1		2.303	7.154	
Glutamic acid....g	4.466		0	A	1		3.796	11.791	
Glycine....g	1.812		0	A	1		1.540	4.782	
Proline....g	1.418		0	A	1		1.206	3.744	
Serine....g	1.172		0	A	1		0.996	3.094	
Hydroxyproline....g	0.313		0	BFPN	4		0.266	0.825	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13368

Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 264g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13001

Beef, carcass, separable lean and fat, choice, raw

Bos taurus

Refuse: 19% Bone 19%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	57.26		0		1		16.23	259.73	
Energy kcal	291		0	NC	4		82	1320	
Energy kJ	1218		0		4		345	5523	
Protein (N x 6.25) g	17.32		0		1		4.91	78.56	
Total lipid (fat) g	24.05		0		1		6.82	109.09	
Ash g	0.81		0		1		0.23	3.67	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	8		0		1		2	36	
Iron, Fe mg	1.83		0		1		0.52	8.30	
Magnesium, Mg mg	17		0		1		5	77	
Phosphorus, P mg	154		0		1		44	699	
Potassium, K mg	267		0		1		76	1211	
Sodium, Na mg	59		0		1		17	268	
Zinc, Zn mg	3.57		0		1		1.01	16.19	
Copper, Cu mg	0.069		0		1		0.020	0.313	
Manganese, Mn mg	0.013		0		1		0.004	0.059	
Selenium, Se µg	18.1		0	PIE	4		5.1	82.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.080		0		1		0.023	0.363	
Riboflavin mg	0.160		0		1		0.045	0.726	
Niacin mg	3.540		0		1		1.004	16.057	
Pantothenic acid mg	0.320		0		1		0.091	1.452	
Vitamin B-6 mg	0.330		0		1		0.094	1.497	
Folate, total µg	7		0		1		2	32	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	7		0		1		2	32	
Folate, DFE µg	7		0	NC	4		2	32	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	2.67		0		1		0.76	12.11	
Vitamin A, RAE µg	0		0		4		0	0	
Retinol µg									
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0		1		0	0	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 13001

Beef, carcass, separable lean and fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	9.750		0		1		2.764	44.226	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.070		0		1		0.020	0.318	
12:0....g	0.050		0		1		0.014	0.227	
13:0....g									
14:0....g	0.740		0		1		0.210	3.357	
15:0....g									
16:0....g	5.780		0		1		1.639	26.218	
17:0....g									
18:0....g	2.930		0		1		0.831	13.290	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	10.470		0		1		2.968	47.492	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.150		0		1		0.326	5.216	
17:1....g									
18:1 undifferentiated....g	9.120		0		1		2.586	41.368	
20:1....g	0.030		0		1		0.009	0.136	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.920		0		1		0.261	4.173	
18:2 undifferentiated....g	0.620		0		1		0.176	2.812	
18:3 undifferentiated....g	0.240		0		1		0.068	1.089	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.050		0		1		0.014	0.227	
20:5 n-3 (EPA)....g	0.010		0		1		0.003	0.045	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	74		0		1		21	336	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.201		61		1		0.057	0.912	
Threonine....g	0.746		79		1		0.211	3.384	
Isoleucine....g	0.767		79		1		0.217	3.479	
Leucine....g	1.376		79		1		0.390	6.242	
Lysine....g	1.443		79		1		0.409	6.545	
Methionine....g	0.430		76		1		0.122	1.950	
Cystine....g	0.185		59		1		0.052	0.839	
Phenylalanine....g	0.670		78		1		0.190	3.039	
Tyrosine....g	0.568		78		1		0.161	2.576	
Valine....g	0.842		78		1		0.239	3.819	
Arginine....g	1.120		75		1		0.318	5.080	
Histidine....g	0.579		78		1		0.164	2.626	
Alanine....g	1.074		75		1		0.304	4.872	
Aspartic acid....g	1.583		75		1		0.449	7.180	
Glutamic acid....g	2.644		75		1		0.750	11.993	
Glycine....g	1.061		75		1		0.301	4.813	
Proline....g	0.804		75		1		0.228	3.647	
Serine....g	0.665		75		1		0.189	3.016	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

NDB No. 13001

Beef, carcass, separable lean and fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13002
Beef, carcass, separable lean and fat, select, raw

Refuse: 20% Bone 20%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	58.21		0		1		16.50	264.04	
Energy kcal	278		0	NC	4		79	1261	
Energy kJ	1163		0		4		330	5276	
Protein (N x 6.25) g	17.48		0		1		4.96	79.29	
Total lipid (fat) g	22.55		0		1		6.39	102.29	
Ash g	0.82		0		1		0.23	3.72	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	8		0		1		2	36	
Iron, Fe mg	1.85		0		1		0.52	8.39	
Magnesium, Mg mg	17		0		1		5	77	
Phosphorus, P mg	156		0		1		44	708	
Potassium, K mg	271		0		1		77	1229	
Sodium, Na mg	59		0		1		17	268	
Zinc, Zn mg	3.59		0		1		1.02	16.28	
Copper, Cu mg	0.069		0		1		0.020	0.313	
Manganese, Mn mg	0.013		0		1		0.004	0.059	
Selenium, Se µg	15.9		0	PIE	4		4.5	72.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.080		0		1		0.023	0.363	
Riboflavin mg	0.170		0		1		0.048	0.771	
Niacin mg	3.540		0		1		1.004	16.057	
Pantothenic acid mg	0.320		0		1		0.091	1.452	
Vitamin B-6 mg	0.330		0		1		0.094	1.497	
Folate, total µg	7		0		1		2	32	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	7		0		1		2	32	
Folate, DFE µg	7		0	NC	4		2	32	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	2.69		0		1		0.76	12.20	
Vitamin A, RAE µg									
Retinol µg									
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0		1		0	0	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 13002

Beef, carcass, separable lean and fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	9.160		0		1		2.597	41.550	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.060		0		1		0.017	0.272	
12:0....g	0.050		0		1		0.014	0.227	
13:0....g									
14:0....g	0.700		0		1		0.198	3.175	
15:0....g									
16:0....g	5.430		0		1		1.539	24.630	
17:0....g									
18:0....g	2.750		0		1		0.780	12.474	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	9.820		0		1		2.784	44.544	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.090		0		1		0.309	4.944	
17:1....g									
18:1 undifferentiated....g	8.550		0		1		2.424	38.783	
20:1....g	0.030		0		1		0.009	0.136	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.860		0		1		0.244	3.901	
18:2 undifferentiated....g	0.570		0		1		0.162	2.586	
18:3 undifferentiated....g	0.230		0		1		0.065	1.043	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.050		0		1		0.014	0.227	
20:5 n-3 (EPA)....g	0.010		0		1		0.003	0.045	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	74		0		1		21	336	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.202		0		1		0.057	0.916	
Threonine....g	0.754		0		1		0.214	3.420	
Isoleucine....g	0.774		0		1		0.219	3.511	
Leucine....g	1.388		0		1		0.393	6.296	
Lysine....g	1.456		0		1		0.413	6.604	
Methionine....g	0.435		0		1		0.123	1.973	
Cystine....g	0.187		0		1		0.053	0.848	
Phenylalanine....g	0.676		0		1		0.192	3.066	
Tyrosine....g	0.574		0		1		0.163	2.604	
Valine....g	0.850		0		1		0.241	3.856	
Arginine....g	1.129		0		1		0.320	5.121	
Histidine....g	0.585		0		1		0.166	2.654	
Alanine....g	1.082		0		1		0.307	4.908	
Aspartic acid....g	1.597		0		1		0.453	7.244	
Glutamic acid....g	2.666		0		1		0.756	12.093	
Glycine....g	1.064		0		1		0.302	4.826	
Proline....g	0.809		0		1		0.229	3.670	
Serine....g	0.671		0		1		0.190	3.044	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13002

Beef, carcass, separable lean and fat, select, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23134

Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised

Beef, Chuck, Bnls Country Style Beef Ribs, URMIS #1096

Refuse: 9% Connective tissue 9%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	51.91	0.310	70	AR	1		44.12	117.84	
Energy kcal	296		0	NC	4		251	671	
Energy kJ	1237		0	NC	4		1051	2808	
Protein (N x 6.25) g	27.69	1.317	70	AR	1		23.53	62.85	
Total lipid (fat) g	20.55	1.113	70	AR	1		17.47	46.64	
Ash g	0.96	0.038	70	AR	1		0.82	2.19	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	16		3	AR	1		14	36	
Iron, Fe mg	2.49		3	AR	1		2.11	5.65	
Magnesium, Mg mg	17		3	AR	1		15	39	
Phosphorus, P mg	172		3	AR	1		146	391	
Potassium, K mg	247		3	AR	1		210	560	
Sodium, Na mg	65		3	AR	1		56	149	
Zinc, Zn mg	8.91		3	AR	1		7.58	20.24	
Copper, Cu mg	0.093		3	AR	1		0.079	0.211	
Manganese, Mn mg	0.014		3	AR	1		0.012	0.032	
Selenium, Se µg	30.7		3	AR	1		26.1	69.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.066		2	AR	1		0.056	0.150	
Riboflavin mg	0.209		3	AR	1		0.177	0.474	
Niacin mg	3.804		3	AR	1		3.233	8.634	
Pantothenic acid mg	0.644		2	AR	1		0.548	1.462	
Vitamin B-6 mg	0.272		3	AR	1		0.231	0.618	
Folate, total µg	7		0	BFPN	4		6	15	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	7		0	BFPN	4		6	15	
Folate, DFE µg	7		0	NC	4		6	15	
Choline, total mg	88.8		2	AR	1		75.5	201.7	
Betaine mg	16.7		2	AR	1		14.2	38.0	
Vitamin B-12 µg	3.10		3	AR	1		2.63	7.03	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	8		0	NC	4		7	18	
Retinol µg	8		0	BFSN	4		7	18	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	27		0	NC	4		23	61	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.09		3	AR	1		0.07	0.20	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.3	
Vitamin D IU	6		0	BFSN	4		5	13	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	3.6	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23134

Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated g	9.009		0	NC	4		7.658	20.451	
4:0 g	0.000		0	Z	7		0.000	0.000	
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.000		0	Z	7		0.000	0.000	
12:0 g	0.000		0	Z	7		0.000	0.000	
13:0 g									
14:0 g	0.614	0.052	6	AR	1		0.522	1.395	
15:0 g									
16:0 g	4.873	0.407	6	AR	1		4.142	11.061	
17:0 g	0.268	0.021	6	AR	1		0.228	0.609	
18:0 g	3.226	0.271	6	AR	1		2.742	7.323	
20:0 g	0.017	0.002	6	AR	1		0.014	0.038	
22:0 g									
24:0 g	0.011	0.001	6	AR	1		0.010	0.026	
Fatty acids, total monounsaturated g	9.997		0	NC	4		8.497	22.693	
14:1 g	0.118	0.011	6	AR	1		0.100	0.267	
15:1 g									
16:1 undifferentiated g	0.624		0	AS	1		0.531	1.417	
16:1 c g	0.624	0.051	6	AR	1		0.531	1.417	
16:1 t g									
17:1 g	0.169	0.014	6	AR	1		0.144	0.383	
18:1 undifferentiated g	9.038		0	AS	1		7.682	20.516	
18:1 c g	7.722	0.700	6	AR	1		6.564	17.528	
18:1 t g	1.316	0.101	6	AR	1		1.119	2.987	
18:1-11 t (18:1t n-7) g	0.529	0.051	6	AR	1		0.450	1.201	
20:1 g	0.048	0.004	6	AR	1		0.041	0.109	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.884		0	NC	4		0.752	2.007	
18:2 undifferentiated g	0.786		0	AS	1		0.668	1.784	
18:2 n-6 c,c g	0.682	0.063	6	AR	1		0.580	1.548	
18:2 CLAs g	0.104	0.008	6	AR	1		0.088	0.236	
18:2 t,t g									
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.043		0	AS	1		0.037	0.098	
18:3 n-3 c,c,c (ALA) g	0.043	0.004	6	AR	1		0.037	0.098	
18:3 n-6 c,c,c g									
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.005	0.000	6	AR	1		0.004	0.012	
20:3 undifferentiated g									
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.045	0.005	6	AR	1		0.039	0.103	
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000	0.000	6	AR	1		0.000	0.001	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.004	0.000	6	AR	1		0.004	0.010	
22:6 n-3 (DHA) g	0.000	0.000	6	AR	1		0.000	0.001	
Fatty acids, total trans g	1.316		0	NC	4		1.119	2.987	
Fatty acids, total trans-monoenoic g	1.316		0	NC	4		1.119	2.987	
Fatty acids, total trans-polyenoic g									
Cholesterol mg	96	1.047	6	AR	1		82	218	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.312		0	AR	1		0.265	0.708	
Threonine g	1.218		0	AR	1		1.035	2.765	
Isoleucine g	1.177		0	AR	1		1.001	2.672	
Leucine g	2.227		0	AR	1		1.893	5.055	

NDB No. 23134

Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.421		0	AR	1		2.058	5.495	
Methionine g	0.786		0	AR	1		0.668	1.785	
Cystine g	0.291		0	AR	1		0.247	0.660	
Phenylalanine g	1.054		0	AR	1		0.896	2.392	
Tyrosine g	0.955		0	AR	1		0.811	2.167	
Valine g	1.251		0	AR	1		1.063	2.840	
Arginine g	1.823		0	AR	1		1.549	4.138	
Histidine g	0.897		0	AR	1		0.762	2.036	
Alanine g	1.579		0	AR	1		1.342	3.585	
Aspartic acid g	2.483		0	AR	1		2.110	5.636	
Glutamic acid g	4.378		0	AR	1		3.722	9.939	
Glycine g	1.263		0	AR	1		1.074	2.867	
Proline g	1.138		0	AR	1		0.967	2.583	
Serine g	1.063		0	AR	1		0.904	2.414	
Hydroxyproline g	0.189		0	BFPN	4		0.161	0.429	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 227g: 1 piece

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23137

Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw

Beef, Chuck, Bnls Country Style Beef Ribs, URMIS #1096

Refuse: 9% Connective tissue 9%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	66.33	1.113	71	AR	1		56.38	219.56	
Energy kcal	205		0	NC	4		174	678	
Energy kJ	857		0	NC	4		728	2837	
Protein (N x 6.25) g	18.97	0.453	71	AR	1		16.12	62.77	
Total lipid (fat) g	14.32	1.422	71	AR	1		12.18	47.41	
Ash g	0.88	0.082	71	AR	1		0.75	2.92	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	14		3	AR	1		12	48	
Iron, Fe mg	2.10		3	AR	1		1.78	6.94	
Magnesium, Mg mg	16		3	AR	1		14	53	
Phosphorus, P mg	175		3	AR	1		149	579	
Potassium, K mg	291		3	AR	1		247	963	
Sodium, Na mg	77		3	AR	1		65	254	
Zinc, Zn mg	6.65		3	AR	1		5.65	22.00	
Copper, Cu mg	0.083		3	AR	1		0.070	0.273	
Manganese, Mn mg	0.012		3	AR	1		0.010	0.040	
Selenium, Se µg	19.1		3	AR	1		16.2	63.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.070		2	AR	1		0.060	0.232	
Riboflavin mg	0.162		3	AR	1		0.138	0.537	
Niacin mg	3.875		3	AR	1		3.294	12.826	
Pantothenic acid mg	0.646		2	AR	1		0.549	2.139	
Vitamin B-6 mg	0.338		3	AR	1		0.287	1.118	
Folate, total µg	3		0	BFPN	4		3	10	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	3		0	BFPN	4		3	10	
Folate, DFE µg	3		0	NC	4		3	10	
Choline, total mg	65.6		2	AR	1		55.7	217.1	
Betaine mg	26.7		2	AR	1		22.7	88.2	
Vitamin B-12 µg	2.91		3	AR	1		2.47	9.62	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	4		0	NC	4		3	13	
Retinol µg	4		0	BFSN	4		3	13	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	14		0	NC	4		12	45	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.16		3	AR	1		0.14	0.53	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.4	
Vitamin D IU	4		0	BFSN	4		4	15	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	5.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23137

Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated g	6.154		0	NC	4		5.231	20.371	
4:0 g	0.000		0	Z	7		0.000	0.000	
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.000		0	Z	7		0.000	0.000	
12:0 g	0.000		0	Z	7		0.000	0.000	
13:0 g									
14:0 g	0.425	0.039	6	AR	1		0.361	1.407	
15:0 g									
16:0 g	3.288	0.291	6	AR	1		2.795	10.884	
17:0 g	0.181	0.015	6	AR	1		0.154	0.600	
18:0 g	2.243	0.200	6	AR	1		1.907	7.426	
20:0 g	0.008	0.001	6	AR	1		0.007	0.027	
22:0 g									
24:0 g	0.008	0.001	6	AR	1		0.007	0.027	
Fatty acids, total monounsaturated g	6.957		0	NC	4		5.914	23.028	
14:1 g	0.080	0.008	6	AR	1		0.068	0.266	
15:1 g									
16:1 undifferentiated g	0.424		0	AS	1		0.360	1.404	
16:1 c g	0.424	0.036	6	AR	1		0.360	1.404	
16:1 t g									
17:1 g	0.115	0.010	6	AR	1		0.098	0.381	
18:1 undifferentiated g	6.304		0	AS	1		5.359	20.868	
18:1 c g	5.395	0.496	6	AR	1		4.586	17.858	
18:1 t g	0.909	0.082	6	AR	1		0.773	3.010	
18:1-11 t (18:1t n-7) g	0.317	0.026	6	AR	1		0.270	1.051	
20:1 g	0.033	0.003	6	AR	1		0.028	0.110	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.605		0	NC	4		0.514	2.002	
18:2 undifferentiated g	0.532		0	AS	1		0.453	1.762	
18:2 n-6 c,c g	0.464	0.042	6	AR	1		0.395	1.537	
18:2 CLAs g	0.068	0.006	6	AR	1		0.058	0.225	
18:2 t,t g									
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.030		0	AS	1		0.025	0.098	
18:3 n-3 c,c,c (ALA) g	0.030	0.003	6	AR	1		0.025	0.098	
18:3 n-6 c,c,c g									
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.003	0.000	6	AR	1		0.003	0.010	
20:3 undifferentiated g									
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.036	0.004	6	AR	1		0.031	0.119	
20:4 n-6 g									
20:5 n-3 (EPA) g	0.001	0.000	6	AR	1		0.001	0.003	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.003	0.000	6	AR	1		0.003	0.010	
22:6 n-3 (DHA) g	0.000	0.000	6	AR	1		0.000	0.000	
Fatty acids, total trans g	0.909		0	NC	4		0.773	3.010	
Fatty acids, total trans-monoenoic g	0.909		0	NC	4		0.773	3.010	
Fatty acids, total trans-polyenoic g									
Cholesterol mg	70	1.956	6	AR	1		60	232	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.214		0	AR	1		0.182	0.707	
Threonine g	0.834		0	AR	1		0.709	2.762	
Isoleucine g	0.806		0	AR	1		0.686	2.669	
Leucine g	1.526		0	AR	1		1.297	5.049	

NDB No. 23137

Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	1.658		0	AR	1		1.409	5.489	
Methionine g	0.539		0	AR	1		0.458	1.783	
Cystine g	0.199		0	AR	1		0.169	0.659	
Phenylalanine g	0.722		0	AR	1		0.613	2.389	
Tyrosine g	0.654		0	AR	1		0.556	2.165	
Valine g	0.857		0	AR	1		0.729	2.837	
Arginine g	1.249		0	AR	1		1.061	4.133	
Histidine g	0.614		0	AR	1		0.522	2.034	
Alanine g	1.082		0	AR	1		0.919	3.580	
Aspartic acid g	1.701		0	AR	1		1.446	5.630	
Glutamic acid g	2.999		0	AR	1		2.549	9.928	
Glycine g	0.865		0	AR	1		0.735	2.864	
Proline g	0.779		0	AR	1		0.662	2.580	
Serine g	0.728		0	AR	1		0.619	2.411	
Hydroxyproline g	0.130		0	BFPN	4		0.110	0.429	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 331g: 1 piece

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23135

Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised

Beef, Chuck, Bnls Country Style Beef Ribs, URMIS #1096

Refuse: 9% Connective tissue 9%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	51.36	0.372	48	AR	1		43.65	115.04	
Energy kcal	303		0	NC	4		257	678	
Energy kJ	1266		0	NC	4		1076	2836	
Protein (N x 6.25) g	27.16	1.330	48	AR	1		23.09	60.84	
Total lipid (fat) g	21.56	1.151	48	AR	1		18.33	48.30	
Ash g	0.94	0.040	48	AR	1		0.80	2.12	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	16		2	AR	1		14	36	
Iron, Fe mg	2.51		2	AR	1		2.14	5.63	
Magnesium, Mg mg	16		2	AR	1		14	37	
Phosphorus, P mg	169		2	AR	1		144	379	
Potassium, K mg	241		2	AR	1		205	540	
Sodium, Na mg	65		2	AR	1		56	146	
Zinc, Zn mg	8.93		2	AR	1		7.59	20.01	
Copper, Cu mg	0.097		2	AR	1		0.082	0.217	
Manganese, Mn mg	0.014		2	AR	1		0.012	0.032	
Selenium, Se µg	31.7		2	AR	1		26.9	70.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.066		1	AR	1		0.056	0.148	
Riboflavin mg	0.208		2	AR	1		0.177	0.466	
Niacin mg	3.791		2	AR	1		3.223	8.493	
Pantothenic acid mg	0.669		1	AR	1		0.569	1.499	
Vitamin B-6 mg	0.269		2	AR	1		0.229	0.603	
Folate, total µg	7		0	BFPN	4		6	15	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	7		0	BFPN	4		6	15	
Folate, DFE µg	7		0	NC	4		6	15	
Choline, total mg	88.9		1	AR	1		75.6	199.2	
Betaine mg	17.1		1	AR	1		14.5	38.3	
Vitamin B-12 µg	3.12		2	AR	1		2.65	6.99	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	8		0	NC	4		7	17	
Retinol µg	8		0	BFSN	4		7	17	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	26		0	NC	4		22	58	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.11		2	AR	1		0.09	0.24	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	AS	1		0.1	0.4	
Vitamin D IU	6		0	BFSN	4		5	14	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	3.5	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23135

Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	9.268		0	NC	4		7.878	20.761	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	Z	7		0.000	0.000	
12:0....g	0.000		0	Z	7		0.000	0.000	
13:0....g									
14:0....g	0.623	0.065	4	AR	1		0.530	1.396	
15:0....g									
16:0....g	4.994	0.506	4	AR	1		4.244	11.185	
17:0....g	0.275	0.026	4	AR	1		0.233	0.615	
18:0....g	3.346	0.336	4	AR	1		2.844	7.496	
20:0....g	0.019	0.002	4	AR	1		0.016	0.042	
22:0....g									
24:0....g	0.012	0.002	4	AR	1		0.010	0.027	
Fatty acids, total monounsaturated....g	10.359		0	NC	4		8.805	23.205	
14:1....g	0.123	0.013	4	AR	1		0.105	0.276	
15:1....g									
16:1 undifferentiated....g	0.642		0	AS	1		0.546	1.438	
16:1 c....g	0.642	0.063	4	AR	1		0.546	1.438	
16:1 t....g									
17:1....g	0.173	0.017	4	AR	1		0.147	0.388	
18:1 undifferentiated....g	9.367		0	AS	1		7.962	20.982	
18:1 c....g	8.034	0.869	4	AR	1		6.829	17.996	
18:1 t....g	1.333	0.125	4	AR	1		1.133	2.985	
18:1-11 t (18:1t n-7)....g	0.519	0.063	4	AR	1		0.441	1.162	
20:1....g	0.054	0.005	4	AR	1		0.046	0.121	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.880		0	NC	4		0.748	1.971	
18:2 undifferentiated....g	0.781		0	AS	1		0.664	1.749	
18:2 n-6 c,c....g	0.674	0.079	4	AR	1		0.573	1.509	
18:2 CLAs....g	0.107	0.009	4	AR	1		0.091	0.240	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.043		0	AS	1		0.037	0.097	
18:3 n-3 c,c,c (ALA)....g	0.043	0.005	4	AR	1		0.037	0.097	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.005	0.000	4	AR	1		0.005	0.012	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.045	0.006	4	AR	1		0.038	0.101	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	4	AR	1		0.000	0.001	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.004	0.000	4	AR	1		0.004	0.010	
22:6 n-3 (DHA)....g	0.000	0.000	4	AR	1		0.000	0.001	
Fatty acids, total trans....g	1.333		0	NC	4		1.133	2.985	
Fatty acids, total trans-monoenoic....g	1.333		0	NC	4		1.133	2.985	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	96	1.301	4	AR	1		82	215	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.306		0	AR	1		0.260	0.685	
Threonine....g	1.195		0	AR	1		1.016	2.677	
Isoleucine....g	1.155		0	AR	1		0.982	2.587	
Leucine....g	2.185		0	AR	1		1.857	4.894	

NDB No. 23135

Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.375		0	AR	1		2.019	5.320	
Methionine g	0.771		0	AR	1		0.656	1.728	
Cystine g	0.285		0	AR	1		0.242	0.639	
Phenylalanine g	1.034		0	AR	1		0.879	2.316	
Tyrosine g	0.937		0	AR	1		0.796	2.098	
Valine g	1.228		0	AR	1		1.043	2.750	
Arginine g	1.788		0	AR	1		1.520	4.006	
Histidine g	0.880		0	AR	1		0.748	1.971	
Alanine g	1.549		0	AR	1		1.317	3.470	
Aspartic acid g	2.436		0	AR	1		2.071	5.457	
Glutamic acid g	4.296		0	AR	1		3.651	9.623	
Glycine g	1.239		0	AR	1		1.053	2.776	
Proline g	1.116		0	AR	1		0.949	2.500	
Serine g	1.043		0	AR	1		0.887	2.337	
Hydroxyproline g	0.186		0	BFPN	4		0.158	0.416	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 224g: 1 piece

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23138

Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw

Beef, Chuck, Bnls Country Style Beef Ribs, URMIS #1096

Refuse: 8% Connective tissue 8%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	65.78	1.130	47	AR	1		55.91	213.77	
Energy kcal	210		0	NC	4		179	684	
Energy kJ	880		0	NC	4		748	2860	
Protein (N x 6.25) g	18.87	0.486	47	AR	1		16.04	61.34	
Total lipid (fat) g	14.99	1.444	47	AR	1		12.74	48.71	
Ash g	0.86	0.082	47	AR	1		0.73	2.81	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	15		2	AR	1		12	47	
Iron, Fe mg	2.16		2	AR	1		1.84	7.03	
Magnesium, Mg mg	16		2	AR	1		14	52	
Phosphorus, P mg	177		2	AR	1		151	577	
Potassium, K mg	302		2	AR	1		257	982	
Sodium, Na mg	76		2	AR	1		65	247	
Zinc, Zn mg	7.02		2	AR	1		5.97	22.83	
Copper, Cu mg	0.083		2	AR	1		0.070	0.268	
Manganese, Mn mg	0.012		2	AR	1		0.010	0.039	
Selenium, Se µg	19.6		2	AR	1		16.6	63.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.070		1	AR	1		0.060	0.228	
Riboflavin mg	0.166		2	AR	1		0.141	0.538	
Niacin mg	3.821		2	AR	1		3.248	12.418	
Pantothenic acid mg	0.620		1	AR	1		0.527	2.016	
Vitamin B-6 mg	0.337		2	AR	1		0.286	1.094	
Folate, total µg	3		0	BFPN	4		3	10	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	3		0	BFPN	4		3	10	
Folate, DFE µg	3		0	NC	4		3	10	
Choline, total mg	66.5		1	AR	1		56.5	216.1	
Betaine mg	29.3		1	AR	1		24.9	95.2	
Vitamin B-12 µg	2.94		2	AR	1		2.50	9.56	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	4		0	NC	4		3	13	
Retinol µg	4		0	BFSN	4		3	13	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	13		0	NC	4		11	43	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.18		2	AR	1		0.15	0.58	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.4	
Vitamin D IU	5		0	BFSN	4		4	15	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	4.9	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23138

Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated g	6.387		0	NC	4		5.429	20.757	
4:0 g	0.000		0	Z	7		0.000	0.000	
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.000		0	Z	7		0.000	0.000	
12:0 g	0.000		0	Z	7		0.000	0.000	
13:0 g									
14:0 g	0.435	0.048	4	AR	1		0.370	1.414	
15:0 g									
16:0 g	3.411	0.361	4	AR	1		2.900	11.086	
17:0 g	0.183	0.019	4	AR	1		0.156	0.596	
18:0 g	2.339	0.249	4	AR	1		1.988	7.601	
20:0 g	0.009	0.001	4	AR	1		0.008	0.030	
22:0 g									
24:0 g	0.009	0.001	4	AR	1		0.008	0.030	
Fatty acids, total monounsaturated g	7.274		0	NC	4		6.183	23.640	
14:1 g	0.083	0.010	4	AR	1		0.070	0.268	
15:1 g									
16:1 undifferentiated g	0.446		0	AS	1		0.379	1.450	
16:1 c g	0.446	0.044	4	AR	1		0.379	1.450	
16:1 t g									
17:1 g	0.118	0.012	4	AR	1		0.100	0.383	
18:1 undifferentiated g	6.590		0	AS	1		5.601	21.417	
18:1 c g	5.684	0.616	4	AR	1		4.832	18.474	
18:1 t g	0.906	0.102	4	AR	1		0.770	2.944	
18:1-11 t (18:1t n-7) g	0.313	0.032	4	AR	1		0.266	1.017	
20:1 g	0.037	0.004	4	AR	1		0.032	0.121	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.614		0	NC	4		0.522	1.996	
18:2 undifferentiated g	0.538		0	AS	1		0.457	1.747	
18:2 n-6 c,c g	0.471	0.052	4	AR	1		0.400	1.531	
18:2 CLAs g	0.066	0.008	4	AR	1		0.056	0.216	
18:2 t,t g									
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.031		0	AS	1		0.026	0.099	
18:3 n-3 c,c,c (ALA) g	0.031	0.003	4	AR	1		0.026	0.099	
18:3 n-6 c,c,c g									
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.003	0.000	4	AR	1		0.003	0.010	
20:3 undifferentiated g									
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.038	0.005	4	AR	1		0.033	0.125	
20:4 n-6 g									
20:5 n-3 (EPA) g	0.001	0.000	4	AR	1		0.001	0.004	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.003	0.000	4	AR	1		0.003	0.010	
22:6 n-3 (DHA) g	0.000	0.000	4	AR	1		0.000	0.000	
Fatty acids, total trans g	0.906		0	NC	4		0.770	2.944	
Fatty acids, total trans-monoenoic g	0.906		0	NC	4		0.770	2.944	
Fatty acids, total trans-polyenoic g									
Cholesterol mg	70	2.430	4	AR	1		59	227	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.213		0	AR	1		0.181	0.691	
Threonine g	0.830		0	AR	1		0.706	2.699	
Isoleucine g	0.803		0	AR	1		0.682	2.609	
Leucine g	1.518		0	AR	1		1.291	4.934	

NDB No. 23138

Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	1.650		0	AR	1		1.403	5.364	
Methionine....g	0.536		0	AR	1		0.456	1.742	
Cystine....g	0.198		0	AR	1		0.168	0.644	
Phenylalanine....g	0.718		0	AR	1		0.611	2.335	
Tyrosine....g	0.651		0	AR	1		0.553	2.115	
Valine....g	0.853		0	AR	1		0.725	2.772	
Arginine....g	1.243		0	AR	1		1.056	4.039	
Histidine....g	0.612		0	AR	1		0.520	1.987	
Alanine....g	1.077		0	AR	1		0.915	3.499	
Aspartic acid....g	1.693		0	AR	1		1.439	5.501	
Glutamic acid....g	2.985		0	AR	1		2.537	9.702	
Glycine....g	0.861		0	AR	1		0.732	2.798	
Proline....g	0.776		0	AR	1		0.659	2.521	
Serine....g	0.725		0	AR	1		0.616	2.356	
Hydroxyproline....g	0.129		0	BFPN	4		0.110	0.419	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 325g: 1 piece

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23136

Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised

Beef, Chuck, Bnls Country Style Beef Ribs, URMIS #1096

Refuse: 8% Connective tissue 8%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	52.74	0.476	22	AR	1		44.83	121.83	
Energy kcal	285		0	NC	4		242	659	
Energy kJ	1193		0	NC	4		1014	2756	
Protein (N x 6.25) g	28.47	1.355	22	AR	1		24.20	65.76	
Total lipid (fat) g	19.03	1.227	22	AR	1		16.17	43.96	
Ash g	0.99	0.043	22	AR	1		0.84	2.29	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	15		1	AR	1		13	36	
Iron, Fe mg	2.46		1	AR	1		2.09	5.68	
Magnesium, Mg mg	19		1	AR	1		16	43	
Phosphorus, P mg	181		1	AR	1		154	419	
Potassium, K mg	255		1	AR	1		217	589	
Sodium, Na mg	66		1	AR	1		56	153	
Zinc, Zn mg	9.07		1	AR	1		7.71	20.96	
Copper, Cu mg	0.083		1	AR	1		0.071	0.192	
Manganese, Mn mg	0.014		1	AR	1		0.012	0.032	
Selenium, Se µg	30.3		1	AR	1		25.8	70.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.066		1	AR	1		0.056	0.153	
Riboflavin mg	0.211		1	AR	1		0.179	0.487	
Niacin mg	3.886		1	AR	1		3.303	8.976	
Pantothenic acid mg	0.619		1	AR	1		0.526	1.430	
Vitamin B-6 mg	0.278		1	AR	1		0.237	0.643	
Folate, total µg	7		0	BFPN	4		6	16	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	7		0	BFPN	4		6	16	
Folate, DFE µg	7		0	NC	4		6	16	
Choline, total mg	88.7		1	AR	1		75.4	205.0	
Betaine mg	16.3		1	AR	1		13.9	37.7	
Vitamin B-12 µg	3.07		1	AR	1		2.61	7.08	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	8		0	NC	4		7	19	
Retinol µg	8		0	BFSN	4		7	19	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	28		0	NC	4		24	65	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.05		1	AR	1		0.04	0.10	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.3	
Vitamin D IU	5		0	BFSN	4		4	12	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	3.6	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23136

Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	8.621		0	NC	4		7.328	19.914	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	Z	7		0.000	0.000	
12:0....g	0.000		0	Z	7		0.000	0.000	
13:0....g									
14:0....g	0.601		2	AR	1		0.511	1.389	
15:0....g									
16:0....g	4.691		2	AR	1		3.988	10.837	
17:0....g	0.259		2	AR	1		0.220	0.599	
18:0....g	3.045		2	AR	1		2.588	7.034	
20:0....g	0.013		2	AR	1		0.011	0.030	
22:0....g									
24:0....g	0.011		2	AR	1		0.009	0.025	
Fatty acids, total monounsaturated....g	9.454		0	NC	4		8.036	21.838	
14:1....g	0.110		2	AR	1		0.093	0.253	
15:1....g									
16:1 undifferentiated....g	0.598		0	AS	1		0.508	1.382	
16:1 c....g	0.598		2	AR	1		0.508	1.382	
16:1 t....g									
17:1....g	0.162		2	AR	1		0.138	0.375	
18:1 undifferentiated....g	8.544		0	AS	1		7.263	19.737	
18:1 c....g	7.254		2	AR	1		6.166	16.756	
18:1 t....g	1.291		2	AR	1		1.097	2.982	
18:1-11 t (18:1t n-7)....g	0.545		2	AR	1		0.463	1.258	
20:1....g	0.039		2	AR	1		0.033	0.091	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.891		0	NC	4		0.757	2.057	
18:2 undifferentiated....g	0.793		0	AS	1		0.674	1.831	
18:2 n-6 c,c....g	0.694		2	AR	1		0.590	1.602	
18:2 CLAs....g	0.099		2	AR	1		0.084	0.228	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.043		0	AS	1		0.036	0.098	
18:3 n-3 c,c,c (ALA)....g	0.043		2	AR	1		0.036	0.098	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.005		2	AR	1		0.004	0.011	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.046		2	AR	1		0.039	0.106	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		2	AR	1		0.000	0.001	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.004		2	AR	1		0.003	0.009	
22:6 n-3 (DHA)....g	0.000		2	AR	1		0.000	0.000	
Fatty acids, total trans....g	1.291		0	NC	4		1.097	2.982	
Fatty acids, total trans-monoenoic....g	1.291		0	NC	4		1.097	2.982	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	95		2	AR	1		81	220	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.321		0	AR	1		0.273	0.741	
Threonine....g	1.253		0	AR	1		1.065	2.893	
Isoleucine....g	1.211		0	AR	1		1.029	2.797	
Leucine....g	2.290		0	AR	1		1.946	5.290	

NDB No. 23136

Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.489		0	AR	1		2.116	5.750	
Methionine g	0.809		0	AR	1		0.687	1.868	
Cystine g	0.299		0	AR	1		0.254	0.690	
Phenylalanine g	1.083		0	AR	1		0.921	2.503	
Tyrosine g	0.982		0	AR	1		0.834	2.268	
Valine g	1.287		0	AR	1		1.094	2.972	
Arginine g	1.874		0	AR	1		1.593	4.330	
Histidine g	0.922		0	AR	1		0.784	2.131	
Alanine g	1.624		0	AR	1		1.380	3.751	
Aspartic acid g	2.553		0	AR	1		2.170	5.898	
Glutamic acid g	4.502		0	AR	1		3.827	10.401	
Glycine g	1.299		0	AR	1		1.104	3.000	
Proline g	1.170		0	AR	1		0.994	2.703	
Serine g	1.093		0	AR	1		0.929	2.526	
Hydroxyproline g	0.195		0	BFPN	4		0.165	0.449	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 231g: 1 piece

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23139

Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw

Beef, Chuck, Bnls Country Style Beef Ribs, URMIS #1096

Refuse: 10% Connective tissue 10%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	67.17	1.164	24	AR	1		57.09	228.37	
Energy kcal	196		0	NC	4		167	668	
Energy kJ	822		0	NC	4		699	2795	
Protein (N x 6.25) g	19.10	0.548	24	AR	1		16.24	64.94	
Total lipid (fat) g	13.33	1.490	24	AR	1		11.33	45.32	
Ash g	0.91	0.084	24	AR	1		0.78	3.10	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	14		1	AR	1		12	48	
Iron, Fe mg	1.97		1	AR	1		1.67	6.68	
Magnesium, Mg mg	16		1	AR	1		14	54	
Phosphorus, P mg	172		1	AR	1		146	584	
Potassium, K mg	271		1	AR	1		230	920	
Sodium, Na mg	77		1	AR	1		65	262	
Zinc, Zn mg	5.89		1	AR	1		5.00	20.02	
Copper, Cu mg	0.084		1	AR	1		0.071	0.286	
Manganese, Mn mg	0.012		1	AR	1		0.011	0.042	
Selenium, Se µg	18.6		1	AR	1		15.8	63.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.070		1	AR	1		0.060	0.238	
Riboflavin mg	0.157		1	AR	1		0.133	0.533	
Niacin mg	3.950		1	AR	1		3.358	13.430	
Pantothenic acid mg	0.672		1	AR	1		0.571	2.285	
Vitamin B-6 mg	0.338		1	AR	1		0.287	1.150	
Folate, total µg	3		0	BFPN	4		3	10	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	3		0	BFPN	4		3	10	
Folate, DFE µg	3		0	NC	4		3	10	
Choline, total mg	64.7		1	AR	1		55.0	219.9	
Betaine mg	24.0		1	AR	1		20.4	81.6	
Vitamin B-12 µg	2.80		1	AR	1		2.38	9.51	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	4		0	NC	4		4	14	
Retinol µg	4		0	BFSN	4		4	14	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	14		0	NC	4		12	48	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.12		1	AR	1		0.10	0.40	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.3	
Vitamin D IU	4		0	BFSN	4		3	14	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	5.1	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23139

Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated g	5.805		0	NC	4		4.934	19.737	
4:0 g	0.000		0	Z	7		0.000	0.000	
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.000		0	Z	7		0.000	0.000	
12:0 g	0.000		0	Z	7		0.000	0.000	
13:0 g									
14:0 g	0.410		2	AR	1		0.348	1.394	
15:0 g									
16:0 g	3.104		2	AR	1		2.638	10.554	
17:0 g	0.178		2	AR	1		0.151	0.606	
18:0 g	2.100		2	AR	1		1.785	7.141	
20:0 g	0.006		2	AR	1		0.005	0.021	
22:0 g									
24:0 g	0.007		2	AR	1		0.006	0.022	
Fatty acids, total monounsaturated g	6.482		0	NC	4		5.510	22.040	
14:1 g	0.077		2	AR	1		0.065	0.261	
15:1 g									
16:1 undifferentiated g	0.391		0	AS	1		0.332	1.328	
16:1 c g	0.391		2	AR	1		0.332	1.328	
16:1 t g									
17:1 g	0.111		2	AR	1		0.094	0.377	
18:1 undifferentiated g	5.877		0	AS	1		4.995	19.980	
18:1 c g	4.962		2	AR	1		4.217	16.869	
18:1 t g	0.915		2	AR	1		0.778	3.111	
18:1-11 t (18:1t n-7) g	0.324		2	AR	1		0.275	1.101	
20:1 g	0.027		2	AR	1		0.023	0.093	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.591		0	NC	4		0.502	2.010	
18:2 undifferentiated g	0.525		0	AS	1		0.446	1.784	
18:2 n-6 c,c g	0.454		2	AR	1		0.386	1.544	
18:2 CLAs g	0.071		2	AR	1		0.060	0.240	
18:2 t,t g									
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.028		0	AS	1		0.024	0.094	
18:3 n-3 c,c,c (ALA) g	0.028		2	AR	1		0.024	0.094	
18:3 n-6 c,c,c g									
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.003		2	AR	1		0.003	0.011	
20:3 undifferentiated g									
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.032		2	AR	1		0.027	0.109	
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		2	AR	1		0.000	0.001	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.003		2	AR	1		0.003	0.011	
22:6 n-3 (DHA) g	0.000		2	AR	1		0.000	0.000	
Fatty acids, total trans g	0.915		0	NC	4		0.778	3.111	
Fatty acids, total trans-monoenoic g	0.915		0	NC	4		0.778	3.111	
Fatty acids, total trans-polyenoic g									
Cholesterol mg	71		2	AR	1		60	241	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.215		0	AR	1		0.183	0.731	
Threonine g	0.840		0	AR	1		0.714	2.857	
Isoleucine g	0.812		0	AR	1		0.690	2.762	
Leucine g	1.536		0	AR	1		1.306	5.224	

NDB No. 23139

Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	1.670		0	AR	1		1.420	5.678	
Methionine g	0.542		0	AR	1		0.461	1.844	
Cystine g	0.200		0	AR	1		0.170	0.682	
Phenylalanine g	0.727		0	AR	1		0.618	2.471	
Tyrosine g	0.659		0	AR	1		0.560	2.239	
Valine g	0.863		0	AR	1		0.734	2.935	
Arginine g	1.258		0	AR	1		1.069	4.276	
Histidine g	0.619		0	AR	1		0.526	2.104	
Alanine g	1.089		0	AR	1		0.926	3.704	
Aspartic acid g	1.713		0	AR	1		1.456	5.824	
Glutamic acid g	3.021		0	AR	1		2.568	10.270	
Glycine g	0.871		0	AR	1		0.741	2.962	
Proline g	0.785		0	AR	1		0.667	2.669	
Serine g	0.734		0	AR	1		0.624	2.494	
Hydroxyproline g	0.131		0	BFPN	4		0.111	0.444	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 340g: 1 piece

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23071

Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised

Beef, Chuck, Bnls, Country Style Beef Ribs, URMIS #1096

Refuse: 26% Connective tissue 9%, seam fat 17%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	57.00	0.864	72	AR	1		48.45	129.39	
Energy kcal	228		0	NC	4		194	519	
Energy kJ	956		0	NC	4		813	2170	
Protein (N x 6.25) g	31.41	1.169	72	AR	1		26.70	71.30	
Total lipid (fat) g	11.43	0.558	72	AR	1		9.71	25.94	
Ash g	1.08	0.071	72	AR	1		0.92	2.45	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	17		3	AR	1		14	38	
Iron, Fe mg	2.93		3	AR	1		2.49	6.65	
Magnesium, Mg mg	19		3	AR	1		16	44	
Phosphorus, P mg	203		3	AR	1		173	461	
Potassium, K mg	286		3	AR	1		243	648	
Sodium, Na mg	69		3	AR	1		58	156	
Zinc, Zn mg	10.91		3	AR	1		9.28	24.77	
Copper, Cu mg	0.109		3	AR	1		0.092	0.247	
Manganese, Mn mg	0.017		3	AR	1		0.015	0.039	
Selenium, Se µg	35.1		3	AR	1		29.8	79.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.070		2	AR	1		0.060	0.159	
Riboflavin mg	0.240		3	AR	1		0.204	0.545	
Niacin mg	4.147		3	AR	1		3.525	9.413	
Pantothenic acid mg	0.705		2	AR	1		0.599	1.600	
Vitamin B-6 mg	0.289		3	AR	1		0.245	0.655	
Folate, total µg	8		0	BFPN	4		6	17	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	8		0	BFPN	4		6	17	
Folate, DFE µg	8		0	NC	4		6	17	
Choline, total mg	103.0		2	AR	1		87.5	233.7	
Betaine mg	18.8		2	AR	1		16.0	42.7	
Vitamin B-12 µg	3.47		3	AR	1		2.95	7.87	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		2	4	
Retinol µg	2		0	BFSN	4		2	4	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	6		0	NC	4		5	14	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.10		3	AR	1		0.08	0.22	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.3	
Vitamin D IU	6		0	BFSN	4		5	13	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	3.6	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23071

Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.990		0	NR	4		4.242	11.327	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	Z	7		0.000	0.000	
12:0....g	0.000		0	Z	7		0.000	0.000	
13:0....g									
14:0....g	0.310	0.047	6	AR	1		0.264	0.704	
15:0....g									
16:0....g	2.745	0.383	6	AR	1		2.333	6.231	
17:0....g	0.152	0.020	6	AR	1		0.130	0.346	
18:0....g	1.765	0.252	6	AR	1		1.500	4.006	
20:0....g	0.008	0.001	6	AR	1		0.007	0.018	
22:0....g									
24:0....g	0.010	0.002	6	AR	1		0.008	0.022	
Fatty acids, total monounsaturated....g	5.750		0	NR	4		4.888	13.053	
14:1....g	0.057	0.010	6	AR	1		0.048	0.129	
15:1....g									
16:1 undifferentiated....g	0.374	0.049	6	AR	1		0.318	0.850	
17:1....g	0.107	0.014	6	AR	1		0.091	0.243	
18:1 undifferentiated....g	5.192		0	AS	1		4.413	11.785	
18:1 c....g	4.578	0.691	6	AR	1		3.891	10.391	
18:1 t....g	0.614	0.084	6	AR	1		0.522	1.394	
18:1-11 t (18:1t n-7)....g	0.463	0.059	6	AR	1		0.394	1.052	
20:1....g	0.021	0.003	6	AR	1		0.018	0.047	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.550		0	NR	4		0.468	1.249	
18:2 undifferentiated....g	0.483		0	AS	1		0.411	1.096	
18:2 n-6 c,c....g	0.439	0.066	6	AR	1		0.373	0.997	
18:2 CLAs....g	0.044	0.006	6	AR	1		0.037	0.099	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.024		0	AS	1		0.020	0.054	
18:3 n-3 c,c,c (ALA)....g	0.024	0.004	6	AR	1		0.020	0.054	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000	0.000	6	AR	1		0.000	0.000	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.043	0.006	6	AR	1		0.037	0.098	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	6	AR	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	6	AR	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000	0.000	6	AR	1		0.000	0.000	
Fatty acids, total trans....g	0.614		0	NR	4		0.522	1.394	
Fatty acids, total trans-monoenoic....g	0.614		0	NR	4		0.522	1.394	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	99	1.144	6	AR	1		84	225	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.360		0	AR	1		0.306	0.818	
Threonine....g	1.422		0	AR	1		1.209	3.228	
Isoleucine....g	1.375		0	AR	1		1.169	3.122	
Leucine....g	2.600		0	AR	1		2.210	5.901	
Lysine....g	2.826		0	AR	1		2.402	6.414	
Methionine....g	0.916		0	AR	1		0.779	2.079	

NDB No. 23071

Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine g	0.334		0	AR	1		0.284	0.759	
Phenylalanine g	1.224		0	AR	1		1.041	2.779	
Tyrosine g	1.114		0	AR	1		0.947	2.528	
Valine g	1.453		0	AR	1		1.235	3.298	
Arginine g	2.112		0	AR	1		1.795	4.795	
Histidine g	1.036		0	AR	1		0.881	2.352	
Alanine g	1.815		0	AR	1		1.543	4.121	
Aspartic acid g	2.892		0	AR	1		2.458	6.564	
Glutamic acid g	5.115		0	AR	1		4.348	11.610	
Glycine g	1.399		0	AR	1		1.189	3.175	
Proline g	1.293		0	AR	1		1.099	2.934	
Serine g	1.234		0	AR	1		1.049	2.801	
Hydroxyproline g	0.159		0	AR	1		0.135	0.360	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 227g: 1 piece

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23074

Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw

Beef, Chuck, Bnls Country Style Beef Ribs, URMIS #1096

Refuse: 22% Connective tissue 9%, seam fat 13%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	71.19	0.303	72	AR	1		60.51	235.65	
Energy kcal	146		0	NC	4		124	485	
Energy kJ	613		0	NC	4		521	2028	
Protein (N x 6.25) g	20.96	0.525	72	AR	1		17.82	69.38	
Total lipid (fat) g	6.95	0.171	72	AR	1		5.91	23.02	
Ash g	0.96	0.098	72	AR	1		0.82	3.17	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	15		3	AR	1		13	49	
Iron, Fe mg	2.24		3	AR	1		1.90	7.40	
Magnesium, Mg mg	18		3	AR	1		15	59	
Phosphorus, P mg	193		3	AR	1		164	638	
Potassium, K mg	317		3	AR	1		270	1050	
Sodium, Na mg	82		3	AR	1		70	271	
Zinc, Zn mg	7.44		3	AR	1		6.32	24.62	
Copper, Cu mg	0.093		3	AR	1		0.079	0.306	
Manganese, Mn mg	0.014		3	AR	1		0.012	0.047	
Selenium, Se µg	21.3		3	AR	1		18.1	70.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.070		2	AR	1		0.060	0.232	
Riboflavin mg	0.187		3	AR	1		0.159	0.618	
Niacin mg	4.167		3	AR	1		3.542	13.792	
Pantothenic acid mg	0.710		2	AR	1		0.603	2.350	
Vitamin B-6 mg	0.357		3	AR	1		0.303	1.181	
Folate, total µg	3		0	BFPN	4		3	11	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	3		0	BFPN	4		3	11	
Folate, DFE µg	3		0	NC	4		3	11	
Choline, total mg	74.0		2	AR	1		62.9	244.8	
Betaine mg	30.0		2	AR	1		25.5	99.2	
Vitamin B-12 µg	3.24		3	AR	1		2.75	10.71	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		2	7	
Retinol µg	2		0	BFSN	4		2	7	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	7		0	NC	4		6	22	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.17		3	AR	1		0.15	0.57	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.3	
Vitamin D IU	4		0	BFSN	4		3	13	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	5.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23074

Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.030		0	NR	4		2.576	10.029	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	Z	7		0.000	0.000	
12:0....g	0.000		0	Z	7		0.000	0.000	
13:0....g									
14:0....g	0.183	0.018	6	AR	1		0.156	0.606	
15:0....g									
16:0....g	1.653	0.164	6	AR	1		1.405	5.473	
17:0....g	0.092	0.008	6	AR	1		0.078	0.304	
18:0....g	1.091	0.109	6	AR	1		0.928	3.613	
20:0....g	0.002	0.000	6	AR	1		0.002	0.008	
22:0....g									
24:0....g	0.008	0.001	6	AR	1		0.007	0.026	
Fatty acids, total monounsaturated....g	3.550		0	NR	4		3.018	11.751	
14:1....g	0.034	0.004	6	AR	1		0.029	0.112	
15:1....g									
16:1 undifferentiated....g	0.218	0.020	6	AR	1		0.186	0.722	
17:1....g	0.064	0.006	6	AR	1		0.054	0.211	
18:1 undifferentiated....g	3.222		0	AS	1		2.738	10.664	
18:1 c....g	2.849	0.308	6	AR	1		2.422	9.430	
18:1 t....g	0.373	0.037	6	AR	1		0.317	1.234	
18:1-11 t (18:1t n-7)....g	0.259	0.025	6	AR	1		0.220	0.857	
20:1....g	0.013	0.001	6	AR	1		0.011	0.042	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.340		0	NR	4		0.289	1.125	
18:2 undifferentiated....g	0.292		0	AS	1		0.248	0.967	
18:2 n-6 c,c....g	0.266	0.030	6	AR	1		0.226	0.879	
18:2 CLAs....g	0.027	0.003	6	AR	1		0.023	0.088	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.013		0	AS	1		0.011	0.044	
18:3 n-3 c,c,c (ALA)....g	0.013	0.001	6	AR	1		0.011	0.044	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000	0.000	6	AR	1		0.000	0.000	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.034	0.005	6	AR	1		0.029	0.113	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001	0.000	6	AR	1		0.001	0.002	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	6	AR	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000	0.000	6	AR	1		0.000	0.000	
Fatty acids, total trans....g	0.373		0	NR	4		0.317	1.235	
Fatty acids, total trans-monoenoic....g	0.373		0	NR	4		0.317	1.235	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	70	2.285	6	AR	1		60	232	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.240		0	AR	1		0.204	0.796	
Threonine....g	0.949		0	AR	1		0.807	3.141	
Isoleucine....g	0.918		0	AR	1		0.780	3.038	
Leucine....g	1.735		0	AR	1		1.475	5.742	
Lysine....g	1.886		0	AR	1		1.603	6.242	
Methionine....g	0.611		0	AR	1		0.520	2.023	

NDB No. 23074

Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine g	0.223		0	AR	1		0.190	0.738	
Phenylalanine g	0.817		0	AR	1		0.695	2.704	
Tyrosine g	0.743		0	AR	1		0.632	2.460	
Valine g	0.970		0	AR	1		0.824	3.209	
Arginine g	1.410		0	AR	1		1.198	4.666	
Histidine g	0.691		0	AR	1		0.588	2.288	
Alanine g	1.211		0	AR	1		1.030	4.010	
Aspartic acid g	1.930		0	AR	1		1.640	6.387	
Glutamic acid g	3.413		0	AR	1		2.901	11.298	
Glycine g	0.933		0	AR	1		0.793	3.090	
Proline g	0.863		0	AR	1		0.733	2.855	
Serine g	0.823		0	AR	1		0.700	2.725	
Hydroxyproline g	0.106		0	AR	1		0.090	0.350	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 331g: 1 piece

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23069

Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised

Beef, Chuck, Bnls Country Style Beef Ribs, URMIS #1096

Refuse: 27% Connective tissue 9%, seam fat 18%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	56.64	0.886	48	AR	1		48.15	126.88	
Energy kcal	234		0	NC	4		199	524	
Energy kJ	978		0	NC	4		831	2191	
Protein (N x 6.25) g	30.95	1.183	48	AR	1		26.30	69.32	
Total lipid (fat) g	12.22	0.594	48	AR	1		10.39	27.37	
Ash g	1.06	0.072	48	AR	1		0.90	2.36	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	17		2	AR	1		15	38	
Iron, Fe mg	2.97		2	AR	1		2.53	6.66	
Magnesium, Mg mg	18		2	AR	1		15	41	
Phosphorus, P mg	200		2	AR	1		170	448	
Potassium, K mg	279		2	AR	1		237	625	
Sodium, Na mg	69		2	AR	1		58	154	
Zinc, Zn mg	10.98		2	AR	1		9.34	24.60	
Copper, Cu mg	0.114		2	AR	1		0.097	0.256	
Manganese, Mn mg	0.018		2	AR	1		0.015	0.040	
Selenium, Se µg	36.4		2	AR	1		30.9	81.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.070		1	AR	1		0.060	0.157	
Riboflavin mg	0.240		2	AR	1		0.204	0.538	
Niacin mg	4.140		2	AR	1		3.519	9.274	
Pantothenic acid mg	0.740		1	AR	1		0.629	1.658	
Vitamin B-6 mg	0.286		2	AR	1		0.243	0.640	
Folate, total µg	8		0	BFPN	4		6	17	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	8		0	BFPN	4		6	17	
Folate, DFE µg	8		0	NC	4		6	17	
Choline, total mg	104.0		1	AR	1		88.4	232.9	
Betaine mg	19.4		1	AR	1		16.5	43.4	
Vitamin B-12 µg	3.51		2	AR	1		2.98	7.85	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		1	4	
Retinol µg	2		0	BFSN	4		1	4	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	5		0	NC	4		4	12	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.12		2	AR	1		0.11	0.28	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	AS	1		0.1	0.3	
Vitamin D IU	6		0	BFSN	4		5	14	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	3.5	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23069

Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	5.380		0	NR	4		4.573	12.051	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	Z	7		0.000	0.000	
12:0....g	0.000		0	Z	7		0.000	0.000	
13:0....g									
14:0....g	0.324	0.058	4	AR	1		0.275	0.725	
15:0....g									
16:0....g	2.936	0.476	4	AR	1		2.496	6.577	
17:0....g	0.162	0.024	4	AR	1		0.138	0.364	
18:0....g	1.936	0.313	4	AR	1		1.646	4.337	
20:0....g	0.011	0.002	4	AR	1		0.009	0.024	
22:0....g									
24:0....g	0.011	0.002	4	AR	1		0.009	0.024	
Fatty acids, total monounsaturated....g	6.230		0	NR	4		5.296	13.955	
14:1....g	0.063	0.012	4	AR	1		0.053	0.140	
15:1....g									
16:1 undifferentiated....g	0.399	0.061	4	AR	1		0.339	0.894	
17:1....g	0.114	0.017	4	AR	1		0.096	0.254	
18:1 undifferentiated....g	5.627		0	AS	1		4.783	12.604	
18:1 c....g	4.998	0.859	4	AR	1		4.248	11.195	
18:1 t....g	0.629	0.104	4	AR	1		0.535	1.409	
18:1-11 t (18:1t n-7)....g	0.449	0.073	4	AR	1		0.381	1.005	
20:1....g	0.027	0.004	4	AR	1		0.023	0.061	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.550		0	NR	4		0.468	1.232	
18:2 undifferentiated....g	0.482		0	AS	1		0.409	1.079	
18:2 n-6 c,c....g	0.435	0.081	4	AR	1		0.370	0.974	
18:2 CLAs....g	0.047	0.007	4	AR	1		0.040	0.105	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.024		0	AS	1		0.021	0.055	
18:3 n-3 c,c,c (ALA)....g	0.024	0.004	4	AR	1		0.021	0.055	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000	0.000	4	AR	1		0.000	0.000	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.044	0.008	4	AR	1		0.037	0.098	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	4	AR	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	4	AR	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000	0.000	4	AR	1		0.000	0.000	
Fatty acids, total trans....g	0.629		0	NR	4		0.535	1.409	
Fatty acids, total trans-monoenoic....g	0.629		0	NR	4		0.535	1.409	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	100	1.421	4	AR	1		85	224	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.355		0	AR	1		0.302	0.795	
Threonine....g	1.401		0	AR	1		1.191	3.139	
Isoleucine....g	1.355		0	AR	1		1.152	3.035	
Leucine....g	2.561		0	AR	1		2.177	5.737	
Lysine....g	2.784		0	AR	1		2.366	6.236	
Methionine....g	0.902		0	AR	1		0.767	2.022	

NDB No. 23069

Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine....g	0.329		0	AR	1		0.280	0.738	
Phenylalanine....g	1.206		0	AR	1		1.025	2.702	
Tyrosine....g	1.097		0	AR	1		0.933	2.458	
Valine....g	1.431		0	AR	1		1.217	3.206	
Arginine....g	2.081		0	AR	1		1.769	4.662	
Histidine....g	1.021		0	AR	1		0.868	2.287	
Alanine....g	1.789		0	AR	1		1.520	4.007	
Aspartic acid....g	2.849		0	AR	1		2.422	6.382	
Glutamic acid....g	5.040		0	AR	1		4.284	11.289	
Glycine....g	1.378		0	AR	1		1.171	3.087	
Proline....g	1.274		0	AR	1		1.083	2.853	
Serine....g	1.216		0	AR	1		1.033	2.723	
Hydroxyproline....g	0.156		0	AR	1		0.133	0.350	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 224g: 1 piece

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23072

Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw

Beef, Chuck, Bnls Country Style Beef Ribs, URMIS #1096

Refuse: 22% Connective tissue 8%, seam fat 14%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	70.58	0.337	48	AR	1		59.99	229.39	
Energy kcal	152		0	NC	4		130	495	
Energy kJ	638		0	NC	4		542	2073	
Protein (N x 6.25) g	20.87	0.560	48	AR	1		17.74	67.82	
Total lipid (fat) g	7.67	0.214	48	AR	1		6.52	24.91	
Ash g	0.94	0.099	48	AR	1		0.80	3.04	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	15		2	AR	1		13	49	
Iron, Fe mg	2.31		2	AR	1		1.96	7.51	
Magnesium, Mg mg	18		2	AR	1		15	58	
Phosphorus, P mg	195		2	AR	1		166	635	
Potassium, K mg	330		2	AR	1		280	1072	
Sodium, Na mg	81		2	AR	1		69	263	
Zinc, Zn mg	7.86		2	AR	1		6.68	25.56	
Copper, Cu mg	0.092		2	AR	1		0.078	0.299	
Manganese, Mn mg	0.014		2	AR	1		0.012	0.046	
Selenium, Se µg	21.9		2	AR	1		18.6	71.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.070		1	AR	1		0.060	0.228	
Riboflavin mg	0.190		2	AR	1		0.161	0.617	
Niacin mg	4.097		2	AR	1		3.482	13.314	
Pantothenic acid mg	0.680		1	AR	1		0.578	2.210	
Vitamin B-6 mg	0.355		2	AR	1		0.302	1.154	
Folate, total µg	3		0	BFPN	4		3	11	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	3		0	BFPN	4		3	11	
Folate, DFE µg	3		0	NC	4		3	11	
Choline, total mg	75.1		1	AR	1		63.9	244.2	
Betaine mg	33.1		1	AR	1		28.2	107.7	
Vitamin B-12 µg	3.27		2	AR	1		2.78	10.63	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		2	6	
Retinol µg	2		0	BFSN	4		2	6	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	6		0	NC	4		5	20	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.20		2	AR	1		0.17	0.64	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.4	
Vitamin D IU	4		0	BFSN	4		4	14	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	4.9	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23072

Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.419		0	NC	4		2.906	11.111	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	Z	7		0.000	0.000	
12:0....g	0.000		0	Z	7		0.000	0.000	
13:0....g									
14:0....g	0.202	0.023	4	AR	1		0.172	0.656	
15:0....g									
16:0....g	1.860	0.203	4	AR	1		1.581	6.046	
17:0....g	0.098	0.010	4	AR	1		0.083	0.317	
18:0....g	1.245	0.135	4	AR	1		1.058	4.047	
20:0....g	0.004	0.000	4	AR	1		0.003	0.013	
22:0....g									
24:0....g	0.010	0.001	4	AR	1		0.008	0.031	
Fatty acids, total monounsaturated....g	4.071		0	NC	4		3.460	13.231	
14:1....g	0.038	0.005	4	AR	1		0.032	0.124	
15:1....g									
16:1 undifferentiated....g	0.254	0.024	4	AR	1		0.216	0.825	
17:1....g	0.069	0.007	4	AR	1		0.059	0.226	
18:1 undifferentiated....g	3.692		0	AS	1		3.139	12.000	
18:1 c....g	3.308	0.383	4	AR	1		2.812	10.751	
18:1 t....g	0.384	0.046	4	AR	1		0.327	1.249	
18:1-11 t (18:1t n-7)....g	0.255	0.031	4	AR	1		0.216	0.827	
20:1....g	0.017	0.001	4	AR	1		0.015	0.056	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.378		0	NC	4		0.322	1.230	
18:2 undifferentiated....g	0.322		0	AS	1		0.273	1.045	
18:2 n-6 c,c....g	0.295	0.038	4	AR	1		0.251	0.959	
18:2 CLAs....g	0.027	0.003	4	AR	1		0.023	0.087	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.016		0	AS	1		0.013	0.051	
18:3 n-3 c,c,c (ALA)....g	0.016	0.002	4	AR	1		0.013	0.051	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000	0.000	4	AR	1		0.000	0.000	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.040	0.006	4	AR	1		0.034	0.130	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001	0.000	4	AR	1		0.001	0.004	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	4	AR	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000	0.000	4	AR	1		0.000	0.000	
Fatty acids, total trans....g	0.384		0	NC	4		0.327	1.249	
Fatty acids, total trans-monoenoic....g	0.384		0	NC	4		0.327	1.249	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	70	2.838	4	AR	1		59	227	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.239		0	AR	1		0.203	0.778	
Threonine....g	0.945		0	AR	1		0.803	3.071	
Isoleucine....g	0.914		0	AR	1		0.777	2.969	
Leucine....g	1.727		0	AR	1		1.468	5.613	
Lysine....g	1.877		0	AR	1		1.596	6.101	
Methionine....g	0.609		0	AR	1		0.517	1.978	

NDB No. 23072

Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine g	0.222		0	AR	1		0.189	0.722	
Phenylalanine g	0.813		0	AR	1		0.691	2.644	
Tyrosine g	0.740		0	AR	1		0.629	2.405	
Valine g	0.965		0	AR	1		0.820	3.137	
Arginine g	1.403		0	AR	1		1.193	4.561	
Histidine g	0.688		0	AR	1		0.585	2.237	
Alanine g	1.206		0	AR	1		1.025	3.920	
Aspartic acid g	1.921		0	AR	1		1.633	6.244	
Glutamic acid g	3.398		0	AR	1		2.888	11.044	
Glycine g	0.929		0	AR	1		0.790	3.020	
Proline g	0.859		0	AR	1		0.730	2.791	
Serine g	0.820		0	AR	1		0.697	2.664	
Hydroxyproline g	0.105		0	AR	1		0.090	0.342	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 325g: 1 piece

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23070

Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised

Beef, Chuck, Bnls Country Style Beef Ribs, URMIS #1096

Refuse: 24% Connective tissue 8%, seam fat 16%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	57.54	0.930	24	AR	1		48.91	132.92	
Energy kcal	221		0	NC	4		187	510	
Energy kJ	923		0	NC	4		784	2132	
Protein (N x 6.25) g	32.10	1.209	24	AR	1		27.29	74.15	
Total lipid (fat) g	10.24	0.663	24	AR	1		8.71	23.66	
Ash g	1.12	0.074	24	AR	1		0.95	2.58	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	16		1	AR	1		14	37	
Iron, Fe mg	2.86		1	AR	1		2.43	6.60	
Magnesium, Mg mg	21		1	AR	1		18	48	
Phosphorus, P mg	212		1	AR	1		180	489	
Potassium, K mg	292		1	AR	1		249	675	
Sodium, Na mg	70		1	AR	1		59	161	
Zinc, Zn mg	10.94		1	AR	1		9.30	25.28	
Copper, Cu mg	0.095		1	AR	1		0.081	0.220	
Manganese, Mn mg	0.017		1	AR	1		0.014	0.039	
Selenium, Se µg	34.3		1	AR	1		29.2	79.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.070		1	AR	1		0.060	0.162	
Riboflavin mg	0.240		1	AR	1		0.204	0.554	
Niacin mg	4.220		1	AR	1		3.587	9.748	
Pantothenic acid mg	0.670		1	AR	1		0.570	1.548	
Vitamin B-6 mg	0.295		1	AR	1		0.251	0.681	
Folate, total µg	8		0	BFPN	4		7	18	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	8		0	BFPN	4		7	18	
Folate, DFE µg	8		0	NC	4		7	18	
Choline, total mg	101.9		1	AR	1		86.7	235.5	
Betaine mg	18.2		1	AR	1		15.5	42.0	
Vitamin B-12 µg	3.40		1	AR	1		2.89	7.85	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		2	5	
Retinol µg	2		0	BFSN	4		2	5	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	8		0	NC	4		7	18	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.05		1	AR	1		0.04	0.10	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.3	
Vitamin D IU	5		0	BFSN	4		4	11	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	3.6	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23070

Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.000		0	NR	4		2.550	6.930	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	Z	7		0.000	0.000	
12:0....g	0.000		0	Z	7		0.000	0.000	
13:0....g									
14:0....g	0.197		2	AR	1		0.167	0.454	
15:0....g									
16:0....g	1.671		2	AR	1		1.421	3.861	
17:0....g	0.094		2	AR	1		0.079	0.216	
18:0....g	1.030		2	AR	1		0.876	2.380	
20:0....g	0.003		2	AR	1		0.002	0.006	
22:0....g									
24:0....g	0.006		2	AR	1		0.005	0.013	
Fatty acids, total monounsaturated....g	6.400		0	NR	4		5.440	14.784	
14:1....g	0.060		2	AR	1		0.051	0.139	
15:1....g									
16:1 undifferentiated....g	0.427		2	AR	1		0.363	0.987	
17:1....g	0.123		2	AR	1		0.105	0.284	
18:1 undifferentiated....g	5.775		0	AS	1		4.909	13.340	
18:1 c....g	5.028		2	AR	1		4.273	11.614	
18:1 t....g	0.746		2	AR	1		0.634	1.724	
18:1-11 t (18:1t n-7)....g	0.485		2	AR	1		0.413	1.121	
20:1....g	0.015		2	AR	1		0.013	0.034	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.690		0	NR	4		0.587	1.594	
18:2 undifferentiated....g	0.608		0	AS	1		0.517	1.405	
18:2 n-6 c,c....g	0.559		2	AR	1		0.475	1.291	
18:2 CLAs....g	0.049		2	AR	1		0.042	0.114	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.029		0	AS	1		0.025	0.068	
18:3 n-3 c,c,c (ALA)....g	0.029		2	AR	1		0.025	0.068	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000		2	AR	1		0.000	0.000	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.053		2	AR	1		0.045	0.121	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		2	AR	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		2	AR	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		2	AR	1		0.000	0.000	
Fatty acids, total trans....g	0.746		0	NR	4		0.634	1.723	
Fatty acids, total trans-monoenoic....g	0.746		0	NR	4		0.634	1.723	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	99		2	AR	1		84	228	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.368		0	AR	1		0.313	0.850	
Threonine....g	1.454		0	AR	1		1.236	3.358	
Isoleucine....g	1.405		0	AR	1		1.195	3.247	
Leucine....g	2.657		0	AR	1		2.258	6.138	
Lysine....g	2.888		0	AR	1		2.455	6.671	
Methionine....g	0.936		0	AR	1		0.796	2.163	

NDB No. 23070

Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine g	0.342		0	AR	1		0.290	0.789	
Phenylalanine g	1.251		0	AR	1		1.064	2.891	
Tyrosine g	1.138		0	AR	1		0.968	2.630	
Valine g	1.485		0	AR	1		1.262	3.430	
Arginine g	2.159		0	AR	1		1.835	4.987	
Histidine g	1.059		0	AR	1		0.900	2.446	
Alanine g	1.855		0	AR	1		1.577	4.286	
Aspartic acid g	2.955		0	AR	1		2.512	6.827	
Glutamic acid g	5.228		0	AR	1		4.443	12.076	
Glycine g	1.430		0	AR	1		1.215	3.302	
Proline g	1.321		0	AR	1		1.123	3.052	
Serine g	1.261		0	AR	1		1.072	2.913	
Hydroxyproline g	0.162		0	AR	1		0.138	0.374	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 231g: 1 piece

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23073

Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, raw

Beef, Chuck, Bnls Country Style Beef Ribs, URMIS #1096

Refuse: 23% Connective tissue 10%, seam fat 13%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	72.11	0.398	24	AR	1		61.30	245.18	
Energy kcal	137		0	NC	4		117	467	
Energy kJ	575		0	NC	4		489	1954	
Protein (N x 6.25) g	21.10	0.627	24	AR	1		17.93	71.73	
Total lipid (fat) g	5.89	0.284	24	AR	1		5.01	20.02	
Ash g	0.99	0.100	24	AR	1		0.85	3.38	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	15		1	AR	1		12	50	
Iron, Fe mg	2.08		1	AR	1		1.77	7.07	
Magnesium, Mg mg	18		1	AR	1		15	61	
Phosphorus, P mg	189		1	AR	1		161	642	
Potassium, K mg	293		1	AR	1		249	996	
Sodium, Na mg	82		1	AR	1		70	279	
Zinc, Zn mg	6.53		1	AR	1		5.55	22.19	
Copper, Cu mg	0.094		1	AR	1		0.080	0.320	
Manganese, Mn mg	0.015		1	AR	1		0.012	0.050	
Selenium, Se µg	20.8		1	AR	1		17.7	70.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.070		1	AR	1		0.060	0.238	
Riboflavin mg	0.180		1	AR	1		0.153	0.612	
Niacin mg	4.250		1	AR	1		3.613	14.450	
Pantothenic acid mg	0.740		1	AR	1		0.629	2.516	
Vitamin B-6 mg	0.357		1	AR	1		0.303	1.214	
Folate, total µg	3		0	BFPN	4		3	11	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	3		0	BFPN	4		3	11	
Folate, DFE µg	3		0	NC	4		3	11	
Choline, total mg	72.8		1	AR	1		61.9	247.4	
Betaine mg	26.8		1	AR	1		22.8	91.2	
Vitamin B-12 µg	3.10		1	AR	1		2.63	10.54	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		2	7	
Retinol µg	2		0	BFSN	4		2	7	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	7		0	NC	4		6	25	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.12		1	AR	1		0.10	0.42	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.3	
Vitamin D IU	3		0	BFSN	4		3	12	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	5.1	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23073

Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.570		0	NR	4		2.185	8.738	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	Z	7		0.000	0.000	
12:0....g	0.000		0	Z	7		0.000	0.000	
13:0....g									
14:0....g	0.162		2	AR	1		0.138	0.550	
15:0....g									
16:0....g	1.410		2	AR	1		1.198	4.793	
17:0....g	0.087		2	AR	1		0.074	0.294	
18:0....g	0.906		2	AR	1		0.770	3.080	
20:0....g	0.000		2	AR	1		0.000	0.000	
22:0....g									
24:0....g	0.006		2	AR	1		0.005	0.020	
Fatty acids, total monounsaturated....g	2.950		0	NR	4		2.508	10.030	
14:1....g	0.030		2	AR	1		0.025	0.101	
15:1....g									
16:1 undifferentiated....g	0.177		2	AR	1		0.150	0.602	
17:1....g	0.057		2	AR	1		0.049	0.195	
18:1 undifferentiated....g	2.681		0	AS	1		2.279	9.114	
18:1 c....g	2.308		2	AR	1		1.962	7.849	
18:1 t....g	0.372		2	AR	1		0.316	1.265	
18:1-11 t (18:1t n-7)....g	0.265		2	AR	1		0.226	0.902	
20:1....g	0.005		2	AR	1		0.004	0.016	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.320		0	NR	4		0.272	1.088	
18:2 undifferentiated....g	0.279		0	AS	1		0.237	0.950	
18:2 n-6 c,c....g	0.250		2	AR	1		0.213	0.851	
18:2 CLAs....g	0.029		2	AR	1		0.025	0.099	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.011		0	AS	1		0.009	0.038	
18:3 n-3 c,c,c (ALA)....g	0.011		2	AR	1		0.009	0.038	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000		2	AR	1		0.000	0.000	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.029		2	AR	1		0.025	0.100	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		2	AR	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		2	AR	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		2	AR	1		0.000	0.000	
Fatty acids, total trans....g	0.372		0	NR	4		0.316	1.265	
Fatty acids, total trans-monoenoic....g	0.372		0	NR	4		0.316	1.265	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	71		2	AR	1		61	242	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.242		0	AR	1		0.206	0.823	
Threonine....g	0.955		0	AR	1		0.812	3.248	
Isoleucine....g	0.924		0	AR	1		0.785	3.141	
Leucine....g	1.746		0	AR	1		1.484	5.937	
Lysine....g	1.898		0	AR	1		1.613	6.454	
Methionine....g	0.615		0	AR	1		0.523	2.092	

NDB No. 23073

Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine g	0.225		0	AR	1		0.191	0.763	
Phenylalanine g	0.822		0	AR	1		0.699	2.796	
Tyrosine g	0.748		0	AR	1		0.636	2.544	
Valine g	0.976		0	AR	1		0.830	3.318	
Arginine g	1.419		0	AR	1		1.206	4.824	
Histidine g	0.696		0	AR	1		0.592	2.366	
Alanine g	1.220		0	AR	1		1.037	4.146	
Aspartic acid g	1.942		0	AR	1		1.651	6.604	
Glutamic acid g	3.436		0	AR	1		2.920	11.682	
Glycine g	0.940		0	AR	1		0.799	3.195	
Proline g	0.868		0	AR	1		0.738	2.952	
Serine g	0.829		0	AR	1		0.704	2.818	
Hydroxyproline g	0.107		0	AR	1		0.091	0.362	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 340g: 1 piece

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23113

Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted

URMIS #1095

Refuse: 7% Connective tissue 7%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	60.30	2.161	35	AR	1		51.25	367.20	
Energy kcal	236		0	NC	4		201	1438	
Energy kJ	988		0	NC	4		840	6017	
Protein (N x 6.25) g	24.63	0.314	35	AR	1		20.93	149.98	
Total lipid (fat) g	15.29	1.622	35	AR	1		12.99	93.10	
Ash g	0.94	0.067	35	AR	1		0.80	5.73	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	18		3	AR	1		15	108	
Iron, Fe mg	2.22		3	AR	1		1.89	13.51	
Magnesium, Mg mg	20		3	AR	1		17	124	
Phosphorus, P mg	187		3	AR	1		159	1138	
Potassium, K mg	308		3	AR	1		262	1875	
Sodium, Na mg	76		3	AR	1		65	462	
Zinc, Zn mg	8.48		3	AR	1		7.20	51.62	
Copper, Cu mg	0.071		3	AR	1		0.060	0.433	
Manganese, Mn mg	0.012		3	AR	1		0.010	0.072	
Selenium, Se µg	25.2		3	AR	1		21.5	153.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.072		2	AR	1		0.061	0.435	
Riboflavin mg	0.178		3	AR	1		0.151	1.082	
Niacin mg	4.368		3	AR	1		3.713	26.600	
Pantothenic acid mg	0.678		2	AR	1		0.576	4.128	
Vitamin B-6 mg	0.380		3	AR	1		0.323	2.314	
Folate, total µg	6		0	BFPN	4		5	36	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	6		0	BFPN	4		5	36	
Folate, DFE µg	6		0	NC	4		5	36	
Choline, total mg	72.5		2	AR	1		61.6	441.5	
Betaine mg	25.1		2	AR	1		21.3	152.7	
Vitamin B-12 µg	3.01		3	AR	1		2.56	18.34	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	7		0	NC	4		6	40	
Retinol µg	7		0	BFSN	4		6	40	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	22		0	NC	4		19	135	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.11		3	AR	1		0.09	0.65	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.7	
Vitamin D IU	5		0	BFSN	4		4	30	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	9.6	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23113

Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	6.354		0	NC	4		5.401	38.696	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	Z	7		0.000	0.000	
12:0....g	0.000		0	Z	7		0.000	0.000	
13:0....g									
14:0....g	0.420	0.032	6	AR	1		0.357	2.560	
15:0....g									
16:0....g	3.417	0.252	6	AR	1		2.904	20.810	
17:0....g	0.185	0.013	6	AR	1		0.157	1.128	
18:0....g	2.312	0.171	6	AR	1		1.965	14.077	
20:0....g	0.008	0.001	6	AR	1		0.007	0.050	
22:0....g									
24:0....g	0.012	0.001	6	AR	1		0.010	0.072	
Fatty acids, total monounsaturated....g	7.243		0	NC	4		6.156	44.109	
14:1....g	0.082	0.006	6	AR	1		0.070	0.499	
15:1....g									
16:1 undifferentiated....g	0.432		0	AS	1		0.367	2.629	
16:1 c....g	0.432	0.030	6	AR	1		0.367	2.629	
16:1 t....g									
17:1....g	0.117	0.008	6	AR	1		0.100	0.716	
18:1 undifferentiated....g	6.580		0	AS	1		5.593	40.072	
18:1 c....g	5.692	0.439	6	AR	1		4.838	34.666	
18:1 t....g	0.888	0.070	6	AR	1		0.754	5.405	
18:1-11 t (18:1t n-7)....g	0.328	0.024	6	AR	1		0.279	1.996	
20:1....g	0.032	0.002	6	AR	1		0.027	0.194	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.664		0	NC	4		0.564	4.042	
18:2 undifferentiated....g	0.576		0	AS	1		0.489	3.507	
18:2 n-6 c,c....g	0.504	0.039	6	AR	1		0.429	3.072	
18:2 CLAs....g	0.071	0.006	6	AR	1		0.061	0.434	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.029		0	AS	1		0.025	0.178	
18:3 n-3 c,c,c (ALA)....g	0.029	0.002	6	AR	1		0.025	0.178	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.004	0.000	6	AR	1		0.003	0.023	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.049	0.004	6	AR	1		0.042	0.301	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002	0.000	6	AR	1		0.002	0.012	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.003	0.000	6	AR	1		0.003	0.019	
22:6 n-3 (DHA)....g	0.000	0.000	6	AR	1		0.000	0.002	
Fatty acids, total trans....g	0.888		0	NC	4		0.754	5.405	
Fatty acids, total trans-monoenoic....g	0.888		0	NC	4		0.754	5.405	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	83	2.310	6	AR	1		70	505	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.277		0	AR	1		0.236	1.689	
Threonine....g	1.084		0	AR	1		0.921	6.599	
Isoleucine....g	1.047		0	AR	1		0.890	6.378	
Leucine....g	1.981		0	AR	1		1.684	12.064	

NDB No. 23113

Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	2.153		0	AR	1		1.830	13.113	
Methionine....g	0.699		0	AR	1		0.595	4.260	
Cystine....g	0.259		0	AR	1		0.220	1.574	
Phenylalanine....g	0.937		0	AR	1		0.797	5.708	
Tyrosine....g	0.849		0	AR	1		0.722	5.172	
Valine....g	1.113		0	AR	1		0.946	6.778	
Arginine....g	1.621		0	AR	1		1.378	9.874	
Histidine....g	0.798		0	AR	1		0.678	4.859	
Alanine....g	1.405		0	AR	1		1.194	8.554	
Aspartic acid....g	2.209		0	AR	1		1.877	13.450	
Glutamic acid....g	3.895		0	AR	1		3.311	23.720	
Glycine....g	1.123		0	AR	1		0.955	6.842	
Proline....g	1.012		0	AR	1		0.860	6.163	
Serine....g	0.946		0	AR	1		0.804	5.761	
Hydroxyproline....g	0.168		0	BFPN	4		0.143	1.025	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 609g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13786

Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw

URMIS #1095

Refuse: 8% Connective tissue 8%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	68.80	1.363	36	AR	1		58.48	497.43	
Energy kcal	180		0	NC	4		153	1302	
Energy kJ	753		0	NC	4		640	5444	
Protein (N x 6.25) g	19.18	0.689	36	AR	1		16.31	138.69	
Total lipid (fat) g	11.48	1.729	36	AR	1		9.76	83.00	
Ash g	0.97	0.057	36	AR	1		0.82	7.00	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	17		3	AR	1		14	122	
Iron, Fe mg	2.08		3	AR	1		1.77	15.04	
Magnesium, Mg mg	19		3	AR	1		16	139	
Phosphorus, P mg	189		3	AR	1		161	1365	
Potassium, K mg	332		3	AR	1		282	2398	
Sodium, Na mg	81		3	AR	1		69	584	
Zinc, Zn mg	7.52		3	AR	1		6.39	54.34	
Copper, Cu mg	0.061		3	AR	1		0.052	0.442	
Manganese, Mn mg	0.010		3	AR	1		0.008	0.070	
Selenium, Se µg	20.6		3	AR	1		17.5	149.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.066		2	AR	1		0.056	0.474	
Riboflavin mg	0.145		3	AR	1		0.123	1.045	
Niacin mg	4.324		3	AR	1		3.675	31.262	
Pantothenic acid mg	0.614		2	AR	1		0.522	4.441	
Vitamin B-6 mg	0.383		3	AR	1		0.325	2.766	
Folate, total µg	3		0	BFPN	4		3	22	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	3		0	BFPN	4		3	22	
Folate, DFE µg	3		0	NC	4		3	22	
Choline, total mg	63.5		2	AR	1		54.0	459.4	
Betaine mg	25.3		2	AR	1		21.5	183.2	
Vitamin B-12 µg	2.73		3	AR	1		2.32	19.76	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	4		0	NC	4		3	27	
Retinol µg	4		0	BFSN	4		3	27	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	13		0	NC	4		11	91	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.19		3	AR	1		0.16	1.34	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.7	
Vitamin D IU	4		0	BFSN	4		4	30	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	10.9	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13786

Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	5.042		0	NC	4		4.286	36.456	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	Z	7		0.000	0.000	
12:0....g	0.000		0	Z	7		0.000	0.000	
13:0....g									
14:0....g	0.337	0.041	6	AR	1		0.286	2.434	
15:0....g									
16:0....g	2.689	0.331	6	AR	1		2.285	19.440	
17:0....g	0.144	0.017	6	AR	1		0.122	1.039	
18:0....g	1.855	0.227	6	AR	1		1.577	13.411	
20:0....g	0.009	0.002	6	AR	1		0.008	0.065	
22:0....g									
24:0....g	0.009	0.002	6	AR	1		0.008	0.067	
Fatty acids, total monounsaturated....g	5.837		0	NC	4		4.962	42.205	
14:1....g	0.064	0.008	6	AR	1		0.054	0.463	
15:1....g									
16:1 undifferentiated....g	0.345		0	AS	1		0.294	2.497	
16:1 c....g	0.345	0.042	6	AR	1		0.294	2.497	
16:1 t....g									
17:1....g	0.094	0.011	6	AR	1		0.079	0.676	
18:1 undifferentiated....g	5.308		0	AS	1		4.512	38.375	
18:1 c....g	4.620	0.602	6	AR	1		3.927	33.403	
18:1 t....g	0.688	0.083	6	AR	1		0.585	4.973	
18:1-11 t (18:1t n-7)....g	0.241	0.037	6	AR	1		0.205	1.745	
20:1....g	0.027	0.004	6	AR	1		0.023	0.193	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.526		0	NC	4		0.447	3.805	
18:2 undifferentiated....g	0.457		0	AS	1		0.389	3.307	
18:2 n-6 c,c....g	0.405	0.056	6	AR	1		0.344	2.926	
18:2 CLAs....g	0.053	0.006	6	AR	1		0.045	0.381	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.023		0	AS	1		0.020	0.167	
18:3 n-3 c,c,c (ALA)....g	0.023	0.003	6	AR	1		0.020	0.167	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.003	0.000	6	AR	1		0.002	0.019	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.040	0.006	6	AR	1		0.034	0.288	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001	0.000	6	AR	1		0.001	0.006	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.002	0.000	6	AR	1		0.002	0.017	
22:6 n-3 (DHA)....g	0.000	0.000	6	AR	1		0.000	0.001	
Fatty acids, total trans....g	0.688		0	NC	4		0.585	4.973	
Fatty acids, total trans-monoenoic....g	0.688		0	NC	4		0.585	4.973	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	69	1.914	6	AR	1		59	502	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.216		0	AR	1		0.184	1.562	
Threonine....g	0.844		0	AR	1		0.717	6.102	
Isoleucine....g	0.816		0	AR	1		0.693	5.898	
Leucine....g	1.543		0	AR	1		1.312	11.156	

NDB No. 13786

Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	1.677		0	AR	1		1.426	12.126	
Methionine g	0.545		0	AR	1		0.463	3.939	
Cystine g	0.201		0	AR	1		0.171	1.456	
Phenylalanine g	0.730		0	AR	1		0.621	5.278	
Tyrosine g	0.661		0	AR	1		0.562	4.783	
Valine g	0.867		0	AR	1		0.737	6.268	
Arginine g	1.263		0	AR	1		1.074	9.131	
Histidine g	0.621		0	AR	1		0.528	4.493	
Alanine g	1.094		0	AR	1		0.930	7.911	
Aspartic acid g	1.720		0	AR	1		1.462	12.438	
Glutamic acid g	3.034		0	AR	1		2.579	21.934	
Glycine g	0.875		0	AR	1		0.744	6.327	
Proline g	0.788		0	AR	1		0.670	5.700	
Serine g	0.737		0	AR	1		0.626	5.327	
Hydroxyproline g	0.131		0	BFPN	4		0.111	0.948	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 723g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23114

Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted

URMIS #1095

Refuse: 6% Connective tissue 6%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	59.63	2.193	23	AR	1		50.69	349.44	
Energy kcal	241		0	NC	4		205	1411	
Energy kJ	1007		0	NC	4		856	5901	
Protein (N x 6.25) g	24.47	0.395	23	AR	1		20.80	143.42	
Total lipid (fat) g	15.87	1.668	23	AR	1		13.49	92.99	
Ash g	0.94	0.068	23	AR	1		0.80	5.51	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	18		2	AR	1		15	103	
Iron, Fe mg	2.28		2	AR	1		1.94	13.37	
Magnesium, Mg mg	21		2	AR	1		17	121	
Phosphorus, P mg	189		2	AR	1		161	1108	
Potassium, K mg	307		2	AR	1		261	1799	
Sodium, Na mg	75		2	AR	1		64	442	
Zinc, Zn mg	8.74		2	AR	1		7.43	51.20	
Copper, Cu mg	0.074		2	AR	1		0.063	0.432	
Manganese, Mn mg	0.012		2	AR	1		0.010	0.070	
Selenium, Se µg	25.2		2	AR	1		21.4	147.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.076		1	AR	1		0.065	0.445	
Riboflavin mg	0.182		2	AR	1		0.154	1.065	
Niacin mg	4.303		2	AR	1		3.657	25.214	
Pantothenic acid mg	0.693		1	AR	1		0.589	4.062	
Vitamin B-6 mg	0.374		2	AR	1		0.318	2.191	
Folate, total µg	6		0	BFPN	4		5	35	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	6		0	BFPN	4		5	35	
Folate, DFE µg	6		0	NC	4		5	35	
Choline, total mg	80.0		1	AR	1		68.0	469.1	
Betaine mg	29.3		1	AR	1		24.9	171.6	
Vitamin B-12 µg	3.22		2	AR	1		2.73	18.85	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	6		0	NC	4		5	38	
Retinol µg	6		0	BFSN	4		5	38	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	22		0	NC	4		18	126	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.13		2	AR	1		0.11	0.74	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.8	
Vitamin D IU	5		0	BFSN	4		5	31	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	9.2	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23114

Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	6.462		0	NC	4		5.493	37.870	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	Z	7		0.000	0.000	
12:0....g	0.000		0	Z	7		0.000	0.000	
13:0....g									
14:0....g	0.424	0.040	4	AR	1		0.360	2.485	
15:0....g									
16:0....g	3.477	0.314	4	AR	1		2.956	20.376	
17:0....g	0.188	0.016	4	AR	1		0.160	1.100	
18:0....g	2.352	0.213	4	AR	1		2.000	13.785	
20:0....g	0.009	0.001	4	AR	1		0.007	0.050	
22:0....g									
24:0....g	0.013	0.001	4	AR	1		0.011	0.073	
Fatty acids, total monounsaturated....g	7.509		0	NC	4		6.383	44.005	
14:1....g	0.086	0.008	4	AR	1		0.073	0.503	
15:1....g									
16:1 undifferentiated....g	0.448		0	AS	1		0.381	2.623	
16:1 c....g	0.448	0.037	4	AR	1		0.381	2.623	
16:1 t....g									
17:1....g	0.122	0.010	4	AR	1		0.103	0.713	
18:1 undifferentiated....g	6.817		0	AS	1		5.794	39.947	
18:1 c....g	5.935	0.545	4	AR	1		5.045	34.778	
18:1 t....g	0.882	0.087	4	AR	1		0.750	5.169	
18:1-11 t (18:1t n-7)....g	0.336	0.030	4	AR	1		0.286	1.969	
20:1....g	0.037	0.003	4	AR	1		0.032	0.219	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.590		0	NC	4		0.501	3.456	
18:2 undifferentiated....g	0.500		0	AS	1		0.425	2.929	
18:2 n-6 c,c....g	0.493	0.049	4	AR	1		0.419	2.889	
18:2 CLAs....g	0.007	0.055	4	AR	1		0.006	0.040	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.030		0	AS	1		0.026	0.178	
18:3 n-3 c,c,c (ALA)....g	0.030	0.003	4	AR	1		0.026	0.178	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.004	0.000	4	AR	1		0.003	0.021	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.050	0.005	4	AR	1		0.043	0.294	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002	0.000	4	AR	1		0.002	0.014	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.003	0.000	4	AR	1		0.002	0.017	
22:6 n-3 (DHA)....g	0.001	0.000	4	AR	1		0.001	0.004	
Fatty acids, total trans....g	0.882		0	NC	4		0.750	5.169	
Fatty acids, total trans-monoenoic....g	0.882		0	NC	4		0.750	5.169	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	84	2.869	4	AR	1		71	493	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.276		0	AR	1		0.234	1.615	
Threonine....g	1.077		0	AR	1		0.915	6.310	
Isoleucine....g	1.041		0	AR	1		0.885	6.099	
Leucine....g	1.969		0	AR	1		1.673	11.537	

NDB No. 23114

Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	2.140		0	AR	1		1.819	12.540	
Methionine....g	0.695		0	AR	1		0.591	4.073	
Cystine....g	0.257		0	AR	1		0.218	1.505	
Phenylalanine....g	0.931		0	AR	1		0.792	5.458	
Tyrosine....g	0.844		0	AR	1		0.717	4.946	
Valine....g	1.106		0	AR	1		0.940	6.482	
Arginine....g	1.611		0	AR	1		1.370	9.442	
Histidine....g	0.793		0	AR	1		0.674	4.646	
Alanine....g	1.396		0	AR	1		1.187	8.180	
Aspartic acid....g	2.195		0	AR	1		1.866	12.862	
Glutamic acid....g	3.871		0	AR	1		3.290	22.682	
Glycine....g	1.116		0	AR	1		0.949	6.543	
Proline....g	1.006		0	AR	1		0.855	5.894	
Serine....g	0.940		0	AR	1		0.799	5.509	
Hydroxyproline....g	0.167		0	BFPN	4		0.142	0.980	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 586g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13788

Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, raw

URMIS #1095

Refuse: 9% Connective tissue 9%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	68.26	1.399	24	AR	1		58.02	476.46	
Energy kcal	185		0	NC	4		157	1290	
Energy kJ	773		0	NC	4		657	5396	
Protein (N x 6.25) g	19.14	0.699	24	AR	1		16.27	133.61	
Total lipid (fat) g	12.02	1.766	24	AR	1		10.22	83.91	
Ash g	0.98	0.060	24	AR	1		0.83	6.84	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	17		2	AR	1		14	116	
Iron, Fe mg	2.08		2	AR	1		1.77	14.54	
Magnesium, Mg mg	19		2	AR	1		16	134	
Phosphorus, P mg	186		2	AR	1		158	1299	
Potassium, K mg	310		2	AR	1		263	2161	
Sodium, Na mg	80		2	AR	1		68	562	
Zinc, Zn mg	7.54		2	AR	1		6.41	52.65	
Copper, Cu mg	0.059		2	AR	1		0.050	0.412	
Manganese, Mn mg	0.009		2	AR	1		0.008	0.066	
Selenium, Se µg	20.0		2	AR	1		17.0	139.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.061		1	AR	1		0.052	0.428	
Riboflavin mg	0.141		2	AR	1		0.120	0.988	
Niacin mg	4.323		2	AR	1		3.675	30.174	
Pantothenic acid mg	0.553		1	AR	1		0.470	3.861	
Vitamin B-6 mg	0.365		2	AR	1		0.310	2.546	
Folate, total µg	3		0	BFPN	4		3	21	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	3		0	BFPN	4		3	21	
Folate, DFE µg	3		0	NC	4		3	21	
Choline, total mg	62.5		1	AR	1		53.2	436.6	
Betaine mg	26.5		1	AR	1		22.5	185.0	
Vitamin B-12 µg	2.69		2	AR	1		2.29	18.80	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	4		0	NC	4		3	26	
Retinol µg	4		0	BFSN	4		3	26	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	12		0	NC	4		10	86	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.21		2	AR	1		0.18	1.46	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.8	
Vitamin D IU	4		0	BFSN	4		4	31	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	10.6	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13788

Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	5.072		0	NC	4		4.311	35.403	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	Z	7		0.000	0.000	
12:0....g	0.000		0	Z	7		0.000	0.000	
13:0....g									
14:0....g	0.340	0.050	4	AR	1		0.289	2.375	
15:0....g									
16:0....g	2.713	0.411	4	AR	1		2.306	18.933	
17:0....g	0.143	0.021	4	AR	1		0.122	0.999	
18:0....g	1.857	0.282	4	AR	1		1.578	12.962	
20:0....g	0.010	0.002	4	AR	1		0.008	0.067	
22:0....g									
24:0....g	0.009	0.002	4	AR	1		0.008	0.066	
Fatty acids, total monounsaturated....g	5.908		0	NC	4		5.022	41.238	
14:1....g	0.067	0.010	4	AR	1		0.057	0.464	
15:1....g									
16:1 undifferentiated....g	0.352		0	AS	1		0.299	2.456	
16:1 c....g	0.352	0.052	4	AR	1		0.299	2.456	
16:1 t....g									
17:1....g	0.094	0.014	4	AR	1		0.080	0.656	
18:1 undifferentiated....g	5.367		0	AS	1		4.562	37.464	
18:1 c....g	4.679	0.748	4	AR	1		3.977	32.659	
18:1 t....g	0.688	0.104	4	AR	1		0.585	4.805	
18:1-11 t (18:1t n-7)....g	0.230	0.046	4	AR	1		0.196	1.605	
20:1....g	0.028	0.005	4	AR	1		0.024	0.198	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.527		0	NC	4		0.448	3.677	
18:2 undifferentiated....g	0.459		0	AS	1		0.390	3.202	
18:2 n-6 c,c....g	0.406	0.069	4	AR	1		0.345	2.832	
18:2 CLAs....g	0.053	0.008	4	AR	1		0.045	0.371	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.023		0	AS	1		0.020	0.161	
18:3 n-3 c,c,c (ALA)....g	0.023	0.004	4	AR	1		0.020	0.161	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.003	0.000	4	AR	1		0.002	0.020	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.039	0.008	4	AR	1		0.033	0.269	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001	0.000	4	AR	1		0.001	0.006	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.002	0.000	4	AR	1		0.002	0.017	
22:6 n-3 (DHA)....g	0.000	0.000	4	AR	1		0.000	0.001	
Fatty acids, total trans....g	0.688		0	NC	4		0.585	4.805	
Fatty acids, total trans-monoenoic....g	0.688		0	NC	4		0.585	4.805	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	67	2.377	4	AR	1		57	467	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.216		0	AR	1		0.183	1.505	
Threonine....g	0.842		0	AR	1		0.716	5.878	
Isoleucine....g	0.814		0	AR	1		0.692	5.682	
Leucine....g	1.540		0	AR	1		1.309	10.747	

NDB No. 13788

Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	1.674		0	AR	1		1.423	11.682	
Methionine g	0.544		0	AR	1		0.462	3.795	
Cystine g	0.201		0	AR	1		0.171	1.402	
Phenylalanine g	0.728		0	AR	1		0.619	5.085	
Tyrosine g	0.660		0	AR	1		0.561	4.607	
Valine g	0.865		0	AR	1		0.735	6.038	
Arginine g	1.260		0	AR	1		1.071	8.796	
Histidine g	0.620		0	AR	1		0.527	4.329	
Alanine g	1.092		0	AR	1		0.928	7.621	
Aspartic acid g	1.717		0	AR	1		1.459	11.982	
Glutamic acid g	3.027		0	AR	1		2.573	21.130	
Glycine g	0.873		0	AR	1		0.742	6.095	
Proline g	0.787		0	AR	1		0.669	5.491	
Serine g	0.735		0	AR	1		0.625	5.132	
Hydroxyproline g	0.131		0	BFPN	4		0.111	0.913	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 698g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23115

Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted

URMIS #1095

Refuse: 7% Connective tissue 7%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	61.29	2.249	12	AR	1		52.10	395.33	
Energy kcal	229		0	NC	4		195	1478	
Energy kJ	959		0	NC	4		815	6186	
Protein (N x 6.25) g	24.86	0.515	12	AR	1		21.13	160.33	
Total lipid (fat) g	14.41	1.748	12	AR	1		12.25	92.97	
Ash g	0.94	0.071	12	AR	1		0.80	6.08	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	19		1	AR	1		16	120	
Iron, Fe mg	2.16		1	AR	1		1.84	13.94	
Magnesium, Mg mg	20		1	AR	1		17	129	
Phosphorus, P mg	185		1	AR	1		157	1191	
Potassium, K mg	312		1	AR	1		265	2013	
Sodium, Na mg	76		1	AR	1		65	493	
Zinc, Zn mg	8.24		1	AR	1		7.01	53.17	
Copper, Cu mg	0.067		1	AR	1		0.057	0.432	
Manganese, Mn mg	0.012		1	AR	1		0.010	0.077	
Selenium, Se µg	26.3		1	AR	1		22.4	169.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.067		1	AR	1		0.057	0.432	
Riboflavin mg	0.174		1	AR	1		0.148	1.120	
Niacin mg	4.314		1	AR	1		3.667	27.825	
Pantothenic acid mg	0.663		1	AR	1		0.563	4.274	
Vitamin B-6 mg	0.382		1	AR	1		0.325	2.464	
Folate, total µg	6		0	BFPN	4		5	39	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	6		0	BFPN	4		5	39	
Folate, DFE µg	6		0	NC	4		5	39	
Choline, total mg	65.0		1	AR	1		55.2	419.0	
Betaine mg	20.9		1	AR	1		17.7	134.6	
Vitamin B-12 µg	2.66		1	AR	1		2.26	17.15	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	7		0	NC	4		6	44	
Retinol µg	7		0	BFSN	4		6	44	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	23		0	NC	4		20	148	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.07		1	AR	1		0.06	0.47	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.7	
Vitamin D IU	4		0	BFSN	4		4	27	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	10.1	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23115

Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	6.192		0	NC	4		5.263	39.936	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	Z	7		0.000	0.000	
12:0....g	0.000		0	Z	7		0.000	0.000	
13:0....g									
14:0....g	0.414		2	AR	1		0.352	2.673	
15:0....g									
16:0....g	3.327		2	AR	1		2.828	21.459	
17:0....g	0.182		2	AR	1		0.154	1.171	
18:0....g	2.250		2	AR	1		1.913	14.513	
20:0....g	0.008		2	AR	1		0.007	0.050	
22:0....g									
24:0....g	0.011		2	AR	1		0.009	0.069	
Fatty acids, total monounsaturated....g	6.843		0	NC	4		5.817	44.140	
14:1....g	0.076		2	AR	1		0.065	0.493	
15:1....g									
16:1 undifferentiated....g	0.408		0	AS	1		0.347	2.630	
16:1 c....g	0.408		2	AR	1		0.347	2.630	
16:1 t....g									
17:1....g	0.111		2	AR	1		0.095	0.718	
18:1 undifferentiated....g	6.224		0	AS	1		5.291	40.147	
18:1 c....g	5.328		2	AR	1		4.529	34.369	
18:1 t....g	0.896		2	AR	1		0.761	5.778	
18:1-11 t (18:1t n-7)....g	0.315		2	AR	1		0.268	2.035	
20:1....g	0.024		2	AR	1		0.020	0.152	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.679		0	NC	4		0.577	4.377	
18:2 undifferentiated....g	0.594		0	AS	1		0.505	3.829	
18:2 n-6 c,c....g	0.522		2	AR	1		0.444	3.366	
18:2 CLAs....g	0.072		2	AR	1		0.061	0.463	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.028		0	AS	1		0.023	0.178	
18:3 n-3 c,c,c (ALA)....g	0.028		2	AR	1		0.023	0.178	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.004		2	AR	1		0.003	0.026	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.049		2	AR	1		0.041	0.313	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001		2	AR	1		0.001	0.008	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.003		2	AR	1		0.003	0.022	
22:6 n-3 (DHA)....g	0.000		2	AR	1		0.000	0.001	
Fatty acids, total trans....g	0.896		0	NC	4		0.761	5.778	
Fatty acids, total trans-monoenoic....g	0.896		0	NC	4		0.761	5.778	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	81		2	AR	1		69	524	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.280		0	AR	1		0.238	1.806	
Threonine....g	1.094		0	AR	1		0.930	7.054	
Isoleucine....g	1.057		0	AR	1		0.898	6.818	
Leucine....g	1.999		0	AR	1		1.700	12.897	

NDB No. 23115

Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.173		0	AR	1		1.847	14.018	
Methionine g	0.706		0	AR	1		0.600	4.554	
Cystine g	0.261		0	AR	1		0.222	1.683	
Phenylalanine g	0.946		0	AR	1		0.804	6.102	
Tyrosine g	0.857		0	AR	1		0.729	5.529	
Valine g	1.123		0	AR	1		0.955	7.246	
Arginine g	1.637		0	AR	1		1.391	10.555	
Histidine g	0.805		0	AR	1		0.685	5.194	
Alanine g	1.418		0	AR	1		1.205	9.145	
Aspartic acid g	2.229		0	AR	1		1.895	14.378	
Glutamic acid g	3.931		0	AR	1		3.341	25.356	
Glycine g	1.134		0	AR	1		0.964	7.314	
Proline g	1.021		0	AR	1		0.868	6.589	
Serine g	0.955		0	AR	1		0.812	6.158	
Hydroxyproline g	0.170		0	BFPN	4		0.144	1.095	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 645g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13791

Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, raw

URMIS #1095

Refuse: 6% Connective tissue 6%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	69.61	1.469	12	AR	1		59.17	529.73	
Energy kcal	173		0	NC	4		147	1316	
Energy kJ	724		0	NC	4		615	5510	
Protein (N x 6.25) g	19.25	0.719	12	AR	1		16.36	146.46	
Total lipid (fat) g	10.67	1.840	12	AR	1		9.07	81.18	
Ash g	0.95	0.065	12	AR	1		0.81	7.23	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	18		1	AR	1		15	135	
Iron, Fe mg	2.12		1	AR	1		1.80	16.11	
Magnesium, Mg mg	19		1	AR	1		16	147	
Phosphorus, P mg	187		1	AR	1		159	1426	
Potassium, K mg	367		1	AR	1		312	2791	
Sodium, Na mg	82		1	AR	1		69	621	
Zinc, Zn mg	7.66		1	AR	1		6.51	58.28	
Copper, Cu mg	0.066		1	AR	1		0.056	0.505	
Manganese, Mn mg	0.010		1	AR	1		0.008	0.075	
Selenium, Se µg	22.4		1	AR	1		19.1	170.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.070		1	AR	1		0.060	0.533	
Riboflavin mg	0.155		1	AR	1		0.132	1.180	
Niacin mg	4.560		1	AR	1		3.876	34.703	
Pantothenic acid mg	0.675		1	AR	1		0.574	5.138	
Vitamin B-6 mg	0.414		1	AR	1		0.352	3.148	
Folate, total µg	3		0	BFPN	4		3	23	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	3		0	BFPN	4		3	23	
Folate, DFE µg	3		0	NC	4		3	23	
Choline, total mg	64.5		1	AR	1		54.9	491.2	
Betaine mg	24.2		1	AR	1		20.5	183.9	
Vitamin B-12 µg	2.78		1	AR	1		2.37	21.18	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	4		0	NC	4		3	30	
Retinol µg	4		0	BFSN	4		3	30	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	13		0	NC	4		11	99	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.14		1	AR	1		0.12	1.10	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.7	
Vitamin D IU	4		0	BFSN	4		3	28	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	11.5	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13791

Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.998		0	NC	4		4.248	38.034	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	Z	7		0.000	0.000	
12:0....g	0.000		0	Z	7		0.000	0.000	
13:0....g									
14:0....g	0.331		2	AR	1		0.282	2.522	
15:0....g									
16:0....g	2.653		2	AR	1		2.255	20.191	
17:0....g	0.144		2	AR	1		0.123	1.099	
18:0....g	1.852		2	AR	1		1.574	14.092	
20:0....g	0.008		2	AR	1		0.007	0.063	
22:0....g									
24:0....g	0.009		2	AR	1		0.008	0.068	
Fatty acids, total monounsaturated....g	5.732		0	NC	4		4.872	43.620	
14:1....g	0.060		2	AR	1		0.051	0.460	
15:1....g									
16:1 undifferentiated....g	0.336		0	AS	1		0.285	2.555	
16:1 c....g	0.336		2	AR	1		0.285	2.555	
16:1 t....g									
17:1....g	0.093		2	AR	1		0.079	0.707	
18:1 undifferentiated....g	5.219		0	AS	1		4.436	39.715	
18:1 c....g	4.532		2	AR	1		3.852	34.487	
18:1 t....g	0.687		2	AR	1		0.584	5.228	
18:1-11 t (18:1t n-7)....g	0.258		2	AR	1		0.219	1.965	
20:1....g	0.024		2	AR	1		0.021	0.184	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.525		0	NC	4		0.446	3.997	
18:2 undifferentiated....g	0.455		0	AS	1		0.387	3.464	
18:2 n-6 c,c....g	0.403		2	AR	1		0.343	3.068	
18:2 CLAs....g	0.052		2	AR	1		0.044	0.396	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.023		0	AS	1		0.020	0.176	
18:3 n-3 c,c,c (ALA)....g	0.023		2	AR	1		0.020	0.176	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.002		2	AR	1		0.002	0.016	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.041		2	AR	1		0.035	0.316	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001		2	AR	1		0.001	0.008	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.002		2	AR	1		0.002	0.016	
22:6 n-3 (DHA)....g	0.000		2	AR	1		0.000	0.002	
Fatty acids, total trans....g	0.687		0	NC	4		0.584	5.228	
Fatty acids, total trans-monoenoic....g	0.687		0	NC	4		0.584	5.228	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	73		2	AR	1		62	557	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.217		0	AR	1		0.184	1.650	
Threonine....g	0.847		0	AR	1		0.720	6.444	
Isoleucine....g	0.818		0	AR	1		0.696	6.228	
Leucine....g	1.548		0	AR	1		1.316	11.781	

NDB No. 13791

Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	1.683		0	AR	1		1.430	12.805	
Methionine g	0.547		0	AR	1		0.465	4.160	
Cystine g	0.202		0	AR	1		0.172	1.537	
Phenylalanine g	0.732		0	AR	1		0.623	5.574	
Tyrosine g	0.664		0	AR	1		0.564	5.050	
Valine g	0.870		0	AR	1		0.739	6.619	
Arginine g	1.267		0	AR	1		1.077	9.642	
Histidine g	0.623		0	AR	1		0.530	4.745	
Alanine g	1.098		0	AR	1		0.933	8.353	
Aspartic acid g	1.726		0	AR	1		1.467	13.134	
Glutamic acid g	3.044		0	AR	1		2.587	23.162	
Glycine g	0.878		0	AR	1		0.746	6.681	
Proline g	0.791		0	AR	1		0.672	6.019	
Serine g	0.739		0	AR	1		0.628	5.625	
Hydroxyproline g	0.131		0	BFPN	4		0.112	1.001	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 761g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13821

Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted

Beef, Chuck, Chuck Eye Rst, (America's Beef Rst), URMIS #1095

Refuse: 19% Connective tissue 6%, seam fat 13%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	64.79	1.325	36	AR	1		55.07	394.59	
Energy kcal	183		0	NC	4		155	1113	
Energy kJ	765		0	NC	4		650	4658	
Protein (N x 6.25) g	26.65	1.028	36	AR	1		22.66	162.33	
Total lipid (fat) g	8.46	0.291	36	AR	1		7.20	51.55	
Ash g	1.00	0.064	36	AR	1		0.85	6.08	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	19		3	AR	1		16	113	
Iron, Fe mg	2.47		3	AR	1		2.10	15.02	
Magnesium, Mg mg	22		3	AR	1		19	135	
Phosphorus, P mg	210		3	AR	1		178	1278	
Potassium, K mg	344		3	AR	1		292	2092	
Sodium, Na mg	80		3	AR	1		68	486	
Zinc, Zn mg	9.73		3	AR	1		8.27	59.28	
Copper, Cu mg	0.078		3	AR	1		0.066	0.475	
Manganese, Mn mg	0.014		3	AR	1		0.012	0.084	
Selenium, Se µg	27.3		3	AR	1		23.2	166.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.075		2	AR	1		0.064	0.457	
Riboflavin mg	0.193		3	AR	1		0.164	1.177	
Niacin mg	4.693		3	AR	1		3.989	28.582	
Pantothenic acid mg	0.725		2	AR	1		0.616	4.415	
Vitamin B-6 mg	0.409		3	AR	1		0.347	2.489	
Folate, total µg	6		0	BFPN	4		6	39	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	6		0	BFPN	4		6	39	
Folate, DFE µg	6		0	NC	4		6	39	
Choline, total mg	79.5		2	AR	1		67.6	484.4	
Betaine mg	27.8		2	AR	1		23.7	169.5	
Vitamin B-12 µg	3.24		3	AR	1		2.76	19.75	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		1	9	
Retinol µg	2		0	BFSN	4		1	9	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	5		0	NC	4		4	31	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.12		3	AR	1		0.10	0.70	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.7	
Vitamin D IU	5		0	BFSN	4		4	28	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	9.6	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13821

Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.422		0	NC	4		2.909	20.842	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	Z	7		0.000	0.000	
12:0....g	0.000		0	Z	7		0.000	0.000	
13:0....g									
14:0....g	0.197	0.016	6	AR	1		0.168	1.201	
15:0....g									
16:0....g	1.861	0.149	6	AR	1		1.582	11.336	
17:0....g	0.100	0.007	6	AR	1		0.085	0.610	
18:0....g	1.251	0.101	6	AR	1		1.064	7.621	
20:0....g	0.001	0.000	6	AR	1		0.001	0.008	
22:0....g									
24:0....g	0.011	0.001	6	AR	1		0.009	0.067	
Fatty acids, total monounsaturated....g	4.167		0	NC	4		3.542	25.375	
14:1....g	0.037	0.003	6	AR	1		0.032	0.227	
15:1....g									
16:1 undifferentiated....g	0.247	0.018	6	AR	1		0.210	1.504	
17:1....g	0.072	0.005	6	AR	1		0.061	0.437	
18:1 undifferentiated....g	3.799		0	AS	1		3.229	23.137	
18:1 c....g	3.426	0.308	6	AR	1		2.912	20.867	
18:1 t....g	0.373	0.031	6	AR	1		0.317	2.270	
18:1-11 t (18:1t n-7)....g	0.252	0.021	6	AR	1		0.214	1.534	
20:1....g	0.012	0.001	6	AR	1		0.010	0.071	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.426		0	NC	4		0.362	2.594	
18:2 undifferentiated....g	0.358		0	AS	1		0.305	2.182	
18:2 n-6 c,c....g	0.331	0.030	6	AR	1		0.281	2.015	
18:2 CLAs....g	0.027	0.002	6	AR	1		0.023	0.167	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.015		0	AS	1		0.013	0.092	
18:3 n-3 c,c,c (ALA)....g	0.015	0.001	6	AR	1		0.013	0.092	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000	0.000	6	AR	1		0.000	0.000	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.050	0.005	6	AR	1		0.043	0.306	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002	0.000	6	AR	1		0.002	0.012	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	6	AR	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000	0.000	6	AR	1		0.000	0.002	
Fatty acids, total trans....g	0.373		0	NC	4		0.317	2.270	
Fatty acids, total trans-monoenoic....g	0.373		0	NC	4		0.317	2.270	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	83	2.700	6	AR	1		71	506	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.306		0	AR	1		0.260	1.862	
Threonine....g	1.207		0	AR	1		1.026	7.350	
Isoleucine....g	1.167		0	AR	1		0.992	7.107	
Leucine....g	2.206		0	AR	1		1.875	13.436	
Lysine....g	2.398		0	AR	1		2.038	14.604	
Methionine....g	0.777		0	AR	1		0.661	4.734	

NDB No. 13821

Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine g	0.284		0	AR	1		0.241	1.728	
Phenylalanine g	1.039		0	AR	1		0.883	6.328	
Tyrosine g	0.945		0	AR	1		0.803	5.756	
Valine g	1.233		0	AR	1		1.048	7.509	
Arginine g	1.793		0	AR	1		1.524	10.916	
Histidine g	0.879		0	AR	1		0.747	5.355	
Alanine g	1.541		0	AR	1		1.310	9.383	
Aspartic acid g	2.454		0	AR	1		2.086	14.945	
Glutamic acid g	4.341		0	AR	1		3.690	26.435	
Glycine g	1.187		0	AR	1		1.009	7.229	
Proline g	1.097		0	AR	1		0.932	6.681	
Serine g	1.047		0	AR	1		0.890	6.377	
Hydroxyproline g	0.135		0	AR	1		0.114	0.820	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 609g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13972

Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, raw

Beef, Chuck, Chuck Eye Rst, (America's Beef Rst), URMIS #1095

Refuse: 18% Connective tissue 8%, seam fat 10%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	72.48	0.591	36	AR	1		61.61	934.25	
Energy kcal	137		0	NC	4		116	1760	
Energy kJ	571		0	NC	4		486	7364	
Protein (N x 6.25) g	20.61	0.376	36	AR	1		17.52	265.66	
Total lipid (fat) g	6.01	0.460	36	AR	1		5.11	77.48	
Ash g	1.03	0.063	36	AR	1		0.88	13.28	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	18		3	AR	1		15	227	
Iron, Fe mg	2.18		3	AR	1		1.85	28.10	
Magnesium, Mg mg	21		3	AR	1		18	273	
Phosphorus, P mg	204		3	AR	1		174	2632	
Potassium, K mg	357		3	AR	1		303	4599	
Sodium, Na mg	85		3	AR	1		72	1098	
Zinc, Zn mg	8.21		3	AR	1		6.98	105.87	
Copper, Cu mg	0.065		3	AR	1		0.056	0.844	
Manganese, Mn mg	0.011		3	AR	1		0.009	0.142	
Selenium, Se µg	22.5		3	AR	1		19.1	290.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.065		2	AR	1		0.055	0.838	
Riboflavin mg	0.160		3	AR	1		0.136	2.062	
Niacin mg	4.593		3	AR	1		3.904	59.208	
Pantothenic acid mg	0.655		2	AR	1		0.557	8.443	
Vitamin B-6 mg	0.403		3	AR	1		0.342	5.190	
Folate, total µg	3		0	BFPN	4		3	43	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	3		0	BFPN	4		3	43	
Folate, DFE µg	3		0	NC	4		3	43	
Choline, total mg	69.3		2	AR	1		58.9	893.2	
Betaine mg	27.6		2	AR	1		23.4	355.4	
Vitamin B-12 µg	2.95		3	AR	1		2.51	38.07	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		2	24	
Retinol µg	2		0	BFSN	4		2	24	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	6		0	NC	4		5	81	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.20		3	AR	1		0.17	2.57	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	1.2	
Vitamin D IU	4		0	BFSN	4		3	49	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	19.5	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13972

Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.550		0	NR	4		2.168	32.870	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	Z	7		0.000	0.000	
12:0....g	0.000		0	Z	7		0.000	0.000	
13:0....g									
14:0....g	0.146	0.024	6	AR	1		0.124	1.880	
15:0....g									
16:0....g	1.381	0.227	6	AR	1		1.174	17.802	
17:0....g	0.072	0.011	6	AR	1		0.061	0.924	
18:0....g	0.938	0.150	6	AR	1		0.797	12.088	
20:0....g	0.005	0.002	6	AR	1		0.004	0.061	
22:0....g									
24:0....g	0.009	0.002	6	AR	1		0.008	0.114	
Fatty acids, total monounsaturated....g	3.110		0	NR	4		2.644	40.088	
14:1....g	0.028	0.005	6	AR	1		0.024	0.359	
15:1....g									
16:1 undifferentiated....g	0.180	0.030	6	AR	1		0.153	2.321	
17:1....g	0.052	0.008	6	AR	1		0.044	0.670	
18:1 undifferentiated....g	2.841		0	AS	1		2.415	36.616	
18:1 c....g	2.577	0.459	6	AR	1		2.190	33.217	
18:1 t....g	0.264	0.052	6	AR	1		0.224	3.398	
18:1-11 t (18:1t n-7)....g	0.189	0.038	6	AR	1		0.161	2.441	
20:1....g	0.010	0.003	6	AR	1		0.009	0.132	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.310		0	NR	4		0.264	3.996	
18:2 undifferentiated....g	0.262		0	AS	1		0.223	3.382	
18:2 n-6 c,c....g	0.242	0.049	6	AR	1		0.206	3.122	
18:2 CLAs....g	0.020	0.003	6	AR	1		0.017	0.259	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.010		0	AS	1		0.009	0.131	
18:3 n-3 c,c,c (ALA)....g	0.010	0.002	6	AR	1		0.009	0.131	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000	0.000	6	AR	1		0.000	0.005	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.037	0.007	6	AR	1		0.031	0.475	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001	0.000	6	AR	1		0.001	0.008	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	6	AR	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000	0.000	6	AR	1		0.000	0.000	
Fatty acids, total trans....g	0.264		0	NR	4		0.224	3.403	
Fatty acids, total trans-monoenoic....g	0.264		0	NR	4		0.224	3.403	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	69	2.221	6	AR	1		59	895	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.236		0	AR	1		0.201	3.047	
Threonine....g	0.933		0	AR	1		0.793	12.030	
Isoleucine....g	0.902		0	AR	1		0.767	11.632	
Leucine....g	1.706		0	AR	1		1.450	21.989	
Lysine....g	1.854		0	AR	1		1.576	23.901	
Methionine....g	0.601		0	AR	1		0.511	7.748	

NDB No. 13972

Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine....g	0.219		0	AR	1		0.186	2.828	
Phenylalanine....g	0.803		0	AR	1		0.683	10.356	
Tyrosine....g	0.731		0	AR	1		0.621	9.421	
Valine....g	0.953		0	AR	1		0.810	12.289	
Arginine....g	1.386		0	AR	1		1.178	17.866	
Histidine....g	0.680		0	AR	1		0.578	8.763	
Alanine....g	1.191		0	AR	1		1.013	15.356	
Aspartic acid....g	1.898		0	AR	1		1.613	24.459	
Glutamic acid....g	3.356		0	AR	1		2.853	43.264	
Glycine....g	0.918		0	AR	1		0.780	11.831	
Proline....g	0.848		0	AR	1		0.721	10.934	
Serine....g	0.810		0	AR	1		0.688	10.436	
Hydroxyproline....g	0.104		0	AR	1		0.088	1.342	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 1289g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13822

Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted

Beef, Chuck, Chuck Eye Rst, (America's Beef Rst), URMIS #1095

Refuse: 19% Connective tissue 6%, seam fat 13%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	63.88	1.362	24	AR	1		54.30	374.34	
Energy kcal	190		0	NC	4		161	1113	
Energy kJ	795		0	NC	4		675	4656	
Protein (N x 6.25) g	26.41	1.059	24	AR	1		22.45	154.77	
Total lipid (fat) g	9.36	0.364	24	AR	1		7.96	54.86	
Ash g	0.99	0.066	24	AR	1		0.84	5.81	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	18		2	AR	1		16	108	
Iron, Fe mg	2.52		2	AR	1		2.14	14.76	
Magnesium, Mg mg	22		2	AR	1		19	131	
Phosphorus, P mg	211		2	AR	1		179	1234	
Potassium, K mg	339		2	AR	1		289	1989	
Sodium, Na mg	79		2	AR	1		67	463	
Zinc, Zn mg	9.93		2	AR	1		8.44	58.17	
Copper, Cu mg	0.080		2	AR	1		0.068	0.471	
Manganese, Mn mg	0.014		2	AR	1		0.012	0.081	
Selenium, Se µg	27.0		2	AR	1		23.0	158.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.080		1	AR	1		0.068	0.469	
Riboflavin mg	0.197		2	AR	1		0.167	1.152	
Niacin mg	4.593		2	AR	1		3.904	26.917	
Pantothenic acid mg	0.740		1	AR	1		0.629	4.336	
Vitamin B-6 mg	0.399		2	AR	1		0.339	2.340	
Folate, total µg	6		0	BFPN	4		5	38	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	6		0	BFPN	4		5	38	
Folate, DFE µg	6		0	NC	4		5	38	
Choline, total mg	87.9		1	AR	1		74.7	515.1	
Betaine mg	32.6		1	AR	1		27.7	190.8	
Vitamin B-12 µg	3.46		2	AR	1		2.94	20.28	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	1		0	NC	4		1	8	
Retinol µg	1		0	BFSN	4		1	8	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	4		0	NC	4		4	26	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.14		2	AR	1		0.12	0.81	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.8	
Vitamin D IU	5		0	BFSN	4		4	30	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	9.2	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13822

Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.751		0	NC	4		3.189	21.983	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	Z	7		0.000	0.000	
12:0....g	0.000		0	Z	7		0.000	0.000	
13:0....g									
14:0....g	0.217	0.020	4	AR	1		0.185	1.272	
15:0....g									
16:0....g	2.039	0.186	4	AR	1		1.733	11.950	
17:0....g	0.109	0.009	4	AR	1		0.093	0.638	
18:0....g	1.372	0.125	4	AR	1		1.166	8.041	
20:0....g	0.002	0.000	4	AR	1		0.002	0.012	
22:0....g									
24:0....g	0.012	0.001	4	AR	1		0.010	0.070	
Fatty acids, total monounsaturated....g	4.691		0	NC	4		3.988	27.491	
14:1....g	0.045	0.004	4	AR	1		0.038	0.262	
15:1....g									
16:1 undifferentiated....g	0.279	0.022	4	AR	1		0.237	1.633	
17:1....g	0.080	0.006	4	AR	1		0.068	0.468	
18:1 undifferentiated....g	4.269		0	AS	1		3.628	25.015	
18:1 c....g	3.866	0.382	4	AR	1		3.286	22.657	
18:1 t....g	0.402	0.039	4	AR	1		0.342	2.358	
18:1-11 t (18:1t n-7)....g	0.267	0.026	4	AR	1		0.227	1.564	
20:1....g	0.019	0.001	4	AR	1		0.016	0.114	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.431		0	NC	4		0.366	2.526	
18:2 undifferentiated....g	0.360		0	AS	1		0.306	2.108	
18:2 n-6 c,c....g	0.330	0.037	4	AR	1		0.280	1.932	
18:2 CLAs....g	0.030	0.003	4	AR	1		0.026	0.176	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.017		0	AS	1		0.015	0.102	
18:3 n-3 c,c,c (ALA)....g	0.017	0.001	4	AR	1		0.015	0.102	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000	0.000	4	AR	1		0.000	0.000	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.051	0.006	4	AR	1		0.043	0.299	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002	0.000	4	AR	1		0.002	0.014	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	4	AR	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.001	0.000	4	AR	1		0.000	0.003	
Fatty acids, total trans....g	0.402		0	NC	4		0.342	2.358	
Fatty acids, total trans-monoenoic....g	0.402		0	NC	4		0.342	2.358	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	84	3.354	4	AR	1		72	495	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.303		0	AR	1		0.257	1.775	
Threonine....g	1.196		0	AR	1		1.017	7.008	
Isoleucine....g	1.156		0	AR	1		0.983	6.776	
Leucine....g	2.186		0	AR	1		1.858	12.810	
Lysine....g	2.376		0	AR	1		2.020	13.924	
Methionine....g	0.770		0	AR	1		0.655	4.513	

NDB No. 13822

Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine....g	0.281		0	AR	1		0.239	1.647	
Phenylalanine....g	1.030		0	AR	1		0.875	6.033	
Tyrosine....g	0.937		0	AR	1		0.796	5.488	
Valine....g	1.222		0	AR	1		1.038	7.159	
Arginine....g	1.776		0	AR	1		1.510	10.408	
Histidine....g	0.871		0	AR	1		0.741	5.105	
Alanine....g	1.527		0	AR	1		1.298	8.946	
Aspartic acid....g	2.432		0	AR	1		2.067	14.249	
Glutamic acid....g	4.301		0	AR	1		3.656	25.204	
Glycine....g	1.176		0	AR	1		1.000	6.893	
Proline....g	1.087		0	AR	1		0.924	6.369	
Serine....g	1.037		0	AR	1		0.882	6.080	
Hydroxyproline....g	0.133		0	AR	1		0.113	0.782	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 586g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13973

Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, raw

Beef, Chuck, Chuck Eye Rst, (America's Beef Rst), URMIS #1095

Refuse: 20% Connective tissue 9%, seam fat 11%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	72.16	0.635	24	AR	1		61.33	911.33	
Energy kcal	139		0	NC	4		118	1750	
Energy kJ	580		0	NC	4		493	7323	
Protein (N x 6.25) g	20.67	0.400	24	AR	1		17.57	261.04	
Total lipid (fat) g	6.21	0.497	24	AR	1		5.28	78.45	
Ash g	1.05	0.065	24	AR	1		0.89	13.20	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	17		2	AR	1		15	219	
Iron, Fe mg	2.18		2	AR	1		1.86	27.58	
Magnesium, Mg mg	21		2	AR	1		18	268	
Phosphorus, P mg	201		2	AR	1		171	2541	
Potassium, K mg	332		2	AR	1		282	4195	
Sodium, Na mg	85		2	AR	1		72	1071	
Zinc, Zn mg	8.25		2	AR	1		7.01	104.15	
Copper, Cu mg	0.063		2	AR	1		0.054	0.796	
Manganese, Mn mg	0.011		2	AR	1		0.009	0.135	
Selenium, Se µg	21.8		2	AR	1		18.5	275.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.060		1	AR	1		0.051	0.758	
Riboflavin mg	0.157		2	AR	1		0.133	1.979	
Niacin mg	4.593		2	AR	1		3.904	58.014	
Pantothenic acid mg	0.590		1	AR	1		0.501	7.452	
Vitamin B-6 mg	0.383		2	AR	1		0.325	4.833	
Folate, total µg	3		0	BFPN	4		3	42	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	3		0	BFPN	4		3	42	
Folate, DFE µg	3		0	NC	4		3	42	
Choline, total mg	68.7		1	AR	1		58.4	868.1	
Betaine mg	29.1		1	AR	1		24.7	367.6	
Vitamin B-12 µg	2.91		2	AR	1		2.47	36.75	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		1	22	
Retinol µg	2		0	BFSN	4		1	22	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	6		0	NC	4		5	73	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.23		2	AR	1		0.19	2.86	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	1.3	
Vitamin D IU	4		0	BFSN	4		3	52	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	19.1	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13973

Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.354		0	NC	4		2.001	29.732	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	Z	7		0.000	0.000	
12:0....g	0.000		0	Z	7		0.000	0.000	
13:0....g									
14:0....g	0.134	0.030	4	AR	1		0.114	1.695	
15:0....g									
16:0....g	1.285	0.282	4	AR	1		1.092	16.229	
17:0....g	0.065	0.013	4	AR	1		0.055	0.816	
18:0....g	0.857	0.187	4	AR	1		0.728	10.821	
20:0....g	0.005	0.002	4	AR	1		0.004	0.062	
22:0....g									
24:0....g	0.009	0.002	4	AR	1		0.007	0.109	
Fatty acids, total monounsaturated....g	2.938		0	NC	4		2.497	37.103	
14:1....g	0.027	0.006	4	AR	1		0.023	0.344	
15:1....g									
16:1 undifferentiated....g	0.172	0.037	4	AR	1		0.146	2.176	
17:1....g	0.048	0.010	4	AR	1		0.041	0.607	
18:1 undifferentiated....g	2.679		0	AS	1		2.277	33.839	
18:1 c....g	2.446	0.570	4	AR	1		2.079	30.891	
18:1 t....g	0.233	0.064	4	AR	1		0.198	2.948	
18:1-11 t (18:1t n-7)....g	0.154	0.047	4	AR	1		0.131	1.944	
20:1....g	0.011	0.003	4	AR	1		0.009	0.137	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.299		0	NC	4		0.254	3.776	
18:2 undifferentiated....g	0.253		0	AS	1		0.215	3.196	
18:2 n-6 c,c....g	0.234	0.061	4	AR	1		0.199	2.957	
18:2 CLAs....g	0.019	0.004	4	AR	1		0.016	0.238	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.010		0	AS	1		0.008	0.120	
18:3 n-3 c,c,c (ALA)....g	0.010	0.003	4	AR	1		0.008	0.120	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.001	0.000	4	AR	1		0.000	0.007	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.035	0.009	4	AR	1		0.030	0.447	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	4	AR	1		0.000	0.006	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	4	AR	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000	0.000	4	AR	1		0.000	0.000	
Fatty acids, total trans....g	0.233		0	NC	4		0.198	2.948	
Fatty acids, total trans-monoenoic....g	0.233		0	NC	4		0.198	2.948	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	67	2.759	4	AR	1		57	841	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.237		0	AR	1		0.201	2.994	
Threonine....g	0.936		0	AR	1		0.796	11.820	
Isoleucine....g	0.905		0	AR	1		0.769	11.429	
Leucine....g	1.711		0	AR	1		1.454	21.606	
Lysine....g	1.859		0	AR	1		1.581	23.485	
Methionine....g	0.603		0	AR	1		0.512	7.613	

NDB No. 13973

Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine....g	0.220		0	AR	1		0.187	2.778	
Phenylalanine....g	0.806		0	AR	1		0.685	10.176	
Tyrosine....g	0.733		0	AR	1		0.623	9.257	
Valine....g	0.956		0	AR	1		0.813	12.075	
Arginine....g	1.390		0	AR	1		1.181	17.555	
Histidine....g	0.682		0	AR	1		0.580	8.611	
Alanine....g	1.195		0	AR	1		1.015	15.089	
Aspartic acid....g	1.903		0	AR	1		1.617	24.033	
Glutamic acid....g	3.366		0	AR	1		2.861	42.511	
Glycine....g	0.920		0	AR	1		0.782	11.626	
Proline....g	0.851		0	AR	1		0.723	10.743	
Serine....g	0.812		0	AR	1		0.690	10.254	
Hydroxyproline....g	0.104		0	AR	1		0.089	1.318	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 1263g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13823

Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, cooked, roasted

Beef, Chuck, ChuckEye Rst, (America's Beef Rst), URMIS #1095

Refuse: 20% Connective tissue7%, seam fat 13%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	66.16	1.434	12	AR	1		56.24	426.75	
Energy kcal	172		0	NC	4		146	1110	
Energy kJ	720		0	NC	4		612	4646	
Protein (N x 6.25) g	27.02	1.120	12	AR	1		22.97	174.28	
Total lipid (fat) g	7.12	0.483	12	AR	1		6.05	45.93	
Ash g	1.01	0.070	12	AR	1		0.86	6.49	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	20		1	AR	1		17	127	
Iron, Fe mg	2.42		1	AR	1		2.06	15.61	
Magnesium, Mg mg	22		1	AR	1		19	141	
Phosphorus, P mg	209		1	AR	1		178	1348	
Potassium, K mg	351		1	AR	1		299	2266	
Sodium, Na mg	81		1	AR	1		69	521	
Zinc, Zn mg	9.56		1	AR	1		8.13	61.69	
Copper, Cu mg	0.074		1	AR	1		0.063	0.475	
Manganese, Mn mg	0.014		1	AR	1		0.012	0.090	
Selenium, Se µg	28.7		1	AR	1		24.4	185.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.070		1	AR	1		0.060	0.452	
Riboflavin mg	0.190		1	AR	1		0.161	1.225	
Niacin mg	4.650		1	AR	1		3.953	29.993	
Pantothenic acid mg	0.710		1	AR	1		0.603	4.579	
Vitamin B-6 mg	0.413		1	AR	1		0.351	2.664	
Folate, total µg	7		0	BFPN	4		6	42	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	7		0	BFPN	4		6	42	
Folate, DFE µg	7		0	NC	4		6	42	
Choline, total mg	71.2		1	AR	1		60.5	459.1	
Betaine mg	23.1		1	AR	1		19.6	149.1	
Vitamin B-12 µg	2.85		1	AR	1		2.42	18.38	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		2	12	
Retinol µg	2		0	BFSN	4		2	12	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	6		0	NC	4		5	41	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.08		1	AR	1		0.07	0.50	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.6	
Vitamin D IU	4		0	BFSN	4		3	24	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	10.1	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13823

Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.929		0	NC	4		2.490	18.891	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	Z	7		0.000	0.000	
12:0....g	0.000		0	Z	7		0.000	0.000	
13:0....g									
14:0....g	0.167		2	AR	1		0.142	1.080	
15:0....g									
16:0....g	1.595		2	AR	1		1.356	10.286	
17:0....g	0.087		2	AR	1		0.074	0.561	
18:0....g	1.070		2	AR	1		0.910	6.902	
20:0....g	0.000		2	AR	1		0.000	0.000	
22:0....g									
24:0....g	0.010		2	AR	1		0.008	0.063	
Fatty acids, total monounsaturated....g	3.380		0	NC	4		2.873	21.802	
14:1....g	0.026		2	AR	1		0.022	0.168	
15:1....g									
16:1 undifferentiated....g	0.200		2	AR	1		0.170	1.287	
17:1....g	0.060		2	AR	1		0.051	0.384	
18:1 undifferentiated....g	3.095		0	AS	1		2.631	19.963	
18:1 c....g	2.766		2	AR	1		2.352	17.844	
18:1 t....g	0.329		2	AR	1		0.279	2.119	
18:1-11 t (18:1t n-7)....g	0.229		2	AR	1		0.195	1.480	
20:1....g	0.000		2	AR	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.418		0	NC	4		0.356	2.698	
18:2 undifferentiated....g	0.356		0	AS	1		0.303	2.298	
18:2 n-6 c,c....g	0.333		2	AR	1		0.283	2.146	
18:2 CLAs....g	0.024		2	AR	1		0.020	0.152	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.012		0	AS	1		0.010	0.075	
18:3 n-3 c,c,c (ALA)....g	0.012		2	AR	1		0.010	0.075	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000		2	AR	1		0.000	0.000	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.049		2	AR	1		0.042	0.317	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001		2	AR	1		0.001	0.008	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		2	AR	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		2	AR	1		0.000	0.000	
Fatty acids, total trans....g	0.329		0	NC	4		0.279	2.119	
Fatty acids, total trans-monoenoic....g	0.329		0	NC	4		0.279	2.119	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	81		2	AR	1		69	520	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.310		0	AR	1		0.263	1.999	
Threonine....g	1.224		0	AR	1		1.040	7.892	
Isoleucine....g	1.183		0	AR	1		1.006	7.631	
Leucine....g	2.236		0	AR	1		1.901	14.425	
Lysine....g	2.431		0	AR	1		2.066	15.680	
Methionine....g	0.788		0	AR	1		0.670	5.083	

NDB No. 13823

Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine g	0.288		0	AR	1		0.244	1.855	
Phenylalanine g	1.053		0	AR	1		0.895	6.794	
Tyrosine g	0.958		0	AR	1		0.814	6.180	
Valine g	1.250		0	AR	1		1.062	8.062	
Arginine g	1.817		0	AR	1		1.545	11.720	
Histidine g	0.891		0	AR	1		0.758	5.749	
Alanine g	1.562		0	AR	1		1.328	10.074	
Aspartic acid g	2.488		0	AR	1		2.115	16.046	
Glutamic acid g	4.400		0	AR	1		3.740	28.382	
Glycine g	1.203		0	AR	1		1.023	7.762	
Proline g	1.112		0	AR	1		0.945	7.173	
Serine g	1.061		0	AR	1		0.902	6.846	
Hydroxyproline g	0.136		0	AR	1		0.116	0.880	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 645g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13974

Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, raw

Beef, Chuck, Chuck Eye Rst, (America's Beef Rst), URMIS #1095

Refuse: 15% Connective tissue 6%, seam fat 9%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	72.96	0.718	12	AR	1		62.02	968.21	
Energy kcal	133		0	NC	4		113	1771	
Energy kJ	559		0	NC	4		475	7418	
Protein (N x 6.25) g	20.52	0.445	12	AR	1		17.44	272.34	
Total lipid (fat) g	5.71	0.566	12	AR	1		4.85	75.78	
Ash g	1.01	0.070	12	AR	1		0.86	13.37	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	19		1	AR	1		16	246	
Iron, Fe mg	2.21		1	AR	1		1.88	29.32	
Magnesium, Mg mg	21		1	AR	1		18	280	
Phosphorus, P mg	200		1	AR	1		170	2660	
Potassium, K mg	393		1	AR	1		334	5214	
Sodium, Na mg	86		1	AR	1		73	1135	
Zinc, Zn mg	8.29		1	AR	1		7.04	109.98	
Copper, Cu mg	0.071		1	AR	1		0.060	0.939	
Manganese, Mn mg	0.011		1	AR	1		0.009	0.146	
Selenium, Se µg	24.3		1	AR	1		20.7	322.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.070		1	AR	1		0.060	0.929	
Riboflavin mg	0.170		1	AR	1		0.145	2.256	
Niacin mg	4.830		1	AR	1		4.105	64.094	
Pantothenic acid mg	0.720		1	AR	1		0.612	9.554	
Vitamin B-6 mg	0.435		1	AR	1		0.370	5.772	
Folate, total µg	3		0	BFPN	4		3	44	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	3		0	BFPN	4		3	44	
Folate, DFE µg	3		0	NC	4		3	44	
Choline, total mg	69.9		1	AR	1		59.4	927.1	
Betaine mg	26.0		1	AR	1		22.1	345.4	
Vitamin B-12 µg	2.98		1	AR	1		2.53	39.54	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		2	28	
Retinol µg	2		0	BFSN	4		2	28	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	7		0	NC	4		6	93	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.15		1	AR	1		0.13	2.02	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	1.1	
Vitamin D IU	3		0	BFSN	4		3	45	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	20.1	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13974

Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.610		0	NR	4		1.369	21.365	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	Z	7		0.000	0.000	
12:0....g	0.000		0	Z	7		0.000	0.000	
13:0....g									
14:0....g	0.093		2	AR	1		0.079	1.228	
15:0....g									
16:0....g	0.863		2	AR	1		0.733	11.446	
17:0....g	0.047		2	AR	1		0.040	0.619	
18:0....g	0.601		2	AR	1		0.511	7.970	
20:0....g	0.002		2	AR	1		0.002	0.033	
22:0....g									
24:0....g	0.005		2	AR	1		0.004	0.068	
Fatty acids, total monounsaturated....g	3.670		0	NR	4		3.120	48.701	
14:1....g	0.030		2	AR	1		0.025	0.398	
15:1....g									
16:1 undifferentiated....g	0.209		2	AR	1		0.178	2.771	
17:1....g	0.062		2	AR	1		0.053	0.824	
18:1 undifferentiated....g	3.359		0	AS	1		2.855	44.571	
18:1 c....g	3.019		2	AR	1		2.566	40.066	
18:1 t....g	0.340		2	AR	1		0.289	4.505	
18:1-11 t (18:1t n-7)....g	0.214		2	AR	1		0.182	2.842	
20:1....g	0.010		2	AR	1		0.008	0.128	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.370		0	NR	4		0.315	4.910	
18:2 undifferentiated....g	0.312		0	AS	1		0.265	4.144	
18:2 n-6 c,c....g	0.287		2	AR	1		0.244	3.813	
18:2 CLAs....g	0.025		2	AR	1		0.021	0.331	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.013		0	AS	1		0.011	0.168	
18:3 n-3 c,c,c (ALA)....g	0.013		2	AR	1		0.011	0.168	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000		2	AR	1		0.000	0.000	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.044		2	AR	1		0.037	0.585	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001		2	AR	1		0.001	0.014	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		2	AR	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		2	AR	1		0.000	0.000	
Fatty acids, total trans....g	0.340		0	NR	4		0.289	4.512	
Fatty acids, total trans-monoenoic....g	0.340		0	NR	4		0.289	4.512	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	74		2	AR	1		63	979	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.235		0	AR	1		0.200	3.123	
Threonine....g	0.929		0	AR	1		0.790	12.332	
Isoleucine....g	0.899		0	AR	1		0.764	11.924	
Leucine....g	1.699		0	AR	1		1.444	22.541	
Lysine....g	1.846		0	AR	1		1.569	24.501	
Methionine....g	0.599		0	AR	1		0.509	7.942	

NDB No. 13974

Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine....g	0.218		0	AR	1		0.186	2.899	
Phenylalanine....g	0.800		0	AR	1		0.680	10.616	
Tyrosine....g	0.728		0	AR	1		0.619	9.658	
Valine....g	0.949		0	AR	1		0.807	12.597	
Arginine....g	1.380		0	AR	1		1.173	18.315	
Histidine....g	0.677		0	AR	1		0.575	8.984	
Alanine....g	1.186		0	AR	1		1.008	15.741	
Aspartic acid....g	1.889		0	AR	1		1.606	25.073	
Glutamic acid....g	3.342		0	AR	1		2.841	44.350	
Glycine....g	0.914		0	AR	1		0.777	12.129	
Proline....g	0.845		0	AR	1		0.718	11.208	
Serine....g	0.806		0	AR	1		0.685	10.698	
Hydroxyproline....g	0.104		0	AR	1		0.088	1.375	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 1327g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23140

Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled

Beef, Chuck, Chuck Eye Steaks, URMIS #1102

Refuse: 5% Connective tissue 5%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	55.22	1.064	71	AR	1		46.94	170.08	
Energy kcal	277		0	NC	4		235	852	
Energy kJ	1157		0	NC	4		983	3564	
Protein (N x 6.25) g	24.98	0.926	71	AR	1		21.23	76.94	
Total lipid (fat) g	19.64	0.459	71	AR	1		16.69	60.48	
Ash g	0.94	0.051	71	AR	1		0.80	2.89	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	16		3	AR	1		14	49	
Iron, Fe mg	2.45		3	AR	1		2.09	7.56	
Magnesium, Mg mg	22		3	AR	1		18	67	
Phosphorus, P mg	193		3	AR	1		164	595	
Potassium, K mg	325		3	AR	1		276	1001	
Sodium, Na mg	71		3	AR	1		60	219	
Zinc, Zn mg	8.68		3	AR	1		7.38	26.75	
Copper, Cu mg	0.077		3	AR	1		0.065	0.236	
Manganese, Mn mg	0.012		3	AR	1		0.010	0.037	
Selenium, Se µg	27.5		3	AR	1		23.4	84.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.066		2	AR	1		0.056	0.204	
Riboflavin mg	0.191		3	AR	1		0.162	0.588	
Niacin mg	4.663		3	AR	1		3.963	14.361	
Pantothenic acid mg	0.752		2	AR	1		0.639	2.316	
Vitamin B-6 mg	0.373		3	AR	1		0.317	1.149	
Folate, total µg	6		0	BFPN	4		5	19	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	6		0	BFPN	4		5	19	
Folate, DFE µg	6		0	NC	4		5	19	
Choline, total mg	79.0		2	AR	1		67.1	243.2	
Betaine mg	22.9		2	AR	1		19.5	70.6	
Vitamin B-12 µg	3.03		3	AR	1		2.57	9.32	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	7		0	NC	4		6	23	
Retinol µg	7		0	BFSN	4		6	23	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	25		0	NC	4		21	77	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.10		3	AR	1		0.08	0.30	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.4	
Vitamin D IU	5		0	BFSN	4		5	17	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	4.8	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23140

Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	8.660		0	NC	4		7.361	26.671	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	Z	7		0.000	0.000	
12:0....g	0.000		0	Z	7		0.000	0.000	
13:0....g									
14:0....g	0.600	0.042	6	AR	1		0.510	1.846	
15:0....g									
16:0....g	4.667	0.357	6	AR	1		3.967	14.373	
17:0....g	0.258	0.018	6	AR	1		0.219	0.793	
18:0....g	3.110	0.227	6	AR	1		2.643	9.578	
20:0....g	0.016	0.001	6	AR	1		0.014	0.050	
22:0....g									
24:0....g	0.010	0.001	6	AR	1		0.008	0.030	
Fatty acids, total monounsaturated....g	9.457		0	NC	4		8.038	29.126	
14:1....g	0.114	0.007	6	AR	1		0.097	0.352	
15:1....g									
16:1 undifferentiated....g	0.581		0	AS	1		0.494	1.790	
16:1 c....g	0.581	0.042	6	AR	1		0.494	1.790	
16:1 t....g									
17:1....g	0.156	0.012	6	AR	1		0.133	0.480	
18:1 undifferentiated....g	8.558		0	AS	1		7.275	26.360	
18:1 c....g	7.272	0.579	6	AR	1		6.181	22.396	
18:1 t....g	1.287	0.085	6	AR	1		1.094	3.963	
18:1-11 t (18:1t n-7)....g	0.519	0.050	6	AR	1		0.441	1.598	
20:1....g	0.047	0.003	6	AR	1		0.040	0.144	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.810		0	NC	4		0.688	2.494	
18:2 undifferentiated....g	0.719		0	AS	1		0.611	2.214	
18:2 n-6 c,c....g	0.619	0.052	6	AR	1		0.526	1.905	
18:2 CLAs....g	0.100	0.006	6	AR	1		0.085	0.308	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.041		0	AS	1		0.035	0.126	
18:3 n-3 c,c,c (ALA)....g	0.041	0.003	6	AR	1		0.035	0.126	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.006	0.000	6	AR	1		0.005	0.018	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.039	0.005	6	AR	1		0.033	0.119	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001	0.000	6	AR	1		0.001	0.004	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.004	0.000	6	AR	1		0.004	0.013	
22:6 n-3 (DHA)....g	0.000	0.000	6	AR	1		0.000	0.000	
Fatty acids, total trans....g	1.287		0	NC	4		1.094	3.963	
Fatty acids, total trans-monoenoic....g	1.287		0	NC	4		1.094	3.963	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	87	3.364	6	AR	1		74	269	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.281		0	AR	1		0.239	0.867	
Threonine....g	1.099		0	AR	1		0.934	3.385	
Isoleucine....g	1.062		0	AR	1		0.903	3.272	
Leucine....g	2.009		0	AR	1		1.708	6.189	

NDB No. 23140

Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	2.184		0	AR	1		1.856	6.727	
Methionine....g	0.709		0	AR	1		0.603	2.185	
Cystine....g	0.262		0	AR	1		0.223	0.808	
Phenylalanine....g	0.951		0	AR	1		0.808	2.928	
Tyrosine....g	0.861		0	AR	1		0.732	2.653	
Valine....g	1.129		0	AR	1		0.960	3.477	
Arginine....g	1.645		0	AR	1		1.398	5.065	
Histidine....g	0.809		0	AR	1		0.688	2.493	
Alanine....g	1.425		0	AR	1		1.211	4.388	
Aspartic acid....g	2.240		0	AR	1		1.904	6.900	
Glutamic acid....g	3.951		0	AR	1		3.358	12.168	
Glycine....g	1.140		0	AR	1		0.969	3.510	
Proline....g	1.027		0	AR	1		0.873	3.162	
Serine....g	0.959		0	AR	1		0.816	2.955	
Hydroxyproline....g	0.171		0	BFPN	4		0.145	0.526	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 308g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23143

Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw

Beef, Chuck, Chuck Eye Steaks, URMIS #1102

Refuse: 10% Connective tissue 10%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	64.48	0.675	71	AR	1		54.81	247.62	
Energy kcal	223		0	NC	4		189	855	
Energy kJ	931		0	NC	4		791	3575	
Protein (N x 6.25) g	18.86	0.204	71	AR	1		16.03	72.43	
Total lipid (fat) g	16.35	0.825	71	AR	1		13.90	62.79	
Ash g	0.86	0.046	71	AR	1		0.73	3.31	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	14		3	AR	1		12	54	
Iron, Fe mg	2.10		3	AR	1		1.79	8.07	
Magnesium, Mg mg	19		3	AR	1		16	73	
Phosphorus, P mg	179		3	AR	1		152	687	
Potassium, K mg	329		3	AR	1		280	1264	
Sodium, Na mg	66		3	AR	1		56	255	
Zinc, Zn mg	7.26		3	AR	1		6.17	27.87	
Copper, Cu mg	0.064		3	AR	1		0.054	0.244	
Manganese, Mn mg	0.009		3	AR	1		0.007	0.033	
Selenium, Se µg	19.8		3	AR	1		16.8	76.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.074		2	AR	1		0.063	0.284	
Riboflavin mg	0.144		3	AR	1		0.122	0.551	
Niacin mg	4.351		3	AR	1		3.698	16.707	
Pantothenic acid mg	0.649		2	AR	1		0.551	2.491	
Vitamin B-6 mg	0.362		3	AR	1		0.308	1.390	
Folate, total µg	3		0	BFPN	4		3	12	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	3		0	BFPN	4		3	12	
Folate, DFE µg	3		0	NC	4		3	12	
Choline, total mg	63.3		2	AR	1		53.8	243.2	
Betaine mg	19.0		2	AR	1		16.1	72.8	
Vitamin B-12 µg	2.70		3	AR	1		2.30	10.38	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	4		0	NC	4		4	17	
Retinol µg	4		0	BFSN	4		4	17	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	14		0	NC	4		12	55	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.15		3	AR	1		0.13	0.59	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.5	
Vitamin D IU	5		0	BFSN	4		4	18	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	5.8	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23143

Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated g	6.963		0	NC	4		5.919	26.738	
4:0 g	0.000		0	Z	7		0.000	0.000	
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.000		0	Z	7		0.000	0.000	
12:0 g	0.000		0	Z	7		0.000	0.000	
13:0 g									
14:0 g	0.486	0.025	6	AR	1		0.413	1.864	
15:0 g									
16:0 g	3.705	0.196	6	AR	1		3.150	14.228	
17:0 g	0.202	0.010	6	AR	1		0.172	0.776	
18:0 g	2.553	0.133	6	AR	1		2.170	9.805	
20:0 g	0.009	0.000	6	AR	1		0.008	0.035	
22:0 g									
24:0 g	0.008	0.001	6	AR	1		0.006	0.029	
Fatty acids, total monounsaturated g	7.739		0	NC	4		6.578	29.718	
14:1 g	0.092	0.005	6	AR	1		0.078	0.354	
15:1 g									
16:1 undifferentiated g	0.469		0	AS	1		0.398	1.800	
16:1 c g	0.469	0.023	6	AR	1		0.398	1.800	
16:1 t g									
17:1 g	0.124	0.006	6	AR	1		0.106	0.478	
18:1 undifferentiated g	7.016		0	AS	1		5.964	26.943	
18:1 c g	5.965	0.333	6	AR	1		5.070	22.904	
18:1 t g	1.052	0.053	6	AR	1		0.894	4.038	
18:1-11 t (18:1t n-7) g	0.352	0.017	6	AR	1		0.299	1.352	
20:1 g	0.037	0.002	6	AR	1		0.032	0.143	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.666		0	NC	4		0.566	2.557	
18:2 undifferentiated g	0.587		0	AS	1		0.499	2.255	
18:2 n-6 c,c g	0.511	0.027	6	AR	1		0.435	1.963	
18:2 CLAs g	0.076	0.004	6	AR	1		0.065	0.292	
18:2 t,t g									
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.033		0	AS	1		0.028	0.125	
18:3 n-3 c,c,c (ALA) g	0.033	0.002	6	AR	1		0.028	0.125	
18:3 n-6 c,c,c g									
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.004	0.000	6	AR	1		0.003	0.015	
20:3 undifferentiated g									
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.038	0.002	6	AR	1		0.032	0.144	
20:4 n-6 g									
20:5 n-3 (EPA) g	0.001	0.000	6	AR	1		0.001	0.003	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.004	0.000	6	AR	1		0.003	0.014	
22:6 n-3 (DHA) g	0.000	0.000	6	AR	1		0.000	0.001	
Fatty acids, total trans g	1.052		0	NC	4		0.894	4.038	
Fatty acids, total trans-monoenoic g	1.052		0	NC	4		0.894	4.038	
Fatty acids, total trans-polyenoic g									
Cholesterol mg	68	1.779	6	AR	1		58	260	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.212		0	AR	1		0.181	0.816	
Threonine g	0.830		0	AR	1		0.705	3.187	
Isoleucine g	0.802		0	AR	1		0.682	3.080	
Leucine g	1.517		0	AR	1		1.290	5.826	

NDB No. 23143

Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	1.649		0	AR	1		1.402	6.333	
Methionine g	0.536		0	AR	1		0.455	2.057	
Cystine g	0.198		0	AR	1		0.168	0.760	
Phenylalanine g	0.718		0	AR	1		0.610	2.756	
Tyrosine g	0.650		0	AR	1		0.553	2.497	
Valine g	0.852		0	AR	1		0.725	3.273	
Arginine g	1.242		0	AR	1		1.055	4.768	
Histidine g	0.611		0	AR	1		0.519	2.346	
Alanine g	1.076		0	AR	1		0.914	4.131	
Aspartic acid g	1.691		0	AR	1		1.438	6.495	
Glutamic acid g	2.983		0	AR	1		2.535	11.454	
Glycine g	0.860		0	AR	1		0.731	3.304	
Proline g	0.775		0	AR	1		0.659	2.976	
Serine g	0.724		0	AR	1		0.616	2.782	
Hydroxyproline g	0.129		0	BFPN	4		0.110	0.495	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 384g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23141

Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

Beef, Chuck, Chuck Eye Steaks, URMIS #1102

Refuse: 6% Connective tissue 6%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	54.74	1.092	47	AR	1		46.53	168.06	
Energy kcal	283		0	NC	4		240	869	
Energy kJ	1184		0	NC	4		1006	3635	
Protein (N x 6.25) g	24.95	0.943	47	AR	1		21.21	76.59	
Total lipid (fat) g	20.35	0.574	47	AR	1		17.29	62.46	
Ash g	0.94	0.052	47	AR	1		0.79	2.87	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	15		2	AR	1		13	47	
Iron, Fe mg	2.46		2	AR	1		2.09	7.56	
Magnesium, Mg mg	21		2	AR	1		18	66	
Phosphorus, P mg	192		2	AR	1		163	589	
Potassium, K mg	333		2	AR	1		283	1022	
Sodium, Na mg	71		2	AR	1		60	217	
Zinc, Zn mg	8.63		2	AR	1		7.34	26.50	
Copper, Cu mg	0.079		2	AR	1		0.067	0.241	
Manganese, Mn mg	0.012		2	AR	1		0.010	0.037	
Selenium, Se µg	26.8		2	AR	1		22.8	82.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.066		1	AR	1		0.056	0.203	
Riboflavin mg	0.188		2	AR	1		0.160	0.577	
Niacin mg	4.649		2	AR	1		3.952	14.273	
Pantothenic acid mg	0.746		1	AR	1		0.634	2.291	
Vitamin B-6 mg	0.357		2	AR	1		0.304	1.096	
Folate, total µg	6		0	BFPN	4		5	19	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	6		0	BFPN	4		5	19	
Folate, DFE µg	6		0	NC	4		5	19	
Choline, total mg	75.8		1	AR	1		64.5	232.8	
Betaine mg	24.0		1	AR	1		20.4	73.8	
Vitamin B-12 µg	2.89		2	AR	1		2.46	8.87	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	7		0	NC	4		6	22	
Retinol µg	7		0	BFSN	4		6	22	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	24		0	NC	4		21	74	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.10		2	AR	1		0.08	0.30	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.5	
Vitamin D IU	6		0	BFSN	4		5	18	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	4.8	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23141

Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated g	8.677		0	NC	4		7.376	26.639	
4:0 g	0.000		0	Z	7		0.000	0.000	
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.000		0	Z	7		0.000	0.000	
12:0 g	0.000		0	Z	7		0.000	0.000	
13:0 g									
14:0 g	0.593	0.053	4	AR	1		0.504	1.821	
15:0 g									
16:0 g	4.646	0.443	4	AR	1		3.949	14.263	
17:0 g	0.264	0.022	4	AR	1		0.225	0.811	
18:0 g	3.146	0.282	4	AR	1		2.674	9.659	
20:0 g	0.018	0.001	4	AR	1		0.015	0.056	
22:0 g									
24:0 g	0.010	0.001	4	AR	1		0.008	0.029	
Fatty acids, total monounsaturated g	9.479		0	NC	4		8.057	29.102	
14:1 g	0.115	0.009	4	AR	1		0.098	0.353	
15:1 g									
16:1 undifferentiated g	0.571		0	AS	1		0.485	1.753	
16:1 c g	0.571	0.052	4	AR	1		0.485	1.753	
16:1 t g									
17:1 g	0.158	0.014	4	AR	1		0.135	0.486	
18:1 undifferentiated g	8.587		0	AS	1		7.299	26.362	
18:1 c g	7.299	0.719	4	AR	1		6.204	22.406	
18:1 t g	1.289	0.106	4	AR	1		1.095	3.956	
18:1-11 t (18:1t n-7) g	0.521	0.062	4	AR	1		0.442	1.598	
20:1 g	0.048	0.003	4	AR	1		0.041	0.147	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.799		0	NC	4		0.679	2.452	
18:2 undifferentiated g	0.708		0	AS	1		0.602	2.173	
18:2 n-6 c,c g	0.610	0.064	4	AR	1		0.519	1.874	
18:2 CLAs g	0.097	0.008	4	AR	1		0.083	0.299	
18:2 t,t g									
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.041		0	AS	1		0.035	0.126	
18:3 n-3 c,c,c (ALA) g	0.041	0.004	4	AR	1		0.035	0.126	
18:3 n-6 c,c,c g									
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.007	0.000	4	AR	1		0.006	0.021	
20:3 undifferentiated g									
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.037	0.006	4	AR	1		0.032	0.115	
20:4 n-6 g									
20:5 n-3 (EPA) g	0.001	0.000	4	AR	1		0.001	0.003	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.004	0.000	4	AR	1		0.004	0.013	
22:6 n-3 (DHA) g	0.000	0.000	4	AR	1		0.000	0.001	
Fatty acids, total trans g	1.289		0	NC	4		1.095	3.956	
Fatty acids, total trans-monoenoic g	1.289		0	NC	4		1.095	3.956	
Fatty acids, total trans-polyenoic g									
Cholesterol mg	86	4.179	4	AR	1		73	263	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.281		0	AR	1		0.239	0.863	
Threonine g	1.098		0	AR	1		0.933	3.370	
Isoleucine g	1.061		0	AR	1		0.902	3.257	
Leucine g	2.007		0	AR	1		1.706	6.161	

NDB No. 23141

Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.181		0	AR	1		1.854	6.696	
Methionine g	0.709		0	AR	1		0.602	2.175	
Cystine g	0.262		0	AR	1		0.223	0.804	
Phenylalanine g	0.949		0	AR	1		0.807	2.915	
Tyrosine g	0.860		0	AR	1		0.731	2.641	
Valine g	1.127		0	AR	1		0.958	3.461	
Arginine g	1.642		0	AR	1		1.396	5.042	
Histidine g	0.808		0	AR	1		0.687	2.481	
Alanine g	1.423		0	AR	1		1.210	4.368	
Aspartic acid g	2.237		0	AR	1		1.902	6.869	
Glutamic acid g	3.945		0	AR	1		3.354	12.113	
Glycine g	1.138		0	AR	1		0.967	3.494	
Proline g	1.025		0	AR	1		0.871	3.147	
Serine g	0.958		0	AR	1		0.814	2.942	
Hydroxyproline g	0.170		0	BFPN	4		0.145	0.523	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 307g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23144

Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw

Beef, Chuck, Chuck Eye Steaks, URMIS #1102

Refuse: 10% Connective tissue 10%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	63.98	0.714	48	AR	1		54.39	244.41	
Energy kcal	227		0	NC	4		193	868	
Energy kJ	950		0	NC	4		808	3629	
Protein (N x 6.25) g	18.86	0.255	48	AR	1		16.03	72.04	
Total lipid (fat) g	16.85	0.898	48	AR	1		14.33	64.38	
Ash g	0.84	0.047	48	AR	1		0.72	3.22	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	14		2	AR	1		12	54	
Iron, Fe mg	2.10		2	AR	1		1.78	8.01	
Magnesium, Mg mg	19		2	AR	1		16	72	
Phosphorus, P mg	179		2	AR	1		152	683	
Potassium, K mg	330		2	AR	1		280	1260	
Sodium, Na mg	66		2	AR	1		56	253	
Zinc, Zn mg	7.30		2	AR	1		6.21	27.89	
Copper, Cu mg	0.065		2	AR	1		0.056	0.249	
Manganese, Mn mg	0.008		2	AR	1		0.007	0.031	
Selenium, Se µg	19.9		2	AR	1		16.9	76.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.070		1	AR	1		0.060	0.267	
Riboflavin mg	0.141		2	AR	1		0.120	0.539	
Niacin mg	4.340		2	AR	1		3.689	16.580	
Pantothenic acid mg	0.642		1	AR	1		0.545	2.451	
Vitamin B-6 mg	0.326		2	AR	1		0.277	1.243	
Folate, total µg	3		0	BFPN	4		3	12	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	3		0	BFPN	4		3	12	
Folate, DFE µg	3		0	NC	4		3	12	
Choline, total mg	61.3		1	AR	1		52.1	234.3	
Betaine mg	23.2		1	AR	1		19.7	88.4	
Vitamin B-12 µg	2.74		2	AR	1		2.33	10.45	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	4		0	NC	4		4	16	
Retinol µg	4		0	BFSN	4		4	16	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	14		0	NC	4		12	54	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.15		2	AR	1		0.13	0.59	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.5	
Vitamin D IU	5		0	BFSN	4		4	19	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	5.8	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23144

Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	7.176		0	NC	4		6.099	27.411	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	Z	7		0.000	0.000	
12:0....g	0.000		0	Z	7		0.000	0.000	
13:0....g									
14:0....g	0.495	0.031	4	AR	1		0.421	1.890	
15:0....g									
16:0....g	3.825	0.243	4	AR	1		3.251	14.610	
17:0....g	0.208	0.012	4	AR	1		0.177	0.794	
18:0....g	2.632	0.165	4	AR	1		2.237	10.054	
20:0....g	0.009	0.001	4	AR	1		0.007	0.033	
22:0....g									
24:0....g	0.008	0.001	4	AR	1		0.006	0.029	
Fatty acids, total monounsaturated....g	7.978		0	NC	4		6.781	30.476	
14:1....g	0.094	0.006	4	AR	1		0.080	0.359	
15:1....g									
16:1 undifferentiated....g	0.483		0	AS	1		0.410	1.844	
16:1 c....g	0.483	0.029	4	AR	1		0.410	1.844	
16:1 t....g									
17:1....g	0.129	0.008	4	AR	1		0.109	0.491	
18:1 undifferentiated....g	7.233		0	AS	1		6.148	27.629	
18:1 c....g	6.177	0.414	4	AR	1		5.250	23.594	
18:1 t....g	1.056	0.066	4	AR	1		0.898	4.035	
18:1-11 t (18:1t n-7)....g	0.360	0.021	4	AR	1		0.306	1.374	
20:1....g	0.040	0.002	4	AR	1		0.034	0.152	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.650		0	NC	4		0.552	2.482	
18:2 undifferentiated....g	0.573		0	AS	1		0.487	2.190	
18:2 n-6 c,c....g	0.499	0.034	4	AR	1		0.424	1.905	
18:2 CLAs....g	0.075	0.005	4	AR	1		0.064	0.286	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.032		0	AS	1		0.028	0.124	
18:3 n-3 c,c,c (ALA)....g	0.032	0.002	4	AR	1		0.028	0.124	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.004	0.000	4	AR	1		0.003	0.014	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.036	0.002	4	AR	1		0.030	0.136	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001	0.000	4	AR	1		0.001	0.002	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.004	0.000	4	AR	1		0.003	0.014	
22:6 n-3 (DHA)....g	0.000	0.000	4	AR	1		0.000	0.001	
Fatty acids, total trans....g	1.056		0	NC	4		0.898	4.035	
Fatty acids, total trans-monoenoic....g	1.056		0	NC	4		0.898	4.035	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	68	2.210	4	AR	1		58	259	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.212		0	AR	1		0.181	0.811	
Threonine....g	0.830		0	AR	1		0.705	3.170	
Isoleucine....g	0.802		0	AR	1		0.682	3.064	
Leucine....g	1.517		0	AR	1		1.289	5.795	

NDB No. 23144

Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	1.649		0	AR	1		1.402	6.299	
Methionine g	0.536		0	AR	1		0.455	2.046	
Cystine g	0.198		0	AR	1		0.168	0.756	
Phenylalanine g	0.718		0	AR	1		0.610	2.742	
Tyrosine g	0.650		0	AR	1		0.553	2.484	
Valine g	0.852		0	AR	1		0.724	3.256	
Arginine g	1.242		0	AR	1		1.055	4.743	
Histidine g	0.611		0	AR	1		0.519	2.334	
Alanine g	1.076		0	AR	1		0.914	4.109	
Aspartic acid g	1.691		0	AR	1		1.438	6.461	
Glutamic acid g	2.983		0	AR	1		2.535	11.393	
Glycine g	0.860		0	AR	1		0.731	3.286	
Proline g	0.775		0	AR	1		0.659	2.961	
Serine g	0.724		0	AR	1		0.616	2.767	
Hydroxyproline g	0.129		0	BFPN	4		0.110	0.492	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 382g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23142

Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

Beef, Chuck, Chuck Eye Steaks, URMIS #1102

Refuse: 5% Connective tissue 5%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	55.93	1.146	24	AR	1		47.54	172.84	
Energy kcal	267		0	NC	4		227	826	
Energy kJ	1118		0	NC	4		950	3455	
Protein (N x 6.25) g	25.03	0.976	24	AR	1		21.27	77.33	
Total lipid (fat) g	18.57	0.760	24	AR	1		15.78	57.38	
Ash g	0.94	0.055	24	AR	1		0.80	2.91	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	17		1	AR	1		15	54	
Iron, Fe mg	2.42		1	AR	1		2.06	7.48	
Magnesium, Mg mg	22		1	AR	1		18	67	
Phosphorus, P mg	192		1	AR	1		164	594	
Potassium, K mg	307		1	AR	1		261	949	
Sodium, Na mg	70		1	AR	1		59	216	
Zinc, Zn mg	8.78		1	AR	1		7.46	27.13	
Copper, Cu mg	0.072		1	AR	1		0.061	0.223	
Manganese, Mn mg	0.012		1	AR	1		0.011	0.038	
Selenium, Se µg	29.1		1	AR	1		24.7	89.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.066		1	AR	1		0.056	0.205	
Riboflavin mg	0.194		1	AR	1		0.165	0.600	
Niacin mg	4.773		1	AR	1		4.057	14.749	
Pantothenic acid mg	0.758		1	AR	1		0.644	2.341	
Vitamin B-6 mg	0.408		1	AR	1		0.347	1.261	
Folate, total µg	6		0	BFPN	4		5	19	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	6		0	BFPN	4		5	19	
Folate, DFE µg	6		0	NC	4		5	19	
Choline, total mg	82.1		1	AR	1		69.8	253.7	
Betaine mg	21.8		1	AR	1		18.5	67.3	
Vitamin B-12 µg	3.14		1	AR	1		2.67	9.72	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	8		0	NC	4		7	24	
Retinol µg	8		0	BFSN	4		7	24	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	26		0	NC	4		22	81	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.09		1	AR	1		0.08	0.28	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.4	
Vitamin D IU	5		0	BFSN	4		4	15	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	4.9	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23142

Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	8.633		0	NC	4		7.338	26.675	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	Z	7		0.000	0.000	
12:0....g	0.000		0	Z	7		0.000	0.000	
13:0....g									
14:0....g	0.609		2	AR	1		0.517	1.881	
15:0....g									
16:0....g	4.698		2	AR	1		3.993	14.515	
17:0....g	0.248		2	AR	1		0.211	0.766	
18:0....g	3.056		2	AR	1		2.597	9.441	
20:0....g	0.014		2	AR	1		0.012	0.042	
22:0....g									
24:0....g	0.010		2	AR	1		0.008	0.030	
Fatty acids, total monounsaturated....g	9.422		0	NC	4		8.009	29.114	
14:1....g	0.113		2	AR	1		0.096	0.348	
15:1....g									
16:1 undifferentiated....g	0.597		0	AS	1		0.507	1.845	
16:1 c....g	0.597		2	AR	1		0.507	1.845	
16:1 t....g									
17:1....g	0.153		2	AR	1		0.130	0.471	
18:1 undifferentiated....g	8.515		0	AS	1		7.238	26.312	
18:1 c....g	7.231		2	AR	1		6.146	22.344	
18:1 t....g	1.284		2	AR	1		1.091	3.968	
18:1-11 t (18:1t n-7)....g	0.516		2	AR	1		0.439	1.595	
20:1....g	0.045		2	AR	1		0.038	0.139	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.827		0	NC	4		0.703	2.554	
18:2 undifferentiated....g	0.735		0	AS	1		0.625	2.271	
18:2 n-6 c,c....g	0.631		2	AR	1		0.536	1.949	
18:2 CLAs....g	0.104		2	AR	1		0.088	0.322	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.041		0	AS	1		0.035	0.126	
18:3 n-3 c,c,c (ALA)....g	0.041		2	AR	1		0.035	0.126	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.005		2	AR	1		0.004	0.015	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.041		2	AR	1		0.035	0.125	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001		2	AR	1		0.001	0.004	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.004		2	AR	1		0.003	0.013	
22:6 n-3 (DHA)....g	0.000		2	AR	1		0.000	0.000	
Fatty acids, total trans....g	1.284		0	NC	4		1.091	3.968	
Fatty acids, total trans-monoenoic....g	1.284		0	NC	4		1.091	3.968	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	89		2	AR	1		76	276	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.282		0	AR	1		0.240	0.871	
Threonine....g	1.101		0	AR	1		0.936	3.403	
Isoleucine....g	1.064		0	AR	1		0.905	3.289	
Leucine....g	2.013		0	AR	1		1.711	6.221	

NDB No. 23142

Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	2.188		0	AR	1		1.860	6.762	
Methionine....g	0.711		0	AR	1		0.604	2.196	
Cystine....g	0.263		0	AR	1		0.223	0.812	
Phenylalanine....g	0.952		0	AR	1		0.810	2.943	
Tyrosine....g	0.863		0	AR	1		0.734	2.667	
Valine....g	1.131		0	AR	1		0.961	3.495	
Arginine....g	1.648		0	AR	1		1.401	5.092	
Histidine....g	0.811		0	AR	1		0.689	2.505	
Alanine....g	1.428		0	AR	1		1.213	4.411	
Aspartic acid....g	2.244		0	AR	1		1.908	6.935	
Glutamic acid....g	3.958		0	AR	1		3.364	12.231	
Glycine....g	1.142		0	AR	1		0.970	3.528	
Proline....g	1.029		0	AR	1		0.874	3.178	
Serine....g	0.961		0	AR	1		0.817	2.970	
Hydroxyproline....g	0.171		0	BFPN	4		0.145	0.528	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 309g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23145

Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw

Beef, Chuck, Chuck Eye Steaks, URMIS #1102

Refuse: 9% Connective tissue 9%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	65.24	0.788	23	AR	1		55.45	251.81	
Energy kcal	216		0	NC	4		183	833	
Energy kJ	903		0	NC	4		768	3486	
Protein (N x 6.25) g	18.86	0.338	23	AR	1		16.03	72.82	
Total lipid (fat) g	15.60	1.033	23	AR	1		13.26	60.22	
Ash g	0.89	0.048	23	AR	1		0.76	3.44	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	14		1	AR	1		12	56	
Iron, Fe mg	2.14		1	AR	1		1.82	8.25	
Magnesium, Mg mg	20		1	AR	1		17	77	
Phosphorus, P mg	184		1	AR	1		157	711	
Potassium, K mg	342		1	AR	1		291	1319	
Sodium, Na mg	68		1	AR	1		58	263	
Zinc, Zn mg	7.36		1	AR	1		6.26	28.41	
Copper, Cu mg	0.062		1	AR	1		0.053	0.239	
Manganese, Mn mg	0.009		1	AR	1		0.007	0.034	
Selenium, Se µg	19.7		1	AR	1		16.8	76.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.078		1	AR	1		0.066	0.301	
Riboflavin mg	0.143		1	AR	1		0.122	0.552	
Niacin mg	4.377		1	AR	1		3.720	16.895	
Pantothenic acid mg	0.656		1	AR	1		0.557	2.531	
Vitamin B-6 mg	0.405		1	AR	1		0.345	1.565	
Folate, total µg	3		0	BFPN	4		3	12	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	3		0	BFPN	4		3	12	
Folate, DFE µg	3		0	NC	4		3	12	
Choline, total mg	65.3		1	AR	1		55.5	252.1	
Betaine mg	14.8		1	AR	1		12.5	57.0	
Vitamin B-12 µg	2.64		1	AR	1		2.25	10.20	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	4		0	NC	4		4	17	
Retinol µg	4		0	BFSN	4		4	17	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	15		0	NC	4		13	57	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.14		1	AR	1		0.12	0.54	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.4	
Vitamin D IU	4		0	BFSN	4		4	16	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	5.8	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23145

Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	6.644		0	NC	4		5.648	25.647	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	Z	7		0.000	0.000	
12:0....g	0.000		0	Z	7		0.000	0.000	
13:0....g									
14:0....g	0.472		2	AR	1		0.401	1.821	
15:0....g									
16:0....g	3.526		2	AR	1		2.997	13.611	
17:0....g	0.193		2	AR	1		0.164	0.746	
18:0....g	2.436		2	AR	1		2.070	9.401	
20:0....g	0.010		2	AR	1		0.008	0.038	
22:0....g									
24:0....g	0.008		2	AR	1		0.007	0.030	
Fatty acids, total monounsaturated....g	7.381		0	NC	4		6.274	28.491	
14:1....g	0.089		2	AR	1		0.076	0.344	
15:1....g									
16:1 undifferentiated....g	0.448		0	AS	1		0.381	1.730	
16:1 c....g	0.448		2	AR	1		0.381	1.730	
16:1 t....g									
17:1....g	0.118		2	AR	1		0.101	0.457	
18:1 undifferentiated....g	6.692		0	AS	1		5.688	25.830	
18:1 c....g	5.647		2	AR	1		4.800	21.797	
18:1 t....g	1.045		2	AR	1		0.888	4.033	
18:1-11 t (18:1t n-7)....g	0.340		2	AR	1		0.289	1.314	
20:1....g	0.034		2	AR	1		0.028	0.129	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.689		0	NC	4		0.586	2.661	
18:2 undifferentiated....g	0.608		0	AS	1		0.516	2.345	
18:2 n-6 c,c....g	0.530		2	AR	1		0.450	2.045	
18:2 CLAs....g	0.078		2	AR	1		0.066	0.301	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.033		0	AS	1		0.028	0.126	
18:3 n-3 c,c,c (ALA)....g	0.033		2	AR	1		0.028	0.126	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.004		2	AR	1		0.003	0.015	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.040		2	AR	1		0.034	0.154	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001		2	AR	1		0.001	0.005	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.004		2	AR	1		0.003	0.015	
22:6 n-3 (DHA)....g	0.000		2	AR	1		0.000	0.001	
Fatty acids, total trans....g	1.045		0	NC	4		0.888	4.033	
Fatty acids, total trans-monoenoic....g	1.045		0	NC	4		0.888	4.033	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	68		2	AR	1		58	262	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.212		0	AR	1		0.181	0.820	
Threonine....g	0.830		0	AR	1		0.705	3.204	
Isoleucine....g	0.802		0	AR	1		0.682	3.096	
Leucine....g	1.517		0	AR	1		1.290	5.857	

NDB No. 23145

Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	1.649		0	AR	1		1.402	6.367	
Methionine g	0.536		0	AR	1		0.455	2.068	
Cystine g	0.198		0	AR	1		0.168	0.764	
Phenylalanine g	0.718		0	AR	1		0.610	2.771	
Tyrosine g	0.650		0	AR	1		0.553	2.511	
Valine g	0.853		0	AR	1		0.725	3.291	
Arginine g	1.242		0	AR	1		1.056	4.794	
Histidine g	0.611		0	AR	1		0.519	2.359	
Alanine g	1.076		0	AR	1		0.915	4.153	
Aspartic acid g	1.692		0	AR	1		1.438	6.530	
Glutamic acid g	2.983		0	AR	1		2.536	11.516	
Glycine g	0.861		0	AR	1		0.731	3.322	
Proline g	0.775		0	AR	1		0.659	2.992	
Serine g	0.725		0	AR	1		0.616	2.797	
Hydroxyproline g	0.129		0	BFPN	4		0.110	0.498	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 386g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23077

Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled

Beef, Chuck, Chuch Eye Steaks, URMIS #1102

Refuse: 23% Connective tissue 5%, seam fat 18%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	60.79	1.196	71	AR	1		51.67	187.24	
Energy kcal	209		0	NC	4		178	643	
Energy kJ	874		0	NC	4		743	2692	
Protein (N x 6.25) g	27.94	1.350	71	AR	1		23.75	86.05	
Total lipid (fat) g	10.79	0.755	71	AR	1		9.17	33.23	
Ash g	1.03	0.060	71	AR	1		0.88	3.18	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	17		3	AR	1		14	52	
Iron, Fe mg	2.87		3	AR	1		2.44	8.83	
Magnesium, Mg mg	25		3	AR	1		21	76	
Phosphorus, P mg	228		3	AR	1		194	702	
Potassium, K mg	380		3	AR	1		323	1170	
Sodium, Na mg	75		3	AR	1		64	232	
Zinc, Zn mg	10.54		3	AR	1		8.96	32.47	
Copper, Cu mg	0.088		3	AR	1		0.075	0.270	
Manganese, Mn mg	0.015		3	AR	1		0.013	0.046	
Selenium, Se µg	31.0		3	AR	1		26.3	95.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.070		2	AR	1		0.060	0.216	
Riboflavin mg	0.217		3	AR	1		0.184	0.667	
Niacin mg	5.190		3	AR	1		4.412	15.985	
Pantothenic acid mg	0.835		2	AR	1		0.710	2.572	
Vitamin B-6 mg	0.412		3	AR	1		0.350	1.270	
Folate, total µg	7		0	BFPN	4		6	21	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	7		0	BFPN	4		6	21	
Folate, DFE µg	7		0	NC	4		6	21	
Choline, total mg	90.4		2	AR	1		76.8	278.4	
Betaine mg	26.3		2	AR	1		22.4	81.1	
Vitamin B-12 µg	3.37		3	AR	1		2.86	10.37	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		1	5	
Retinol µg	2		0	BFSN	4		1	5	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	6		0	NC	4		5	18	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.11		3	AR	1		0.09	0.34	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.4	
Vitamin D IU	5		0	BFSN	4		4	16	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	4.8	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23077

Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated g	4.830		0	NR	4		4.106	14.876	
4:0 g	0.000		0	Z	7		0.000	0.000	
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.000		0	Z	7		0.000	0.000	
12:0 g	0.000		0	Z	7		0.000	0.000	
13:0 g									
14:0 g	0.310	0.043	6	AR	1		0.264	0.955	
15:0 g									
16:0 g	2.639	0.375	6	AR	1		2.243	8.127	
17:0 g	0.147	0.019	6	AR	1		0.125	0.454	
18:0 g	1.718	0.237	6	AR	1		1.460	5.292	
20:0 g	0.008	0.001	6	AR	1		0.007	0.024	
22:0 g									
24:0 g	0.008	0.001	6	AR	1		0.007	0.024	
Fatty acids, total monounsaturated g	5.390		0	NR	4		4.582	16.601	
14:1 g	0.056	0.007	6	AR	1		0.047	0.172	
15:1 g									
16:1 undifferentiated g	0.341	0.044	6	AR	1		0.290	1.050	
17:1 g	0.096	0.012	6	AR	1		0.082	0.296	
18:1 undifferentiated g	4.877		0	AS	1		4.145	15.021	
18:1 c g	4.259	0.620	6	AR	1		3.620	13.117	
18:1 t g	0.618	0.084	6	AR	1		0.525	1.904	
18:1-11 t (18:1t n-7) g	0.452	0.059	6	AR	1		0.384	1.392	
20:1 g	0.021	0.002	6	AR	1		0.017	0.063	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.480		0	NR	4		0.408	1.478	
18:2 undifferentiated g	0.421		0	AS	1		0.357	1.295	
18:2 n-6 c,c g	0.379	0.056	6	AR	1		0.322	1.167	
18:2 CLAs g	0.042	0.006	6	AR	1		0.035	0.129	
18:2 t,t g									
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.023		0	AS	1		0.019	0.070	
18:3 n-3 c,c,c (ALA) g	0.023	0.003	6	AR	1		0.019	0.070	
18:3 n-6 c,c,c g									
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.001	0.000	6	AR	1		0.001	0.004	
20:3 undifferentiated g									
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.036	0.006	6	AR	1		0.030	0.110	
20:4 n-6 g									
20:5 n-3 (EPA) g	0.001	0.000	6	AR	1		0.001	0.003	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000	0.000	6	AR	1		0.000	0.000	
22:6 n-3 (DHA) g	0.000	0.000	6	AR	1		0.000	0.000	
Fatty acids, total trans g	0.618		0	NR	4		0.525	1.903	
Fatty acids, total trans-monoenoic g	0.618		0	NR	4		0.525	1.903	
Fatty acids, total trans-polyenoic g									
Cholesterol mg	88	4.099	6	AR	1		75	272	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.320		0	AR	1		0.272	0.987	
Threonine g	1.265		0	AR	1		1.075	3.896	
Isoleucine g	1.223		0	AR	1		1.040	3.768	
Leucine g	2.312		0	AR	1		1.966	7.122	
Lysine g	2.513		0	AR	1		2.136	7.742	
Methionine g	0.815		0	AR	1		0.693	2.509	

NDB No. 23077

Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine g	0.297		0	AR	1		0.253	0.916	
Phenylalanine g	1.089		0	AR	1		0.926	3.354	
Tyrosine g	0.991		0	AR	1		0.842	3.051	
Valine g	1.292		0	AR	1		1.098	3.980	
Arginine g	1.879		0	AR	1		1.597	5.787	
Histidine g	0.922		0	AR	1		0.783	2.838	
Alanine g	1.615		0	AR	1		1.373	4.974	
Aspartic acid g	2.572		0	AR	1		2.186	7.922	
Glutamic acid g	4.550		0	AR	1		3.867	14.013	
Glycine g	1.244		0	AR	1		1.058	3.832	
Proline g	1.150		0	AR	1		0.977	3.541	
Serine g	1.097		0	AR	1		0.933	3.380	
Hydroxyproline g	0.141		0	AR	1		0.120	0.435	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 308g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23080

Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw

Beef, Chuck, Chuck Eye Steaks, URMIS #1102

Refuse: 27% Connective tissue 10%, seam fat 17%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	70.25	0.192	72	AR	1		59.72	269.77	
Energy kcal	153		0	NC	4		130	589	
Energy kJ	641		0	NC	4		545	2462	
Protein (N x 6.25) g	21.29	0.481	72	AR	1		18.10	81.77	
Total lipid (fat) g	7.56	0.465	72	AR	1		6.43	29.05	
Ash g	0.94	0.049	72	AR	1		0.80	3.62	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	15		3	AR	1		12	56	
Iron, Fe mg	2.28		3	AR	1		1.94	8.74	
Magnesium, Mg mg	22		3	AR	1		19	86	
Phosphorus, P mg	202		3	AR	1		172	776	
Potassium, K mg	371		3	AR	1		316	1426	
Sodium, Na mg	70		3	AR	1		60	271	
Zinc, Zn mg	8.39		3	AR	1		7.13	32.21	
Copper, Cu mg	0.072		3	AR	1		0.061	0.275	
Manganese, Mn mg	0.010		3	AR	1		0.009	0.040	
Selenium, Se µg	22.8		3	AR	1		19.4	87.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.075		2	AR	1		0.064	0.288	
Riboflavin mg	0.170		3	AR	1		0.145	0.653	
Niacin mg	4.827		3	AR	1		4.103	18.534	
Pantothenic acid mg	0.730		2	AR	1		0.621	2.803	
Vitamin B-6 mg	0.392		3	AR	1		0.333	1.505	
Folate, total µg	3		0	BFPN	4		3	13	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	3		0	BFPN	4		3	13	
Folate, DFE µg	3		0	NC	4		3	13	
Choline, total mg	73.4		2	AR	1		62.4	282.0	
Betaine mg	21.4		2	AR	1		18.2	82.0	
Vitamin B-12 µg	3.07		3	AR	1		2.61	11.78	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		2	8	
Retinol µg	2		0	BFSN	4		2	8	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	7		0	NC	4		6	26	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.17		3	AR	1		0.14	0.65	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.4	
Vitamin D IU	4		0	BFSN	4		4	16	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	5.8	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23080

Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.267		0	NC	4		2.777	12.545	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	Z	7		0.000	0.000	
12:0....g	0.000		0	Z	7		0.000	0.000	
13:0....g									
14:0....g	0.197	0.012	6	AR	1		0.167	0.756	
15:0....g									
16:0....g	1.772	0.115	6	AR	1		1.506	6.805	
17:0....g	0.096	0.005	6	AR	1		0.081	0.368	
18:0....g	1.192	0.074	6	AR	1		1.013	4.578	
20:0....g	0.002	0.000	6	AR	1		0.002	0.008	
22:0....g									
24:0....g	0.008	0.001	6	AR	1		0.007	0.030	
Fatty acids, total monounsaturated....g	3.710		0	NC	4		3.153	14.246	
14:1....g	0.037	0.002	6	AR	1		0.031	0.142	
15:1....g									
16:1 undifferentiated....g	0.226	0.012	6	AR	1		0.192	0.866	
17:1....g	0.064	0.003	6	AR	1		0.054	0.244	
18:1 undifferentiated....g	3.372		0	AS	1		2.866	12.949	
18:1 c....g	2.958	0.214	6	AR	1		2.514	11.359	
18:1 t....g	0.414	0.023	6	AR	1		0.352	1.591	
18:1-11 t (18:1t n-7)....g	0.285	0.016	6	AR	1		0.242	1.094	
20:1....g	0.012	0.001	6	AR	1		0.010	0.045	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.372		0	NC	4		0.316	1.430	
18:2 undifferentiated....g	0.319		0	AS	1		0.271	1.226	
18:2 n-6 c,c....g	0.292	0.019	6	AR	1		0.248	1.121	
18:2 CLAs....g	0.027	0.001	6	AR	1		0.023	0.104	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.014		0	AS	1		0.012	0.053	
18:3 n-3 c,c,c (ALA)....g	0.014	0.001	6	AR	1		0.012	0.053	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000	0.000	6	AR	1		0.000	0.000	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.039	0.002	6	AR	1		0.033	0.149	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001	0.000	6	AR	1		0.001	0.002	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	6	AR	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000	0.000	6	AR	1		0.000	0.000	
Fatty acids, total trans....g	0.414		0	NC	4		0.352	1.591	
Fatty acids, total trans-monoenoic....g	0.414		0	NC	4		0.352	1.591	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	67	2.660	4	AR	1		57	258	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.244		0	AR	1		0.208	0.938	
Threonine....g	0.964		0	AR	1		0.820	3.703	
Isoleucine....g	0.932		0	AR	1		0.793	3.580	
Leucine....g	1.763		0	AR	1		1.498	6.768	
Lysine....g	1.916		0	AR	1		1.628	7.357	
Methionine....g	0.621		0	AR	1		0.528	2.385	

NDB No. 23080

Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine g	0.227		0	AR	1		0.193	0.870	
Phenylalanine g	0.830		0	AR	1		0.706	3.188	
Tyrosine g	0.755		0	AR	1		0.642	2.900	
Valine g	0.985		0	AR	1		0.837	3.782	
Arginine g	1.432		0	AR	1		1.217	5.499	
Histidine g	0.702		0	AR	1		0.597	2.697	
Alanine g	1.231		0	AR	1		1.046	4.727	
Aspartic acid g	1.961		0	AR	1		1.666	7.528	
Glutamic acid g	3.468		0	AR	1		2.948	13.317	
Glycine g	0.948		0	AR	1		0.806	3.642	
Proline g	0.876		0	AR	1		0.745	3.365	
Serine g	0.837		0	AR	1		0.711	3.212	
Hydroxyproline g	0.108		0	AR	1		0.091	0.413	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 384g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23075

Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled

Beef, Chuck, Chuck Eye Steaks, URMIS #1102

Refuse: 24% Connective tissue 6%, seam fat 18%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	60.35	1.207	47	AR	1		51.30	185.28	
Energy kcal	215		0	NC	4		183	661	
Energy kJ	900		0	NC	4		765	2764	
Protein (N x 6.25) g	27.97	1.367	47	AR	1		23.78	85.88	
Total lipid (fat) g	11.47	0.783	47	AR	1		9.75	35.22	
Ash g	1.03	0.062	47	AR	1		0.88	3.17	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	16		2	AR	1		14	49	
Iron, Fe mg	2.88		2	AR	1		2.45	8.85	
Magnesium, Mg mg	24		2	AR	1		21	75	
Phosphorus, P mg	227		2	AR	1		193	696	
Potassium, K mg	391		2	AR	1		332	1199	
Sodium, Na mg	75		2	AR	1		64	230	
Zinc, Zn mg	10.50		2	AR	1		8.93	32.24	
Copper, Cu mg	0.091		2	AR	1		0.077	0.278	
Manganese, Mn mg	0.015		2	AR	1		0.012	0.045	
Selenium, Se µg	30.1		2	AR	1		25.6	92.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.070		1	AR	1		0.060	0.215	
Riboflavin mg	0.213		2	AR	1		0.181	0.655	
Niacin mg	5.180		2	AR	1		4.403	15.903	
Pantothenic acid mg	0.830		1	AR	1		0.705	2.548	
Vitamin B-6 mg	0.393		2	AR	1		0.334	1.207	
Folate, total µg	7		0	BFPN	4		6	21	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	7		0	BFPN	4		6	21	
Folate, DFE µg	7		0	NC	4		6	21	
Choline, total mg	86.8		1	AR	1		73.8	266.4	
Betaine mg	27.8		1	AR	1		23.6	85.4	
Vitamin B-12 µg	3.20		2	AR	1		2.72	9.82	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	1		0	NC	4		1	4	
Retinol µg	1		0	BFSN	4		1	4	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	5		0	NC	4		4	15	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.11		2	AR	1		0.09	0.34	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.4	
Vitamin D IU	6		0	BFSN	4		5	17	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	4.8	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23075

Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.895		0	NC	4		4.160	15.026	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	Z	7		0.000	0.000	
12:0....g	0.000		0	Z	7		0.000	0.000	
13:0....g									
14:0....g	0.305	0.053	4	AR	1		0.259	0.935	
15:0....g									
16:0....g	2.638	0.466	4	AR	1		2.242	8.097	
17:0....g	0.157	0.023	4	AR	1		0.133	0.482	
18:0....g	1.777	0.294	4	AR	1		1.511	5.456	
20:0....g	0.010	0.001	4	AR	1		0.009	0.032	
22:0....g									
24:0....g	0.008	0.002	4	AR	1		0.007	0.025	
Fatty acids, total monounsaturated....g	5.461		0	NC	4		4.642	16.765	
14:1....g	0.057	0.009	4	AR	1		0.048	0.175	
15:1....g									
16:1 undifferentiated....g	0.331	0.055	4	AR	1		0.281	1.016	
17:1....g	0.100	0.015	4	AR	1		0.085	0.308	
18:1 undifferentiated....g	4.951		0	AS	1		4.208	15.199	
18:1 c....g	4.329	0.770	4	AR	1		3.680	13.290	
18:1 t....g	0.622	0.104	4	AR	1		0.528	1.909	
18:1-11 t (18:1t n-7)....g	0.453	0.074	4	AR	1		0.385	1.389	
20:1....g	0.022	0.003	4	AR	1		0.019	0.068	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.478		0	NC	4		0.406	1.466	
18:2 undifferentiated....g	0.416		0	AS	1		0.354	1.277	
18:2 n-6 c,c....g	0.377	0.070	4	AR	1		0.321	1.158	
18:2 CLAs....g	0.039	0.007	4	AR	1		0.033	0.119	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.023		0	AS	1		0.020	0.072	
18:3 n-3 c,c,c (ALA)....g	0.023	0.004	4	AR	1		0.020	0.072	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.002	0.000	4	AR	1		0.002	0.006	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.035	0.008	4	AR	1		0.030	0.108	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001	0.000	4	AR	1		0.001	0.003	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	4	AR	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000	0.000	4	AR	1		0.000	0.000	
Fatty acids, total trans....g	0.622		0	NC	4		0.528	1.909	
Fatty acids, total trans-monoenoic....g	0.622		0	NC	4		0.528	1.909	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	86	5.092	4	AR	1		73	265	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.321		0	AR	1		0.273	0.985	
Threonine....g	1.267		0	AR	1		1.077	3.889	
Isoleucine....g	1.225		0	AR	1		1.041	3.760	
Leucine....g	2.315		0	AR	1		1.968	7.108	
Lysine....g	2.517		0	AR	1		2.139	7.727	
Methionine....g	0.816		0	AR	1		0.693	2.505	

NDB No. 23075

Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine....g	0.298		0	AR	1		0.253	0.914	
Phenylalanine....g	1.091		0	AR	1		0.927	3.348	
Tyrosine....g	0.992		0	AR	1		0.843	3.046	
Valine....g	1.294		0	AR	1		1.100	3.973	
Arginine....g	1.881		0	AR	1		1.599	5.776	
Histidine....g	0.923		0	AR	1		0.784	2.833	
Alanine....g	1.617		0	AR	1		1.374	4.964	
Aspartic acid....g	2.576		0	AR	1		2.189	7.907	
Glutamic acid....g	4.556		0	AR	1		3.872	13.986	
Glycine....g	1.246		0	AR	1		1.059	3.825	
Proline....g	1.151		0	AR	1		0.979	3.535	
Serine....g	1.099		0	AR	1		0.934	3.374	
Hydroxyproline....g	0.141		0	AR	1		0.120	0.434	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 307g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23078

Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw

Beef, Chuck, ChuckEye Steaks, URMIS #1102

Refuse: 27% Connective tissue 10%, seam fat 17%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	69.48	0.240	48	AR	1		59.06	265.43	
Energy kcal	160		0	NC	4		136	611	
Energy kJ	669		0	NC	4		569	2555	
Protein (N x 6.25) g	21.31	0.496	48	AR	1		18.11	81.39	
Total lipid (fat) g	8.29	0.490	48	AR	1		7.05	31.68	
Ash g	0.92	0.050	48	AR	1		0.78	3.52	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	15		2	AR	1		13	56	
Iron, Fe mg	2.27		2	AR	1		1.93	8.67	
Magnesium, Mg mg	22		2	AR	1		19	85	
Phosphorus, P mg	201		2	AR	1		171	770	
Potassium, K mg	371		2	AR	1		315	1417	
Sodium, Na mg	70		2	AR	1		60	269	
Zinc, Zn mg	8.41		2	AR	1		7.15	32.14	
Copper, Cu mg	0.074		2	AR	1		0.063	0.281	
Manganese, Mn mg	0.010		2	AR	1		0.009	0.039	
Selenium, Se µg	22.9		2	AR	1		19.5	87.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.070		1	AR	1		0.060	0.267	
Riboflavin mg	0.167		2	AR	1		0.142	0.637	
Niacin mg	4.803		2	AR	1		4.083	18.349	
Pantothenic acid mg	0.720		1	AR	1		0.612	2.750	
Vitamin B-6 mg	0.346		2	AR	1		0.294	1.323	
Folate, total µg	3		0	BFPN	4		3	13	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	3		0	BFPN	4		3	13	
Folate, DFE µg	3		0	NC	4		3	13	
Choline, total mg	70.8		1	AR	1		60.2	270.5	
Betaine mg	26.5		1	AR	1		22.5	101.2	
Vitamin B-12 µg	3.10		2	AR	1		2.63	11.84	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		2	7	
Retinol µg	2		0	BFSN	4		2	7	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	6		0	NC	4		5	24	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.17		2	AR	1		0.15	0.65	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.4	
Vitamin D IU	4		0	BFSN	4		4	17	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	5.8	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23078

Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.605		0	NC	4		3.065	13.773	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	Z	7		0.000	0.000	
12:0....g	0.000		0	Z	7		0.000	0.000	
13:0....g									
14:0....g	0.214	0.015	4	AR	1		0.182	0.818	
15:0....g									
16:0....g	1.960	0.142	4	AR	1		1.666	7.486	
17:0....g	0.105	0.006	4	AR	1		0.089	0.402	
18:0....g	1.317	0.092	4	AR	1		1.120	5.032	
20:0....g	0.002	0.000	4	AR	1		0.001	0.006	
22:0....g									
24:0....g	0.008	0.001	4	AR	1		0.006	0.029	
Fatty acids, total monounsaturated....g	4.088		0	NC	4		3.475	15.616	
14:1....g	0.040	0.003	4	AR	1		0.034	0.154	
15:1....g									
16:1 undifferentiated....g	0.248	0.015	4	AR	1		0.210	0.945	
17:1....g	0.070	0.004	4	AR	1		0.059	0.267	
18:1 undifferentiated....g	3.715		0	AS	1		3.158	14.192	
18:1 c....g	3.282	0.265	4	AR	1		2.790	12.539	
18:1 t....g	0.433	0.029	4	AR	1		0.368	1.653	
18:1-11 t (18:1t n-7)....g	0.296	0.019	4	AR	1		0.252	1.131	
20:1....g	0.015	0.001	4	AR	1		0.013	0.058	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.359		0	NC	4		0.305	1.371	
18:2 undifferentiated....g	0.308		0	AS	1		0.262	1.177	
18:2 n-6 c,c....g	0.281	0.024	4	AR	1		0.239	1.075	
18:2 CLAs....g	0.027	0.002	4	AR	1		0.023	0.102	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.014		0	AS	1		0.012	0.054	
18:3 n-3 c,c,c (ALA)....g	0.014	0.001	4	AR	1		0.012	0.054	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000	0.000	4	AR	1		0.000	0.000	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.037	0.003	4	AR	1		0.031	0.140	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	4	AR	1		0.000	0.001	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	4	AR	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000	0.000	4	AR	1		0.000	0.000	
Fatty acids, total trans....g	0.433		0	NC	4		0.368	1.653	
Fatty acids, total trans-monoenoic....g	0.433		0	NC	4		0.368	1.653	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	66	2.903	3	AR	1		56	254	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.244		0	AR	1		0.208	0.933	
Threonine....g	0.965		0	AR	1		0.820	3.686	
Isoleucine....g	0.933		0	AR	1		0.793	3.564	
Leucine....g	1.764		0	AR	1		1.499	6.737	
Lysine....g	1.917		0	AR	1		1.629	7.323	
Methionine....g	0.621		0	AR	1		0.528	2.374	

NDB No. 23078

Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine g	0.227		0	AR	1		0.193	0.866	
Phenylalanine g	0.831		0	AR	1		0.706	3.173	
Tyrosine g	0.756		0	AR	1		0.642	2.886	
Valine g	0.986		0	AR	1		0.838	3.765	
Arginine g	1.433		0	AR	1		1.218	5.474	
Histidine g	0.703		0	AR	1		0.597	2.685	
Alanine g	1.232		0	AR	1		1.047	4.705	
Aspartic acid g	1.962		0	AR	1		1.667	7.494	
Glutamic acid g	3.470		0	AR	1		2.949	13.255	
Glycine g	0.949		0	AR	1		0.807	3.625	
Proline g	0.877		0	AR	1		0.745	3.350	
Serine g	0.837		0	AR	1		0.711	3.197	
Hydroxyproline g	0.108		0	AR	1		0.091	0.411	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 382g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23076

Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled

Beef, Chuck, Chuck Eye Steaks, URMIS #1102

Refuse: 22% Connective tissue 5%, seam fat 17%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	61.45	1.230	24	AR	1		52.23	189.88	
Energy kcal	199		0	NC	4		170	616	
Energy kJ	834		0	NC	4		709	2578	
Protein (N x 6.25) g	27.88	1.400	24	AR	1		23.70	86.16	
Total lipid (fat) g	9.77	0.838	24	AR	1		8.30	30.18	
Ash g	1.03	0.066	24	AR	1		0.88	3.20	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	19		1	AR	1		16	57	
Iron, Fe mg	2.81		1	AR	1		2.39	8.69	
Magnesium, Mg mg	25		1	AR	1		21	76	
Phosphorus, P mg	226		1	AR	1		192	697	
Potassium, K mg	356		1	AR	1		303	1101	
Sodium, Na mg	74		1	AR	1		63	228	
Zinc, Zn mg	10.60		1	AR	1		9.01	32.76	
Copper, Cu mg	0.082		1	AR	1		0.070	0.254	
Manganese, Mn mg	0.015		1	AR	1		0.013	0.047	
Selenium, Se µg	32.8		1	AR	1		27.9	101.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.070		1	AR	1		0.060	0.216	
Riboflavin mg	0.220		1	AR	1		0.187	0.680	
Niacin mg	5.310		1	AR	1		4.513	16.408	
Pantothenic acid mg	0.840		1	AR	1		0.714	2.596	
Vitamin B-6 mg	0.454		1	AR	1		0.386	1.403	
Folate, total µg	7		0	BFPN	4		6	21	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	7		0	BFPN	4		6	21	
Folate, DFE µg	7		0	NC	4		6	21	
Choline, total mg	94.0		1	AR	1		79.9	290.4	
Betaine mg	24.9		1	AR	1		21.1	76.9	
Vitamin B-12 µg	3.50		1	AR	1		2.98	10.82	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		2	7	
Retinol µg	2		0	BFSN	4		2	7	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	7		0	NC	4		6	22	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.10		1	AR	1		0.09	0.31	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.3	
Vitamin D IU	4		0	BFSN	4		4	13	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	4.9	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23076

Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.900		0	NR	4		2.465	8.961	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	Z	7		0.000	0.000	
12:0....g	0.000		0	Z	7		0.000	0.000	
13:0....g									
14:0....g	0.195		2	AR	1		0.166	0.602	
15:0....g									
16:0....g	1.616		2	AR	1		1.373	4.993	
17:0....g	0.082		2	AR	1		0.070	0.254	
18:0....g	1.000		2	AR	1		0.850	3.090	
20:0....g	0.003		2	AR	1		0.002	0.009	
22:0....g									
24:0....g	0.005		2	AR	1		0.004	0.014	
Fatty acids, total monounsaturated....g	6.130		0	NR	4		5.211	18.942	
14:1....g	0.062		2	AR	1		0.052	0.191	
15:1....g									
16:1 undifferentiated....g	0.411		2	AR	1		0.349	1.269	
17:1....g	0.105		2	AR	1		0.089	0.323	
18:1 undifferentiated....g	5.530		0	AS	1		4.701	17.088	
18:1 c....g	4.821		2	AR	1		4.098	14.896	
18:1 t....g	0.710		2	AR	1		0.604	2.195	
18:1-11 t (18:1t n-7)....g	0.451		2	AR	1		0.383	1.394	
20:1....g	0.022		2	AR	1		0.019	0.068	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.580		0	NR	4		0.493	1.792	
18:2 undifferentiated....g	0.509		0	AS	1		0.433	1.574	
18:2 n-6 c,c....g	0.455		2	AR	1		0.386	1.405	
18:2 CLAs....g	0.055		2	AR	1		0.046	0.169	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.026		0	AS	1		0.022	0.080	
18:3 n-3 c,c,c (ALA)....g	0.026		2	AR	1		0.022	0.080	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000		2	AR	1		0.000	0.000	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.044		2	AR	1		0.037	0.135	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001		2	AR	1		0.001	0.004	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		2	AR	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		2	AR	1		0.000	0.000	
Fatty acids, total trans....g	0.710		0	NR	4		0.604	2.194	
Fatty acids, total trans-monoenoic....g	0.710		0	NR	4		0.604	2.194	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	91		2	AR	1		77	281	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.320		0	AR	1		0.272	0.988	
Threonine....g	1.263		0	AR	1		1.073	3.901	
Isoleucine....g	1.221		0	AR	1		1.038	3.772	
Leucine....g	2.308		0	AR	1		1.962	7.131	
Lysine....g	2.509		0	AR	1		2.132	7.751	
Methionine....g	0.813		0	AR	1		0.691	2.513	

NDB No. 23076

Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine g	0.297		0	AR	1		0.252	0.917	
Phenylalanine g	1.087		0	AR	1		0.924	3.359	
Tyrosine g	0.989		0	AR	1		0.840	3.055	
Valine g	1.290		0	AR	1		1.096	3.985	
Arginine g	1.875		0	AR	1		1.594	5.794	
Histidine g	0.920		0	AR	1		0.782	2.842	
Alanine g	1.612		0	AR	1		1.370	4.980	
Aspartic acid g	2.567		0	AR	1		2.182	7.932	
Glutamic acid g	4.541		0	AR	1		3.860	14.031	
Glycine g	1.242		0	AR	1		1.055	3.837	
Proline g	1.148		0	AR	1		0.975	3.546	
Serine g	1.095		0	AR	1		0.931	3.384	
Hydroxyproline g	0.141		0	AR	1		0.120	0.435	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 309g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23079

Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw

Beef, Chuck, Chuck Eye Steaks, URMIS #1102

Refuse: 26% Connective tissue 9%, seam fat 17%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	71.41	0.317	24	AR	1		60.70	275.63	
Energy kcal	143		0	NC	4		122	553	
Energy kJ	600		0	NC	4		510	2315	
Protein (N x 6.25) g	21.28	0.525	24	AR	1		18.08	82.13	
Total lipid (fat) g	6.47	0.538	24	AR	1		5.50	24.98	
Ash g	0.98	0.052	24	AR	1		0.83	3.78	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	15		1	AR	1		13	58	
Iron, Fe mg	2.33		1	AR	1		1.98	8.98	
Magnesium, Mg mg	23		1	AR	1		20	90	
Phosphorus, P mg	209		1	AR	1		178	808	
Potassium, K mg	388		1	AR	1		330	1497	
Sodium, Na mg	73		1	AR	1		62	281	
Zinc, Zn mg	8.54		1	AR	1		7.26	32.96	
Copper, Cu mg	0.070		1	AR	1		0.059	0.269	
Manganese, Mn mg	0.011		1	AR	1		0.009	0.042	
Selenium, Se µg	22.8		1	AR	1		19.4	88.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.080		1	AR	1		0.068	0.309	
Riboflavin mg	0.170		1	AR	1		0.145	0.656	
Niacin mg	4.870		1	AR	1		4.139	18.798	
Pantothenic acid mg	0.740		1	AR	1		0.629	2.856	
Vitamin B-6 mg	0.446		1	AR	1		0.379	1.722	
Folate, total µg	3		0	BFPN	4		3	13	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	3		0	BFPN	4		3	13	
Folate, DFE µg	3		0	NC	4		3	13	
Choline, total mg	76.1		1	AR	1		64.7	293.6	
Betaine mg	16.2		1	AR	1		13.8	62.6	
Vitamin B-12 µg	3.00		1	AR	1		2.55	11.58	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		2	9	
Retinol µg	2		0	BFSN	4		2	9	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	7		0	NC	4		6	29	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.15		1	AR	1		0.13	0.59	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.3	
Vitamin D IU	4		0	BFSN	4		3	14	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	5.8	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23079

Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.759		0	NC	4		2.345	10.649	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	Z	7		0.000	0.000	
12:0....g	0.000		0	Z	7		0.000	0.000	
13:0....g									
14:0....g	0.171		2	AR	1		0.146	0.661	
15:0....g									
16:0....g	1.491		2	AR	1		1.267	5.756	
17:0....g	0.082		2	AR	1		0.069	0.315	
18:0....g	1.004		2	AR	1		0.854	3.877	
20:0....g	0.003		2	AR	1		0.002	0.011	
22:0....g									
24:0....g	0.008		2	AR	1		0.007	0.030	
Fatty acids, total monounsaturated....g	3.143		0	NC	4		2.671	12.131	
14:1....g	0.032		2	AR	1		0.027	0.122	
15:1....g									
16:1 undifferentiated....g	0.193		2	AR	1		0.164	0.744	
17:1....g	0.054		2	AR	1		0.046	0.209	
18:1 undifferentiated....g	2.858		0	AS	1		2.429	11.031	
18:1 c....g	2.471		2	AR	1		2.101	9.540	
18:1 t....g	0.386		2	AR	1		0.328	1.492	
18:1-11 t (18:1t n-7)....g	0.268		2	AR	1		0.228	1.034	
20:1....g	0.006		2	AR	1		0.005	0.024	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.392		0	NC	4		0.334	1.515	
18:2 undifferentiated....g	0.336		0	AS	1		0.286	1.297	
18:2 n-6 c,c....g	0.308		2	AR	1		0.262	1.189	
18:2 CLAs....g	0.028		2	AR	1		0.024	0.108	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.013		0	AS	1		0.011	0.051	
18:3 n-3 c,c,c (ALA)....g	0.013		2	AR	1		0.011	0.051	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000		2	AR	1		0.000	0.000	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.042		2	AR	1		0.036	0.161	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001		2	AR	1		0.001	0.005	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		2	AR	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		2	AR	1		0.000	0.000	
Fatty acids, total trans....g	0.386		0	NC	4		0.328	1.492	
Fatty acids, total trans-monoenoic....g	0.386		0	NC	4		0.328	1.492	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	69		1	AR	1		58	264	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.244		0	AR	1		0.207	0.942	
Threonine....g	0.963		0	AR	1		0.819	3.719	
Isoleucine....g	0.932		0	AR	1		0.792	3.596	
Leucine....g	1.761		0	AR	1		1.497	6.798	
Lysine....g	1.914		0	AR	1		1.627	7.389	
Methionine....g	0.620		0	AR	1		0.527	2.395	

NDB No. 23079

Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine....g	0.226		0	AR	1		0.192	0.874	
Phenylalanine....g	0.829		0	AR	1		0.705	3.202	
Tyrosine....g	0.754		0	AR	1		0.641	2.912	
Valine....g	0.984		0	AR	1		0.837	3.799	
Arginine....g	1.431		0	AR	1		1.216	5.523	
Histidine....g	0.702		0	AR	1		0.597	2.709	
Alanine....g	1.230		0	AR	1		1.045	4.747	
Aspartic acid....g	1.959		0	AR	1		1.665	7.561	
Glutamic acid....g	3.465		0	AR	1		2.945	13.374	
Glycine....g	0.948		0	AR	1		0.805	3.658	
Proline....g	0.876		0	AR	1		0.744	3.380	
Serine....g	0.836		0	AR	1		0.710	3.226	
Hydroxyproline....g	0.107		0	AR	1		0.091	0.415	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 386g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23090

Beef, chuck for stew, separable lean and fat, all grades, cooked, braised

Beef, Chuck, Beef for Stew, URMIS #1100

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	60.08	0.656	72	AR	1		51.07	272.53	
Energy kcal	191		0	NC	4		162	866	
Energy kJ	799		0	NC	4		679	3625	
Protein (N x 6.25) g	32.41	0.538	72	AR	1		27.55	147.00	
Total lipid (fat) g	6.82	0.879	72	AR	1		5.80	30.94	
Ash g	1.26	0.232	72	AR	1		1.07	5.70	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	16		3	AR	1		14	72	
Iron, Fe mg	2.96		3	AR	1		2.52	13.43	
Magnesium, Mg mg	23		3	AR	1		19	102	
Phosphorus, P mg	228		3	AR	1		194	1033	
Potassium, K mg	319		3	AR	1		271	1447	
Sodium, Na mg	67		3	AR	1		57	302	
Zinc, Zn mg	8.32		3	AR	1		7.07	37.72	
Copper, Cu mg	0.120		3	AR	1		0.102	0.546	
Manganese, Mn mg	0.017		3	AR	1		0.014	0.075	
Selenium, Se µg	34.6		3	AR	1		29.4	156.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.075		2	AR	1		0.064	0.340	
Riboflavin mg	0.250		3	AR	1		0.213	1.134	
Niacin mg	4.117		3	AR	1		3.499	18.673	
Pantothenic acid mg	0.710		2	AR	1		0.603	3.221	
Vitamin B-6 mg	0.511		3	AR	1		0.434	2.316	
Folate, total µg	8		0	BFPN	4		7	36	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	8		0	BFPN	4		7	36	
Folate, DFE µg	8		0	NC	4		7	36	
Choline, total mg	102.6		2	AR	1		87.2	465.5	
Betaine mg	14.8		2	AR	1		12.6	67.3	
Vitamin B-12 µg	2.73		3	AR	1		2.32	12.40	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		1	8	
Retinol µg	2		0	BFSN	4		1	8	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	6		0	NC	4		5	27	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.11		3	AR	1		0.09	0.50	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.6	
Vitamin D IU	5		0	BFSN	4		4	23	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	7.1	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23090

Beef, chuck for stew, separable lean and fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.800		0	NR	4		2.380	12.701	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	Z	7		0.000	0.000	
12:0....g	0.000		0	Z	7		0.000	0.000	
13:0....g									
14:0....g	0.173	0.009	6	AR	1		0.147	0.785	
15:0....g									
16:0....g	1.546	0.106	6	AR	1		1.314	7.013	
17:0....g	0.081	0.003	6	AR	1		0.069	0.369	
18:0....g	0.989	0.035	6	AR	1		0.840	4.485	
20:0....g	0.001	0.001	6	AR	1		0.001	0.005	
22:0....g									
24:0....g	0.010	0.002	6	AR	1		0.008	0.044	
Fatty acids, total monounsaturated....g	3.500		0	NR	4		2.975	15.876	
14:1....g	0.039	0.002	6	AR	1		0.033	0.179	
15:1....g									
16:1 undifferentiated....g	0.238	0.008	6	AR	1		0.202	1.080	
17:1....g	0.065	0.002	6	AR	1		0.055	0.296	
18:1 undifferentiated....g	3.146		0	AS	1		2.674	14.272	
18:1 c....g	2.795	0.139	6	AR	1		2.376	12.679	
18:1 t....g	0.351	0.009	6	AR	1		0.299	1.594	
18:1-11 t (18:1t n-7)....g	0.260	0.016	6	AR	1		0.221	1.181	
20:1....g	0.011	0.002	6	AR	1		0.009	0.048	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.450		0	NR	4		0.383	2.041	
18:2 undifferentiated....g	0.366		0	AS	1		0.311	1.658	
18:2 n-6 c,c....g	0.341	0.030	6	AR	1		0.290	1.547	
18:2 CLAs....g	0.025	0.001	6	AR	1		0.021	0.112	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.014		0	AS	1		0.012	0.063	
18:3 n-3 c,c,c (ALA)....g	0.014	0.001	6	AR	1		0.012	0.063	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000	0.000	6	AR	1		0.000	0.000	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.065	0.013	6	AR	1		0.055	0.296	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.005	0.001	6	AR	1		0.004	0.021	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	6	AR	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.001	0.000	6	AR	1		0.001	0.004	
Fatty acids, total trans....g	0.366		0	NC	4		0.312	1.662	
Fatty acids, total trans-monoenoic....g	0.366		0	NC	4		0.312	1.662	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	99	2.524	6	AR	1		84	447	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.372		0	AR	1		0.316	1.686	
Threonine....g	1.467		0	AR	1		1.247	6.656	
Isoleucine....g	1.419		0	AR	1		1.206	6.436	
Leucine....g	2.682		0	AR	1		2.280	12.167	
Lysine....g	2.916		0	AR	1		2.478	13.225	
Methionine....g	0.945		0	AR	1		0.803	4.287	

NDB No. 23090

Beef, chuck for stew, separable lean and fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine g	0.345		0	AR	1		0.293	1.565	
Phenylalanine g	1.263		0	AR	1		1.074	5.730	
Tyrosine g	1.149		0	AR	1		0.977	5.213	
Valine g	1.499		0	AR	1		1.274	6.800	
Arginine g	2.179		0	AR	1		1.852	9.886	
Histidine g	1.069		0	AR	1		0.909	4.849	
Alanine g	1.873		0	AR	1		1.592	8.497	
Aspartic acid g	2.984		0	AR	1		2.536	13.534	
Glutamic acid g	5.278		0	AR	1		4.486	23.939	
Glycine g	1.443		0	AR	1		1.227	6.547	
Proline g	1.334		0	AR	1		1.134	6.050	
Serine g	1.273		0	AR	1		1.082	5.775	
Hydroxyproline g	0.164		0	AR	1		0.139	0.742	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23093
Beef, chuck for stew, separable lean and fat, all grades, raw

Beef, Chuck, Beef for Stew, URMIS #1100
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	72.51	1.129	72	AR	1		61.63		
Energy kcal	128		0	NC	4		109		
Energy kJ	535		0	NC	4		455		
Protein (N x 6.25) g	21.75	0.585	72	AR	1		18.48		
Total lipid (fat) g	4.48	0.911	72	AR	1		3.81		
Ash g	1.11	0.131	72	AR	1		0.94		
Carbohydrate, by difference g	0.16		0	NC	4		0.13		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	13		3	AR	1		11		
Iron, Fe mg	2.12		3	AR	1		1.80		
Magnesium, Mg mg	21		3	AR	1		18		
Phosphorus, P mg	213		3	AR	1		181		
Potassium, K mg	367		3	AR	1		312		
Sodium, Na mg	80		3	AR	1		68		
Zinc, Zn mg	5.43		3	AR	1		4.61		
Copper, Cu mg	0.088		3	AR	1		0.074		
Manganese, Mn mg	0.014		3	AR	1		0.012		
Selenium, Se µg	24.2		3	AR	1		20.6		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.080		2	AR	1		0.068		
Riboflavin mg	0.170		3	AR	1		0.145		
Niacin mg	5.003		3	AR	1		4.253		
Pantothenic acid mg	0.665		2	AR	1		0.565		
Vitamin B-6 mg	0.567		3	AR	1		0.482		
Folate, total µg	3		0	BFPN	4		3		
Folic acid µg	0		0	BFPN	4		0		
Folate, food µg	3		0	BFPN	4		3		
Folate, DFE µg	3		0	NC	4		3		
Choline, total mg	71.8		2	AR	1		61.1		
Betaine mg	18.6		2	AR	1		15.8		
Vitamin B-12 µg	2.30		3	AR	1		1.95		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	2		0	NC	4		2		
Retinol µg	2		0	BFSN	4		2		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	6		0	NC	4		5		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.17		3	AR	1		0.15		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1		
Vitamin D IU	4		0	BFSN	4		3		
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23093

Beef, chuck for stew, separable lean and fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.860		0	NR	4		1.581		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g	0.000		0	Z	7		0.000		
12:0....g	0.000		0	Z	7		0.000		
13:0....g									
14:0....g	0.113	0.003	6	AR	1		0.096		
15:0....g									
16:0....g	1.022	0.033	6	AR	1		0.868		
17:0....g	0.053	0.002	6	AR	1		0.045		
18:0....g	0.665	0.012	6	AR	1		0.565		
20:0....g	0.000	0.000	6	AR	1		0.000		
22:0....g									
24:0....g	0.007	0.001	6	AR	1		0.006		
Fatty acids, total monounsaturated....g	2.320		0	NR	4		1.972		
14:1....g	0.026	0.001	6	AR	1		0.022		
15:1....g									
16:1 undifferentiated....g	0.159	0.004	6	AR	1		0.135		
17:1....g	0.043	0.001	6	AR	1		0.037		
18:1 undifferentiated....g	2.091		0	AS	1		1.778		
18:1 c....g	1.862	0.040	6	AR	1		1.582		
18:1 t....g	0.231	0.015	6	AR	1		0.196		
18:1-11 t (18:1t n-7)....g	0.164	0.013	6	AR	1		0.140		
20:1....g	0.001	0.001	6	AR	1		0.001		
22:1 undifferentiated....g	0.000		0	Z	7		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.300		0	NR	4		0.255		
18:2 undifferentiated....g	0.247		0	AS	1		0.210		
18:2 n-6 c,c....g	0.232	0.014	6	AR	1		0.197		
18:2 CLAs....g	0.015	0.001	6	AR	1		0.013		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.004		0	AS	1		0.003		
18:3 n-3 c,c,c (ALA)....g	0.004	0.001	6	AR	1		0.003		
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g	0.000	0.000	6	AR	1		0.000		
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.047	0.002	6	AR	1		0.040		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002	0.001	6	AR	1		0.002		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	6	AR	1		0.000		
22:6 n-3 (DHA)....g	0.000	0.000	6	AR	1		0.000		
Fatty acids, total trans....g	0.231		0	NR	4		0.196		
Fatty acids, total trans-monoenoic....g	0.231		0	NR	4		0.196		
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	64	2.646	6	AR	1		55		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.249		0	AR	1		0.212		
Threonine....g	0.985		0	AR	1		0.837		
Isoleucine....g	0.952		0	AR	1		0.809		
Leucine....g	1.800		0	AR	1		1.530		
Lysine....g	1.956		0	AR	1		1.663		
Methionine....g	0.634		0	AR	1		0.539		

NDB No. 23093

Beef, chuck for stew, separable lean and fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine....g	0.231		0	AR	1		0.197		
Phenylalanine....g	0.848		0	AR	1		0.721		
Tyrosine....g	0.771		0	AR	1		0.655		
Valine....g	1.006		0	AR	1		0.855		
Arginine....g	1.462		0	AR	1		1.243		
Histidine....g	0.717		0	AR	1		0.610		
Alanine....g	1.257		0	AR	1		1.068		
Aspartic acid....g	2.002		0	AR	1		1.702		
Glutamic acid....g	3.541		0	AR	1		3.010		
Glycine....g	0.968		0	AR	1		0.823		
Proline....g	0.895		0	AR	1		0.761		
Serine....g	0.854		0	AR	1		0.726		
Hydroxyproline....g	0.110		0	AR	1		0.093		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23092

Beef, chuck for stew, separable lean and fat, choice, cooked, braised

Beef, Chuck, Beef for Stew, URMIS #1100

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	59.49	0.675	48	AR	1		50.57		
Energy kcal	194		0	NC	4		165		
Energy kJ	813		0	NC	4		691		
Protein (N x 6.25) g	32.49	0.549	48	AR	1		27.61		
Total lipid (fat) g	7.14	0.901	48	AR	1		6.07		
Ash g	1.31	0.233	48	AR	1		1.11		
Carbohydrate, by difference g	0.00		0	NC	4		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	17		2	AR	1		14		
Iron, Fe mg	3.06		2	AR	1		2.60		
Magnesium, Mg mg	22		2	AR	1		19		
Phosphorus, P mg	223		2	AR	1		190		
Potassium, K mg	315		2	AR	1		268		
Sodium, Na mg	65		2	AR	1		56		
Zinc, Zn mg	8.27		2	AR	1		7.03		
Copper, Cu mg	0.125		2	AR	1		0.106		
Manganese, Mn mg	0.017		2	AR	1		0.014		
Selenium, Se µg	35.3		2	AR	1		30.0		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.070		1	AR	1		0.060		
Riboflavin mg	0.227		2	AR	1		0.193		
Niacin mg	4.013		2	AR	1		3.411		
Pantothenic acid mg	0.720		1	AR	1		0.612		
Vitamin B-6 mg	0.505		2	AR	1		0.430		
Folate, total µg	8		0	BFPN	4		7		
Folic acid µg	0		0	BFPN	4		0		
Folate, food µg	8		0	BFPN	4		7		
Folate, DFE µg	8		0	NC	4		7		
Choline, total mg	102.6		1	AR	1		87.2		
Betaine mg	15.8		1	AR	1		13.4		
Vitamin B-12 µg	2.85		2	AR	1		2.42		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	1		0	NC	4		1		
Retinol µg	1		0	BFSN	4		1		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	5		0	NC	4		4		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.13		2	AR	1		0.11		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1		
Vitamin D IU	6		0	BFSN	4		5		
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23092

Beef, chuck for stew, separable lean and fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.870		0	NR	4		2.440		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g	0.000		0	Z	7		0.000		
12:0....g	0.000		0	Z	7		0.000		
13:0....g									
14:0....g	0.177	0.012	4	AR	1		0.150		
15:0....g									
16:0....g	1.574	0.131	4	AR	1		1.338		
17:0....g	0.084	0.004	4	AR	1		0.072		
18:0....g	1.024	0.044	4	AR	1		0.870		
20:0....g	0.001	0.001	4	AR	1		0.001		
22:0....g									
24:0....g	0.010	0.002	4	AR	1		0.009		
Fatty acids, total monounsaturated....g	3.570		0	NR	4		3.035		
14:1....g	0.039	0.002	4	AR	1		0.033		
15:1....g									
16:1 undifferentiated....g	0.236	0.010	4	AR	1		0.201		
17:1....g	0.065	0.003	4	AR	1		0.055		
18:1 undifferentiated....g	3.147		0	AS	1		2.675		
18:1 c....g	3.164	0.173	4	AR	1		2.689		
18:1 t....g	0.405	0.012	4	AR	1		0.344		
18:1-11 t (18:1t n-7)....g	0.276	0.020	4	AR	1		0.235		
20:1....g	0.013	0.003	4	AR	1		0.011		
22:1 undifferentiated....g	0.000		0	Z	7		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.410		0	NR	4		0.349		
18:2 undifferentiated....g	0.299		0	AS	1		0.255		
18:2 n-6 c,c....g	0.369	0.037	4	AR	1		0.314		
18:2 CLAs....g	0.027	0.002	4	AR	1		0.023		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.012		0	AS	1		0.010		
18:3 n-3 c,c,c (ALA)....g	0.015	0.001	4	AR	1		0.013		
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g	0.000	0.000	4	AR	1		0.000		
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.055	0.017	4	AR	1		0.047		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.004	0.001	4	AR	1		0.003		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	4	AR	1		0.000		
22:6 n-3 (DHA)....g	0.001	0.000	4	AR	1		0.000		
Fatty acids, total trans....g	0.405		0	NR	4		0.344		
Fatty acids, total trans-monoenoic....g	0.405		0	NR	4		0.344		
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	96	3.136	4	AR	1		82		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.373		0	AR	1		0.317		
Threonine....g	1.471		0	AR	1		1.250		
Isoleucine....g	1.422		0	AR	1		1.209		
Leucine....g	2.689		0	AR	1		2.286		
Lysine....g	2.923		0	AR	1		2.484		
Methionine....g	0.947		0	AR	1		0.805		

NDB No. 23092

Beef, chuck for stew, separable lean and fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine g	0.346		0	AR	1		0.294		
Phenylalanine g	1.266		0	AR	1		1.076		
Tyrosine g	1.152		0	AR	1		0.979		
Valine g	1.503		0	AR	1		1.277		
Arginine g	2.185		0	AR	1		1.857		
Histidine g	1.072		0	AR	1		0.911		
Alanine g	1.878		0	AR	1		1.596		
Aspartic acid g	2.991		0	AR	1		2.542		
Glutamic acid g	5.290		0	AR	1		4.497		
Glycine g	1.447		0	AR	1		1.230		
Proline g	1.337		0	AR	1		1.136		
Serine g	1.276		0	AR	1		1.085		
Hydroxyproline g	0.164		0	AR	1		0.139		
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23095
Beef, chuck for stew, separable lean and fat, choice, raw

URMIS #110
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	72.32	1.135	48	AR	1		61.47		
Energy kcal	130		0	NC	4		111		
Energy kJ	545		0	NC	4		463		
Protein (N x 6.25) g	21.64	0.602	48	AR	1		18.40		
Total lipid (fat) g	4.81	0.917	48	AR	1		4.09		
Ash g	1.11	0.132	48	AR	1		0.94		
Carbohydrate, by difference g	0.12		0	NC	4		0.10		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	13		2	AR	1		11		
Iron, Fe mg	2.09		2	AR	1		1.78		
Magnesium, Mg mg	21		2	AR	1		18		
Phosphorus, P mg	217		2	AR	1		184		
Potassium, K mg	373		2	AR	1		317		
Sodium, Na mg	79		2	AR	1		68		
Zinc, Zn mg	5.41		2	AR	1		4.60		
Copper, Cu mg	0.084		2	AR	1		0.072		
Manganese, Mn mg	0.014		2	AR	1		0.012		
Selenium, Se µg	23.6		2	AR	1		20.1		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.080		1	AR	1		0.068		
Riboflavin mg	0.170		2	AR	1		0.145		
Niacin mg	4.887		2	AR	1		4.154		
Pantothenic acid mg	0.660		1	AR	1		0.561		
Vitamin B-6 mg	0.568		2	AR	1		0.483		
Folate, total µg	3		0	BFPN	4		3		
Folic acid µg	0		0	BFPN	4		0		
Folate, food µg	3		0	BFPN	4		3		
Folate, DFE µg	3		0	NC	4		3		
Choline, total mg	69.1		1	AR	1		58.7		
Betaine mg	24.4		1	AR	1		20.7		
Vitamin B-12 µg	2.27		2	AR	1		1.93		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	2		0	NC	4		1		
Retinol µg	2		0	BFSN	4		1		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	6		0	NC	4		5		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.18		2	AR	1		0.15		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1		
Vitamin D IU	4		0	BFSN	4		3		
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23095

Beef, chuck for stew, separable lean and fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.988		0	NR	4		1.690		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g	0.000		0	Z	7		0.000		
12:0....g	0.000		0	Z	7		0.000		
13:0....g									
14:0....g	0.121	0.003	4	AR	1		0.103		
15:0....g									
16:0....g	1.092	0.041	4	AR	1		0.928		
17:0....g	0.058	0.002	4	AR	1		0.049		
18:0....g	0.710	0.015	4	AR	1		0.603		
20:0....g	0.000	0.000	4	AR	1		0.000		
22:0....g									
24:0....g	0.007	0.001	4	AR	1		0.006		
Fatty acids, total monounsaturated....g	2.510		0	NR	4		2.134		
14:1....g	0.028	0.001	4	AR	1		0.024		
15:1....g									
16:1 undifferentiated....g	0.173	0.005	4	AR	1		0.147		
17:1....g	0.047	0.001	4	AR	1		0.040		
18:1 undifferentiated....g	2.260		0	AS	1		1.921		
18:1 c....g	2.010	0.050	4	AR	1		1.709		
18:1 t....g	0.250	0.018	4	AR	1		0.212		
18:1-11 t (18:1t n-7)....g	0.177	0.016	4	AR	1		0.151		
20:1....g	0.002	0.001	4	AR	1		0.002		
22:1 undifferentiated....g	0.000		0	Z	7		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.310		0	NR	4		0.264		
18:2 undifferentiated....g	0.255		0	AS	1		0.216		
18:2 n-6 c,c....g	0.240	0.017	4	AR	1		0.204		
18:2 CLAs....g	0.015	0.001	4	AR	1		0.012		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.005		0	AS	1		0.004		
18:3 n-3 c,c,c (ALA)....g	0.005	0.002	4	AR	1		0.004		
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g	0.000	0.000	4	AR	1		0.000		
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.048	0.003	4	AR	1		0.041		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002	0.001	4	AR	1		0.002		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	4	AR	1		0.000		
22:6 n-3 (DHA)....g	0.000	0.000	4	AR	1		0.000		
Fatty acids, total trans....g	0.250		0	NR	4		0.213		
Fatty acids, total trans-monoenoic....g	0.250		0	NR	4		0.213		
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	63	3.287	4	AR	1		53		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.248		0	AR	1		0.211		
Threonine....g	0.980		0	AR	1		0.833		
Isoleucine....g	0.948		0	AR	1		0.805		
Leucine....g	1.791		0	AR	1		1.523		
Lysine....g	1.947		0	AR	1		1.655		
Methionine....g	0.631		0	AR	1		0.537		

NDB No. 23095

Beef, chuck for stew, separable lean and fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine....g	0.230		0	AR	1		0.196		
Phenylalanine....g	0.844		0	AR	1		0.717		
Tyrosine....g	0.767		0	AR	1		0.652		
Valine....g	1.001		0	AR	1		0.851		
Arginine....g	1.455		0	AR	1		1.237		
Histidine....g	0.714		0	AR	1		0.607		
Alanine....g	1.251		0	AR	1		1.063		
Aspartic acid....g	1.993		0	AR	1		1.694		
Glutamic acid....g	3.525		0	AR	1		2.996		
Glycine....g	0.964		0	AR	1		0.819		
Proline....g	0.891		0	AR	1		0.757		
Serine....g	0.850		0	AR	1		0.723		
Hydroxyproline....g	0.109		0	AR	1		0.093		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23091

Beef, chuck for stew, separable lean and fat, select, cooked, braised

Beef, Chuck, Beef for Stew, URMIS #1100

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	60.97	0.712	24	AR	1		51.83		
Energy kcal	186		0	NC	4		158		
Energy kJ	779		0	NC	4		662		
Protein (N x 6.25) g	32.29	0.570	24	AR	1		27.45		
Total lipid (fat) g	6.34	0.944	24	AR	1		5.39		
Ash g	1.18	0.235	24	AR	1		1.00		
Carbohydrate, by difference g	0.00		0	NC	4		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	15		1	AR	1		13		
Iron, Fe mg	2.84		1	AR	1		2.41		
Magnesium, Mg mg	23		1	AR	1		19		
Phosphorus, P mg	236		1	AR	1		201		
Potassium, K mg	320		1	AR	1		272		
Sodium, Na mg	68		1	AR	1		58		
Zinc, Zn mg	8.47		1	AR	1		7.20		
Copper, Cu mg	0.116		1	AR	1		0.098		
Manganese, Mn mg	0.016		1	AR	1		0.014		
Selenium, Se µg	32.2		1	AR	1		27.3		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.080		1	AR	1		0.068		
Riboflavin mg	0.300		1	AR	1		0.255		
Niacin mg	4.850		1	AR	1		4.122		
Pantothenic acid mg	0.700		1	AR	1		0.595		
Vitamin B-6 mg	0.522		1	AR	1		0.444		
Folate, total µg	8		0	BFPN	4		7		
Folic acid µg	0		0	BFPN	4		0		
Folate, food µg	8		0	BFPN	4		7		
Folate, DFE µg	8		0	NC	4		7		
Choline, total mg	102.6		1	AR	1		87.2		
Betaine mg	13.9		1	AR	1		11.8		
Vitamin B-12 µg	2.53		1	AR	1		2.15		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	2		0	NC	4		2		
Retinol µg	2		0	BFSN	4		2		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	7		0	NC	4		6		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.07		1	AR	1		0.06		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1		
Vitamin D IU	4		0	BFSN	4		4		
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23091

Beef, chuck for stew, separable lean and fat, select, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.514		0	NC	4		2.137		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g	0.000		0	Z	7		0.000		
12:0....g	0.000		0	Z	7		0.000		
13:0....g									
14:0....g	0.157		2	AR	1		0.133		
15:0....g									
16:0....g	1.406		2	AR	1		1.195		
17:0....g	0.072		2	AR	1		0.061		
18:0....g	0.871		2	AR	1		0.740		
20:0....g	0.001		2	AR	1		0.001		
22:0....g									
24:0....g	0.009		2	AR	1		0.007		
Fatty acids, total monounsaturated....g	3.164		0	NC	4		2.689		
14:1....g	0.036		2	AR	1		0.031		
15:1....g									
16:1 undifferentiated....g	0.220		2	AR	1		0.187		
17:1....g	0.059		2	AR	1		0.050		
18:1 undifferentiated....g	2.843		0	AS	1		2.417		
18:1 c....g	2.534		2	AR	1		2.154		
18:1 t....g	0.310		2	AR	1		0.263		
18:1-11 t (18:1t n-7)....g	0.236		2	AR	1		0.201		
20:1....g	0.006		2	AR	1		0.005		
22:1 undifferentiated....g	0.000		0	Z	7		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.432		0	NC	4		0.368		
18:2 undifferentiated....g	0.354		0	AS	1		0.301		
18:2 n-6 c,c....g	0.330		2	AR	1		0.281		
18:2 CLAs....g	0.023		2	AR	1		0.020		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.013		0	AS	1		0.011		
18:3 n-3 c,c,c (ALA)....g	0.013		2	AR	1		0.011		
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g	0.000		2	AR	1		0.000		
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.060		2	AR	1		0.051		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.005		2	AR	1		0.004		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		2	AR	1		0.000		
22:6 n-3 (DHA)....g	0.001		2	AR	1		0.001		
Fatty acids, total trans....g	0.310		0	NC	4		0.263		
Fatty acids, total trans-monoenoic....g	0.310		0	NC	4		0.263		
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	102		2	AR	1		87		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.370		0	AR	1		0.315		
Threonine....g	1.462		0	AR	1		1.243		
Isoleucine....g	1.414		0	AR	1		1.202		
Leucine....g	2.673		0	AR	1		2.272		
Lysine....g	2.905		0	AR	1		2.469		
Methionine....g	0.942		0	AR	1		0.800		

NDB No. 23091

Beef, chuck for stew, separable lean and fat, select, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine....g	0.344		0	AR	1		0.292		
Phenylalanine....g	1.259		0	AR	1		1.070		
Tyrosine....g	1.145		0	AR	1		0.973		
Valine....g	1.494		0	AR	1		1.270		
Arginine....g	2.171		0	AR	1		1.846		
Histidine....g	1.065		0	AR	1		0.905		
Alanine....g	1.866		0	AR	1		1.586		
Aspartic acid....g	2.973		0	AR	1		2.527		
Glutamic acid....g	5.258		0	AR	1		4.470		
Glycine....g	1.438		0	AR	1		1.222		
Proline....g	1.329		0	AR	1		1.130		
Serine....g	1.268		0	AR	1		1.078		
Hydroxyproline....g	0.163		0	AR	1		0.139		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23094
Beef, chuck for stew, separable lean and fat, select, raw

Beef, Chuck, Beef for Stew, URMIS #1100
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	72.79	1.146	24	AR	1		61.87		
Energy kcal	124		0	NC	4		106		
Energy kJ	520		0	NC	4		442		
Protein (N x 6.25) g	21.90	0.635	24	AR	1		18.61		
Total lipid (fat) g	3.99	0.929	24	AR	1		3.39		
Ash g	1.12	0.133	24	AR	1		0.95		
Carbohydrate, by difference g	0.21		0	NC	4		0.18		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	14		1	AR	1		12		
Iron, Fe mg	2.20		1	AR	1		1.87		
Magnesium, Mg mg	20		1	AR	1		17		
Phosphorus, P mg	209		1	AR	1		177		
Potassium, K mg	359		1	AR	1		306		
Sodium, Na mg	81		1	AR	1		69		
Zinc, Zn mg	5.51		1	AR	1		4.68		
Copper, Cu mg	0.093		1	AR	1		0.079		
Manganese, Mn mg	0.014		1	AR	1		0.012		
Selenium, Se µg	26.0		1	AR	1		22.1		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.080		1	AR	1		0.068		
Riboflavin mg	0.170		1	AR	1		0.145		
Niacin mg	5.190		1	AR	1		4.412		
Pantothenic acid mg	0.670		1	AR	1		0.570		
Vitamin B-6 mg	0.568		1	AR	1		0.483		
Folate, total µg	4		0	BFPN	4		3		
Folic acid µg	0		0	BFPN	4		0		
Folate, food µg	4		0	BFPN	4		3		
Folate, DFE µg	4		0	NC	4		3		
Choline, total mg	74.6		1	AR	1		63.4		
Betaine mg	12.8		1	AR	1		10.8		
Vitamin B-12 µg	2.42		1	AR	1		2.06		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	2		0	NC	4		2		
Retinol µg	2		0	BFSN	4		2		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	7		0	NC	4		6		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.15		1	AR	1		0.13		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1		
Vitamin D IU	3		0	BFSN	4		3		
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23094

Beef, chuck for stew, separable lean and fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.748		0	NC	4		1.485		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g	0.000		0	Z	7		0.000		
12:0....g	0.000		0	Z	7		0.000		
13:0....g									
14:0....g	0.106		2	AR	1		0.090		
15:0....g									
16:0....g	0.959		2	AR	1		0.815		
17:0....g	0.049		2	AR	1		0.042		
18:0....g	0.627		2	AR	1		0.533		
20:0....g	0.000		2	AR	1		0.000		
22:0....g									
24:0....g	0.006		2	AR	1		0.005		
Fatty acids, total monounsaturated....g	2.160		0	NC	4		1.836		
14:1....g	0.023		2	AR	1		0.020		
15:1....g									
16:1 undifferentiated....g	0.146		2	AR	1		0.124		
17:1....g	0.039		2	AR	1		0.033		
18:1 undifferentiated....g	1.951		0	AS	1		1.659		
18:1 c....g	1.738		2	AR	1		1.477		
18:1 t....g	0.213		2	AR	1		0.181		
18:1-11 t (18:1t n-7)....g	0.145		2	AR	1		0.123		
20:1....g	0.000		2	AR	1		0.000		
22:1 undifferentiated....g	0.000		0	Z	7		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.287		0	NC	4		0.244		
18:2 undifferentiated....g	0.236		0	AS	1		0.201		
18:2 n-6 c,c....g	0.221		2	AR	1		0.188		
18:2 CLAs....g	0.015		2	AR	1		0.013		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.003		0	AS	1		0.003		
18:3 n-3 c,c,c (ALA)....g	0.003		2	AR	1		0.003		
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g	0.000		2	AR	1		0.000		
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.045		2	AR	1		0.038		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002		2	AR	1		0.002		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		2	AR	1		0.000		
22:6 n-3 (DHA)....g	0.000		2	AR	1		0.000		
Fatty acids, total trans....g	0.213		0	NC	4		0.181		
Fatty acids, total trans-monoenoic....g	0.213		0	NC	4		0.181		
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	66		2	AR	1		56		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.251		0	AR	1		0.213		
Threonine....g	0.992		0	AR	1		0.843		
Isoleucine....g	0.959		0	AR	1		0.815		
Leucine....g	1.813		0	AR	1		1.541		
Lysine....g	1.970		0	AR	1		1.675		
Methionine....g	0.639		0	AR	1		0.543		

NDB No. 23094

Beef, chuck for stew, separable lean and fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine....g	0.233		0	AR	1		0.198		
Phenylalanine....g	0.854		0	AR	1		0.726		
Tyrosine....g	0.777		0	AR	1		0.660		
Valine....g	1.013		0	AR	1		0.861		
Arginine....g	1.473		0	AR	1		1.252		
Histidine....g	0.722		0	AR	1		0.614		
Alanine....g	1.266		0	AR	1		1.076		
Aspartic acid....g	2.016		0	AR	1		1.714		
Glutamic acid....g	3.566		0	AR	1		3.031		
Glycine....g	0.975		0	AR	1		0.829		
Proline....g	0.901		0	AR	1		0.766		
Serine....g	0.860		0	AR	1		0.731		
Hydroxyproline....g	0.111		0	AR	1		0.094		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13373

Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised

Refuse: 19% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	51.90	0.654	20	PAK	1		44.11	605.12	
Energy kcal	297		0	NC	4		252	3457	
Energy kJ	1241		0	NC	4		1055	14466	
Protein (N x 6.25) g	28.94	0.455	20	PAK	1		24.60	337.45	
Total lipid (fat) g	19.17	0.895	20	PAK	1		16.30	223.57	
Ash g	0.90	0.032	20	PAK	1		0.76	10.47	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	16		0	BFFN	4		14	189	
Iron, Fe mg	2.42		0	BFFN	4		2.05	28.17	
Magnesium, Mg mg	19		0	BFFN	4		16	218	
Phosphorus, P mg	174		0	BFFN	4		148	2034	
Potassium, K mg	231		0	BFFN	4		196	2693	
Sodium, Na mg	47		0	BFFN	4		40	553	
Zinc, Zn mg	6.66		0	BFFN	4		5.66	77.60	
Copper, Cu mg	0.099		0	BFFN	4		0.084	1.157	
Manganese, Mn mg	0.010		0	BFFN	4		0.008	0.112	
Selenium, Se µg	27.0		0	BFFN	4		22.9	314.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.059		0	BFPN	4		0.050	0.684	
Riboflavin mg	0.171		0	BFPN	4		0.146	1.996	
Niacin mg	4.105		0	BFPN	4		3.489	47.867	
Pantothenic acid mg	0.571		0	BFPN	4		0.485	6.652	
Vitamin B-6 mg	0.283		0	BFPN	4		0.241	3.301	
Folate, total µg	9		0	BFPN	4		8	105	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	9		0	BFPN	4		8	105	
Folate, DFE µg	9		0	NC	4		8	105	
Choline, total mg	110.2		0	BFPN	4		93.7	1285.2	
Betaine mg	14.5		0	BFPN	4		12.3	168.9	
Vitamin B-12 µg	2.13		0	BFPN	4		1.81	24.88	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.51		0	BFSN	4		0.44	5.98	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	AS	1		0.2	2.3	
Vitamin D IU	8		0	PAK	1		7	92	
Vitamin K (phylloquinone) µg	1.8		0	BFSN	4		1.6	21.3	
Dihydrophylloquinone µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4 µg									

NDB No. 13373

Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	7.548		0	NC	4		6.416	88.014	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.047		0	BFFN	4		0.040	0.543	
12:0....g	0.042		0	BFFN	4		0.036	0.489	
13:0....g									
14:0....g	0.596		0	BFFN	4		0.507	6.954	
15:0....g									
16:0....g	4.608		0	BFFN	4		3.917	53.733	
17:0....g									
18:0....g	2.255		0	BFFN	4		1.917	26.296	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.175		0	NC	4		6.948	95.316	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.710		0		1		0.604	8.279	
17:1....g									
18:1 undifferentiated....g	7.432		0	BFFN	4		6.317	86.657	
20:1....g	0.033		0	BFFN	4		0.028	0.380	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.708		0	NC	4		0.602	8.258	
18:2 undifferentiated....g	0.485		0	BFFN	4		0.412	5.650	
18:3 undifferentiated....g	0.191		0	BFFN	4		0.162	2.227	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.033		0	BFFN	4		0.028	0.380	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	116		0	BFSN	4		99	1358	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.190		0	PAK	1		0.162	2.218	
Threonine....g	1.156		0	PAK	1		0.983	13.480	
Isoleucine....g	1.317		0	PAK	1		1.119	15.352	
Leucine....g	2.302		0	PAK	1		1.957	26.843	
Lysine....g	2.446		0	PAK	1		2.079	28.518	
Methionine....g	0.754		0	PAK	1		0.641	8.788	
Cystine....g	0.373		0	PAK	1		0.317	4.355	
Phenylalanine....g	1.143		0	PAK	1		0.972	13.329	
Tyrosine....g	0.922		0	PAK	1		0.784	10.753	
Valine....g	1.436		0	PAK	1		1.220	16.741	
Arginine....g	1.871		0	PAK	1		1.591	21.820	
Histidine....g	0.924		0	PAK	1		0.785	10.769	
Alanine....g	1.759		0	PAK	1		1.496	20.515	
Aspartic acid....g	2.636		0	PAK	1		2.241	30.737	
Glutamic acid....g	4.345		0	PAK	1		3.693	50.659	
Glycine....g	1.762		0	PAK	1		1.498	20.547	
Proline....g	1.380		0	PAK	1		1.173	16.087	
Serine....g	1.140		0	PAK	1		0.969	13.293	
Hydroxyproline....g	0.304		0	BFPN	4		0.258	3.545	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13373

Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 1166g: 1 roast (yield from 1601 g raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13375

Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised

URMIS #1049

Refuse: 28% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	53.44	0.881	10	PAK	1		45.42	660.51	
Energy kcal	283		0	NC	4		241	3500	
Energy kJ	1185		0	NC	4		1007	14644	
Protein (N x 6.25) g	29.23	0.556	10	PAK	1		24.85	361.33	
Total lipid (fat) g	17.56	1.155	10	PAK	1		14.92	216.98	
Ash g	0.91	0.047	10	PAK	1		0.77	11.19	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	17		0	BFFN	4		14	210	
Iron, Fe mg	2.38		0	BFFN	4		2.02	29.43	
Magnesium, Mg mg	19		0	BFFN	4		16	236	
Phosphorus, P mg	178		0	BFFN	4		152	2206	
Potassium, K mg	235		0	BFFN	4		200	2909	
Sodium, Na mg	48		0	BFFN	4		41	599	
Zinc, Zn mg	6.87		0	BFFN	4		5.84	84.85	
Copper, Cu mg	0.090		0	BFFN	4		0.076	1.109	
Manganese, Mn mg	0.010		0	BFFN	4		0.008	0.117	
Selenium, Se µg	27.9		0	BFFN	4		23.7	344.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.063		0	BFPN	4		0.054	0.784	
Riboflavin mg	0.159		0	BFPN	4		0.135	1.965	
Niacin mg	4.213		0	BFPN	4		3.581	52.078	
Pantothenic acid mg	0.577		0	BFPN	4		0.490	7.130	
Vitamin B-6 mg	0.288		0	BFPN	4		0.245	3.558	
Folate, total µg	9		0	BFPN	4		8	113	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	9		0	BFPN	4		8	113	
Folate, DFE µg	9		0	NC	4		8	113	
Choline, total mg	111.3		0	BFPN	4		94.6	1376.2	
Betaine mg	14.6		0	BFPN	4		12.4	180.8	
Vitamin B-12 µg	1.93		0	BFPN	4		1.64	23.89	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.50		0	BFSN	4		0.42	6.13	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.8		0	BFSN	4		1.5	21.8	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13375

Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	6.911		0	NC	4		5.875	85.424	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.043		0	BFFN	4		0.036	0.528	
12:0....g	0.038		0	BFFN	4		0.033	0.475	
13:0....g									
14:0....g	0.546		0	BFFN	4		0.464	6.750	
15:0....g									
16:0....g	4.219		0	BFFN	4		3.586	52.151	
17:0....g									
18:0....g	2.065		0	BFFN	4		1.755	25.521	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.551		0	NC	4		6.419	93.333	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.717		0	BFFN	4		0.609	8.858	
17:1....g									
18:1 undifferentiated....g	6.805		0	BFFN	4		5.784	84.105	
20:1....g	0.030		0	BFFN	4		0.025	0.370	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.649		0	NC	4		0.551	8.015	
18:2 undifferentiated....g	0.444		0	BFFN	4		0.377	5.484	
18:3 undifferentiated....g	0.175		0	BFFN	4		0.149	2.162	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.030		0	BFFN	4		0.025	0.370	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	115		0	BFSN	4		98	1418	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.192		0	PAK	1		0.163	2.375	
Threonine....g	1.168		0	PAK	1		0.993	14.434	
Isoleucine....g	1.330		0	PAK	1		1.131	16.439	
Leucine....g	2.325		0	PAK	1		1.977	28.743	
Lysine....g	2.471		0	PAK	1		2.100	30.537	
Methionine....g	0.761		0	PAK	1		0.647	9.409	
Cystine....g	0.377		0	PAK	1		0.321	4.663	
Phenylalanine....g	1.155		0	PAK	1		0.982	14.272	
Tyrosine....g	0.932		0	PAK	1		0.792	11.514	
Valine....g	1.450		0	PAK	1		1.233	17.926	
Arginine....g	1.890		0	PAK	1		1.607	23.365	
Histidine....g	0.933		0	PAK	1		0.793	11.532	
Alanine....g	1.777		0	PAK	1		1.511	21.967	
Aspartic acid....g	2.663		0	PAK	1		2.263	32.913	
Glutamic acid....g	4.389		0	PAK	1		3.730	54.244	
Glycine....g	1.780		0	PAK	1		1.513	22.002	
Proline....g	1.394		0	PAK	1		1.185	17.226	
Serine....g	1.152		0	PAK	1		0.979	14.233	
Hydroxyproline....g	0.307		0	BFPN	4		0.261	3.796	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13375

Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 1236g: 1 roast (yield from 1675 g raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13810

Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised

Refuse: 28% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	50.45	0.583	5	PAK	1		42.88	130.16	
Energy kcal	302		0	NC	4		257	779	
Energy kJ	1263		0	NC	4		1074	3259	
Protein (N x 6.25) g	30.12	0.232	5	PAK	1		25.61	77.72	
Total lipid (fat) g	19.22	0.446	5	PAK	1		16.33	49.58	
Ash g	0.92	0.003	5	PAK	1		0.78	2.37	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	17	1.809	4	PAK	1		14	44	
Iron, Fe mg	2.53	0.090	4	PAK	1		2.15	6.54	
Magnesium, Mg mg	20	0.224	4	PAK	1		17	51	
Phosphorus, P mg	183	1.477	4	PAK	1		156	472	
Potassium, K mg	242	1.937	4	PAK	1		206	625	
Sodium, Na mg	50	1.788	4	PAK	1		42	128	
Zinc, Zn mg	6.98	0.177	4	PAK	1		5.93	18.00	
Copper, Cu mg	0.104	0.013	4	PAK	1		0.088	0.269	
Manganese, Mn mg	0.010	0.000	5	PAK	1		0.009	0.026	
Selenium, Se µg	28.3	4.289	4	PAK	1		24.0	73.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.061	0.003	4	PAK	1		0.052	0.158	
Riboflavin mg	0.178	0.009	4	PAK	1		0.151	0.460	
Niacin mg	4.273	0.128	4	PAK	1		3.632	11.025	
Pantothenic acid mg	0.594	0.003	4	PAK	1		0.505	1.532	
Vitamin B-6 mg	0.295	0.012	4	PAK	1		0.250	0.760	
Folate, total µg	9	0.080	4	PAK	1		8	24	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	9	0.080	4	PAK	1		8	24	
Folate, DFE µg	9		0	NC	4		8	24	
Choline, total mg	114.7		0	BFPN	4		97.5	296.0	
Betaine mg	15.1		0	BFPN	4		12.8	38.9	
Vitamin B-12 µg	2.22	0.145	4	PAK	1		1.89	5.73	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	PAK	1		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.53		0	BFSN	4		0.45	1.36	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	PAK	1		0.00	0.00	
Tocopherol, gamma mg	0.00		0	PAK	1		0.00	0.00	
Tocopherol, delta mg	0.00		0	PAK	1		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.3		0	AS	1		0.3	0.8	
Vitamin D IU	13		0	BFFN	4		11	32	
Vitamin K (phylloquinone) µg	1.9		0	BFSN	4		1.6	4.8	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13810

Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	7.620		0	NC	4		6.477	19.659	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.054		0	BFFN	4		0.046	0.140	
12:0....g	0.050		0	BFFN	4		0.043	0.130	
13:0....g									
14:0....g	0.609		0	BFFN	4		0.518	1.572	
15:0....g									
16:0....g	4.670		0	BFFN	4		3.969	12.048	
17:0....g									
18:0....g	2.236		0	BFFN	4		1.901	5.769	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.276		0	NC	4		7.035	21.352	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.804		0	BFFN	4		0.683	2.073	
17:1....g									
18:1 undifferentiated....g	7.442		0	BFFN	4		6.325	19.199	
20:1....g	0.031		0	BFFN	4		0.026	0.080	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.730		0	NC	4		0.621	1.884	
18:2 undifferentiated....g	0.477		0	BFFN	4		0.406	1.232	
18:3 undifferentiated....g	0.210		0	BFFN	4		0.178	0.541	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.023		0	BFFN	4		0.020	0.060	
20:5 n-3 (EPA)....g	0.003		18	AR	1		0.003	0.008	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.016		18	AR	1		0.014	0.041	
22:6 n-3 (DHA)....g	0.001		18	AR	1		0.001	0.003	
Fatty acids, total trans....g									
Cholesterol....mg	120		0	BFSN	4		102	310	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.200		0	PAK	1		0.170	0.515	
Threonine....g	1.213		0	PAK	1		1.031	3.131	
Isoleucine....g	1.382		0	PAK	1		1.175	3.565	
Leucine....g	2.416		0	PAK	1		2.054	6.234	
Lysine....g	2.567		0	PAK	1		2.182	6.623	
Methionine....g	0.791		0	PAK	1		0.672	2.041	
Cystine....g	0.392		0	PAK	1		0.333	1.011	
Phenylalanine....g	1.200		0	PAK	1		1.020	3.095	
Tyrosine....g	0.968		0	PAK	1		0.823	2.497	
Valine....g	1.507		0	PAK	1		1.281	3.888	
Arginine....g	1.964		0	PAK	1		1.670	5.067	
Histidine....g	0.969		0	PAK	1		0.824	2.501	
Alanine....g	1.847		0	PAK	1		1.570	4.764	
Aspartic acid....g	2.767		0	PAK	1		2.352	7.138	
Glutamic acid....g	4.560		0	PAK	1		3.876	11.765	
Glycine....g	1.850		0	PAK	1		1.572	4.772	
Proline....g	1.448		0	PAK	1		1.231	3.736	
Serine....g	1.197		0	PAK	1		1.017	3.087	
Hydroxyproline....g	0.316		0	BFPN	4		0.269	0.817	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13810

Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 258g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13809

Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Refuse: 21% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	62.33	0.471	5	PAK	1		17.67	282.73	
Energy kcal	244		0	NC	4		69	1108	
Energy kJ	1022		0	NC	4		290	4636	
Protein (N x 6.25) g	19.23	0.179	5	PAK	1		5.45	87.24	
Total lipid (fat) g	17.98	0.477	5	PAK	1		5.10	81.54	
Ash g	0.86	0.030	5	PAK	1		0.24	3.89	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	17	2.249	4	PAK	1		5	76	
Iron, Fe mg	1.67	0.086	4	PAK	1		0.47	7.57	
Magnesium, Mg mg	19	0.458	4	PAK	1		5	88	
Phosphorus, P mg	174	4.045	4	PAK	1		49	787	
Potassium, K mg	290	8.640	4	PAK	1		82	1315	
Sodium, Na mg	62	2.352	4	PAK	1		18	283	
Zinc, Zn mg	4.54	0.121	4	PAK	1		1.29	20.60	
Copper, Cu mg	0.081	0.001	4	PAK	1		0.023	0.367	
Manganese, Mn mg	0.011	0.002	5	PAK	1		0.003	0.050	
Selenium, Se µg	20.3	3.769	4	PAK	1		5.8	92.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.070	0.004	4	PAK	1		0.020	0.316	
Riboflavin mg	0.139	0.004	4	PAK	1		0.039	0.631	
Niacin mg	4.331	0.067	4	PAK	1		1.228	19.645	
Pantothenic acid mg	0.553	0.006	4	PAK	1		0.157	2.508	
Vitamin B-6 mg	0.456	0.033	4	PAK	1		0.129	2.066	
Folate, total µg	10	0.153	4	PAK	1		3	47	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	10	0.153	4	PAK	1		3	47	
Folate, DFE µg	10		0	NC	4		3	47	
Choline, total mg	80.3		0	BFPN	4		22.8	364.4	
Betaine mg	11.8		0	BFPN	4		3.3	53.6	
Vitamin B-12 µg	1.65	0.103	4	PAK	1		0.47	7.47	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	PAK	1		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.40		0	BFSN	4		0.11	1.82	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	PAK	1		0.00	0.00	
Tocopherol, gamma mg	0.00		0	PAK	1		0.00	0.00	
Tocopherol, delta mg	0.00		0	PAK	1		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.6		0	BFSN	4		0.5	7.3	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13809

Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	7.254		0	NC	4		2.056	32.903	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.058		0	BFFN	4		0.016	0.262	
12:0....g	0.039		0	BFFN	4		0.011	0.175	
13:0....g									
14:0....g	0.568		0	BFFN	4		0.161	2.578	
15:0....g									
16:0....g	4.367		0	BFFN	4		1.238	19.809	
17:0....g									
18:0....g	2.222		0	BFFN	4		0.630	10.079	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.697		0	NC	4		2.182	34.914	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.877		0	BFFN	4		0.249	3.976	
17:1....g									
18:1 undifferentiated....g	6.795		0	BFFN	4		1.926	30.821	
20:1....g	0.026		0	BFFN	4		0.007	0.116	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.684		0	NC	4		0.194	3.102	
18:2 undifferentiated....g	0.440		0	BFFN	4		0.125	1.995	
18:3 undifferentiated....g	0.215		0	BFFN	4		0.061	0.976	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.029		0	BFFN	4		0.008	0.131	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	91		0	BFSN	4		26	411	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.123		0	NR	4		0.035	0.560	
Threonine....g	0.750		0	NR	4		0.213	3.403	
Isoleucine....g	0.854		0	NR	4		0.242	3.876	
Leucine....g	1.494		0	NR	4		0.424	6.776	
Lysine....g	1.587		0	NR	4		0.450	7.199	
Methionine....g	0.489		0	NR	4		0.139	2.218	
Cystine....g	0.242		0	NR	4		0.069	1.099	
Phenylalanine....g	0.742		0	NR	4		0.210	3.365	
Tyrosine....g	0.598		0	NR	4		0.170	2.715	
Valine....g	0.932		0	NR	4		0.264	4.226	
Arginine....g	1.214		0	NR	4		0.344	5.508	
Histidine....g	0.599		0	NR	4		0.170	2.719	
Alanine....g	1.142		0	NR	4		0.324	5.179	
Aspartic acid....g	1.711		0	NR	4		0.485	7.759	
Glutamic acid....g	2.819		0	NR	4		0.799	12.788	
Glycine....g	1.144		0	NR	4		0.324	5.187	
Proline....g	0.895		0	NR	4		0.254	4.061	
Serine....g	0.740		0	NR	4		0.210	3.356	
Hydroxyproline....g	0.197		0	BFPN	4		0.056	0.895	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13809

Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13812

Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised

URMIS #1864

Refuse: 30% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	49.35	0.459	10	PAK	1		41.94	127.31	
Energy kcal	309		0	NC	4		262	796	
Energy kJ	1292		0	NC	4		1098	3333	
Protein (N x 6.25) g	30.20	0.434	10	PAK	1		25.67	77.91	
Total lipid (fat) g	19.93	0.249	10	PAK	1		16.94	51.41	
Ash g	0.93	0.011	10	PAK	1		0.79	2.39	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	16		2	PAK	1		14	42	
Iron, Fe mg	2.61		2	PAK	1		2.22	6.73	
Magnesium, Mg mg	20		2	PAK	1		17	50	
Phosphorus, P mg	182		2	PAK	1		154	469	
Potassium, K mg	241		2	PAK	1		205	623	
Sodium, Na mg	49		2	PAK	1		42	127	
Zinc, Zn mg	6.87		2	PAK	1		5.84	17.73	
Copper, Cu mg	0.116		2	PAK	1		0.098	0.298	
Manganese, Mn mg	0.010	0.000	3	PAK	1		0.009	0.026	
Selenium, Se µg	27.8		2	PAK	1		23.6	71.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.057		2	PAK	1		0.049	0.147	
Riboflavin mg	0.193		2	PAK	1		0.164	0.498	
Niacin mg	4.215		2	PAK	1		3.583	10.875	
Pantothenic acid mg	0.595		2	PAK	1		0.505	1.534	
Vitamin B-6 mg	0.290		0	PAE	4		0.247	0.748	
Folate, total µg	9		2	PAK	1		8	24	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	9		2	PAK	1		8	24	
Folate, DFE µg	9		0	NC	4		8	24	
Choline, total mg	115.0		0	BFPN	4		97.8	296.7	
Betaine mg	15.1		0	BFPN	4		12.8	39.0	
Vitamin B-12 µg	2.46		2	PAK	1		2.09	6.34	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	PAK	1		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.54		0	BFSN	4		0.46	1.39	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	PAK	1		0.00	0.00	
Tocopherol, gamma mg	0.00		0	PAK	1		0.00	0.00	
Tocopherol, delta mg	0.00		0	PAK	1		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.3		0	AS	1		0.3	0.8	
Vitamin D IU	13		0	BFFN	4		11	34	
Vitamin K (phylloquinone) µg	1.9		0	BFSN	4		1.6	5.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13812

Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	7.902		0	NC	4		6.717	20.388	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.056		0	BFFN	4		0.048	0.145	
12:0....g	0.052		0	BFFN	4		0.044	0.135	
13:0....g									
14:0....g	0.632		0	BFFN	4		0.537	1.631	
15:0....g									
16:0....g	4.843		0	BFFN	4		4.117	12.495	
17:0....g									
18:0....g	2.319		0	BFFN	4		1.971	5.983	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.583		0	NC	4		7.296	22.144	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.833		0	BFFN	4		0.708	2.150	
17:1....g									
18:1 undifferentiated....g	7.718		0	BFFN	4		6.560	19.911	
20:1....g	0.032		0	BFFN	4		0.027	0.083	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.757		0	NC	4		0.643	1.952	
18:2 undifferentiated....g	0.495		0	BFFN	4		0.421	1.277	
18:3 undifferentiated....g	0.217		0	BFFN	4		0.185	0.561	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.024		0	BFFN	4		0.020	0.062	
20:5 n-3 (EPA)....g	0.003		18	AR	1		0.003	0.008	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.016		18	AR	1		0.014	0.041	
22:6 n-3 (DHA)....g	0.001		18	AR	1		0.001	0.003	
Fatty acids, total trans....g									
Cholesterol....mg	121		0	BFSN	4		103	313	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.198		0	PAK	1		0.168	0.510	
Threonine....g	1.202		0	PAK	1		1.022	3.101	
Isoleucine....g	1.369		0	PAK	1		1.164	3.532	
Leucine....g	2.393		0	PAK	1		2.034	6.175	
Lysine....g	2.543		0	PAK	1		2.161	6.560	
Methionine....g	0.784		0	PAK	1		0.666	2.022	
Cystine....g	0.388		0	PAK	1		0.330	1.002	
Phenylalanine....g	1.188		0	PAK	1		1.010	3.066	
Tyrosine....g	0.959		0	PAK	1		0.815	2.474	
Valine....g	1.493		0	PAK	1		1.269	3.851	
Arginine....g	1.946		0	PAK	1		1.654	5.020	
Histidine....g	0.960		0	PAK	1		0.816	2.477	
Alanine....g	1.829		0	PAK	1		1.555	4.719	
Aspartic acid....g	2.741		0	PAK	1		2.330	7.071	
Glutamic acid....g	4.517		0	PAK	1		3.839	11.654	
Glycine....g	1.832		0	PAK	1		1.557	4.727	
Proline....g	1.434		0	PAK	1		1.219	3.701	
Serine....g	1.185		0	PAK	1		1.007	3.058	
Hydroxyproline....g	0.317		0	BFPN	4		0.270	0.819	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13812

Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 258g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13811

Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw

URMIS #1864

Refuse: 15% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	61.78	1.020	3	PAK	1		17.51	1112.62	280.22
Energy kcal	249		0	NC	4		71	4488	1130
Energy kJ	1043		0	NC	4		296	18777	4729
Protein (N x 6.25) g	19.14	0.215	3	PAK	1		5.43	344.66	86.81
Total lipid (fat) g	18.57	1.219	3	PAK	1		5.26	334.39	84.22
Ash g	0.87	0.050	3	PAK	1		0.25	15.60	3.93
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total g	0.00		0	Z	7		0.00	0.00	0.00
Starch g									
Minerals:									
Calcium, Ca mg	16		2	PAK	1		4	282	71
Iron, Fe mg	1.73		2	PAK	1		0.49	31.21	7.86
Magnesium, Mg mg	19		2	PAK	1		6	351	88
Phosphorus, P mg	171		2	PAK	1		49	3083	776
Potassium, K mg	290		2	PAK	1		82	5220	1315
Sodium, Na mg	63		2	PAK	1		18	1133	285
Zinc, Zn mg	4.56		2	PAK	1		1.29	82.07	20.67
Copper, Cu mg	0.082		2	PAK	1		0.023	1.468	0.370
Manganese, Mn mg	0.013	0.004	3	PAK	1		0.004	0.229	0.058
Selenium, Se µg	19.9		2	PAK	1		5.6	358.1	90.2
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.064		2	PAK	1		0.018	1.144	0.288
Riboflavin mg	0.143		2	PAK	1		0.041	2.574	0.648
Niacin mg	4.328		2	PAK	1		1.227	77.954	19.634
Pantothenic acid mg	0.559		2	PAK	1		0.158	10.060	2.534
Vitamin B-6 mg	0.425		2	PAK	1		0.121	7.661	1.930
Folate, total µg	10		2	PAK	1		3	189	48
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	10		2	PAK	1		3	189	48
Folate, DFE µg	10		0	NC	4		3	189	48
Choline, total mg	79.9		0	BFPN	4		22.7	1439.6	362.6
Betaine mg	11.8		0	BFPN	4		3.3	211.7	53.3
Vitamin B-12 µg	1.79		2	PAK	1		0.51	32.23	8.12
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	0		0	AS	1		0	0	0
Retinol µg	0		0	PAK	1		0	0	0
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	0		0	AS	1		0	0	0
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.41		0	BFSN	4		0.12	7.33	1.85
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg	0.00		0	PAK	1		0.00	0.00	0.00
Tocopherol, gamma mg	0.00		0	PAK	1		0.00	0.00	0.00
Tocopherol, delta mg	0.00		0	PAK	1		0.00	0.00	0.00
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.6		0	BFSN	4		0.5	29.3	7.4
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13811

Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	7.492		0	NC	4		2.124	134.936	33.985
4:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
6:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
8:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
10:0....g	0.060		0	BFFN	4		0.017	1.075	0.271
12:0....g	0.040		0	BFFN	4		0.011	0.717	0.181
13:0....g									
14:0....g	0.587		0	BFFN	4		0.166	10.572	2.663
15:0....g									
16:0....g	4.511		0	BFFN	4		1.279	81.238	20.461
17:0....g									
18:0....g	2.295		0	BFFN	4		0.651	41.335	10.411
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.950		0	NC	4		2.254	143.180	36.061
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.905		0	BFFN	4		0.257	16.306	4.107
17:1....g									
18:1 undifferentiated....g	7.018		0	BFFN	4		1.990	126.396	31.834
20:1....g	0.027		0	BFFN	4		0.008	0.477	0.120
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.706		0	NC	4		0.200	12.720	3.204
18:2 undifferentiated....g	0.454		0	BFFN	4		0.129	8.182	2.061
18:3 undifferentiated....g	0.222		0	BFFN	4		0.063	4.002	1.008
18:4....g	0.000		0	BFFN	4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.030		0	BFFN	4		0.008	0.537	0.135
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	89		0	BFSN	4		25	1603	404
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.123		0	NR	4		0.035	2.208	0.556
Threonine....g	0.745		0	NR	4		0.211	13.418	3.379
Isoleucine....g	0.848		0	NR	4		0.241	15.281	3.849
Leucine....g	1.484		0	NR	4		0.421	26.719	6.729
Lysine....g	1.576		0	NR	4		0.447	28.386	7.149
Methionine....g	0.486		0	NR	4		0.138	8.747	2.203
Cystine....g	0.241		0	NR	4		0.068	4.335	1.092
Phenylalanine....g	0.737		0	NR	4		0.209	13.267	3.341
Tyrosine....g	0.594		0	NR	4		0.168	10.703	2.696
Valine....g	0.925		0	NR	4		0.262	16.664	4.197
Arginine....g	1.206		0	NR	4		0.342	21.719	5.470
Histidine....g	0.595		0	NR	4		0.169	10.720	2.700
Alanine....g	1.134		0	NR	4		0.321	20.420	5.143
Aspartic acid....g	1.699		0	NR	4		0.482	30.595	7.706
Glutamic acid....g	2.800		0	NR	4		0.794	50.425	12.700
Glycine....g	1.136		0	NR	4		0.322	20.452	5.151
Proline....g	0.889		0	NR	4		0.252	16.013	4.033
Serine....g	0.735		0	NR	4		0.208	13.231	3.332
Hydroxyproline....g	0.196		0	BFPN	4		0.056	3.529	0.889
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 13811

Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 1801g: 1 roast

Measure 3 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13814

Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised

URMIS #1049

Refuse: 26% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	51.56	0.506	3	PAK	1		43.82	132.50	
Energy kcal	295		0	NC	4		251	759	
Energy kJ	1235		0	NC	4		1050	3174	
Protein (N x 6.25) g	30.05	0.263	3	PAK	1		25.54	77.23	
Total lipid (fat) g	18.50	0.623	3	PAK	1		15.73	47.55	
Ash g	0.91	0.012	3	PAK	1		0.77	2.33	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	18		2	PAK	1		15	45	
Iron, Fe mg	2.46		2	PAK	1		2.09	6.32	
Magnesium, Mg mg	20		2	PAK	1		17	51	
Phosphorus, P mg	184		2	PAK	1		157	473	
Potassium, K mg	243		2	PAK	1		207	625	
Sodium, Na mg	50		2	PAK	1		43	129	
Zinc, Zn mg	7.09		2	PAK	1		6.02	18.21	
Copper, Cu mg	0.093		2	PAK	1		0.079	0.238	
Manganese, Mn mg	0.010	0.001	3	PAK	1		0.008	0.025	
Selenium, Se µg	28.8		2	PAK	1		24.5	73.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.065		2	PAK	1		0.055	0.168	
Riboflavin mg	0.163		2	PAK	1		0.139	0.420	
Niacin mg	4.331		2	PAK	1		3.681	11.131	
Pantothenic acid mg	0.593		2	PAK	1		0.504	1.524	
Vitamin B-6 mg	0.296		2	PAK	1		0.252	0.761	
Folate, total µg	9		2	PAK	1		8	24	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	9		2	PAK	1		8	24	
Folate, DFE µg	9		0	NC	4		8	24	
Choline, total mg	114.5		0	BFPN	4		97.3	294.2	
Betaine mg	15.0		0	BFPN	4		12.8	38.6	
Vitamin B-12 µg	1.99		2	PAK	1		1.69	5.11	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	PAK	1		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.52		0	BFSN	4		0.44	1.33	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	PAK	1		0.00	0.00	
Tocopherol, gamma mg	0.00		0	PAK	1		0.00	0.00	
Tocopherol, delta mg	0.00		0	PAK	1		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.3		0	AS	1		0.3	0.8	
Vitamin D IU	12		0	BFFN	4		10	31	
Vitamin K (phylloquinone) µg	1.8		0	BFSN	4		1.6	4.7	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13814

Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	7.337		0	NC	4		6.237	18.857	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.052		0	BFFN	4		0.044	0.134	
12:0....g	0.049		0	BFFN	4		0.041	0.125	
13:0....g									
14:0....g	0.587		0	BFFN	4		0.499	1.508	
15:0....g									
16:0....g	4.497		0	BFFN	4		3.822	11.556	
17:0....g									
18:0....g	2.153		0	BFFN	4		1.830	5.533	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.969		0	NC	4		6.774	20.481	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.774		0	BFFN	4		0.658	1.988	
17:1....g									
18:1 undifferentiated....g	7.166		0	BFFN	4		6.091	18.415	
20:1....g	0.030		0	BFFN	4		0.025	0.077	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.704		0	NC	4		0.598	1.809	
18:2 undifferentiated....g	0.460		0	BFFN	4		0.391	1.181	
18:3 undifferentiated....g	0.202		0	BFFN	4		0.172	0.519	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.022		0	BFFN	4		0.019	0.058	
20:5 n-3 (EPA)....g	0.003		18	AR	1		0.003	0.008	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.016		18	AR	1		0.014	0.041	
22:6 n-3 (DHA)....g	0.001		18	AR	1		0.001	0.003	
Fatty acids, total trans....g									
Cholesterol....mg	119		0	BFSN	4		101	307	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.202		0	PAK	1		0.171	0.518	
Threonine....g	1.225		0	PAK	1		1.041	3.148	
Isoleucine....g	1.395		0	PAK	1		1.186	3.585	
Leucine....g	2.439		0	PAK	1		2.073	6.268	
Lysine....g	2.591		0	PAK	1		2.203	6.660	
Methionine....g	0.798		0	PAK	1		0.679	2.052	
Cystine....g	0.396		0	PAK	1		0.336	1.017	
Phenylalanine....g	1.211		0	PAK	1		1.029	3.113	
Tyrosine....g	0.977		0	PAK	1		0.830	2.511	
Valine....g	1.521		0	PAK	1		1.293	3.909	
Arginine....g	1.983		0	PAK	1		1.685	5.095	
Histidine....g	0.979		0	PAK	1		0.832	2.515	
Alanine....g	1.864		0	PAK	1		1.584	4.791	
Aspartic acid....g	2.793		0	PAK	1		2.374	7.178	
Glutamic acid....g	4.603		0	PAK	1		3.913	11.830	
Glycine....g	1.867		0	PAK	1		1.587	4.798	
Proline....g	1.462		0	PAK	1		1.242	3.757	
Serine....g	1.208		0	PAK	1		1.027	3.104	
Hydroxyproline....g	0.316		0	BFPN	4		0.268	0.811	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13814

Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 257g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13813

Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw

URMIS #1049

Refuse: 16% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	62.88	0.725	3	PAK	1		17.83	1121.22	285.24
Energy kcal	239		0	NC	4		68	4268	1086
Energy kJ	1001		0	NC	4		284	17855	4542
Protein (N x 6.25) g	19.33	0.411	3	PAK	1		5.48	344.61	87.67
Total lipid (fat) g	17.39	0.871	3	PAK	1		4.93	309.98	78.86
Ash g	0.85	0.034	3	PAK	1		0.24	15.15	3.85
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total g	0.00		0	Z	7		0.00	0.00	0.00
Starch g									
Minerals:									
Calcium, Ca mg	18		2	PAK	1		5	320	82
Iron, Fe mg	1.61		2	PAK	1		0.46	28.63	7.28
Magnesium, Mg mg	19		2	PAK	1		5	343	87
Phosphorus, P mg	176		2	PAK	1		50	3137	798
Potassium, K mg	290		2	PAK	1		82	5172	1316
Sodium, Na mg	62		2	PAK	1		18	1106	281
Zinc, Zn mg	4.52		2	PAK	1		1.28	80.68	20.52
Copper, Cu mg	0.080		2	PAK	1		0.023	1.426	0.363
Manganese, Mn mg	0.010	0.000	3	PAK	1		0.003	0.169	0.043
Selenium, Se µg	20.8		2	PAK	1		5.9	370.8	94.3
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.076		2	PAK	1		0.021	1.348	0.343
Riboflavin mg	0.135		2	PAK	1		0.038	2.412	0.614
Niacin mg	4.334		2	PAK	1		1.229	77.266	19.657
Pantothenic acid mg	0.548		2	PAK	1		0.155	9.762	2.483
Vitamin B-6 mg	0.486		2	PAK	1		0.138	8.656	2.202
Folate, total µg	10		2	PAK	1		3	182	46
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	10		2	PAK	1		3	182	46
Folate, DFE µg	10		0	NC	4		3	182	46
Choline, total mg	80.7		0	BFPN	4		22.9	1439.4	366.2
Betaine mg	11.9		0	BFPN	4		3.4	211.6	53.8
Vitamin B-12 µg	1.50		2	PAK	1		0.43	26.80	6.82
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	0		0	AS	1		0	0	0
Retinol µg	0		0	PAK	1		0	0	0
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	0		0	AS	1		0	0	0
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.40		0	BFSN	4		0.11	7.05	1.79
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg	0.00		0	PAK	1		0.00	0.00	0.00
Tocopherol, gamma mg	0.00		0	PAK	1		0.00	0.00	0.00
Tocopherol, delta mg	0.00		0	PAK	1		0.00	0.00	0.00
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.6		0	BFSN	4		0.4	28.2	7.2
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13813

Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	7.016		0	NC	4		1.989	125.086	31.822
4:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
6:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
8:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
10:0....g	0.056		0	BFFN	4		0.016	0.997	0.254
12:0....g	0.037		0	BFFN	4		0.011	0.663	0.169
13:0....g									
14:0....g	0.550		0	BFFN	4		0.156	9.801	2.493
15:0....g									
16:0....g	4.224		0	BFFN	4		1.197	75.307	19.158
17:0....g									
18:0....g	2.149		0	BFFN	4		0.609	38.318	9.748
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.444		0	NC	4		2.110	132.728	33.766
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.848		0	BFFN	4		0.240	15.116	3.846
17:1....g									
18:1 undifferentiated....g	6.572		0	BFFN	4		1.863	117.170	29.808
20:1....g	0.025		0	BFFN	4		0.007	0.442	0.112
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.661		0	NC	4		0.187	11.791	3.000
18:2 undifferentiated....g	0.425		0	BFFN	4		0.121	7.585	1.930
18:3 undifferentiated....g	0.208		0	BFFN	4		0.059	3.709	0.943
18:4....g	0.000		0	BFFN	4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.028		0	BFFN	4		0.008	0.497	0.127
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	93		0	BFSN	4		26	1665	424
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.127		0	PAK	1		0.036	2.265	0.576
Threonine....g	0.772		0	PAK	1		0.219	13.766	3.502
Isoleucine....g	0.879		0	PAK	1		0.249	15.678	3.989
Leucine....g	1.537		0	PAK	1		0.436	27.413	6.974
Lysine....g	1.633		0	PAK	1		0.463	29.124	7.409
Methionine....g	0.503		0	PAK	1		0.143	8.974	2.283
Cystine....g	0.249		0	PAK	1		0.071	4.447	1.131
Phenylalanine....g	0.763		0	PAK	1		0.216	13.612	3.463
Tyrosine....g	0.616		0	PAK	1		0.175	10.981	2.794
Valine....g	0.959		0	PAK	1		0.272	17.096	4.349
Arginine....g	1.250		0	PAK	1		0.354	22.283	5.669
Histidine....g	0.617		0	PAK	1		0.175	10.998	2.798
Alanine....g	1.175		0	PAK	1		0.333	20.950	5.330
Aspartic acid....g	1.760		0	PAK	1		0.499	31.390	7.986
Glutamic acid....g	2.902		0	PAK	1		0.823	51.734	13.161
Glycine....g	1.177		0	PAK	1		0.334	20.984	5.338
Proline....g	0.921		0	PAK	1		0.261	16.429	4.179
Serine....g	0.761		0	PAK	1		0.216	13.575	3.453
Hydroxyproline....g	0.203		0	BFPN	4		0.058	3.620	0.921
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 13813

Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 1783g: 1 roast

Measure 3 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13377

Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised

URMIS #1864

Refuse: 40% Bone and connective tissue 23%, sep fat 17%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	58.83	0.658	10	A	1		50.01	644.19	
Energy kcal	212		0	NC	4		180	2318	
Energy kJ	886		0	NC	4		753	9697	
Protein (N x 6.25) g	33.36	0.575	10	A	1		28.36	365.34	
Total lipid (fat) g	7.67	0.376	10	A	1		6.52	84.00	
Ash g	1.00	0.046	10	A	1		0.85	10.93	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	14		0	BFNN	4		12	158	
Iron, Fe mg	2.89		0	BFNN	4		2.46	31.66	
Magnesium, Mg mg	22		0	BFNN	4		19	240	
Phosphorus, P mg	202		0	BFNN	4		172	2215	
Potassium, K mg	262		0	BFNN	4		222	2864	
Sodium, Na mg	54		0	BFNN	4		46	588	
Zinc, Zn mg	7.79		0	BFNN	4		6.62	85.29	
Copper, Cu mg	0.123		0	BFNN	4		0.104	1.342	
Manganese, Mn mg	0.012		0	BFNN	4		0.010	0.128	
Selenium, Se µg	33.0		0	BFNN	4		28.0	361.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.067		0	BFPN	4		0.057	0.731	
Riboflavin mg	0.222		0	BFPN	4		0.189	2.433	
Niacin mg	5.039		0	BFPN	4		4.283	55.173	
Pantothenic acid mg	0.655		0	BFPN	4		0.557	7.176	
Vitamin B-6 mg	0.330		0	BFPN	4		0.281	3.616	
Folate, total µg	11		0	BFPN	4		9	122	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	11		0	BFPN	4		9	122	
Folate, DFE µg	11		0	NC	4		9	122	
Choline, total mg	127.1		0	BFPN	4		108.0	1391.5	
Betaine mg	16.7		0	BFPN	4		14.2	182.8	
Vitamin B-12 µg	2.59		0	BFPN	4		2.20	28.36	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.44		0	BFSN	4		0.37	4.80	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.6		0	BFSN	4		1.3	17.1	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13377

Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.903		0	NC	4		2.467	31.787	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.004		0	BFFN	4		0.003	0.039	
12:0....g	0.007		0	BFFN	4		0.006	0.080	
13:0....g									
14:0....g	0.217		0	BFFN	4		0.184	2.371	
15:0....g									
16:0....g	1.710		0	BFFN	4		1.454	18.728	
17:0....g									
18:0....g	0.965		0	BFFN	4		0.820	10.569	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.267		0	NC	4		2.777	35.768	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.272		0	BFFN	4		0.231	2.974	
17:1....g									
18:1 undifferentiated....g	2.991		0	BFFN	4		2.543	32.755	
20:1....g	0.004		0	BFFN	4		0.003	0.039	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.268		0	NC	4		0.228	2.932	
18:2 undifferentiated....g	0.220		0	BFFN	4		0.187	2.411	
18:3 undifferentiated....g	0.018		0	BFFN	4		0.016	0.200	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.029		0	BFFN	4		0.025	0.321	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	100		0	BFSN	4		85	1097	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.219		0	A	1		0.186	2.401	
Threonine....g	1.333		0	A	1		1.133	14.594	
Isoleucine....g	1.518		0	A	1		1.290	16.621	
Leucine....g	2.654		0	A	1		2.256	29.062	
Lysine....g	2.820		0	A	1		2.397	30.875	
Methionine....g	0.869		0	A	1		0.739	9.514	
Cystine....g	0.431		0	A	1		0.366	4.715	
Phenylalanine....g	1.318		0	A	1		1.120	14.430	
Tyrosine....g	1.063		0	A	1		0.904	11.642	
Valine....g	1.655		0	A	1		1.407	18.124	
Arginine....g	2.157		0	A	1		1.834	23.624	
Histidine....g	1.065		0	A	1		0.905	11.659	
Alanine....g	2.028		0	A	1		1.724	22.210	
Aspartic acid....g	3.039		0	A	1		2.583	33.277	
Glutamic acid....g	5.009		0	A	1		4.257	54.845	
Glycine....g	2.032		0	A	1		1.727	22.245	
Proline....g	1.591		0	A	1		1.352	17.417	
Serine....g	1.314		0	A	1		1.117	14.391	
Hydroxyproline....g	0.351		0	BFPN	4		0.298	3.838	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13377

Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 1095g: 1 roast (yield from 1528g raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13378

Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised

URMIS #1049

Refuse: 42% Bone and connective tissue 29%, sep fat 13%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	61.20	0.535	10	A	1		52.02	756.42	
Energy kcal	195		0	NC	4		166	2407	
Energy kJ	815		0	NC	4		693	10073	
Protein (N x 6.25) g	33.37	0.443	10	A	1		28.36	412.42	
Total lipid (fat) g	5.80	0.383	10	A	1		4.93	71.66	
Ash g	1.01	0.053	10	A	1		0.86	12.44	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	17		0	BFNN	4		14	206	
Iron, Fe mg	2.77		0	BFNN	4		2.36	34.27	
Magnesium, Mg mg	22		0	BFNN	4		19	273	
Phosphorus, P mg	207		0	BFNN	4		176	2554	
Potassium, K mg	270		0	BFNN	4		230	3338	
Sodium, Na mg	55		0	BFNN	4		46	674	
Zinc, Zn mg	8.09		0	BFNN	4		6.88	100.05	
Copper, Cu mg	0.108		0	BFNN	4		0.092	1.336	
Manganese, Mn mg	0.012		0	BFNN	4		0.010	0.146	
Selenium, Se µg	37.9		0	BFNN	4		32.2	468.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.071		0	BFPN	4		0.060	0.871	
Riboflavin mg	0.205		0	BFPN	4		0.174	2.535	
Niacin mg	4.829		0	BFPN	4		4.104	59.681	
Pantothenic acid mg	0.658		0	BFPN	4		0.559	8.127	
Vitamin B-6 mg	0.309		0	BFPN	4		0.263	3.822	
Folate, total µg	11		0	BFPN	4		10	138	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	11		0	BFPN	4		10	138	
Folate, DFE µg	11		0	NC	4		10	138	
Choline, total mg	127.1		0	BFPN	4		108.0	1570.8	
Betaine mg	16.7		0	BFPN	4		14.2	206.4	
Vitamin B-12 µg	2.25		0	BFPN	4		1.91	27.80	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.40		0	BFSN	4		0.34	5.00	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.4		0	BFSN	4		1.2	17.8	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13378

Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.194		0	NC	4		1.865	27.119	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.003		0	BFFN	4		0.002	0.033	
12:0....g	0.006		0	BFFN	4		0.005	0.068	
13:0....g									
14:0....g	0.164		0	BFFN	4		0.139	2.022	
15:0....g									
16:0....g	1.293		0	BFFN	4		1.099	15.978	
17:0....g									
18:0....g	0.730		0	BFFN	4		0.620	9.018	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.469		0	NC	4		2.098	30.514	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.205		0	BFFN	4		0.174	2.536	
17:1....g									
18:1 undifferentiated....g	2.261		0	BFFN	4		1.922	27.945	
20:1....g	0.003		0	BFFN	4		0.002	0.033	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.202		0	NC	4		0.172	2.500	
18:2 undifferentiated....g	0.166		0	BFFN	4		0.141	2.057	
18:3 undifferentiated....g	0.014		0	BFFN	4		0.012	0.171	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.022		0	BFFN	4		0.019	0.273	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	98		0	BFSN	4		83	1212	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.219		0	A	1		0.186	2.711	
Threonine....g	1.333		0	A	1		1.133	16.475	
Isoleucine....g	1.518		0	A	1		1.290	18.763	
Leucine....g	2.654		0	A	1		2.256	32.807	
Lysine....g	2.820		0	A	1		2.397	34.854	
Methionine....g	0.869		0	A	1		0.739	10.740	
Cystine....g	0.431		0	A	1		0.366	5.322	
Phenylalanine....g	1.318		0	A	1		1.120	16.290	
Tyrosine....g	1.063		0	A	1		0.904	13.142	
Valine....g	1.655		0	A	1		1.407	20.460	
Arginine....g	2.158		0	A	1		1.834	26.668	
Histidine....g	1.065		0	A	1		0.905	13.162	
Alanine....g	2.029		0	A	1		1.724	25.073	
Aspartic acid....g	3.039		0	A	1		2.583	37.566	
Glutamic acid....g	5.009		0	A	1		4.258	61.913	
Glycine....g	2.032		0	A	1		1.727	25.112	
Proline....g	1.591		0	A	1		1.352	19.661	
Serine....g	1.314		0	A	1		1.117	16.246	
Hydroxyproline....g	0.351		0	BFPN	4		0.298	4.333	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13378

Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 1236g: 1 roast (yield from 1675 g raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23602

Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised

Refuse: 41% Bone and connective tissue, 27.87%, separable fat, 13.50%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	57.84	0.505	20	A	1		16.40	262.35	
Energy kcal	214		0	NC	4		61	972	
Energy kJ	897		0	NC	4		254	4069	
Protein (N x 6.25) g	34.66	0.252	20	A	1		9.83	157.21	
Total lipid (fat) g	7.36	0.340	20	A	1		2.09	33.38	
Ash g	1.02	0.036	20	A	1		0.29	4.65	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	16	1.450	5	A	1		5	74	
Iron, Fe mg	2.93	0.096	5	A	1		0.83	13.29	
Magnesium, Mg mg	23	0.235	5	A	1		6	104	
Phosphorus, P mg	213	2.059	5	A	1		60	965	
Potassium, K mg	277	3.064	5	A	1		79	1258	
Sodium, Na mg	56	1.599	5	A	1		16	255	
Zinc, Zn mg	8.32	0.137	5	A	1		2.36	37.74	
Copper, Cu mg	0.120	0.012	5	A	1		0.034	0.545	
Manganese, Mn mg	0.012	0.000	5	A	1		0.004	0.056	
Selenium, Se µg	35.4	4.542	5	A	1		10.0	160.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.070	0.003	5	A	1		0.020	0.318	
Riboflavin mg	0.217	0.011	5	A	1		0.061	0.984	
Niacin mg	5.044	0.177	5	A	1		1.430	22.880	
Pantothenic acid mg	0.682		1	A	1		0.193	3.093	
Vitamin B-6 mg	0.332	0.011	5	A	1		0.094	1.505	
Folate, total µg	12		1	A	1		3	53	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	12		1	A	1		3	53	
Folate, DFE µg	12		0	NC	4		3	53	
Choline, total mg	132.0		0	BFPN	4		37.4	598.8	
Betaine mg	17.3		0	BFPN	4		4.9	78.7	
Vitamin B-12 µg	2.53	0.163	4	A	1		0.72	11.49	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		1	A	1		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.45		0	BFSN	4		0.13	2.04	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma mg	0.00		1	A	1		0.00	0.00	
Tocopherol, delta mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.0	0.5	
Vitamin D IU	5		0	BFFN	4		1	22	
Vitamin K (phylloquinone) µg	1.6		0	BFSN	4		0.5	7.3	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23602

Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.788		0	NC	4		0.790	12.648	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.003		0	BFFN	4		0.001	0.015	
12:0....g	0.007		0	BFFN	4		0.002	0.031	
13:0....g									
14:0....g	0.210		0	BFFN	4		0.059	0.951	
15:0....g									
16:0....g	1.644		0	BFFN	4		0.466	7.455	
17:0....g									
18:0....g	0.925		0	BFFN	4		0.262	4.195	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.132		0	NC	4		0.888	14.208	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.261		0	BFFN	4		0.074	1.185	
17:1....g									
18:1 undifferentiated....g	2.868		0	BFFN	4		0.813	13.007	
20:1....g	0.003		0	BFFN	4		0.001	0.015	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.273		0	NC	4		0.077	1.240	
18:2 undifferentiated....g	0.210		0	BFFN	4		0.059	0.951	
18:3 undifferentiated....g	0.017		0	BFFN	4		0.005	0.078	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.028		0	BFFN	4		0.008	0.125	
20:5 n-3 (EPA)....g	0.003		18	AR	1		0.001	0.014	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.015		18	AR	1		0.004	0.068	
22:6 n-3 (DHA)....g	0.001		18	AR	1		0.000	0.005	
Fatty acids, total trans....g									
Cholesterol....mg	104		0	BFSN	4		30	473	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.228		0	A	1		0.065	1.033	
Threonine....g	1.385		0	A	1		0.393	6.280	
Isoleucine....g	1.577		0	A	1		0.447	7.153	
Leucine....g	2.757		0	A	1		0.782	12.506	
Lysine....g	2.929		0	A	1		0.830	13.286	
Methionine....g	0.903		0	A	1		0.256	4.094	
Cystine....g	0.447		0	A	1		0.127	2.029	
Phenylalanine....g	1.369		0	A	1		0.388	6.210	
Tyrosine....g	1.104		0	A	1		0.313	5.010	
Valine....g	1.719		0	A	1		0.487	7.799	
Arginine....g	2.241		0	A	1		0.635	10.166	
Histidine....g	1.106		0	A	1		0.314	5.017	
Alanine....g	2.107		0	A	1		0.597	9.558	
Aspartic acid....g	3.157		0	A	1		0.895	14.320	
Glutamic acid....g	5.203		0	A	1		1.475	23.601	
Glycine....g	2.110		0	A	1		0.598	9.573	
Proline....g	1.652		0	A	1		0.468	7.495	
Serine....g	1.365		0	A	1		0.387	6.193	
Hydroxyproline....g	0.364		0	BFPN	4		0.103	1.652	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 23602

Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23603

Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw

Refuse: 37% Bone and connective tissue 21%, sep fat 16%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	73.32	0.284	20	A	1		20.79	332.56	
Energy kcal	132		0	NC	4		37	599	
Energy kJ	553		0	NC	4		157	2508	
Protein (N x 6.25) g	22.11	0.148	20	A	1		6.27	100.27	
Total lipid (fat) g	4.19	0.283	20	A	1		1.19	18.98	
Ash g	1.01	0.018	20	A	1		0.29	4.57	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	16	2.024	5	A	1		4	71	
Iron, Fe mg	1.93	0.069	5	A	1		0.55	8.76	
Magnesium, Mg mg	23	0.272	5	A	1		6	104	
Phosphorus, P mg	203	2.734	5	A	1		57	919	
Potassium, K mg	337	6.644	5	A	1		96	1530	
Sodium, Na mg	74	3.456	5	A	1		21	336	
Zinc, Zn mg	5.55	0.120	5	A	1		1.57	25.16	
Copper, Cu mg	0.093	0.001	5	A	1		0.026	0.423	
Manganese, Mn mg	0.014	0.002	5	A	1		0.004	0.064	
Selenium, Se µg	25.2	3.773	5	A	1		7.1	114.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.081	0.005	5	A	1		0.023	0.365	
Riboflavin mg	0.160	0.007	5	A	1		0.045	0.727	
Niacin mg	5.069	0.060	5	A	1		1.437	22.994	
Pantothenic acid mg	0.654		1	A	1		0.185	2.965	
Vitamin B-6 mg	0.532	0.036	5	A	1		0.151	2.412	
Folate, total µg	13		1	A	1		4	59	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	13		1	A	1		4	59	
Folate, DFE µg	13		0	NC	4		4	59	
Choline, total mg	92.3		0	BFPN	4		26.2	418.8	
Betaine mg	13.6		0	BFPN	4		3.8	61.6	
Vitamin B-12 µg	1.88	0.092	4	A	1		0.53	8.54	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		1	A	1		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.28		0	BFSN	4		0.08	1.28	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma mg	0.00		1	A	1		0.00	0.00	
Tocopherol, delta mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.1		0	BFSN	4		0.3	5.1	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23603

Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.553		0	NC	4		0.440	7.046	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.004		0	BFFN	4		0.001	0.016	
13:0....g									
14:0....g	0.110		0	BFFN	4		0.031	0.499	
15:0....g									
16:0....g	0.929		0	BFFN	4		0.263	4.215	
17:0....g									
18:0....g	0.511		0	BFFN	4		0.145	2.317	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.756		0	NC	4		0.498	7.963	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.153		0	BFFN	4		0.043	0.692	
17:1....g									
18:1 undifferentiated....g	1.600		0	BFFN	4		0.453	7.255	
20:1....g	0.004		0	BFFN	4		0.001	0.016	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.181		0	NC	4		0.051	0.820	
18:2 undifferentiated....g	0.145		0	BFFN	4		0.041	0.660	
18:3 undifferentiated....g	0.014		0	BFFN	4		0.004	0.064	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.021		0	BFFN	4		0.006	0.096	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	65		0	BFSN	4		19	297	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.145		0	A	1		0.041	0.659	
Threonine....g	0.883		0	A	1		0.250	4.006	
Isoleucine....g	1.006		0	A	1		0.285	4.562	
Leucine....g	1.758		0	A	1		0.499	7.976	
Lysine....g	1.868		0	A	1		0.530	8.474	
Methionine....g	0.576		0	A	1		0.163	2.611	
Cystine....g	0.285		0	A	1		0.081	1.294	
Phenylalanine....g	0.873		0	A	1		0.248	3.961	
Tyrosine....g	0.704		0	A	1		0.200	3.195	
Valine....g	1.097		0	A	1		0.311	4.974	
Arginine....g	1.429		0	A	1		0.405	6.484	
Histidine....g	0.705		0	A	1		0.200	3.200	
Alanine....g	1.344		0	A	1		0.381	6.096	
Aspartic acid....g	2.013		0	A	1		0.571	9.133	
Glutamic acid....g	3.318		0	A	1		0.941	15.053	
Glycine....g	1.346		0	A	1		0.382	6.105	
Proline....g	1.054		0	A	1		0.299	4.780	
Serine....g	0.871		0	A	1		0.247	3.950	
Hydroxyproline....g	0.232		0	BFPN	4		0.066	1.053	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 23603

Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23614

Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised

URMIS #1864

Refuse:42% Bone and connective tissue, 29.58%, separable fat, 12.85%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	56.39	0.685	10	A	1		15.99	255.78	
Energy kcal	224		0	NC	4		63	1015	
Energy kJ	936		0	NC	4		265	4246	
Protein (N x 6.25) g	34.72	0.362	10	A	1		9.84	157.47	
Total lipid (fat) g	8.37	0.477	10	A	1		2.37	37.95	
Ash g	1.03	0.050	10	A	1		0.29	4.67	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	15	2.515	3	A	1		4	69	
Iron, Fe mg	3.04	0.152	3	A	1		0.86	13.80	
Magnesium, Mg mg	23	0.451	3	A	1		7	104	
Phosphorus, P mg	213	3.877	3	A	1		60	965	
Potassium, K mg	275	3.812	3	A	1		78	1248	
Sodium, Na mg	56	2.886	3	A	1		16	256	
Zinc, Zn mg	8.20	0.145	3	A	1		2.32	37.17	
Copper, Cu mg	0.129	0.005	3	A	1		0.037	0.585	
Manganese, Mn mg	0.012	0.001	3	A	1		0.003	0.056	
Selenium, Se µg	34.7	5.968	3	A	1		9.8	157.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.070	0.006	3	A	1		0.020	0.316	
Riboflavin mg	0.231	0.005	3	A	1		0.066	1.049	
Niacin mg	5.243	0.453	3	A	1		1.486	23.781	
Pantothenic acid mg	0.682		1	A	1		0.193	3.093	
Vitamin B-6 mg	0.344	0.024	3	A	1		0.097	1.559	
Folate, total µg	12		1	A	1		3	53	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	12		1	A	1		3	53	
Folate, DFE µg	12		0	NC	4		3	53	
Choline, total mg	132.2		0	BFPN	4		37.5	599.7	
Betaine mg	17.4		0	BFPN	4		4.9	78.8	
Vitamin B-12 µg	2.69	0.094	3	A	1		0.76	12.22	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		1	A	1		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.46		0	BFSN	4		0.13	2.11	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma mg	0.00		1	A	1		0.00	0.00	
Tocopherol, delta mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.0	0.6	
Vitamin D IU	5		0	BFFN	4		2	25	
Vitamin K (phylloquinone) µg	1.7		0	BFSN	4		0.5	7.5	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23614

Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.170		0	NC	4		0.899	14.380	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.004		0	BFFN	4		0.001	0.018	
12:0....g	0.008		0	BFFN	4		0.002	0.035	
13:0....g									
14:0....g	0.238		0	BFFN	4		0.068	1.081	
15:0....g									
16:0....g	1.869		0	BFFN	4		0.530	8.476	
17:0....g									
18:0....g	1.052		0	BFFN	4		0.298	4.770	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.561		0	NC	4		1.010	16.154	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.297		0	BFFN	4		0.084	1.348	
17:1....g									
18:1 undifferentiated....g	3.260		0	BFFN	4		0.924	14.789	
20:1....g	0.004		0	BFFN	4		0.001	0.018	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.308		0	NC	4		0.087	1.398	
18:2 undifferentiated....g	0.238		0	BFFN	4		0.068	1.081	
18:3 undifferentiated....g	0.020		0	BFFN	4		0.006	0.088	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.031		0	BFFN	4		0.009	0.142	
20:5 n-3 (EPA)....g	0.003		18	AR	1		0.001	0.014	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.015		18	AR	1		0.004	0.068	
22:6 n-3 (DHA)....g	0.001		18	AR	1		0.000	0.005	
Fatty acids, total trans....g									
Cholesterol....mg	106		0	BFSN	4		30	481	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.228		0	A	1		0.065	1.035	
Threonine....g	1.387		0	A	1		0.393	6.291	
Isoleucine....g	1.579		0	A	1		0.448	7.164	
Leucine....g	2.762		0	A	1		0.783	12.526	
Lysine....g	2.934		0	A	1		0.832	13.308	
Methionine....g	0.904		0	A	1		0.256	4.101	
Cystine....g	0.448		0	A	1		0.127	2.032	
Phenylalanine....g	1.371		0	A	1		0.389	6.220	
Tyrosine....g	1.106		0	A	1		0.314	5.018	
Valine....g	1.722		0	A	1		0.488	7.812	
Arginine....g	2.245		0	A	1		0.636	10.182	
Histidine....g	1.108		0	A	1		0.314	5.025	
Alanine....g	2.110		0	A	1		0.598	9.573	
Aspartic acid....g	3.162		0	A	1		0.896	14.343	
Glutamic acid....g	5.212		0	A	1		1.477	23.640	
Glycine....g	2.114		0	A	1		0.599	9.588	
Proline....g	1.655		0	A	1		0.469	7.507	
Serine....g	1.367		0	A	1		0.388	6.203	
Hydroxyproline....g	0.365		0	BFPN	4		0.103	1.654	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 23614

Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23612

Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw

URMIS #1864

Refuse: 37% Bone and connective tissue 21%, sep fat 16%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	72.51	0.296	10	A	1		20.56	328.90	
Energy kcal	139		0	NC	4		39	632	
Energy kJ	583		0	NC	4		165	2644	
Protein (N x 6.25) g	21.96	0.152	10	A	1		6.22	99.59	
Total lipid (fat) g	5.05	0.342	10	A	1		1.43	22.91	
Ash g	1.02	0.025	10	A	1		0.29	4.61	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	15	2.489	3	A	1		4	68	
Iron, Fe mg	2.02	0.101	3	A	1		0.57	9.18	
Magnesium, Mg mg	23	0.501	3	A	1		7	104	
Phosphorus, P mg	201	4.667	3	A	1		57	913	
Potassium, K mg	332	10.504	3	A	1		94	1506	
Sodium, Na mg	74	4.015	3	A	1		21	335	
Zinc, Zn mg	5.48	0.026	3	A	1		1.55	24.85	
Copper, Cu mg	0.091	0.003	3	A	1		0.026	0.415	
Manganese, Mn mg	0.015	0.004	3	A	1		0.004	0.068	
Selenium, Se µg	24.5	5.359	3	A	1		6.9	111.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.077	0.006	3	A	1		0.022	0.348	
Riboflavin mg	0.168	0.008	3	A	1		0.048	0.761	
Niacin mg	5.221	0.188	3	A	1		1.480	23.682	
Pantothenic acid mg	0.654		1	A	1		0.185	2.965	
Vitamin B-6 mg	0.489	0.013	3	A	1		0.139	2.218	
Folate, total µg	13		1	A	1		4	59	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	13		1	A	1		4	59	
Folate, DFE µg	13		0	NC	4		4	59	
Choline, total mg	91.7		0	BFPN	4		26.0	416.0	
Betaine mg	13.5		0	BFPN	4		3.8	61.2	
Vitamin B-12 µg	2.11	0.119	3	A	1		0.60	9.58	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		1	A	1		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.29		0	BFSN	4		0.08	1.33	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma mg	0.00		1	A	1		0.00	0.00	
Tocopherol, delta mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.0	0.3	
Vitamin D IU	3		0	BFFN	4		1	12	
Vitamin K (phylloquinone) µg	1.2		0	BFSN	4		0.3	5.3	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23612

Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.875		0	NC	4		0.531	8.503	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.004		0	BFFN	4		0.001	0.019	
13:0....g									
14:0....g	0.133		0	BFFN	4		0.038	0.601	
15:0....g									
16:0....g	1.121		0	BFFN	4		0.318	5.087	
17:0....g									
18:0....g	0.616		0	BFFN	4		0.175	2.796	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.119		0	NC	4		0.601	9.610	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.184		0	BFFN	4		0.052	0.835	
17:1....g									
18:1 undifferentiated....g	1.931		0	BFFN	4		0.547	8.757	
20:1....g	0.004		0	BFFN	4		0.001	0.019	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.232		0	NC	4		0.066	1.053	
18:2 undifferentiated....g	0.176		0	BFFN	4		0.050	0.796	
18:3 undifferentiated....g	0.017		0	BFFN	4		0.005	0.078	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.026		0	BFFN	4		0.007	0.116	
20:5 n-3 (EPA)....g	0.002		15	AR	1		0.001	0.009	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.011		15	AR	1		0.003	0.050	
22:6 n-3 (DHA)....g	0.001		15	AR	1		0.000	0.005	
Fatty acids, total trans....g									
Cholesterol....mg	65		0	BFSN	4		19	297	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.144		0	A	1		0.041	0.655	
Threonine....g	0.877		0	A	1		0.249	3.978	
Isoleucine....g	0.999		0	A	1		0.283	4.531	
Leucine....g	1.746		0	A	1		0.495	7.922	
Lysine....g	1.855		0	A	1		0.526	8.416	
Methionine....g	0.572		0	A	1		0.162	2.593	
Cystine....g	0.283		0	A	1		0.080	1.285	
Phenylalanine....g	0.867		0	A	1		0.246	3.934	
Tyrosine....g	0.700		0	A	1		0.198	3.173	
Valine....g	1.089		0	A	1		0.309	4.941	
Arginine....g	1.420		0	A	1		0.402	6.440	
Histidine....g	0.701		0	A	1		0.199	3.178	
Alanine....g	1.335		0	A	1		0.378	6.054	
Aspartic acid....g	2.000		0	A	1		0.567	9.071	
Glutamic acid....g	3.296		0	A	1		0.934	14.951	
Glycine....g	1.337		0	A	1		0.379	6.064	
Proline....g	1.047		0	A	1		0.297	4.748	
Serine....g	0.865		0	A	1		0.245	3.923	
Hydroxyproline....g	0.231		0	BFPN	4		0.065	1.046	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 23612

Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23633

Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised

URMIS #1049

Refuse:40% Bone and connective tissue, 26.23%, separable fat, 14.12%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	59.29	0.376	10	A	1		16.81	268.93	
Energy kcal	205		0	NC	4		58	930	
Energy kJ	858		0	NC	4		243	3892	
Protein (N x 6.25) g	34.60	0.369	10	A	1		9.81	156.96	
Total lipid (fat) g	6.35	0.186	10	A	1		1.80	28.80	
Ash g	1.02	0.055	10	A	1		0.29	4.62	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	17	0.837	3	A	1		5	79	
Iron, Fe mg	2.89	0.097	3	A	1		0.82	13.09	
Magnesium, Mg mg	23	0.262	3	A	1		7	104	
Phosphorus, P mg	215	2.242	3	A	1		61	976	
Potassium, K mg	281	4.851	3	A	1		80	1275	
Sodium, Na mg	57	0.781	3	A	1		16	258	
Zinc, Zn mg	8.43	0.171	3	A	1		2.39	38.23	
Copper, Cu mg	0.113	0.020	3	A	1		0.032	0.510	
Manganese, Mn mg	0.012	0.001	3	A	1		0.003	0.056	
Selenium, Se µg	39.4	7.257	3	A	1		11.2	178.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.073	0.003	3	A	1		0.021	0.332	
Riboflavin mg	0.213	0.021	3	A	1		0.060	0.965	
Niacin mg	5.007	0.031	3	A	1		1.420	22.714	
Pantothenic acid mg	0.682		1	A	1		0.193	3.093	
Vitamin B-6 mg	0.321	0.018	3	A	1		0.091	1.455	
Folate, total µg	12		1	A	1		3	53	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	12		1	A	1		3	53	
Folate, DFE µg	12		0	NC	4		3	53	
Choline, total mg	131.8		0	BFPN	4		37.4	597.8	
Betaine mg	17.3		0	BFPN	4		4.9	78.5	
Vitamin B-12 µg	2.33	0.111	3	A	1		0.66	10.58	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.43		0	BFSN	4		0.12	1.97	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.0	0.5	
Vitamin D IU	4		0	BFFN	4		1	19	
Vitamin K (phylloquinone) µg	1.5		0	BFSN	4		0.4	7.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23633

Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.406		0	NC	4		0.682	10.915	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.003		0	BFFN	4		0.001	0.013	
12:0....g	0.006		0	BFFN	4		0.002	0.027	
13:0....g									
14:0....g	0.181		0	BFFN	4		0.051	0.821	
15:0....g									
16:0....g	1.418		0	BFFN	4		0.402	6.433	
17:0....g									
18:0....g	0.798		0	BFFN	4		0.226	3.621	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.703		0	NC	4		0.766	12.261	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.226		0	BFFN	4		0.064	1.023	
17:1....g									
18:1 undifferentiated....g	2.475		0	BFFN	4		0.702	11.225	
20:1....g	0.003		0	BFFN	4		0.001	0.013	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.239		0	NC	4		0.068	1.082	
18:2 undifferentiated....g	0.181		0	BFFN	4		0.051	0.821	
18:3 undifferentiated....g	0.015		0	BFFN	4		0.004	0.067	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.024		0	BFFN	4		0.007	0.108	
20:5 n-3 (EPA)....g	0.003		18	AR	1		0.001	0.014	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.015		18	AR	1		0.004	0.068	
22:6 n-3 (DHA)....g	0.001		18	AR	1		0.000	0.005	
Fatty acids, total trans....g									
Cholesterol....mg	103		0	BFSN	4		29	467	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.227		0	A	1		0.064	1.032	
Threonine....g	1.382		0	A	1		0.392	6.270	
Isoleucine....g	1.574		0	A	1		0.446	7.141	
Leucine....g	2.753		0	A	1		0.780	12.486	
Lysine....g	2.924		0	A	1		0.829	13.265	
Methionine....g	0.901		0	A	1		0.255	4.087	
Cystine....g	0.447		0	A	1		0.127	2.026	
Phenylalanine....g	1.367		0	A	1		0.387	6.200	
Tyrosine....g	1.103		0	A	1		0.313	5.002	
Valine....g	1.717		0	A	1		0.487	7.787	
Arginine....g	2.238		0	A	1		0.634	10.149	
Histidine....g	1.104		0	A	1		0.313	5.009	
Alanine....g	2.104		0	A	1		0.596	9.542	
Aspartic acid....g	3.152		0	A	1		0.894	14.297	
Glutamic acid....g	5.195		0	A	1		1.473	23.563	
Glycine....g	2.107		0	A	1		0.597	9.557	
Proline....g	1.650		0	A	1		0.468	7.483	
Serine....g	1.363		0	A	1		0.386	6.183	
Hydroxyproline....g	0.364		0	BFPN	4		0.103	1.649	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 23633

Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23631

Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw

URMIS #1049

Refuse: 37% Bone and connective tissue 20%, sep fat 17%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	74.12	0.329	10	A	1		21.01	336.23	
Energy kcal	125		0	NC	4		35	567	
Energy kJ	523		0	NC	4		148	2372	
Protein (N x 6.25) g	22.26	0.254	10	A	1		6.31	100.95	
Total lipid (fat) g	3.32	0.232	10	A	1		0.94	15.05	
Ash g	1.00	0.027	10	A	1		0.28	4.53	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	18	4.899	3	A	1		5	83	
Iron, Fe mg	1.86	0.073	3	A	1		0.53	8.45	
Magnesium, Mg mg	23	0.183	3	A	1		6	103	
Phosphorus, P mg	204	1.922	3	A	1		58	926	
Potassium, K mg	339	6.839	3	A	1		96	1539	
Sodium, Na mg	77	6.646	3	A	1		22	351	
Zinc, Zn mg	5.68	0.236	3	A	1		1.61	25.75	
Copper, Cu mg	0.094	0.001	3	A	1		0.027	0.425	
Manganese, Mn mg	0.012	0.001	3	A	1		0.003	0.054	
Selenium, Se µg	27.6	5.107	3	A	1		7.8	125.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.085	0.006	3	A	1		0.024	0.385	
Riboflavin mg	0.146	0.017	3	A	1		0.041	0.660	
Niacin mg	4.908	0.233	3	A	1		1.391	22.263	
Pantothenic acid mg	0.654		1	A	1		0.185	2.965	
Vitamin B-6 mg	0.556	0.060	3	A	1		0.158	2.522	
Folate, total µg	13		1	A	1		4	59	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	13		1	A	1		4	59	
Folate, DFE µg	13		0	NC	4		4	59	
Choline, total mg	93.0		0	BFPN	4		26.4	421.7	
Betaine mg	13.7		0	BFPN	4		3.9	62.0	
Vitamin B-12 µg	1.77	0.029	3	A	1		0.50	8.03	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		1	A	1		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.28		0	BFSN	4		0.08	1.25	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma mg	0.00		1	A	1		0.00	0.00	
Tocopherol, delta mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	AS	1		0.0	0.2	
Vitamin D IU	2		0	BFFN	4		1	8	
Vitamin K (phylloquinone) µg	1.1		0	BFSN	4		0.3	5.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23631

Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.232		0	NC	4		0.349	5.587	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.003		0	BFFN	4		0.001	0.013	
13:0....g									
14:0....g	0.087		0	BFFN	4		0.025	0.395	
15:0....g									
16:0....g	0.737		0	BFFN	4		0.209	3.343	
17:0....g									
18:0....g	0.405		0	BFFN	4		0.115	1.837	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.392		0	NC	4		0.395	6.315	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.121		0	BFFN	4		0.034	0.548	
17:1....g									
18:1 undifferentiated....g	1.269		0	BFFN	4		0.360	5.754	
20:1....g	0.003		0	BFFN	4		0.001	0.013	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.157		0	NC	4		0.045	0.714	
18:2 undifferentiated....g	0.115		0	BFFN	4		0.033	0.523	
18:3 undifferentiated....g	0.011		0	BFFN	4		0.003	0.051	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.017		0	BFFN	4		0.005	0.076	
20:5 n-3 (EPA)....g	0.002		15	AR	1		0.001	0.009	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.011		15	AR	1		0.003	0.050	
22:6 n-3 (DHA)....g	0.001		15	AR	1		0.000	0.005	
Fatty acids, total trans....g									
Cholesterol....mg	66		0	BFSN	4		19	301	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.146		0	A	1		0.041	0.663	
Threonine....g	0.889		0	A	1		0.252	4.033	
Isoleucine....g	1.013		0	A	1		0.287	4.593	
Leucine....g	1.770		0	A	1		0.502	8.030	
Lysine....g	1.881		0	A	1		0.533	8.532	
Methionine....g	0.580		0	A	1		0.164	2.629	
Cystine....g	0.287		0	A	1		0.081	1.303	
Phenylalanine....g	0.879		0	A	1		0.249	3.987	
Tyrosine....g	0.709		0	A	1		0.201	3.217	
Valine....g	1.104		0	A	1		0.313	5.008	
Arginine....g	1.439		0	A	1		0.408	6.528	
Histidine....g	0.710		0	A	1		0.201	3.222	
Alanine....g	1.353		0	A	1		0.384	6.137	
Aspartic acid....g	2.027		0	A	1		0.575	9.195	
Glutamic acid....g	3.341		0	A	1		0.947	15.155	
Glycine....g	1.355		0	A	1		0.384	6.147	
Proline....g	1.061		0	A	1		0.301	4.813	
Serine....g	0.877		0	A	1		0.249	3.977	
Hydroxyproline....g	0.234		0	BFPN	4		0.066	1.061	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 23631

Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13379

Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised

Top Blade Steak

Refuse: 25% Bone

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	47.92		0		1		112.61	40.73	
Energy kcal	334		0	NC	4		785	284	
Energy kJ	1397		0		4		3284	1188	
Protein (N x 6.25) g	27.18		0		1		63.87	23.10	
Total lipid (fat) g	24.14		0		1		56.73	20.52	
Ash g	0.89		0		1		2.09	0.76	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	13		0		1		31	11	
Iron, Fe mg	3.18		0		1		7.47	2.70	
Magnesium, Mg mg	20		0		1		47	17	
Phosphorus, P mg	205		0		1		482	174	
Potassium, K mg	236		0		1		555	201	
Sodium, Na mg	65		0		1		153	55	
Zinc, Zn mg	8.58		0		1		20.16	7.29	
Copper, Cu mg	0.128		0		1		0.301	0.109	
Manganese, Mn mg	0.016		0		1		0.038	0.014	
Selenium, Se µg	25.0		0	BFYN	4		58.8	21.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.070		0		1		0.165	0.060	
Riboflavin mg	0.250		0		1		0.588	0.213	
Niacin mg	2.450		0		1		5.758	2.083	
Pantothenic acid mg	0.310		0		1		0.729	0.264	
Vitamin B-6 mg	0.260		0		1		0.611	0.221	
Folate, total µg	5		0		1		12	4	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	5		0		1		12	4	
Folate, DFE µg	5		0	NC	4		12	4	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	2.31		0		1		5.43	1.96	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	NC	4		0	0	
Retinol µg	0		0	NR	4		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0		1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.20		0	NR	4		0.47	0.17	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.4		0	AS	1		0.9	0.3	
Vitamin D IU	16		0	BFFN	4		37	13	
Vitamin K (phylloquinone) µg	2.0		0	BFSN	4		4.6	1.7	
Dihydrophylloquinone µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4 µg									

NDB No. 13379

Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	9.590		0		1		22.537	8.152	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.060		0		1		0.141	0.051	
12:0....g	0.050		0		1		0.118	0.043	
13:0....g									
14:0....g	0.760		0		1		1.786	0.646	
15:0....g									
16:0....g	5.820		0		1		13.677	4.947	
17:0....g									
18:0....g	2.900		0		1		6.815	2.465	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	10.430		0		1		24.511	8.866	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.970		0		1		2.280	0.825	
17:1....g									
18:1 undifferentiated....g	9.420		0		1		22.137	8.007	
20:1....g	0.040		0		1		0.094	0.034	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.860		0		1		2.021	0.731	
18:2 undifferentiated....g	0.600		0		1		1.410	0.510	
18:3 undifferentiated....g	0.230		0		1		0.541	0.196	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.040		0		1		0.094	0.034	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	104		0		1		244	88	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.179		0	NR	4		0.420	0.152	
Threonine....g	1.086		0	NR	4		2.552	0.923	
Isoleucine....g	1.237		0	NR	4		2.906	1.051	
Leucine....g	2.162		0	NR	4		5.081	1.838	
Lysine....g	2.297		0	NR	4		5.398	1.952	
Methionine....g	0.708		0	NR	4		1.663	0.602	
Cystine....g	0.351		0	NR	4		0.824	0.298	
Phenylalanine....g	1.074		0	NR	4		2.523	0.913	
Tyrosine....g	0.866		0	NR	4		2.035	0.736	
Valine....g	1.348		0	NR	4		3.169	1.146	
Arginine....g	1.758		0	NR	4		4.130	1.494	
Histidine....g	0.867		0	NR	4		2.038	0.737	
Alanine....g	1.652		0	NR	4		3.883	1.405	
Aspartic acid....g	2.476		0	NR	4		5.818	2.104	
Glutamic acid....g	4.080		0	NR	4		9.589	3.468	
Glycine....g	1.655		0	NR	4		3.889	1.407	
Proline....g	1.296		0	NR	4		3.045	1.101	
Serine....g	1.071		0	NR	4		2.516	0.910	
Hydroxyproline....g	0.286		0	BFPN	4		0.671	0.243	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13379

Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 235g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13816

Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised

Top Blade Steak

Refuse: 23% Bone

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	47.67		0	PAE	4		40.52	117.74	
Energy kcal	341		0	NC	4		290	842	
Energy kJ	1427		0		4		1213	3524	
Protein (N x 6.25) g	26.78		0	PAE	4		22.76	66.15	
Total lipid (fat) g	25.12		0	PAE	4		21.35	62.05	
Ash g	0.88		0	PAE	4		0.75	2.17	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	13		0	PAE	4		11	32	
Iron, Fe mg	3.13		0	PAE	4		2.66	7.73	
Magnesium, Mg mg	19		0	PAE	4		16	47	
Phosphorus, P mg	202		0	PAE	4		172	499	
Potassium, K mg	233		0	PAE	4		198	576	
Sodium, Na mg	65		0	PAE	4		55	161	
Zinc, Zn mg	8.41		0	PAE	4		7.15	20.77	
Copper, Cu mg	0.126		0	PAE	4		0.107	0.311	
Manganese, Mn mg	0.016		0	PAE	4		0.014	0.040	
Selenium, Se µg	24.6		0	BFZN	4		20.9	60.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.070		0	PAE	4		0.060	0.173	
Riboflavin mg	0.240		0	PAE	4		0.204	0.593	
Niacin mg	2.430		0	PAE	4		2.066	6.002	
Pantothenic acid mg	0.310		0	PAE	4		0.264	0.766	
Vitamin B-6 mg	0.260		0	PAE	4		0.221	0.642	
Folate, total µg	5		0	PAE	4		4	12	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	5		0	PAE	4		4	12	
Folate, DFE µg	5		0	NC	4		4	12	
Choline, total mg	102.0		0	BFPN	4		86.7	251.9	
Betaine mg	13.4		0	BFPN	4		11.4	33.1	
Vitamin B-12 µg	2.29		0	PAE	4		1.95	5.66	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	NR	4		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.20		0	BFNN	4		0.17	0.50	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.4		0	AS	1		0.3	1.0	
Vitamin D IU	16		0	BFFN	4		14	41	
Vitamin K (phylloquinone) µg	2.0		0	BFSN	4		1.7	4.9	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13816

Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	10.000		0	PAE	4		8.500	24.700	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.060		0	PAE	4		0.051	0.148	
12:0....g	0.060		0	PAE	4		0.051	0.148	
13:0....g									
14:0....g	0.800		0	PAE	4		0.680	1.976	
15:0....g									
16:0....g	6.080		0	PAE	4		5.168	15.018	
17:0....g									
18:0....g	3.000		0	PAE	4		2.550	7.410	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	10.860		0	PAE	4		9.231	26.824	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.020		0	PAE	4		0.867	2.519	
17:1....g									
18:1 undifferentiated....g	9.790		0	PAE	4		8.322	24.181	
20:1....g	0.040		0	PAE	4		0.034	0.099	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.900		0	PAE	4		0.765	2.223	
18:2 undifferentiated....g	0.620		0	PAE	4		0.527	1.531	
18:3 undifferentiated....g	0.250		0	PAE	4		0.213	0.618	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.030		0	PAE	4		0.026	0.074	
20:5 n-3 (EPA)....g	0.003		18	AR	1		0.003	0.007	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.016		18	AR	1		0.014	0.040	
22:6 n-3 (DHA)....g	0.001		18	AR	1		0.001	0.002	
Fatty acids, total trans....g									
Cholesterol....mg	104		0	PAE	4		88	257	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.300		0	PAE	4		0.255	0.741	
Threonine....g	1.170		0	PAE	4		0.995	2.890	
Isoleucine....g	1.204		0	PAE	4		1.023	2.974	
Leucine....g	2.116		0	PAE	4		1.799	5.227	
Lysine....g	2.228		0	PAE	4		1.894	5.503	
Methionine....g	0.685		0	PAE	4		0.582	1.692	
Cystine....g	0.300		0	PAE	4		0.255	0.741	
Phenylalanine....g	1.045		0	PAE	4		0.888	2.581	
Tyrosine....g	0.900		0	PAE	4		0.765	2.223	
Valine....g	1.302		0	PAE	4		1.107	3.216	
Arginine....g	1.692		0	PAE	4		1.438	4.179	
Histidine....g	0.917		0	PAE	4		0.779	2.265	
Alanine....g	1.615		0	PAE	4		1.373	3.989	
Aspartic acid....g	2.446		0	PAE	4		2.079	6.042	
Glutamic acid....g	4.023		0	PAE	4		3.420	9.937	
Glycine....g	1.461		0	PAE	4		1.242	3.609	
Proline....g	1.182		0	PAE	4		1.005	2.920	
Serine....g	1.024		0	PAE	4		0.870	2.529	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13816

Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 247g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13815

Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Top Blade Steak

Refuse: 19% Bone

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	61.23		0	PAE	4		17.36	277.74	
Energy kcal	248		0	NC	4		70	1125	
Energy kJ	1038		0		4		294	4707	
Protein (N x 6.25) g	17.16		0	PAE	4		4.86	77.84	
Total lipid (fat) g	19.41		0	PAE	4		5.50	88.04	
Ash g	0.82		0	PAE	4		0.23	3.72	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	10		0	PAE	4		3	45	
Iron, Fe mg	2.04		0	PAE	4		0.58	9.25	
Magnesium, Mg mg	17		0	PAE	4		5	77	
Phosphorus, P mg	162		0	PAE	4		46	735	
Potassium, K mg	271		0	PAE	4		77	1229	
Sodium, Na mg	68		0	PAE	4		19	308	
Zinc, Zn mg	4.98		0	PAE	4		1.41	22.59	
Copper, Cu mg	0.073		0	PAE	4		0.021	0.331	
Manganese, Mn mg	0.012		0	PAE	4		0.003	0.054	
Selenium, Se µg	16.2		0	BFYN	4		4.6	73.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.100		0	PAE	4		0.028	0.454	
Riboflavin mg	0.170		0	PAE	4		0.048	0.771	
Niacin mg	2.180		0	PAE	4		0.618	9.888	
Pantothenic acid mg	0.290		0	PAE	4		0.082	1.315	
Vitamin B-6 mg	0.360		0	PAE	4		0.102	1.633	
Folate, total µg	5		0	PAE	4		1	23	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	5		0	PAE	4		1	23	
Folate, DFE µg	5		0	NC	4		1	23	
Choline, total mg	71.7		0	BFPN	4		20.3	325.1	
Betaine mg	10.5		0	BFPN	4		3.0	47.8	
Vitamin B-12 µg	3.40		0	PAE	4		0.96	15.42	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg									
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	PAE	4		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13815

Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	7.820		0	PAE	4		2.217	35.472	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.060		0	PAE	4		0.017	0.272	
12:0....g	0.050		0	PAE	4		0.014	0.227	
13:0....g									
14:0....g	0.620		0	PAE	4		0.176	2.812	
15:0....g									
16:0....g	4.690		0	PAE	4		1.330	21.274	
17:0....g									
18:0....g	2.410		0	PAE	4		0.683	10.932	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.520		0	PAE	4		2.415	38.647	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.950		0	PAE	4		0.269	4.309	
17:1....g									
18:1 undifferentiated....g	7.540		0	PAE	4		2.138	34.201	
20:1....g	0.030		0	PAE	4		0.009	0.136	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.710		0	PAE	4		0.201	3.221	
18:2 undifferentiated....g	0.470		0	PAE	4		0.133	2.132	
18:3 undifferentiated....g	0.220		0	PAE	4		0.062	0.998	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.030		0	PAE	4		0.009	0.136	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	71		0	PAE	4		20	322	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.192		0	PAE	4		0.054	0.871	
Threonine....g	0.750		0	PAE	4		0.213	3.402	
Isoleucine....g	0.772		0	PAE	4		0.219	3.502	
Leucine....g	1.357		0	PAE	4		0.385	6.155	
Lysine....g	1.428		0	PAE	4		0.405	6.477	
Methionine....g	0.439		0	PAE	4		0.124	1.991	
Cystine....g	0.192		0	PAE	4		0.054	0.871	
Phenylalanine....g	0.670		0	PAE	4		0.190	3.039	
Tyrosine....g	0.577		0	PAE	4		0.164	2.617	
Valine....g	0.835		0	PAE	4		0.237	3.788	
Arginine....g	1.085		0	PAE	4		0.308	4.922	
Histidine....g	0.588		0	PAE	4		0.167	2.667	
Alanine....g	1.035		0	PAE	4		0.293	4.695	
Aspartic acid....g	1.568		0	PAE	4		0.445	7.112	
Glutamic acid....g	2.579		0	PAE	4		0.731	11.698	
Glycine....g	0.936		0	PAE	4		0.265	4.246	
Proline....g	0.758		0	PAE	4		0.215	3.438	
Serine....g	0.656		0	PAE	4		0.186	2.976	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13815

Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13818

Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised

Top Blade Steak, URMIS #1879

Refuse: 23% Bone

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	46.32		0	PAE	4		39.37	114.41	
Energy kcal	359		0	NC	4		305	887	
Energy kJ	1502		0		4		1277	3710	
Protein (N x 6.25) g	26.37		0	PAE	4		22.41	65.13	
Total lipid (fat) g	27.26		0	PAE	4		23.17	67.33	
Ash g	0.87		0	PAE	4		0.74	2.15	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	13		0	PAE	4		11	32	
Iron, Fe mg	3.08		0	PAE	4		2.62	7.61	
Magnesium, Mg mg	19		0	PAE	4		16	47	
Phosphorus, P mg	198		0	PAE	4		168	489	
Potassium, K mg	230		0	PAE	4		196	568	
Sodium, Na mg	64		0	PAE	4		54	158	
Zinc, Zn mg	8.23		0	PAE	4		7.00	20.33	
Copper, Cu mg	0.124		0	PAE	4		0.105	0.306	
Manganese, Mn mg	0.015		0	PAE	4		0.013	0.037	
Selenium, Se µg	24.5		0	BFZN	4		20.8	60.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.070		0	PAE	4		0.060	0.173	
Riboflavin mg	0.240		0	PAE	4		0.204	0.593	
Niacin mg	2.410		0	PAE	4		2.049	5.953	
Pantothenic acid mg	0.310		0	PAE	4		0.264	0.766	
Vitamin B-6 mg	0.260		0	PAE	4		0.221	0.642	
Folate, total µg	5		0	PAE	4		4	12	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	5		0	PAE	4		4	12	
Folate, DFE µg	5		0	NC	4		4	12	
Choline, total mg	100.4		0	BFPN	4		85.4	248.1	
Betaine mg									
Vitamin B-12 µg	2.27		0	PAE	4		1.93	5.61	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	BFSN	4		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	PAE	4		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.21		0	BFSN	4		0.18	0.51	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.4		0	AS	1		0.4	1.1	
Vitamin D IU	18		0	BFFN	4		15	44	
Vitamin K (phylloquinone) µg	2.0		0	BFSN	4		1.7	5.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13818

Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	10.860		0	PAE	4		9.231	26.824	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.070		0	PAE	4		0.060	0.173	
12:0....g	0.060		0	PAE	4		0.051	0.148	
13:0....g									
14:0....g	0.870		0	PAE	4		0.740	2.149	
15:0....g									
16:0....g	6.600		0	PAE	4		5.610	16.302	
17:0....g									
18:0....g	3.250		0	PAE	4		2.763	8.028	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	11.780		0	PAE	4		10.013	29.097	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.110		0	PAE	4		0.944	2.742	
17:1....g									
18:1 undifferentiated....g	10.630		0	PAE	4		9.036	26.256	
20:1....g	0.050		0	PAE	4		0.043	0.124	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.970		0	PAE	4		0.825	2.396	
18:2 undifferentiated....g	0.670		0	PAE	4		0.570	1.655	
18:3 undifferentiated....g	0.270		0	PAE	4		0.230	0.667	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.040		0	PAE	4		0.034	0.099	
20:5 n-3 (EPA)....g	0.003		18	AR	1		0.003	0.007	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.016		18	AR	1		0.014	0.040	
22:6 n-3 (DHA)....g	0.001		18	AR	1		0.001	0.002	
Fatty acids, total trans....g									
Cholesterol....mg	103		0	PAE	4		88	254	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.295		0	PAE	4		0.251	0.729	
Threonine....g	1.152		0	PAE	4		0.979	2.845	
Isoleucine....g	1.185		0	PAE	4		1.007	2.927	
Leucine....g	2.084		0	PAE	4		1.771	5.147	
Lysine....g	2.194		0	PAE	4		1.865	5.419	
Methionine....g	0.675		0	PAE	4		0.574	1.667	
Cystine....g	0.295		0	PAE	4		0.251	0.729	
Phenylalanine....g	1.029		0	PAE	4		0.875	2.542	
Tyrosine....g	0.886		0	PAE	4		0.753	2.188	
Valine....g	1.283		0	PAE	4		1.091	3.169	
Arginine....g	1.666		0	PAE	4		1.416	4.115	
Histidine....g	0.903		0	PAE	4		0.768	2.230	
Alanine....g	1.590		0	PAE	4		1.352	3.927	
Aspartic acid....g	2.409		0	PAE	4		2.048	5.950	
Glutamic acid....g	3.961		0	PAE	4		3.367	9.784	
Glycine....g	1.439		0	PAE	4		1.223	3.554	
Proline....g	1.164		0	PAE	4		0.989	2.875	
Serine....g	1.008		0	PAE	4		0.857	2.490	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13818

Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 247g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13817

Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, raw

Top Blade Steak, URMIS #1879

Refuse: 19% Bone

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	59.93		0	PAE	4		16.99	271.84	
Energy kcal	265		0	NC	4		75	1202	
Energy kJ	1109		0		4		314	5029	
Protein (N x 6.25) g	16.98		0	PAE	4		4.81	77.02	
Total lipid (fat) g	21.31		0	PAE	4		6.04	96.66	
Ash g	0.81		0	PAE	4		0.23	3.67	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	10		0	PAE	4		3	45	
Iron, Fe mg	2.01		0	PAE	4		0.57	9.12	
Magnesium, Mg mg	17		0	PAE	4		5	77	
Phosphorus, P mg	160		0	PAE	4		45	726	
Potassium, K mg	267		0	PAE	4		76	1211	
Sodium, Na mg	67		0	PAE	4		19	304	
Zinc, Zn mg	4.90		0	PAE	4		1.39	22.23	
Copper, Cu mg	0.072		0	PAE	4		0.020	0.327	
Manganese, Mn mg	0.012		0	PAE	4		0.003	0.054	
Selenium, Se µg	16.2		0	BFYN	4		4.6	73.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.090		0	PAE	4		0.026	0.408	
Riboflavin mg	0.170		0	PAE	4		0.048	0.771	
Niacin mg	2.170		0	PAE	4		0.615	9.843	
Pantothenic acid mg	0.290		0	PAE	4		0.082	1.315	
Vitamin B-6 mg	0.350		0	PAE	4		0.099	1.588	
Folate, total µg	5		0	PAE	4		1	23	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	5		0	PAE	4		1	23	
Folate, DFE µg	5		0	NC	4		1	23	
Choline, total mg	70.9		0	BFPN	4		20.1	321.7	
Betaine mg	10.4		0	BFPN	4		3.0	47.3	
Vitamin B-12 µg	3.36		0	PAE	4		0.95	15.24	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg									
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	PAE	4		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13817

Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	8.590		0	PAE	4		2.435	38.964	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.060		0	PAE	4		0.017	0.272	
12:0....g	0.050		0	PAE	4		0.014	0.227	
13:0....g									
14:0....g	0.680		0	PAE	4		0.193	3.084	
15:0....g									
16:0....g	5.150		0	PAE	4		1.460	23.360	
17:0....g									
18:0....g	2.650		0	PAE	4		0.751	12.020	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	9.360		0	PAE	4		2.654	42.457	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.040		0	PAE	4		0.295	4.717	
17:1....g									
18:1 undifferentiated....g	8.280		0	PAE	4		2.347	37.558	
20:1....g	0.030		0	PAE	4		0.009	0.136	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.780		0	PAE	4		0.221	3.538	
18:2 undifferentiated....g	0.520		0	PAE	4		0.147	2.359	
18:3 undifferentiated....g	0.230		0	PAE	4		0.065	1.043	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.030		0	PAE	4		0.009	0.136	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	72		0	PAE	4		20	327	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.190		0	PAE	4		0.054	0.862	
Threonine....g	0.742		0	PAE	4		0.210	3.366	
Isoleucine....g	0.764		0	PAE	4		0.217	3.466	
Leucine....g	1.342		0	PAE	4		0.380	6.087	
Lysine....g	1.413		0	PAE	4		0.401	6.409	
Methionine....g	0.435		0	PAE	4		0.123	1.973	
Cystine....g	0.190		0	PAE	4		0.054	0.862	
Phenylalanine....g	0.663		0	PAE	4		0.188	3.007	
Tyrosine....g	0.571		0	PAE	4		0.162	2.590	
Valine....g	0.826		0	PAE	4		0.234	3.747	
Arginine....g	1.073		0	PAE	4		0.304	4.867	
Histidine....g	0.581		0	PAE	4		0.165	2.635	
Alanine....g	1.024		0	PAE	4		0.290	4.645	
Aspartic acid....g	1.552		0	PAE	4		0.440	7.040	
Glutamic acid....g	2.552		0	PAE	4		0.723	11.576	
Glycine....g	0.927		0	PAE	4		0.263	4.205	
Proline....g	0.750		0	PAE	4		0.213	3.402	
Serine....g	0.649		0	PAE	4		0.184	2.944	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13817

Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13820

Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised

Top Blade Steak, URMIS #1064

Refuse: 23% Bone

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	49.40		0	PAE	4		41.99	122.02	
Energy kcal	318		0	NC	4		270	785	
Energy kJ	1331		0		4		1131	3286	
Protein (N x 6.25) g	27.33		0	PAE	4		23.23	67.51	
Total lipid (fat) g	22.35		0	PAE	4		19.00	55.20	
Ash g	0.89		0	PAE	4		0.76	2.20	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	13		0	PAE	4		11	32	
Iron, Fe mg	3.20		0	PAE	4		2.72	7.90	
Magnesium, Mg mg	20		0	PAE	4		17	49	
Phosphorus, P mg	206		0	PAE	4		175	509	
Potassium, K mg	237		0	PAE	4		201	585	
Sodium, Na mg	66		0	PAE	4		56	163	
Zinc, Zn mg	8.65		0	PAE	4		7.35	21.37	
Copper, Cu mg	0.129		0	PAE	4		0.110	0.319	
Manganese, Mn mg	0.016		0	PAE	4		0.014	0.040	
Selenium, Se µg	24.7		0	BFZN	4		21.0	61.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.070		0	PAE	4		0.060	0.173	
Riboflavin mg	0.250		0	PAE	4		0.213	0.618	
Niacin mg	2.460		0	PAE	4		2.091	6.076	
Pantothenic acid mg	0.320		0	PAE	4		0.272	0.790	
Vitamin B-6 mg	0.260		0	PAE	4		0.221	0.642	
Folate, total µg	5		0	PAE	4		4	12	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	5		0	PAE	4		4	12	
Folate, DFE µg	5		0	NC	4		4	12	
Choline, total mg	104.1		0	BFPN	4		88.5	257.1	
Betaine mg	13.7		0	BFPN	4		11.6	33.8	
Vitamin B-12 µg	2.31		0	PAE	4		1.96	5.71	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg									
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	PAE	4		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13820

Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	8.890		0	PAE	4		7.557	21.958	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.060		0	PAE	4		0.051	0.148	
12:0....g	0.050		0	PAE	4		0.043	0.124	
13:0....g									
14:0....g	0.710		0	PAE	4		0.604	1.754	
15:0....g									
16:0....g	5.400		0	PAE	4		4.590	13.338	
17:0....g									
18:0....g	2.670		0	PAE	4		2.270	6.595	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	9.660		0	PAE	4		8.211	23.860	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.900		0	PAE	4		0.765	2.223	
17:1....g									
18:1 undifferentiated....g	8.720		0	PAE	4		7.412	21.538	
20:1....g	0.040		0	PAE	4		0.034	0.099	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.800		0	PAE	4		0.680	1.976	
18:2 undifferentiated....g	0.550		0	PAE	4		0.468	1.359	
18:3 undifferentiated....g	0.220		0	PAE	4		0.187	0.543	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.030		0	PAE	4		0.026	0.074	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	104		0	PAE	4		88	257	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.306		0	PAE	4		0.260	0.756	
Threonine....g	1.194		0	PAE	4		1.015	2.949	
Isoleucine....g	1.229		0	PAE	4		1.045	3.036	
Leucine....g	2.160		0	PAE	4		1.836	5.335	
Lysine....g	2.274		0	PAE	4		1.933	5.617	
Methionine....g	0.700		0	PAE	4		0.595	1.729	
Cystine....g	0.306		0	PAE	4		0.260	0.756	
Phenylalanine....g	1.067		0	PAE	4		0.907	2.635	
Tyrosine....g	0.918		0	PAE	4		0.780	2.267	
Valine....g	1.329		0	PAE	4		1.130	3.283	
Arginine....g	1.727		0	PAE	4		1.468	4.266	
Histidine....g	0.936		0	PAE	4		0.796	2.312	
Alanine....g	1.648		0	PAE	4		1.401	4.071	
Aspartic acid....g	2.497		0	PAE	4		2.122	6.168	
Glutamic acid....g	4.106		0	PAE	4		3.490	10.142	
Glycine....g	1.491		0	PAE	4		1.267	3.683	
Proline....g	1.207		0	PAE	4		1.026	2.981	
Serine....g	1.045		0	PAE	4		0.888	2.581	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13820

Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 247g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13819

Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw

Top Blade Steak, URMIS #1064

Refuse: 19% Bone

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	62.83		0	PAE	4		17.81	285.00	
Energy kcal	230		0	NC	4		65	1043	
Energy kJ	962		0		4		273	4365	
Protein (N x 6.25) g	17.37		0	PAE	4		4.92	78.79	
Total lipid (fat) g	17.33		0	PAE	4		4.91	78.61	
Ash g	0.84		0	PAE	4		0.24	3.81	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	10		0	PAE	4		3	45	
Iron, Fe mg	2.07		0	PAE	4		0.59	9.39	
Magnesium, Mg mg	17		0	PAE	4		5	77	
Phosphorus, P mg	164		0	PAE	4		46	744	
Potassium, K mg	276		0	PAE	4		78	1252	
Sodium, Na mg	69		0	PAE	4		20	313	
Zinc, Zn mg	5.07		0	PAE	4		1.44	23.00	
Copper, Cu mg	0.074		0	PAE	4		0.021	0.336	
Manganese, Mn mg	0.013		0	PAE	4		0.004	0.059	
Selenium, Se µg	16.3		0	BFYN	4		4.6	73.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.100		0	PAE	4		0.028	0.454	
Riboflavin mg	0.170		0	PAE	4		0.048	0.771	
Niacin mg	2.200		0	PAE	4		0.624	9.979	
Pantothenic acid mg	0.290		0	PAE	4		0.082	1.315	
Vitamin B-6 mg	0.360		0	PAE	4		0.102	1.633	
Folate, total µg	5		0	PAE	4		1	23	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	5		0	PAE	4		1	23	
Folate, DFE µg	5		0	NC	4		1	23	
Choline, total mg	72.6		0	BFPN	4		20.6	329.1	
Betaine mg	10.7		0	BFPN	4		3.0	48.4	
Vitamin B-12 µg	3.44		0	PAE	4		0.98	15.60	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg									
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	PAE	4		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13819

Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated g	6.990		0	PAE	4		1.982	31.707	
4:0 g	0.000		0	Z	7		0.000	0.000	
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.050		0	PAE	4		0.014	0.227	
12:0 g	0.040		0	PAE	4		0.011	0.181	
13:0 g									
14:0 g	0.550		0	PAE	4		0.156	2.495	
15:0 g									
16:0 g	4.190		0	PAE	4		1.188	19.006	
17:0 g									
18:0 g	2.150		0	PAE	4		0.610	9.752	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	7.600		0	PAE	4		2.155	34.474	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.850		0	PAE	4		0.241	3.856	
17:1 g									
18:1 undifferentiated g	6.720		0	PAE	4		1.905	30.482	
20:1 g	0.020		0	PAE	4		0.006	0.091	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.630		0	PAE	4		0.179	2.858	
18:2 undifferentiated g	0.420		0	PAE	4		0.119	1.905	
18:3 undifferentiated g	0.190		0	PAE	4		0.054	0.862	
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.020		0	PAE	4		0.006	0.091	
20:5 n-3 (EPA) g									
21:5 g									
22:4 g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	71		0	PAE	4		20	322	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.194		0	PAE	4		0.055	0.880	
Threonine g	0.759		0	PAE	4		0.215	3.443	
Isoleucine g	0.781		0	PAE	4		0.221	3.543	
Leucine g	1.373		0	PAE	4		0.389	6.228	
Lysine g	1.445		0	PAE	4		0.410	6.555	
Methionine g	0.445		0	PAE	4		0.126	2.019	
Cystine g	0.194		0	PAE	4		0.055	0.880	
Phenylalanine g	0.678		0	PAE	4		0.192	3.075	
Tyrosine g	0.583		0	PAE	4		0.165	2.644	
Valine g	0.845		0	PAE	4		0.240	3.833	
Arginine g	1.098		0	PAE	4		0.311	4.981	
Histidine g	0.595		0	PAE	4		0.169	2.699	
Alanine g	1.048		0	PAE	4		0.297	4.754	
Aspartic acid g	1.587		0	PAE	4		0.450	7.199	
Glutamic acid g	2.609		0	PAE	4		0.740	11.834	
Glycine g	0.947		0	PAE	4		0.268	4.296	
Proline g	0.767		0	PAE	4		0.217	3.479	
Serine g	0.664		0	PAE	4		0.188	3.012	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	

NDB No. 13819

Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13382

Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised

Top Blade Steak

Refuse: 39% 25% bone, 14% separable fat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	54.80		1		1		46.58	104.67	
Energy kcal	253		0	NC	4		215	483	
Energy kJ	1059		0		4		900	2022	
Protein (N x 6.25) g	31.06	0.775	11		1		26.40	59.32	
Total lipid (fat) g	13.30		1		1		11.31	25.40	
Ash g	0.99	0.031	11		1		0.84	1.89	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	13	1.258	11		1		11	25	
Iron, Fe mg	3.68	0.200	10		1		3.13	7.03	
Magnesium, Mg mg	23	0.834	11		1		20	44	
Phosphorus, P mg	235		1		1		200	449	
Potassium, K mg	263	8.280	11		1		224	502	
Sodium, Na mg	71	6.704	11		1		60	136	
Zinc, Zn mg	10.27	0.753	7		1		8.73	19.62	
Copper, Cu mg	0.148	0.011	8		1		0.126	0.283	
Manganese, Mn mg	0.018		1		1		0.015	0.034	
Selenium, Se µg	26.7	2.200	7	A	1		22.7	51.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.080	0.007	11		1		0.068	0.153	
Riboflavin mg	0.280	0.020	9		1		0.238	0.535	
Niacin mg	2.670	0.359	11		1		2.270	5.100	
Pantothenic acid mg	0.350		1		1		0.298	0.669	
Vitamin B-6 mg	0.290		1		1		0.247	0.554	
Folate, total µg	6	1.142	11		1		5	11	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	6	1.142	11		1		5	11	
Folate, DFE µg	6		0	NC	4		5	11	
Choline, total mg	118.3		0	BFPN	4		100.6	225.9	
Betaine mg	15.5		0	BFPN	4		13.2	29.7	
Vitamin B-12 µg	2.47	0.321	11		1		2.10	4.72	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	NC	4		0	0	
Retinol µg	0		0	NR	4		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0		1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.14		0	NR	4		0.12	0.27	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	AS	1		0.2	0.4	
Vitamin D IU	9		0	BFFN	4		7	17	
Vitamin K (phylloquinone) µg	1.7		0	BFSN	4		1.5	3.3	
Dihydrophylloquinone µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4 µg									

NDB No. 13382

Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	5.160		0		1		4.386	9.856	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.010		8		1		0.009	0.019	
12:0....g	0.010		8		1		0.009	0.019	
13:0....g									
14:0....g	0.390		8		1		0.332	0.745	
15:0....g									
16:0....g	3.010		8		1		2.559	5.749	
17:0....g									
18:0....g	1.730		8		1		1.471	3.304	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.730		0		1		4.871	10.944	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.460		8		1		0.391	0.879	
17:1....g									
18:1 undifferentiated....g	5.260		8		1		4.471	10.047	
20:1....g	0.010		8		1		0.009	0.019	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.440		0		1		0.374	0.840	
18:2 undifferentiated....g	0.360		8		1		0.306	0.688	
18:3 undifferentiated....g	0.030		8		1		0.026	0.057	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.040		8		1		0.034	0.076	
20:5 n-3 (EPA)....g	0.003		18	AR	1		0.003	0.006	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.015		18	AR	1		0.013	0.029	
22:6 n-3 (DHA)....g	0.001		18	AR	1		0.001	0.002	
Fatty acids, total trans....g									
Cholesterol....mg	106	1.958	8		1		90	202	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.204		0	A	1		0.174	0.390	
Threonine....g	1.241		0	A	1		1.055	2.370	
Isoleucine....g	1.413		0	A	1		1.201	2.699	
Leucine....g	2.471		0	A	1		2.100	4.719	
Lysine....g	2.625		0	A	1		2.231	5.014	
Methionine....g	0.809		0	A	1		0.688	1.545	
Cystine....g	0.401		0	A	1		0.341	0.766	
Phenylalanine....g	1.227		0	A	1		1.043	2.343	
Tyrosine....g	0.990		0	A	1		0.841	1.890	
Valine....g	1.541		0	A	1		1.310	2.943	
Arginine....g	2.008		0	A	1		1.707	3.836	
Histidine....g	0.991		0	A	1		0.843	1.893	
Alanine....g	1.888		0	A	1		1.605	3.607	
Aspartic acid....g	2.829		0	A	1		2.405	5.404	
Glutamic acid....g	4.663		0	A	1		3.963	8.906	
Glycine....g	1.891		0	A	1		1.608	3.612	
Proline....g	1.481		0	A	1		1.259	2.828	
Serine....g	1.224		0	A	1		1.040	2.337	
Hydroxyproline....g	0.326		0	BFPN	4		0.277	0.623	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13382

Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 191g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23552

Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted

Refuse: 4% Bone and heavy connective tissue, 4%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	61.09		0	PAK	1		51.93	277.11	
Energy kcal	207		0	NC	4		176	941	
Energy kJ	868		0	NC	4		738	3937	
Protein (N x 6.25) g	25.70		0	PAK	1		21.85	116.59	
Total lipid (fat) g	10.84		0	PAK	1		9.21	49.15	
Ash g	1.15		0	PAK	1		0.98	5.21	
Carbohydrate, by difference g	0.00		0	PIK	4		0.00	0.00	
Fiber, total dietary g	0.0		0	PIK	4		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	7		0	PIK	4		6	34	
Iron, Fe mg	3.05		0	PIK	4		2.59	13.82	
Magnesium, Mg mg	21		0	PAK	1		18	94	
Phosphorus, P mg	212		0	PIK	4		180	962	
Potassium, K mg	367		0	PIK	4		312	1663	
Sodium, Na mg	71		0	PIK	4		61	324	
Zinc, Zn mg	6.04		0	PAK	1		5.13	27.39	
Copper, Cu mg	0.096		0	PAK	1		0.082	0.436	
Manganese, Mn mg	0.000		0	PAK	1		0.000	0.002	
Selenium, Se µg	29.1		0	PIK	4		24.7	132.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0	0.0	
Thiamin mg	0.086		0	PIK	4		0.073	0.390	
Riboflavin mg	0.240		0	PIK	4		0.204	1.091	
Niacin mg	3.393		0	PIK	4		2.884	15.389	
Pantothenic acid mg	0.671		0	BFPN	4		0.570	3.042	
Vitamin B-6 mg	0.268		0	PIK	4		0.228	1.216	
Folate, total µg	9		0	PIK	4		8	41	
Folic acid µg	0		0	PIK	4		0	0	
Folate, food µg	9		0	PIK	4		8	41	
Folate, DFE µg	9		0	NC	4		8	41	
Choline, total mg	97.9		0	BFPN	4		83.2	444.1	
Betaine mg									
Vitamin B-12 µg	2.97		0	PIK	4		2.53	13.49	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	PIK	4		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.16		0	PIK	4		0.13	0.71	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23552

Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.904		0	PIK	4		3.318	17.708	
4:0....g	0.000		0	PAK	1		0.000	0.000	
6:0....g	0.000		0	PAK	1		0.000	0.000	
8:0....g	0.000		0	PAK	1		0.000	0.000	
10:0....g	0.019		0	PAK	1		0.016	0.086	
12:0....g	0.018		0	PAK	1		0.015	0.080	
13:0....g									
14:0....g	0.279		0	PAK	1		0.238	1.268	
15:0....g									
16:0....g	2.396		0	PAK	1		2.036	10.867	
17:0....g									
18:0....g	1.183		0	PAK	1		1.005	5.366	
20:0....g	0.009		0	PAK	1		0.008	0.042	
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.179		0	PIK	4		4.402	23.493	
14:1....g	0.041		0	PAK	1		0.035	0.186	
15:1....g									
16:1 undifferentiated....g	0.399		0	PAK	1		0.339	1.812	
17:1....g									
18:1 undifferentiated....g	4.727		0	PAK	1		4.018	21.440	
20:1....g	0.012		0	PAK	1		0.010	0.054	
22:1 undifferentiated....g	0.000		0	PAK	1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.455		0	PIK	4		0.387	2.063	
18:2 undifferentiated....g	0.323		0	PAK	1		0.275	1.467	
18:3 undifferentiated....g	0.101		0	PAK	1		0.086	0.459	
18:4....g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.030		0	PAK	1		0.026	0.137	
20:5 n-3 (EPA)....g	0.000		0	PAK	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	PAK	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	69		0	PAK	1		59	314	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.278		0	PAK	1		0.236	1.260	
Threonine....g	1.186		0	PAK	1		1.008	5.380	
Isoleucine....g	1.322		0	PAK	1		1.124	5.998	
Leucine....g	2.265		0	PAK	1		1.926	10.276	
Lysine....g	2.404		0	PAK	1		2.044	10.906	
Methionine....g	0.727		0	PAK	1		0.618	3.298	
Cystine....g	0.276		0	PAK	1		0.235	1.253	
Phenylalanine....g	1.111		0	PAK	1		0.945	5.041	
Tyrosine....g	0.940		0	PAK	1		0.799	4.263	
Valine....g	1.386		0	PAK	1		1.178	6.286	
Arginine....g	1.729		0	PAK	1		1.469	7.841	
Histidine....g	0.830		0	PAK	1		0.706	3.765	
Alanine....g	1.553		0	PAK	1		1.320	7.047	
Aspartic acid....g	2.556		0	PAK	1		2.173	11.594	
Glutamic acid....g	4.113		0	PAK	1		3.496	18.655	
Glycine....g	1.227		0	PAK	1		1.043	5.567	
Proline....g	1.088		0	PAK	1		0.925	4.936	
Serine....g	1.030		0	PAK	1		0.875	4.672	
Hydroxyproline....g	0.115		0	PAK	1		0.098	0.523	
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	
Caffeine....mg	0		0	PIK	4		0	0	

NDB No. 23552

Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23528

Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted

URMIS #1947

Refuse: 4% Bone and heavy connective tissue, 4%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	60.38		0	PAK	1		51.32	273.87	
Energy kcal	216		0	NC	4		183	978	
Energy kJ	903		0	NC	4		768	4096	
Protein (N x 6.25) g	24.61		0	PAK	1		20.92	111.63	
Total lipid (fat) g	12.26		0	PAK	1		10.43	55.63	
Ash g	1.07		0	PAK	1		0.91	4.86	
Carbohydrate, by difference g	0.00		0	PIK	4		0.00	0.00	
Fiber, total dietary g	0.0		0	PIK	4		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	8		0	PIK	4		6	35	
Iron, Fe mg	3.02		0	PIK	4		2.56	13.68	
Magnesium, Mg mg	20		0	PAK	1		17	93	
Phosphorus, P mg	210		0	PIK	4		178	952	
Potassium, K mg	363		0	PIK	4		308	1645	
Sodium, Na mg	71		0	PIK	4		60	322	
Zinc, Zn mg	5.95		0	PAK	1		5.06	27.00	
Copper, Cu mg	0.095		0	PAK	1		0.081	0.432	
Manganese, Mn mg	0.001		0	PAK	1		0.001	0.003	
Selenium, Se µg	28.9		0	PIK	4		24.6	131.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0	0.0	
Thiamin mg	0.082		0	PIK	4		0.070	0.373	
Riboflavin mg	0.230		0	PIK	4		0.196	1.044	
Niacin mg	3.251		0	PIK	4		2.764	14.748	
Pantothenic acid mg	0.653		0	BFPN	4		0.555	2.964	
Vitamin B-6 mg	0.257		0	PIK	4		0.219	1.167	
Folate, total µg	9		0	PIK	4		7	40	
Folic acid µg	0		0	PIK	4		0	0	
Folate, food µg	9		0	PIK	4		7	40	
Folate, DFE µg	9		0	NC	4		7	40	
Choline, total mg	93.7		0	BFPN	4		79.7	425.2	
Betaine mg									
Vitamin B-12 µg	2.85		0	PIK	4		2.43	12.95	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	PIK	4		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.15		0	PIK	4		0.13	0.70	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	AS	1		0.1	0.8	
Vitamin D IU	7		0	PAK	1		6	30	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23528

Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.285		0	PIK	4		3.642	19.436	
4:0....g	0.000		0	PAK	1		0.000	0.000	
6:0....g	0.000		0	PAK	1		0.000	0.000	
8:0....g	0.000		0	PAK	1		0.000	0.000	
10:0....g	0.024		0	PAK	1		0.020	0.107	
12:0....g	0.022		0	PAK	1		0.019	0.099	
13:0....g									
14:0....g	0.306		0	PAK	1		0.260	1.389	
15:0....g									
16:0....g	2.633		0	PAK	1		2.238	11.945	
17:0....g									
18:0....g	1.291		0	PAK	1		1.097	5.855	
20:0....g	0.009		0	PAK	1		0.008	0.041	
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.870		0	PIK	4		4.989	26.626	
14:1....g	0.036		0	PAK	1		0.031	0.166	
15:1....g									
16:1 undifferentiated....g	0.458		0	PAK	1		0.389	2.075	
17:1....g									
18:1 undifferentiated....g	5.361		0	PAK	1		4.557	24.318	
20:1....g	0.015		0	PAK	1		0.013	0.068	
22:1 undifferentiated....g	0.000		0	PAK	1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.461		0	PIK	4		0.392	2.092	
18:2 undifferentiated....g	0.324		0	PAK	1		0.276	1.471	
18:3 undifferentiated....g	0.118		0	PAK	1		0.101	0.537	
18:4....g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.018		0	PAK	1		0.016	0.083	
20:5 n-3 (EPA)....g	0.000		0	PAK	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	PAK	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	67		0	PAK	1		57	302	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.266		0	PAK	1		0.226	1.206	
Threonine....g	1.135		0	PAK	1		0.965	5.148	
Isoleucine....g	1.265		0	PAK	1		1.075	5.736	
Leucine....g	2.167		0	PAK	1		1.842	9.829	
Lysine....g	2.300		0	PAK	1		1.955	10.431	
Methionine....g	0.696		0	PAK	1		0.591	3.155	
Cystine....g	0.265		0	PAK	1		0.225	1.201	
Phenylalanine....g	1.063		0	PAK	1		0.904	4.822	
Tyrosine....g	0.899		0	PAK	1		0.764	4.078	
Valine....g	1.326		0	PAK	1		1.127	6.013	
Arginine....g	1.654		0	PAK	1		1.406	7.504	
Histidine....g	0.795		0	PAK	1		0.676	3.607	
Alanine....g	1.487		0	PAK	1		1.264	6.747	
Aspartic acid....g	2.446		0	PAK	1		2.079	11.093	
Glutamic acid....g	3.936		0	PAK	1		3.345	17.852	
Glycine....g	1.177		0	PAK	1		1.000	5.337	
Proline....g	1.042		0	PAK	1		0.886	4.728	
Serine....g	0.986		0	PAK	1		0.838	4.471	
Hydroxyproline....g	0.109		0	PAK	1		0.093	0.496	
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	
Caffeine....mg	0		0	PIK	4		0	0	

NDB No. 23528

Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23531

Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted

URMIS #1132

Refuse: 5% Bone and heavy connective tissue, 5%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	62.13		0	PAK	1		52.81	281.84	
Energy kcal	196		0	NC	4		166	887	
Energy kJ	818		0	NC	4		695	3710	
Protein (N x 6.25) g	27.30		0	PAK	1		23.20	123.82	
Total lipid (fat) g	8.76		0	PAK	1		7.44	39.71	
Ash g	1.26		0	PAK	1		1.07	5.72	
Carbohydrate, by difference g	0.00		0	PIK	4		0.00	0.00	
Fiber, total dietary g	0.0		0	PIK	4		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	7		0	PIK	4		6	33	
Iron, Fe mg	3.09		0	PIK	4		2.63	14.03	
Magnesium, Mg mg	21		0	PAK	1		18	96	
Phosphorus, P mg	215		0	PIK	4		183	976	
Potassium, K mg	372		0	PIK	4		317	1689	
Sodium, Na mg	72		0	PIK	4		61	327	
Zinc, Zn mg	6.16		0	PAK	1		5.24	27.96	
Copper, Cu mg	0.097		0	PAK	1		0.083	0.442	
Manganese, Mn mg	0.000		0	PAK	1		0.000	0.001	
Selenium, Se µg	29.4		0	PIK	4		25.0	133.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0	0.0	
Thiamin mg	0.092		0	PIK	4		0.078	0.415	
Riboflavin mg	0.256		0	PIK	4		0.217	1.160	
Niacin mg	3.599		0	PIK	4		3.059	16.323	
Pantothenic acid mg	0.699		0	BFPN	4		0.594	3.169	
Vitamin B-6 mg	0.284		0	PIK	4		0.241	1.287	
Folate, total µg	10		0	PIK	4		8	44	
Folic acid µg	0		0	PIK	4		0	0	
Folate, food µg	10		0	PIK	4		8	44	
Folate, DFE µg	10		0	NC	4		8	44	
Choline, total mg	104.0		0	BFPN	4		88.4	471.6	
Betaine mg									
Vitamin B-12 µg	3.15		0	PIK	4		2.67	14.27	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	PIK	4		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.16		0	PIK	4		0.14	0.73	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.6	
Vitamin D IU	6		0	PAK	1		5	25	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23531

Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.349		0	PIK	4		2.847	15.191	
4:0....g	0.000		0	PAK	1		0.000	0.000	
6:0....g	0.000		0	PAK	1		0.000	0.000	
8:0....g	0.000		0	PAK	1		0.000	0.000	
10:0....g	0.012		0	PAK	1		0.010	0.056	
12:0....g	0.011		0	PAK	1		0.010	0.052	
13:0....g									
14:0....g	0.241		0	PAK	1		0.204	1.091	
15:0....g									
16:0....g	2.049		0	PAK	1		1.742	9.296	
17:0....g									
18:0....g	1.026		0	PAK	1		0.872	4.653	
20:0....g	0.010		0	PAK	1		0.008	0.043	
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.173		0	PIK	4		3.547	18.927	
14:1....g	0.048		0	PAK	1		0.041	0.216	
15:1....g									
16:1 undifferentiated....g	0.315		0	PAK	1		0.267	1.427	
17:1....g									
18:1 undifferentiated....g	3.802		0	PAK	1		3.232	17.248	
20:1....g	0.008		0	PAK	1		0.007	0.035	
22:1 undifferentiated....g	0.000		0	PAK	1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.446		0	PIK	4		0.379	2.021	
18:2 undifferentiated....g	0.322		0	PAK	1		0.274	1.460	
18:3 undifferentiated....g	0.076		0	PAK	1		0.065	0.345	
18:4....g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.048		0	PAK	1		0.041	0.216	
20:5 n-3 (EPA)....g	0.000		0	PAK	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	PAK	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	73		0	PAK	1		62	332	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.295		0	PAK	1		0.251	1.337	
Threonine....g	1.260		0	PAK	1		1.071	5.717	
Isoleucine....g	1.406		0	PAK	1		1.195	6.379	
Leucine....g	2.409		0	PAK	1		2.047	10.926	
Lysine....g	2.557		0	PAK	1		2.173	11.597	
Methionine....g	0.773		0	PAK	1		0.657	3.506	
Cystine....g	0.293		0	PAK	1		0.249	1.331	
Phenylalanine....g	1.182		0	PAK	1		1.004	5.359	
Tyrosine....g	0.999		0	PAK	1		0.849	4.531	
Valine....g	1.473		0	PAK	1		1.252	6.683	
Arginine....g	1.837		0	PAK	1		1.562	8.333	
Histidine....g	0.881		0	PAK	1		0.749	3.996	
Alanine....g	1.650		0	PAK	1		1.402	7.484	
Aspartic acid....g	2.717		0	PAK	1		2.310	12.325	
Glutamic acid....g	4.371		0	PAK	1		3.715	19.826	
Glycine....g	1.301		0	PAK	1		1.106	5.902	
Proline....g	1.155		0	PAK	1		0.982	5.239	
Serine....g	1.094		0	PAK	1		0.930	4.964	
Hydroxyproline....g	0.124		0	PAK	1		0.105	0.562	
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	
Caffeine....mg	0		0	PIK	4		0	0	

NDB No. 23531

Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23514

Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted

Refuse: 10% Bone and heavy connective tissue, 4%, separable fat, 6%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	64.32		0	PAK	1		54.67	291.74	
Energy kcal	172		0	NC	4		146	779	
Energy kJ	718		0	NC	4		611	3258	
Protein (N x 6.25) g	26.82		0	PAK	1		22.80	121.66	
Total lipid (fat) g	6.34		0	PAK	1		5.39	28.74	
Ash g	1.20		0	PAK	1		1.02	5.44	
Carbohydrate, by difference g	0.00		0	PIK	4		0.00	0.00	
Fiber, total dietary g	0.0		0	PIK	4		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	7		0	PIK	4		6	32	
Iron, Fe mg	3.20		0	PIK	4		2.72	14.51	
Magnesium, Mg mg	22		0	PAK	1		19	99	
Phosphorus, P mg	222		0	PIK	4		189	1008	
Potassium, K mg	385		0	PIK	4		328	1748	
Sodium, Na mg	74		0	PIK	4		63	334	
Zinc, Zn mg	6.39		0	PAK	1		5.43	28.99	
Copper, Cu mg	0.100		0	PAK	1		0.085	0.454	
Manganese, Mn mg									
Selenium, Se µg	30.0		0	PAK	1		25.5	136.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0	0.0	
Thiamin mg	0.090		0	PIK	4		0.077	0.409	
Riboflavin mg	0.252		0	PIK	4		0.214	1.142	
Niacin mg	3.529		0	PIK	4		3.000	16.009	
Pantothenic acid mg									
Vitamin B-6 mg	0.278		0	PIK	4		0.236	1.259	
Folate, total µg	10		0	PIK	4		8	43	
Folic acid µg	0		0	PIK	4		0	0	
Folate, food µg	10		0	PIK	4		8	43	
Folate, DFE µg	10		0	NC	4		8	43	
Choline, total mg	102.2		0	BFPN	4		86.8	463.4	
Betaine mg									
Vitamin B-12 µg	3.07		0	PIK	4		2.61	13.94	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	PIK	4		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.17		0	PIK	4		0.14	0.77	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23514

Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.037		0	PIK	4		1.732	9.241	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g									
12:0....g	0.000		0	PAK	1		0.000	0.000	
13:0....g									
14:0....g	0.122		0	PAK	1		0.104	0.554	
15:0....g									
16:0....g	1.229		0	PAK	1		1.045	5.574	
17:0....g									
18:0....g	0.676		0	PAK	1		0.575	3.068	
20:0....g	0.010		0	PAK	1		0.009	0.045	
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.270		0	PIK	4		2.779	14.832	
14:1....g	0.044		0	PAK	1		0.037	0.200	
15:1....g									
16:1 undifferentiated....g	0.192		0	PAK	1		0.163	0.870	
17:1....g									
18:1 undifferentiated....g	3.034		0	PAK	1		2.579	13.762	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.287		0	PIK	4		0.244	1.300	
18:2 undifferentiated....g	0.224		0	PAK	1		0.191	1.018	
18:3 undifferentiated....g	0.030		0	PAK	1		0.026	0.136	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.032		0	PAK	1		0.027	0.146	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	67		0	PAK	1		57	305	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.289		0	PAK	1		0.246	1.313	
Threonine....g	1.240		0	PAK	1		1.054	5.623	
Isoleucine....g	1.385		0	PAK	1		1.177	6.282	
Leucine....g	2.371		0	PAK	1		2.015	10.756	
Lysine....g	2.517		0	PAK	1		2.140	11.418	
Methionine....g	0.761		0	PAK	1		0.647	3.451	
Cystine....g	0.288		0	PAK	1		0.245	1.306	
Phenylalanine....g	1.163		0	PAK	1		0.989	5.275	
Tyrosine....g	0.983		0	PAK	1		0.836	4.459	
Valine....g	1.450		0	PAK	1		1.233	6.579	
Arginine....g	1.807		0	PAK	1		1.536	8.197	
Histidine....g	0.865		0	PAK	1		0.735	3.922	
Alanine....g	1.621		0	PAK	1		1.378	7.354	
Aspartic acid....g	2.674		0	PAK	1		2.273	12.128	
Glutamic acid....g	4.299		0	PAK	1		3.654	19.502	
Glycine....g	1.275		0	PAK	1		1.084	5.784	
Proline....g	1.134		0	PAK	1		0.964	5.144	
Serine....g	1.076		0	PAK	1		0.915	4.882	
Hydroxyproline....g	0.124		0	PAK	1		0.105	0.562	
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	
Caffeine....mg	0		0	PIK	4		0	0	

NDB No. 23514

Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz (1 serving)

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13937

Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted

URMIS #1947

Refuse: 11% Bone and heavy connective tissue, 3%, separable fat, 8%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	64.39	0.675	8	A	1		54.73		
Energy kcal	171		0	NC	4		145		
Energy kJ	716		0	NC	4		609		
Protein (N x 6.25) g	25.95	0.760	8	A	1		22.06		
Total lipid (fat) g	6.69	0.400	8	A	1		5.69		
Ash g	1.13	0.035	8	A	1		0.96		
Carbohydrate, by difference g	0.00		0	Z	7		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	7		0	BFNY	4		6		
Iron, Fe mg	3.20		0	BFNY	4		2.72		
Magnesium, Mg mg	22	0.001	4	A	1		19		
Phosphorus, P mg	223		0	BFNY	4		189		
Potassium, K mg	386		0	BFNY	4		328		
Sodium, Na mg	74		0	BFNY	4		63		
Zinc, Zn mg	6.39	0.000	4	A	1		5.43		
Copper, Cu mg	0.100	0.000	4	A	1		0.085		
Manganese, Mn mg									
Selenium, Se µg	30.0	0.000	4	A	1		25.5		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.087		0	BFPY	4		0.074		
Riboflavin mg	0.244		0	BFPY	4		0.207		
Niacin mg	3.415		0	BFPY	4		2.902		
Pantothenic acid mg									
Vitamin B-6 mg	0.269		0	BFPY	4		0.228		
Folate, total µg	9		0	BFPY	4		8		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	9		0	BFPY	4		8		
Folate, DFE µg	9		0	NC	4		8		
Choline, total mg	98.8		0	BFPN	4		84.0		
Betaine mg									
Vitamin B-12 µg	2.97		0	BFPY	4		2.53		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	0		0	AS	1		0		
Retinol µg	0		0	NR	4		0		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	0		0	AS	1		0		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.17		0	NR	4		0.14		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		4	AS	1		0.1		
Vitamin D IU	6	1.346	4	A	1		5		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13937

Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.960		0	NC	4		1.666		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g									
12:0....g	0.000	0.000	4	A	1		0.000		
13:0....g									
14:0....g	0.110	0.010	4	A	1		0.094		
15:0....g									
16:0....g	1.180	0.095	4	A	1		1.003		
17:0....g									
18:0....g	0.660	0.075	4	A	1		0.561		
20:0....g	0.010	0.005	4	A	1		0.009		
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.510		0	NC	4		2.984		
14:1....g	0.040	0.015	4	A	1		0.034		
15:1....g									
16:1 undifferentiated....g	0.200	0.020	4	A	1		0.170		
17:1....g									
18:1 undifferentiated....g	3.270	0.435	4	A	1		2.780		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.250		0	NC	4		0.213		
18:2 undifferentiated....g	0.200	0.010	4	A	1		0.170		
18:3 undifferentiated....g	0.030	0.005	4	A	1		0.026		
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.020	0.005	4	A	1		0.017		
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	87		0	BFSN	4		74		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.280		0	A	1		0.238		
Threonine....g	1.199		0	A	1		1.019		
Isoleucine....g	1.340		0	A	1		1.139		
Leucine....g	2.294		0	A	1		1.950		
Lysine....g	2.435		0	A	1		2.070		
Methionine....g	0.736		0	A	1		0.626		
Cystine....g	0.279		0	A	1		0.237		
Phenylalanine....g	1.125		0	A	1		0.956		
Tyrosine....g	0.951		0	A	1		0.808		
Valine....g	1.403		0	A	1		1.193		
Arginine....g	1.748		0	A	1		1.486		
Histidine....g	0.837		0	A	1		0.711		
Alanine....g	1.569		0	A	1		1.333		
Aspartic acid....g	2.587		0	A	1		2.199		
Glutamic acid....g	4.160		0	A	1		3.536		
Glycine....g	1.234		0	A	1		1.049		
Proline....g	1.097		0	A	1		0.933		
Serine....g	1.041		0	A	1		0.885		
Hydroxyproline....g	0.120		0	BFPN	4		0.102		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 13937

Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate**3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13940

Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, select, cooked, roasted

URMIS #1132

Refuse: 9% Bone and heavy connective tissue, 5%, separable fat, 4%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	64.21	0.890	6	A	1		54.58		
Energy kcal	172		0	NC	4		147		
Energy kJ	721		0	NC	4		613		
Protein (N x 6.25) g	28.09	0.710	6	A	1		23.88		
Total lipid (fat) g	5.82	0.290	6	A	1		4.95		
Ash g	1.30	0.090	6	A	1		1.11		
Carbohydrate, by difference g	0.00		0	Z	7		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	7		0	BFNY	4		6		
Iron, Fe mg	3.19		0	BFNY	4		2.71		
Magnesium, Mg mg	22	0.001	4	A	1		19		
Phosphorus, P mg	222		0	BFNY	4		189		
Potassium, K mg	384		0	BFNY	4		327		
Sodium, Na mg	74		0	BFNY	4		63		
Zinc, Zn mg	6.39	0.000	4	A	1		5.43		
Copper, Cu mg	0.100	0.000	4	A	1		0.085		
Manganese, Mn mg									
Selenium, Se µg	30.0	0.000	4	A	1		25.5		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.094		0	BFPY	4		0.080		
Riboflavin mg	0.264		0	BFPY	4		0.224		
Niacin mg	3.696		0	BFPY	4		3.142		
Pantothenic acid mg									
Vitamin B-6 mg	0.291		0	BFPY	4		0.247		
Folate, total µg	10		0	BFPY	4		9		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	10		0	BFPY	4		9		
Folate, DFE µg	10		0	NC	4		9		
Choline, total mg	107.0		0	BFPN	4		90.9		
Betaine mg									
Vitamin B-12 µg	3.22		0	BFPY	4		2.74		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	0		0	AS	1		0		
Retinol µg	0		0	NR	4		0		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	0		0	AS	1		0		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.17		0	NR	4		0.14		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		2	AS	1		0.1		
Vitamin D IU	5		2	A	1		4		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13940

Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.150		0	NC	4		1.828		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g									
12:0....g	0.000	0.000	3	A	1		0.000		
13:0....g									
14:0....g	0.140	0.006	3	A	1		0.119		
15:0....g									
16:0....g	1.300	0.092	3	A	1		1.105		
17:0....g									
18:0....g	0.700	0.035	3	A	1		0.595		
20:0....g	0.010	0.000	3	A	1		0.009		
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.920		0	NC	4		2.482		
14:1....g	0.050	0.006	3	A	1		0.043		
15:1....g									
16:1 undifferentiated....g	0.180	0.029	3	A	1		0.153		
17:1....g									
18:1 undifferentiated....g	2.690	0.358	3	A	1		2.287		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.340		0	NC	4		0.289		
18:2 undifferentiated....g	0.260	0.029	3	A	1		0.221		
18:3 undifferentiated....g	0.030	0.006	3	A	1		0.026		
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.050	0.006	3	A	1		0.043		
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	90		0	BFSN	4		77		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.303		0	A	1		0.258		
Threonine....g	1.298		0	A	1		1.104		
Isoleucine....g	1.451		0	A	1		1.233		
Leucine....g	2.483		0	A	1		2.111		
Lysine....g	2.636		0	A	1		2.241		
Methionine....g	0.797		0	A	1		0.677		
Cystine....g	0.302		0	A	1		0.256		
Phenylalanine....g	1.218		0	A	1		1.035		
Tyrosine....g	1.030		0	A	1		0.875		
Valine....g	1.519		0	A	1		1.291		
Arginine....g	1.893		0	A	1		1.609		
Histidine....g	0.906		0	A	1		0.770		
Alanine....g	1.698		0	A	1		1.443		
Aspartic acid....g	2.800		0	A	1		2.380		
Glutamic acid....g	4.503		0	A	1		3.827		
Glycine....g	1.335		0	A	1		1.135		
Proline....g	1.188		0	A	1		1.010		
Serine....g	1.127		0	A	1		0.958		
Hydroxyproline....g	0.130		0	BFPN	4		0.110		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 13940

Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate**3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23515

Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted

Refuse: 19% Bone and heavy connective tissue, 8%, separable fat, 11%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	64.92		0	PAK	1		55.18	294.47	
Energy kcal	173		0	PIK	4		147	785	
Energy kJ	726		0	PIK	4		617	3291	
Protein (N x 6.25) g	26.36		0	PAK	1		22.41	119.59	
Total lipid (fat) g	6.75		0	PAK	1		5.73	30.60	
Ash g	1.17		0	PAK	1		1.00	5.33	
Carbohydrate, by difference g	0.00		0	PIK	4		0.00	0.00	
Fiber, total dietary g	0.0		0	PIK	4		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	7		0	PIK	4		6	31	
Iron, Fe mg	3.09		0	PIK	4		2.62	14.00	
Magnesium, Mg mg	22		0	PAK	1		19	99	
Phosphorus, P mg	215		0	PIK	4		182	973	
Potassium, K mg	372		0	PIK	4		316	1687	
Sodium, Na mg	71		0	PIK	4		61	323	
Zinc, Zn mg	6.39		0	PAK	1		5.43	28.99	
Copper, Cu mg	0.100		0	PAK	1		0.085	0.454	
Manganese, Mn mg									
Selenium, Se µg	30.0		0	PAK	1		25.5	136.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0	0.0	
Thiamin mg	0.089		0	PIK	4		0.075	0.402	
Riboflavin mg	0.247		0	PIK	4		0.210	1.122	
Niacin mg	3.469		0	PIK	4		2.949	15.736	
Pantothenic acid mg									
Vitamin B-6 mg	0.273		0	PIK	4		0.232	1.238	
Folate, total µg	9		0	PIK	4		8	43	
Folic acid µg	0		0	PIK	4		0	0	
Folate, food µg	9		0	PIK	4		8	43	
Folate, DFE µg	9		0	NC	4		8	43	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	3.02		0	PIK	4		2.57	13.70	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.17		0	PIK	4		0.14	0.75	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 23515

Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	2.144		0	PIK	4		1.822	9.725	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.000		0	PAK	1		0.000	0.000	
13:0....g									
14:0....g	0.132		0	PAK	1		0.112	0.598	
15:0....g									
16:0....g	1.319		0	PAK	1		1.121	5.985	
17:0....g									
18:0....g	0.683		0	PAK	1		0.580	3.097	
20:0....g	0.010		0	PAK	1		0.009	0.045	
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.294		0	PIK	4		2.800	14.940	
14:1....g	0.052		0	PAK	1		0.044	0.235	
15:1....g									
16:1 undifferentiated....g	0.203		0	PAK	1		0.173	0.922	
17:1....g									
18:1 undifferentiated....g	3.038		0	PAK	1		2.583	13.782	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.290		0	PIK	4		0.247	1.315	
18:2 undifferentiated....g	0.226		0	PAK	1		0.192	1.025	
18:3 undifferentiated....g	0.026		0	PAK	1		0.022	0.118	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.038		0	PAK	1		0.032	0.173	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	71		0	PIK	4		61	324	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.285		0	PAK	1		0.242	1.291	
Threonine....g	1.219		0	PAK	1		1.036	5.527	
Isoleucine....g	1.361		0	PAK	1		1.157	6.176	
Leucine....g	2.331		0	PAK	1		1.981	10.573	
Lysine....g	2.474		0	PAK	1		2.103	11.224	
Methionine....g	0.748		0	PAK	1		0.636	3.392	
Cystine....g	0.283		0	PAK	1		0.241	1.284	
Phenylalanine....g	1.143		0	PAK	1		0.972	5.185	
Tyrosine....g	0.966		0	PAK	1		0.821	4.383	
Valine....g	1.426		0	PAK	1		1.212	6.467	
Arginine....g	1.776		0	PAK	1		1.510	8.058	
Histidine....g	0.850		0	PAK	1		0.722	3.855	
Alanine....g	1.594		0	PAK	1		1.355	7.228	
Aspartic acid....g	2.628		0	PAK	1		2.234	11.922	
Glutamic acid....g	4.226		0	PAK	1		3.592	19.170	
Glycine....g	1.253		0	PAK	1		1.065	5.685	
Proline....g	1.115		0	PAK	1		0.948	5.056	
Serine....g	1.058		0	PAK	1		0.899	4.799	
Hydroxyproline....g	0.122		0	PAK	1		0.104	0.553	
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	
Caffeine....mg	0		0	PIK	4		0	0	
Theobromine....mg	0		0	PIK	4		0	0	

NDB No. 23515

Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23513

Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, raw

Refuse: 9% Bone and heavy connective tissue, 4%, separable fat, 5%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	73.41		0	PAK	1		20.81	332.98	
Energy kcal	129		0	PIK	4		37	585	
Energy kJ	540		0	PIK	4		153	2450	
Protein (N x 6.25) g	19.63		0	PAK	1		5.57	89.04	
Total lipid (fat) g	5.02		0	PAK	1		1.42	22.78	
Ash g	1.17		0	PAK	1		0.33	5.32	
Carbohydrate, by difference g	0.00		0	PIK	4		0.00	0.00	
Fiber, total dietary g	0.0		0	PIK	4		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	6		0	PIK	4		2	26	
Iron, Fe mg	2.35		0	PIK	4		0.67	10.67	
Magnesium, Mg mg	22		0	PAK	1		6	99	
Phosphorus, P mg	192		0	PIK	4		55	873	
Potassium, K mg	354		0	PIK	4		100	1607	
Sodium, Na mg	64		0	PIK	4		18	289	
Zinc, Zn mg	4.83		0	PAK	1		1.37	21.91	
Copper, Cu mg	0.090		0	PIK	4		0.025	0.406	
Manganese, Mn mg									
Selenium, Se µg	30.0		0	PAK	1		8.5	136.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0	0.0	
Thiamin mg	0.120		0	PIK	4		0.034	0.544	
Riboflavin mg	0.194		0	PIK	4		0.055	0.880	
Niacin mg	3.444		0	PIK	4		0.976	15.623	
Pantothenic acid mg									
Vitamin B-6 mg	0.406		0	PIK	4		0.115	1.843	
Folate, total µg	7		0	PIK	4		2	34	
Folic acid µg	0		0	PIK	4		0	0	
Folate, food µg	7		0	PIK	4		2	34	
Folate, DFE µg	7		0	NC	4		2	34	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	3.21		0	PIK	4		0.91	14.58	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.13		0	PIK	4		0.04	0.57	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 23513

Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.414		0	PIK	4		0.401	6.414	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.000		0	PAK	1		0.000	0.000	
13:0....g									
14:0....g	0.082		0	PAK	1		0.023	0.373	
15:0....g									
16:0....g	0.851		0	PAK	1		0.241	3.860	
17:0....g									
18:0....g	0.471		0	PAK	1		0.133	2.135	
20:0....g	0.010		0	PAK	1		0.003	0.045	
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.965		0	PIK	4		0.557	8.911	
14:1....g	0.030		0	PAK	1		0.009	0.136	
15:1....g									
16:1 undifferentiated....g	0.096		0	PAK	1		0.027	0.435	
17:1....g									
18:1 undifferentiated....g	1.839		0	PAK	1		0.521	8.340	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.286		0	PIK	4		0.081	1.295	
18:2 undifferentiated....g	0.218		0	PAK	1		0.062	0.988	
18:3 undifferentiated....g	0.022		0	PAK	1		0.006	0.099	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.046		0	PAK	1		0.013	0.208	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	59		0	PIK	4		17	266	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.212		0	PAK	1		0.060	0.961	
Threonine....g	0.907		0	PAK	1		0.257	4.115	
Isoleucine....g	1.014		0	PAK	1		0.287	4.598	
Leucine....g	1.735		0	PAK	1		0.492	7.872	
Lysine....g	1.842		0	PAK	1		0.522	8.357	
Methionine....g	0.557		0	PAK	1		0.158	2.526	
Cystine....g	0.211		0	PAK	1		0.060	0.956	
Phenylalanine....g	0.851		0	PAK	1		0.241	3.861	
Tyrosine....g	0.719		0	PAK	1		0.204	3.264	
Valine....g	1.062		0	PAK	1		0.301	4.815	
Arginine....g	1.323		0	PAK	1		0.375	6.000	
Histidine....g	0.633		0	PAK	1		0.179	2.871	
Alanine....g	1.187		0	PAK	1		0.336	5.382	
Aspartic acid....g	1.957		0	PAK	1		0.555	8.877	
Glutamic acid....g	3.147		0	PAK	1		0.892	14.274	
Glycine....g	0.933		0	PAK	1		0.265	4.233	
Proline....g	0.830		0	PAK	1		0.235	3.765	
Serine....g	0.788		0	PAK	1		0.223	3.573	
Hydroxyproline....g	0.091		0	PAK	1		0.026	0.411	
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	
Caffeine....mg	0		0	PIK	4		0	0	
Theobromine....mg	0		0	PIK	4		0	0	

NDB No. 23513

Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23517

Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised

Refuse: 21% Bone and heavy connective tissue, 8%, separable fat, 13%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	60.02		0	PAK	1		51.02	272.24	
Energy kcal	189		0	PIK	4		160	856	
Energy kJ	790		0	PIK	4		671	3583	
Protein (N x 6.25) g	29.34		0	PAK	1		24.94	133.09	
Total lipid (fat) g	7.04		0	PAK	1		5.99	31.94	
Ash g	1.17		0	PAK	1		0.99	5.30	
Carbohydrate, by difference g	0.00		0	PIK	4		0.00	0.00	
Fiber, total dietary g	0.0		0	PIK	4		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	8		0	PIK	4		7	36	
Iron, Fe mg	3.79		0	PIK	4		3.23	17.21	
Magnesium, Mg mg	22		0	PAK	1		19	99	
Phosphorus, P mg	233		0	PIK	4		198	1057	
Potassium, K mg	287		0	PIK	4		244	1303	
Sodium, Na mg	60		0	PIK	4		51	272	
Zinc, Zn mg	7.87		0	PIK	4		6.69	35.72	
Copper, Cu mg	0.148		0	PIK	4		0.126	0.670	
Manganese, Mn mg									
Selenium, Se µg	30.0		0	PAK	1		25.5	136.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0	0.0	
Thiamin mg	0.075		0	PIK	4		0.064	0.341	
Riboflavin mg	0.254		0	PIK	4		0.216	1.150	
Niacin mg	3.121		0	PIK	4		2.653	14.156	
Pantothenic acid mg									
Vitamin B-6 mg	0.261		0	PIK	4		0.222	1.185	
Folate, total µg	9		0	PIK	4		7	40	
Folic acid µg	0		0	PIK	4		0	0	
Folate, food µg	9		0	PIK	4		7	40	
Folate, DFE µg	9		0	NC	4		7	40	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	2.97		0	PIK	4		2.53	13.48	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.13		0	PIK	4		0.11	0.61	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 23517

Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	2.271		0	PIK	4		1.930	10.299	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.000		0	PAK	1		0.000	0.000	
13:0....g									
14:0....g	0.140		0	PAK	1		0.119	0.637	
15:0....g									
16:0....g	1.388		0	PAK	1		1.180	6.295	
17:0....g									
18:0....g	0.727		0	PAK	1		0.618	3.296	
20:0....g	0.016		0	PAK	1		0.014	0.072	
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.450		0	PIK	4		2.933	15.650	
14:1....g	0.050		0	PAK	1		0.043	0.227	
15:1....g									
16:1 undifferentiated....g	0.214		0	PAK	1		0.182	0.971	
17:1....g									
18:1 undifferentiated....g	3.186		0	PAK	1		2.708	14.452	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.308		0	PIK	4		0.262	1.399	
18:2 undifferentiated....g	0.254		0	PAK	1		0.216	1.154	
18:3 undifferentiated....g	0.026		0	PAK	1		0.022	0.118	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.028		0	PAK	1		0.024	0.128	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	94		0	PIK	4		80	426	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.317		0	PAK	1		0.270	1.439	
Threonine....g	1.359		0	PAK	1		1.155	6.164	
Isoleucine....g	1.518		0	PAK	1		1.290	6.887	
Leucine....g	2.599		0	PAK	1		2.209	11.790	
Lysine....g	2.759		0	PAK	1		2.345	12.516	
Methionine....g	0.834		0	PAK	1		0.709	3.783	
Cystine....g	0.316		0	PAK	1		0.268	1.432	
Phenylalanine....g	1.275		0	PAK	1		1.084	5.783	
Tyrosine....g	1.078		0	PAK	1		0.916	4.888	
Valine....g	1.590		0	PAK	1		1.351	7.211	
Arginine....g	1.981		0	PAK	1		1.684	8.985	
Histidine....g	0.948		0	PAK	1		0.806	4.299	
Alanine....g	1.777		0	PAK	1		1.511	8.061	
Aspartic acid....g	2.931		0	PAK	1		2.491	13.294	
Glutamic acid....g	4.713		0	PAK	1		4.006	21.377	
Glycine....g	1.398		0	PAK	1		1.188	6.340	
Proline....g	1.243		0	PAK	1		1.057	5.639	
Serine....g	1.180		0	PAK	1		1.003	5.351	
Hydroxyproline....g	0.136		0	PAK	1		0.115	0.616	
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	
Caffeine....mg	0		0	PIK	4		0	0	
Theobromine....mg	0		0	PIK	4		0	0	

NDB No. 23517

Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23119

Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised

Beef, Chuck, Mock Tender Steak, URMIS #1116

Refuse: 6% Connective tissue 6%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	57.29	0.821	62	AR	1		80.78		
Energy kcal	220		0	NC	4		310		
Energy kJ	920		0	NC	4		1297		
Protein (N x 6.25) g	32.07	2.184	62	AR	1		45.21		
Total lipid (fat) g	10.18	2.936	62	AR	1		14.35		
Ash g	1.62	0.281	62	AR	1		2.28		
Carbohydrate, by difference g	0.00		0	NC	4		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	14		3	AR	1		20		
Iron, Fe mg	3.29		3	AR	1		4.64		
Magnesium, Mg mg	22		3	AR	1		31		
Phosphorus, P mg	230		3	AR	1		324		
Potassium, K mg	298		3	AR	1		421		
Sodium, Na mg	67		3	AR	1		95		
Zinc, Zn mg	10.44		3	AR	1		14.72		
Copper, Cu mg	0.144		3	AR	1		0.203		
Manganese, Mn mg	0.025		3	AR	1		0.036		
Selenium, Se µg	37.5		3	AR	1		52.9		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.083		2	AR	1		0.118		
Riboflavin mg	0.277		3	AR	1		0.390		
Niacin mg	3.809		3	AR	1		5.370		
Pantothenic acid mg	0.905		2	AR	1		1.276		
Vitamin B-6 mg	0.381		3	AR	1		0.537		
Folate, total µg	8		0	BFPN	4		11		
Folic acid µg	0		0	BFPN	4		0		
Folate, food µg	8		0	BFPN	4		11		
Folate, DFE µg	8		0	NC	4		11		
Choline, total mg	119.0		2	AR	1		167.9		
Betaine mg	17.4		2	AR	1		24.5		
Vitamin B-12 µg	4.30		3	AR	1		6.06		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	7		0	NC	4		10		
Retinol µg	7		0	BFSN	4		10		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	24		0	NC	4		34		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.11		3	AR	1		0.15		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.2		
Vitamin D IU	5		0	BFSN	4		7		
Vitamin K (phylloquinone) µg	1.6		12	A	1		2.2		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23119

Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.638		0	NC	4		5.129		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g	0.000		0	Z	7		0.000		
12:0....g	0.000		0	Z	7		0.000		
13:0....g									
14:0....g	0.219	0.016	6	AR	1		0.309		
15:0....g									
16:0....g	1.992	0.116	6	AR	1		2.808		
17:0....g	0.111	0.006	6	AR	1		0.156		
18:0....g	1.300	0.077	6	AR	1		1.832		
20:0....g	0.003	0.000	6	AR	1		0.004		
22:0....g									
24:0....g	0.014	0.001	6	AR	1		0.020		
Fatty acids, total monounsaturated....g	4.225		0	NC	4		5.958		
14:1....g	0.045	0.003	6	AR	1		0.064		
15:1....g									
16:1 undifferentiated....g	0.259		0	AS	1		0.365		
16:1 c....g	0.259	0.013	6	AR	1		0.365		
16:1 t....g									
17:1....g	0.077	0.004	6	AR	1		0.109		
18:1 undifferentiated....g	3.835		0	AS	1		5.407		
18:1 c....g	3.360	0.212	6	AR	1		4.737		
18:1 t....g	0.475	0.029	6	AR	1		0.670		
18:1-11 t (18:1t n-7)....g	0.220	0.012	6	AR	1		0.310		
20:1....g	0.009	0.001	6	AR	1		0.013		
22:1 undifferentiated....g	0.000		0	Z	7		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.044		0	NC	4		1.472		
18:2 undifferentiated....g	0.939		0	AS	1		1.325		
18:2 n-6 c,c....g	0.450	0.028	6	AR	1		0.635		
18:2 CLAs....g	0.489	0.030	6	AR	1		0.690		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.017		0	AS	1		0.025		
18:3 n-3 c,c,c (ALA)....g	0.017	0.001	6	AR	1		0.025		
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g	0.001	0.000	6	AR	1		0.002		
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.080	0.007	6	AR	1		0.113		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.004	0.000	6	AR	1		0.006		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.001	0.000	6	AR	1		0.001		
22:6 n-3 (DHA)....g	0.001	0.000	6	AR	1		0.001		
Fatty acids, total trans....g	0.475		0	NC	4		0.670		
Fatty acids, total trans-monoenoic....g	0.475		0	NC	4		0.670		
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	113	2.703	6	AR	1		159		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.361		0	AR	1		0.509		
Threonine....g	1.411		0	AR	1		1.989		
Isoleucine....g	1.364		0	AR	1		1.923		
Leucine....g	2.579		0	AR	1		3.637		

NDB No. 23119

Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	2.804		0	AR	1		3.953		
Methionine....g	0.911		0	AR	1		1.284		
Cystine....g	0.337		0	AR	1		0.475		
Phenylalanine....g	1.220		0	AR	1		1.721		
Tyrosine....g	1.106		0	AR	1		1.559		
Valine....g	1.449		0	AR	1		2.043		
Arginine....g	2.111		0	AR	1		2.977		
Histidine....g	1.039		0	AR	1		1.465		
Alanine....g	1.829		0	AR	1		2.579		
Aspartic acid....g	2.876		0	AR	1		4.055		
Glutamic acid....g	5.071		0	AR	1		7.150		
Glycine....g	1.463		0	AR	1		2.063		
Proline....g	1.318		0	AR	1		1.858		
Serine....g	1.232		0	AR	1		1.737		
Hydroxyproline....g	0.219		0	AR	1		0.309		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 141g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23122

Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw

Beef, Chuck, Mock Tender Steak, URMIS #1116

Refuse: 4% Connective tissue 4%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	73.30	0.606	72	AR	1		62.30	145.13	
Energy kcal	128		0	NC	4		108	253	
Energy kJ	534		0	NC	4		454	1057	
Protein (N x 6.25) g	21.13	0.278	72	AR	1		17.96	41.85	
Total lipid (fat) g	4.79	0.304	72	AR	1		4.07	9.48	
Ash g	1.19	0.160	72	AR	1		1.01	2.35	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	11		3	AR	1		10	22	
Iron, Fe mg	2.43		3	AR	1		2.06	4.81	
Magnesium, Mg mg	25		3	AR	1		21	49	
Phosphorus, P mg	223		3	AR	1		190	442	
Potassium, K mg	343		3	AR	1		292	680	
Sodium, Na mg	80		3	AR	1		68	159	
Zinc, Zn mg	7.93		3	AR	1		6.74	15.70	
Copper, Cu mg	0.087		3	AR	1		0.074	0.172	
Manganese, Mn mg	0.012		3	AR	1		0.010	0.024	
Selenium, Se µg	24.1		3	AR	1		20.5	47.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.080		2	AR	1		0.068	0.158	
Riboflavin mg	0.214		3	AR	1		0.182	0.424	
Niacin mg	3.587		3	AR	1		3.049	7.102	
Pantothenic acid mg	0.858		2	AR	1		0.729	1.698	
Vitamin B-6 mg	0.413		3	AR	1		0.351	0.818	
Folate, total µg	3		0	BFPN	4		3	7	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	3		0	BFPN	4		3	7	
Folate, DFE µg	3		0	NC	4		3	7	
Choline, total mg	77.6		2	AR	1		65.9	153.6	
Betaine mg	22.5		2	AR	1		19.1	44.6	
Vitamin B-12 µg	3.11		3	AR	1		2.64	6.15	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	3		0	NC	4		3	6	
Retinol µg	3		0	BFSN	4		3	6	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	11		0	NC	4		9	21	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.20		3	AR	1		0.17	0.39	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.2	
Vitamin D IU	4		0	BFSN	4		3	7	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	3.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23122

Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated g	2.059		0	NC	4		1.750	4.076	
4:0 g	0.000		0	Z	7		0.000	0.000	
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.000		0	Z	7		0.000	0.000	
12:0 g	0.000		0	Z	7		0.000	0.000	
13:0 g									
14:0 g	0.118	0.008	6	AR	1		0.100	0.234	
15:0 g									
16:0 g	1.143	0.066	6	AR	1		0.972	2.263	
17:0 g	0.061	0.003	6	AR	1		0.052	0.121	
18:0 g	0.726	0.043	6	AR	1		0.617	1.437	
20:0 g	0.000	0.000	6	AR	1		0.000	0.001	
22:0 g									
24:0 g	0.010	0.001	6	AR	1		0.008	0.020	
Fatty acids, total monounsaturated g	2.457		0	NC	4		2.089	4.865	
14:1 g	0.024	0.001	6	AR	1		0.021	0.048	
15:1 g									
16:1 undifferentiated g	0.155		0	AS	1		0.132	0.307	
16:1 c g	0.155	0.008	6	AR	1		0.132	0.307	
16:1 t g									
17:1 g	0.047	0.002	6	AR	1		0.040	0.092	
18:1 undifferentiated g	2.229		0	AS	1		1.895	4.414	
18:1 c g	2.001	0.133	6	AR	1		1.701	3.961	
18:1 t g	0.229	0.013	6	AR	1		0.194	0.453	
18:1-11 t (18:1t n-7) g	0.126	0.007	6	AR	1		0.107	0.249	
20:1 g	0.002	0.000	6	AR	1		0.001	0.003	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.377		0	NC	4		0.321	0.747	
18:2 undifferentiated g	0.315		0	AS	1		0.268	0.624	
18:2 n-6 c,c g	0.297	0.021	6	AR	1		0.252	0.588	
18:2 CLAs g	0.018	0.001	6	AR	1		0.015	0.036	
18:2 t,t g									
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.002		0	AS	1		0.002	0.004	
18:3 n-3 c,c,c (ALA) g	0.002	0.000	6	AR	1		0.002	0.004	
18:3 n-6 c,c,c g									
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.000	0.000	6	AR	1		0.000	0.000	
20:3 undifferentiated g									
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.060	0.005	6	AR	1		0.051	0.119	
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000	0.000	6	AR	1		0.000	0.000	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000	0.000	6	AR	1		0.000	0.000	
22:6 n-3 (DHA) g	0.000	0.000	6	AR	1		0.000	0.000	
Fatty acids, total trans g	0.229		0	NC	4		0.194	0.453	
Fatty acids, total trans-monoenoic g	0.229		0	NC	4		0.194	0.453	
Fatty acids, total trans-polyenoic g									
Cholesterol mg	67	1.248	6	AR	1		57	133	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.238		0	AR	1		0.202	0.471	
Threonine g	0.930		0	AR	1		0.790	1.841	
Isoleucine g	0.899		0	AR	1		0.764	1.779	
Leucine g	1.700		0	AR	1		1.445	3.366	

NDB No. 23122

Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	1.848		0	AR	1		1.571	3.659	
Methionine g	0.600		0	AR	1		0.510	1.189	
Cystine g	0.222		0	AR	1		0.189	0.439	
Phenylalanine g	0.804		0	AR	1		0.684	1.593	
Tyrosine g	0.729		0	AR	1		0.619	1.443	
Valine g	0.955		0	AR	1		0.812	1.891	
Arginine g	1.391		0	AR	1		1.183	2.755	
Histidine g	0.685		0	AR	1		0.582	1.356	
Alanine g	1.205		0	AR	1		1.025	2.387	
Aspartic acid g	1.895		0	AR	1		1.611	3.753	
Glutamic acid g	3.342		0	AR	1		2.841	6.618	
Glycine g	0.964		0	AR	1		0.819	1.909	
Proline g	0.869		0	AR	1		0.738	1.720	
Serine g	0.812		0	AR	1		0.690	1.607	
Hydroxyproline g	0.144		0	BFPN	4		0.123	0.286	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 198g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23120

Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised

Beef, Chuck, Mock Tender Staek, URMIS #1116

Refuse: 6% Connective tissue 6%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	56.78	0.852	41	AR	1		80.06		
Energy kcal	225		0	NC	4		318		
Energy kJ	943		0	NC	4		1330		
Protein (N x 6.25) g	32.21	2.191	41	AR	1		45.41		
Total lipid (fat) g	10.74	2.948	41	AR	1		15.14		
Ash g	1.55	0.287	41	AR	1		2.19		
Carbohydrate, by difference g	0.00		0	NC	4		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	15		2	AR	1		20		
Iron, Fe mg	3.38		2	AR	1		4.76		
Magnesium, Mg mg	22		2	AR	1		31		
Phosphorus, P mg	230		2	AR	1		324		
Potassium, K mg	303		2	AR	1		427		
Sodium, Na mg	66		2	AR	1		93		
Zinc, Zn mg	10.46		2	AR	1		14.74		
Copper, Cu mg	0.144		2	AR	1		0.202		
Manganese, Mn mg	0.015		2	AR	1		0.021		
Selenium, Se µg	37.1		2	AR	1		52.3		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.088		1	AR	1		0.124		
Riboflavin mg	0.276		2	AR	1		0.388		
Niacin mg	3.787		2	AR	1		5.340		
Pantothenic acid mg	0.904		1	AR	1		1.274		
Vitamin B-6 mg	0.372		2	AR	1		0.524		
Folate, total µg	8		0	BFPN	4		11		
Folic acid µg	0		0	BFPN	4		0		
Folate, food µg	8		0	BFPN	4		11		
Folate, DFE µg	8		0	NC	4		11		
Choline, total mg	122.2		1	AR	1		172.4		
Betaine mg	18.5		1	AR	1		26.1		
Vitamin B-12 µg	4.29		2	AR	1		6.04		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	7		0	NC	4		10		
Retinol µg	7		0	BFSN	4		10		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	23		0	NC	4		33		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.11		2	AR	1		0.15		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.2		
Vitamin D IU	6		0	BFSN	4		8		
Vitamin K (phylloquinone) µg	1.6		12	A	1		2.2		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23120

Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.888		0	NC	4		5.482		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g	0.000		0	Z	7		0.000		
12:0....g	0.000		0	Z	7		0.000		
13:0....g									
14:0....g	0.233	0.020	4	AR	1		0.329		
15:0....g									
16:0....g	2.127	0.144	4	AR	1		2.999		
17:0....g	0.115	0.007	4	AR	1		0.161		
18:0....g	1.394	0.096	4	AR	1		1.966		
20:0....g	0.003	0.000	4	AR	1		0.004		
22:0....g									
24:0....g	0.016	0.001	4	AR	1		0.023		
Fatty acids, total monounsaturated....g	4.521		0	NC	4		6.374		
14:1....g	0.049	0.003	4	AR	1		0.068		
15:1....g									
16:1 undifferentiated....g	0.279		0	AS	1		0.393		
16:1 c....g	0.279	0.017	4	AR	1		0.393		
16:1 t....g									
17:1....g	0.080	0.005	4	AR	1		0.113		
18:1 undifferentiated....g	4.103		0	AS	1		5.786		
18:1 c....g	3.616	0.264	4	AR	1		5.098		
18:1 t....g	0.488	0.037	4	AR	1		0.687		
18:1-11 t (18:1t n-7)....g	0.214	0.015	4	AR	1		0.302		
20:1....g	0.010	0.001	4	AR	1		0.015		
22:1 undifferentiated....g	0.000		0	Z	7		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.611		0	NC	4		0.861		
18:2 undifferentiated....g	0.497		0	AS	1		0.700		
18:2 n-6 c,c....g	0.456	0.035	4	AR	1		0.643		
18:2 CLAs....g	0.041	0.003	4	AR	1		0.057		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.017		0	AS	1		0.025		
18:3 n-3 c,c,c (ALA)....g	0.017	0.001	4	AR	1		0.025		
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g	0.002	0.000	4	AR	1		0.002		
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.088	0.008	4	AR	1		0.124		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.005	0.000	4	AR	1		0.007		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.001	0.000	4	AR	1		0.002		
22:6 n-3 (DHA)....g	0.001	0.000	4	AR	1		0.001		
Fatty acids, total trans....g	0.488		0	NC	4		0.687		
Fatty acids, total trans-monoenoic....g	0.488		0	NC	4		0.687		
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	112	3.357	4	AR	1		157		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.363		0	AR	1		0.511		
Threonine....g	1.417		0	AR	1		1.998		
Isoleucine....g	1.370		0	AR	1		1.931		
Leucine....g	2.591		0	AR	1		3.653		

NDB No. 23120

Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	2.816		0	AR	1		3.970		
Methionine....g	0.915		0	AR	1		1.290		
Cystine....g	0.338		0	AR	1		0.477		
Phenylalanine....g	1.226		0	AR	1		1.728		
Tyrosine....g	1.111		0	AR	1		1.566		
Valine....g	1.455		0	AR	1		2.052		
Arginine....g	2.120		0	AR	1		2.990		
Histidine....g	1.043		0	AR	1		1.471		
Alanine....g	1.837		0	AR	1		2.590		
Aspartic acid....g	2.888		0	AR	1		4.072		
Glutamic acid....g	5.093		0	AR	1		7.182		
Glycine....g	1.469		0	AR	1		2.072		
Proline....g	1.323		0	AR	1		1.866		
Serine....g	1.237		0	AR	1		1.744		
Hydroxyproline....g	0.220		0	BFPN	4		0.310		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 141g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23123

Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw

Beef, Chuck, Mock Tender Steak, URMIS #1116

Refuse: 5% Connective tissue 5%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	72.83	0.631	48	AR	1		61.90	148.56	
Energy kcal	131		0	NC	4		112	268	
Energy kJ	550		0	NC	4		468	1122	
Protein (N x 6.25) g	21.19	0.292	48	AR	1		18.01	43.23	
Total lipid (fat) g	5.18	0.338	48	AR	1		4.40	10.56	
Ash g	1.24	0.162	48	AR	1		1.05	2.52	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	11		2	AR	1		10	23	
Iron, Fe mg	2.50		2	AR	1		2.12	5.10	
Magnesium, Mg mg	26		2	AR	1		22	52	
Phosphorus, P mg	229		2	AR	1		194	467	
Potassium, K mg	347		2	AR	1		295	708	
Sodium, Na mg	82		2	AR	1		70	168	
Zinc, Zn mg	8.00		2	AR	1		6.80	16.32	
Copper, Cu mg	0.089		2	AR	1		0.075	0.181	
Manganese, Mn mg	0.013		2	AR	1		0.011	0.026	
Selenium, Se µg	24.1		2	AR	1		20.5	49.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.080		1	AR	1		0.068	0.163	
Riboflavin mg	0.215		2	AR	1		0.182	0.438	
Niacin mg	3.513		2	AR	1		2.986	7.167	
Pantothenic acid mg	0.814		1	AR	1		0.692	1.660	
Vitamin B-6 mg	0.407		2	AR	1		0.346	0.831	
Folate, total µg	3		0	BFPN	4		3	7	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	3		0	BFPN	4		3	7	
Folate, DFE µg	3		0	NC	4		3	7	
Choline, total mg	75.0		1	AR	1		63.8	153.0	
Betaine mg	23.9		1	AR	1		20.3	48.7	
Vitamin B-12 µg	3.19		2	AR	1		2.71	6.52	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	3		0	NC	4		3	6	
Retinol µg	3		0	BFSN	4		3	6	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	11		0	NC	4		9	22	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.19		2	AR	1		0.16	0.39	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.2	
Vitamin D IU	4		0	BFSN	4		3	8	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	3.1	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23123

Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated g	2.114		0	NC	4		1.797	4.312	
4:0 g	0.000		0	Z	7		0.000	0.000	
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.000		0	Z	7		0.000	0.000	
12:0 g	0.000		0	Z	7		0.000	0.000	
13:0 g									
14:0 g	0.119	0.010	4	AR	1		0.101	0.243	
15:0 g									
16:0 g	1.167	0.082	4	AR	1		0.992	2.380	
17:0 g	0.062	0.004	4	AR	1		0.052	0.125	
18:0 g	0.756	0.053	4	AR	1		0.643	1.542	
20:0 g	0.000	0.000	4	AR	1		0.000	0.001	
22:0 g									
24:0 g	0.010	0.001	4	AR	1		0.009	0.021	
Fatty acids, total monounsaturated g	2.576		0	NC	4		2.190	5.255	
14:1 g	0.026	0.002	4	AR	1		0.022	0.054	
15:1 g									
16:1 undifferentiated g	0.164		0	AS	1		0.139	0.335	
16:1 c g	0.164	0.010	4	AR	1		0.139	0.335	
16:1 t g									
17:1 g	0.048	0.003	4	AR	1		0.041	0.098	
18:1 undifferentiated g	2.336		0	AS	1		1.986	4.766	
18:1 c g	2.114	0.165	4	AR	1		1.797	4.313	
18:1 t g	0.222	0.016	4	AR	1		0.189	0.453	
18:1-11 t (18:1t n-7) g	0.123	0.009	4	AR	1		0.104	0.251	
20:1 g	0.002	0.000	4	AR	1		0.001	0.003	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.365		0	NC	4		0.310	0.745	
18:2 undifferentiated g	0.302		0	AS	1		0.257	0.616	
18:2 n-6 c,c g	0.284	0.026	4	AR	1		0.241	0.579	
18:2 CLAs g	0.018	0.001	4	AR	1		0.015	0.037	
18:2 t,t g									
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.002		0	AS	1		0.002	0.005	
18:3 n-3 c,c,c (ALA) g	0.002	0.000	4	AR	1		0.002	0.005	
18:3 n-6 c,c,c g									
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.000	0.000	4	AR	1		0.000	0.000	
20:3 undifferentiated g									
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.061	0.007	4	AR	1		0.052	0.124	
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000	0.000	4	AR	1		0.000	0.000	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000	0.000	4	AR	1		0.000	0.000	
22:6 n-3 (DHA) g	0.000	0.000	4	AR	1		0.000	0.000	
Fatty acids, total trans g	0.222		0	NC	4		0.189	0.453	
Fatty acids, total trans-monoenoic g	0.222		0	NC	4		0.189	0.453	
Fatty acids, total trans-polyenoic g									
Cholesterol mg	67	1.550	4	AR	1		57	137	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.239		0	AR	1		0.203	0.487	
Threonine g	0.932		0	AR	1		0.793	1.902	
Isoleucine g	0.901		0	AR	1		0.766	1.839	
Leucine g	1.705		0	AR	1		1.449	3.478	

NDB No. 23123

Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	1.853		0	AR	1		1.575	3.780	
Methionine g	0.602		0	AR	1		0.512	1.228	
Cystine g	0.222		0	AR	1		0.189	0.454	
Phenylalanine g	0.807		0	AR	1		0.686	1.645	
Tyrosine g	0.731		0	AR	1		0.621	1.491	
Valine g	0.958		0	AR	1		0.814	1.954	
Arginine g	1.395		0	AR	1		1.186	2.846	
Histidine g	0.687		0	AR	1		0.584	1.401	
Alanine g	1.209		0	AR	1		1.027	2.466	
Aspartic acid g	1.901		0	AR	1		1.616	3.877	
Glutamic acid g	3.352		0	AR	1		2.849	6.837	
Glycine g	0.967		0	AR	1		0.822	1.972	
Proline g	0.871		0	AR	1		0.740	1.777	
Serine g	0.814		0	AR	1		0.692	1.661	
Hydroxyproline g	0.145		0	BFPN	4		0.123	0.295	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 204g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23121

Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised

Beef, Chuck, Mock Tender Steak, URMIS #1116

Refuse: 5% Connective tissue 5%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	58.05	0.912	21	AR	1		81.85		
Energy kcal	211		0	NC	4		298		
Energy kJ	885		0	NC	4		1248		
Protein (N x 6.25) g	31.86	2.205	21	AR	1		44.92		
Total lipid (fat) g	9.34	2.971	21	AR	1		13.17		
Ash g	1.71	0.299	21	AR	1		2.42		
Carbohydrate, by difference g	0.00		0	NC	4		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	15		1	AR	1		21		
Iron, Fe mg	3.21		1	AR	1		4.52		
Magnesium, Mg mg	22		1	AR	1		32		
Phosphorus, P mg	230		1	AR	1		324		
Potassium, K mg	288		1	AR	1		407		
Sodium, Na mg	69		1	AR	1		97		
Zinc, Zn mg	10.31		1	AR	1		14.53		
Copper, Cu mg	0.142		1	AR	1		0.200		
Manganese, Mn mg	0.047		1	AR	1		0.066		
Selenium, Se µg	39.2		1	AR	1		55.3		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.079		1	AR	1		0.111		
Riboflavin mg	0.281		1	AR	1		0.396		
Niacin mg	3.870		1	AR	1		5.457		
Pantothenic acid mg	0.906		1	AR	1		1.277		
Vitamin B-6 mg	0.398		1	AR	1		0.561		
Folate, total µg	8		0	BFPN	4		11		
Folic acid µg	0		0	BFPN	4		0		
Folate, food µg	8		0	BFPN	4		11		
Folate, DFE µg	8		0	NC	4		11		
Choline, total mg	115.8		1	AR	1		163.3		
Betaine mg	16.3		1	AR	1		23.0		
Vitamin B-12 µg	4.35		1	AR	1		6.13		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	7		0	NC	4		11		
Retinol µg	7		0	BFSN	4		11		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	25		0	NC	4		35		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.10		1	AR	1		0.14		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.2		
Vitamin D IU	5		0	BFSN	4		6		
Vitamin K (phylloquinone) µg	1.6		12	A	1		2.2		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23121

Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated g	3.263		0	NC	4		4.600		
4:0 g	0.000		0	Z	7		0.000		
6:0 g	0.000		0	Z	7		0.000		
8:0 g	0.000		0	Z	7		0.000		
10:0 g	0.000		0	Z	7		0.000		
12:0 g	0.000		0	Z	7		0.000		
13:0 g									
14:0 g	0.198		2	AR	1		0.280		
15:0 g									
16:0 g	1.788		2	AR	1		2.521		
17:0 g	0.105		2	AR	1		0.148		
18:0 g	1.158		2	AR	1		1.632		
20:0 g	0.002		2	AR	1		0.003		
22:0 g									
24:0 g	0.012		2	AR	1		0.016		
Fatty acids, total monounsaturated g	3.782		0	NC	4		5.333		
14:1 g	0.041		2	AR	1		0.057		
15:1 g									
16:1 undifferentiated g	0.229		0	AS	1		0.323		
16:1 c g	0.229		2	AR	1		0.323		
16:1 t g									
17:1 g	0.073		2	AR	1		0.103		
18:1 undifferentiated g	3.432		0	AS	1		4.839		
18:1 c g	2.975		2	AR	1		4.195		
18:1 t g	0.457		2	AR	1		0.644		
18:1-11 t (18:1t n-7) g	0.228		2	AR	1		0.322		
20:1 g	0.007		2	AR	1		0.010		
22:1 undifferentiated g	0.000		0	Z	7		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.569		0	NC	4		0.803		
18:2 undifferentiated g	0.478		0	AS	1		0.674		
18:2 n-6 c,c g	0.442		2	AR	1		0.623		
18:2 CLAs g	0.036		2	AR	1		0.051		
18:2 t,t g									
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.017		0	AS	1		0.024		
18:3 n-3 c,c,c (ALA) g	0.017		2	AR	1		0.024		
18:3 n-6 c,c,c g									
18:3i g									
18:4 g	0.000		0	Z	7		0.000		
20:2 n-6 c,c g	0.001		2	AR	1		0.002		
20:3 undifferentiated g									
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.068		2	AR	1		0.096		
20:4 n-6 g									
20:5 n-3 (EPA) g	0.004		2	AR	1		0.005		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.001		2	AR	1		0.001		
22:6 n-3 (DHA) g	0.000		2	AR	1		0.000		
Fatty acids, total trans g	0.457		0	NC	4		0.644		
Fatty acids, total trans-monoenoic g	0.457		0	NC	4		0.644		
Fatty acids, total trans-polyenoic g									
Cholesterol mg	115		2	AR	1		162		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.359		0	AR	1		0.506		
Threonine g	1.402		0	AR	1		1.976		
Isoleucine g	1.355		0	AR	1		1.910		
Leucine g	2.562		0	AR	1		3.613		

NDB No. 23121

Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.785		0	AR	1		3.927		
Methionine g	0.905		0	AR	1		1.276		
Cystine g	0.334		0	AR	1		0.471		
Phenylalanine g	1.212		0	AR	1		1.709		
Tyrosine g	1.098		0	AR	1		1.549		
Valine g	1.440		0	AR	1		2.030		
Arginine g	2.097		0	AR	1		2.957		
Histidine g	1.032		0	AR	1		1.455		
Alanine g	1.817		0	AR	1		2.562		
Aspartic acid g	2.857		0	AR	1		4.028		
Glutamic acid g	5.038		0	AR	1		7.104		
Glycine g	1.453		0	AR	1		2.049		
Proline g	1.309		0	AR	1		1.846		
Serine g	1.224		0	AR	1		1.725		
Hydroxyproline g	0.218		0	BFPN	4		0.307		
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 141g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23124

Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw

Beef, Chuck, Mock Tender Steak, URMIS #1116

Refuse: 4% Connective tissue 4%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	74.01	0.680	24	AR	1		62.91	141.36	
Energy kcal	122		0	NC	4		104	233	
Energy kJ	510		0	NC	4		434	974	
Protein (N x 6.25) g	21.05	0.320	24	AR	1		17.89	40.20	
Total lipid (fat) g	4.20	0.399	24	AR	1		3.57	8.02	
Ash g	1.11	0.167	24	AR	1		0.94	2.12	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	11		1	AR	1		9	21	
Iron, Fe mg	2.25		1	AR	1		1.91	4.30	
Magnesium, Mg mg	24		1	AR	1		20	45	
Phosphorus, P mg	215		1	AR	1		182	410	
Potassium, K mg	341		1	AR	1		290	651	
Sodium, Na mg	76		1	AR	1		64	145	
Zinc, Zn mg	7.85		1	AR	1		6.67	15.00	
Copper, Cu mg	0.083		1	AR	1		0.071	0.159	
Manganese, Mn mg	0.012		1	AR	1		0.010	0.023	
Selenium, Se µg	24.9		1	AR	1		21.2	47.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.080		1	AR	1		0.068	0.152	
Riboflavin mg	0.217		1	AR	1		0.185	0.415	
Niacin mg	3.720		1	AR	1		3.162	7.106	
Pantothenic acid mg	0.902		1	AR	1		0.766	1.722	
Vitamin B-6 mg	0.445		1	AR	1		0.378	0.850	
Folate, total µg	3		0	BFPN	4		3	6	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	3		0	BFPN	4		3	6	
Folate, DFE µg	3		0	NC	4		3	6	
Choline, total mg	80.1		1	AR	1		68.1	153.0	
Betaine mg	21.2		1	AR	1		18.0	40.5	
Vitamin B-12 µg	2.99		1	AR	1		2.54	5.72	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	3		0	NC	4		3	6	
Retinol µg	3		0	BFSN	4		3	6	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	11		0	NC	4		9	21	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.20		1	AR	1		0.17	0.38	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.2	
Vitamin D IU	3		0	BFSN	4		3	6	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	2.9	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23124

Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.976		0	NC	4		1.680	3.774	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	Z	7		0.000	0.000	
12:0....g	0.000		0	Z	7		0.000	0.000	
13:0....g									
14:0....g	0.116		2	AR	1		0.099	0.222	
15:0....g									
16:0....g	1.108		2	AR	1		0.941	2.115	
17:0....g	0.061		2	AR	1		0.052	0.116	
18:0....g	0.681		2	AR	1		0.579	1.301	
20:0....g	0.001		2	AR	1		0.000	0.001	
22:0....g									
24:0....g	0.010		2	AR	1		0.008	0.019	
Fatty acids, total monounsaturated....g	2.279		0	NC	4		1.937	4.353	
14:1....g	0.021		2	AR	1		0.018	0.041	
15:1....g									
16:1 undifferentiated....g	0.142		0	AS	1		0.121	0.271	
16:1 c....g	0.142		2	AR	1		0.121	0.271	
16:1 t....g									
17:1....g	0.045		2	AR	1		0.038	0.085	
18:1 undifferentiated....g	2.069		0	AS	1		1.759	3.952	
18:1 c....g	1.831		2	AR	1		1.556	3.496	
18:1 t....g	0.239		2	AR	1		0.203	0.456	
18:1-11 t (18:1t n-7)....g	0.131		2	AR	1		0.111	0.249	
20:1....g	0.002		2	AR	1		0.002	0.004	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.396		0	NC	4		0.337	0.756	
18:2 undifferentiated....g	0.335		0	AS	1		0.285	0.640	
18:2 n-6 c,c....g	0.317		2	AR	1		0.269	0.605	
18:2 CLAs....g	0.018		2	AR	1		0.016	0.035	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.002		0	AS	1		0.001	0.003	
18:3 n-3 c,c,c (ALA)....g	0.002		2	AR	1		0.001	0.003	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000		2	AR	1		0.000	0.000	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.059		2	AR	1		0.050	0.112	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		2	AR	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		2	AR	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		2	AR	1		0.000	0.000	
Fatty acids, total trans....g	0.239		0	NC	4		0.203	0.456	
Fatty acids, total trans-monoenoic....g	0.239		0	NC	4		0.203	0.456	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	68		2	AR	1		58	130	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.237		0	AR	1		0.202	0.453	
Threonine....g	0.926		0	AR	1		0.787	1.769	
Isoleucine....g	0.895		0	AR	1		0.761	1.709	
Leucine....g	1.693		0	AR	1		1.439	3.234	

NDB No. 23124

Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	1.840		0	AR	1		1.564	3.515	
Methionine g	0.598		0	AR	1		0.508	1.142	
Cystine g	0.221		0	AR	1		0.188	0.422	
Phenylalanine g	0.801		0	AR	1		0.681	1.530	
Tyrosine g	0.726		0	AR	1		0.617	1.386	
Valine g	0.951		0	AR	1		0.808	1.817	
Arginine g	1.386		0	AR	1		1.178	2.647	
Histidine g	0.682		0	AR	1		0.580	1.302	
Alanine g	1.200		0	AR	1		1.020	2.293	
Aspartic acid g	1.887		0	AR	1		1.604	3.605	
Glutamic acid g	3.329		0	AR	1		2.829	6.357	
Glycine g	0.960		0	AR	1		0.816	1.834	
Proline g	0.865		0	AR	1		0.735	1.652	
Serine g	0.808		0	AR	1		0.687	1.544	
Hydroxyproline g	0.144		0	BFPN	4		0.122	0.275	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 191g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23086

Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised

Beef, Chuck, Mock Tender Steak, URMIS #1116

Refuse: 14% Connective tissue 6%, seam fat 8%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	59.82	1.358	72	AR	1		84.34		
Energy kcal	190		0	NC	4		268		
Energy kJ	796		0	NC	4		1123		
Protein (N x 6.25) g	33.31	1.202	72	AR	1		46.97		
Total lipid (fat) g	6.34	0.369	72	AR	1		8.94		
Ash g	1.65	0.332	72	AR	1		2.32		
Carbohydrate, by difference g	0.00		0	NC	4		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	15		3	AR	1		21		
Iron, Fe mg	3.42		3	AR	1		4.82		
Magnesium, Mg mg	23		3	AR	1		32		
Phosphorus, P mg	239		3	AR	1		337		
Potassium, K mg	309		3	AR	1		435		
Sodium, Na mg	68		3	AR	1		96		
Zinc, Zn mg	10.93		3	AR	1		15.41		
Copper, Cu mg	0.150		3	AR	1		0.211		
Manganese, Mn mg	0.026		3	AR	1		0.037		
Selenium, Se µg	38.8		3	AR	1		54.7		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.085		2	AR	1		0.120		
Riboflavin mg	0.287		3	AR	1		0.404		
Niacin mg	3.880		3	AR	1		5.471		
Pantothenic acid mg	0.930		2	AR	1		1.311		
Vitamin B-6 mg	0.390		3	AR	1		0.549		
Folate, total µg	8		0	BFPN	4		11		
Folic acid µg	0		0	BFPN	4		0		
Folate, food µg	8		0	BFPN	4		11		
Folate, DFE µg	8		0	NC	4		11		
Choline, total mg	123.5		2	AR	1		174.1		
Betaine mg	17.9		2	AR	1		25.2		
Vitamin B-12 µg	4.44		3	AR	1		6.26		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	2		0	NC	4		2		
Retinol µg	2		0	BFSN	4		2		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	6		0	NC	4		8		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.11		3	AR	1		0.15		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.2		
Vitamin D IU	5		0	BFSN	4		7		
Vitamin K (phylloquinone) µg	1.6		12	A	1		2.2		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23086

Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.520		0	NC	4		3.553		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g	0.000		0	Z	7		0.000		
12:0....g	0.000		0	Z	7		0.000		
13:0....g									
14:0....g	0.134	0.010	6	AR	1		0.190		
15:0....g									
16:0....g	1.399	0.084	6	AR	1		1.973		
17:0....g	0.078	0.004	6	AR	1		0.111		
18:0....g	0.894	0.054	6	AR	1		1.260		
20:0....g	0.000	0.000	6	AR	1		0.000		
22:0....g									
24:0....g	0.014	0.001	6	AR	1		0.020		
Fatty acids, total monounsaturated....g	3.043		0	NC	4		4.291		
14:1....g	0.029	0.002	6	AR	1		0.040		
15:1....g									
16:1 undifferentiated....g	0.188	0.010	6	AR	1		0.265		
17:1....g	0.060	0.003	6	AR	1		0.084		
18:1 undifferentiated....g	2.765		0	AS	1		3.899		
18:1 c....g	2.483	0.170	6	AR	1		3.501		
18:1 t....g	0.282	0.017	6	AR	1		0.398		
18:1-11 t (18:1t n-7)....g	0.189	0.012	6	AR	1		0.266		
20:1....g	0.001	0.000	6	AR	1		0.002		
22:1 undifferentiated....g	0.000		0	Z	7		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.511		0	NC	4		0.720		
18:2 undifferentiated....g	0.411		0	AS	1		0.580		
18:2 n-6 c,c....g	0.389	0.028	6	AR	1		0.548		
18:2 CLAs....g	0.023	0.001	6	AR	1		0.032		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.012		0	AS	1		0.017		
18:3 n-3 c,c,c (ALA)....g	0.012	0.001	6	AR	1		0.017		
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g	0.000	0.000	6	AR	1		0.000		
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.082	0.007	6	AR	1		0.116		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.004	0.000	6	AR	1		0.006		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	6	AR	1		0.000		
22:6 n-3 (DHA)....g	0.001	0.000	6	AR	1		0.001		
Fatty acids, total trans....g	0.282		0	NC	4		0.398		
Fatty acids, total trans-monoenoic....g	0.282		0	NC	4		0.398		
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	115	2.806	6	AR	1		162		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.382		0	AR	1		0.539		
Threonine....g	1.508		0	AR	1		2.127		
Isoleucine....g	1.459		0	AR	1		2.057		
Leucine....g	2.757		0	AR	1		3.888		
Lysine....g	2.997		0	AR	1		4.226		
Methionine....g	0.972		0	AR	1		1.370		

NDB No. 23086

Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine....g	0.355		0	AR	1		0.500		
Phenylalanine....g	1.299		0	AR	1		1.831		
Tyrosine....g	1.181		0	AR	1		1.666		
Valine....g	1.541		0	AR	1		2.173		
Arginine....g	2.240		0	AR	1		3.159		
Histidine....g	1.099		0	AR	1		1.549		
Alanine....g	1.926		0	AR	1		2.715		
Aspartic acid....g	3.067		0	AR	1		4.324		
Glutamic acid....g	5.425		0	AR	1		7.649		
Glycine....g	1.484		0	AR	1		2.092		
Proline....g	1.371		0	AR	1		1.933		
Serine....g	1.309		0	AR	1		1.845		
Hydroxyproline....g	0.168		0	AR	1		0.237		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 141g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23089

Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw

Beef, Chuck, Mock Tender Steak, URMIS #1116

Refuse: 5% Connective tissue 4%, seam fat 1%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	73.71	0.576	72	AR	1		62.65	145.94	
Energy kcal	123		0	NC	4		104	243	
Energy kJ	514		0	NC	4		437	1017	
Protein (N x 6.25) g	21.30	0.301	72	AR	1		18.11	42.18	
Total lipid (fat) g	4.17	0.239	72	AR	1		3.54	8.25	
Ash g	1.19	0.161	72	AR	1		1.02	2.37	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	11		3	AR	1		10	22	
Iron, Fe mg	2.44		3	AR	1		2.07	4.83	
Magnesium, Mg mg	25		3	AR	1		21	50	
Phosphorus, P mg	225		3	AR	1		191	445	
Potassium, K mg	346		3	AR	1		294	685	
Sodium, Na mg	81		3	AR	1		69	160	
Zinc, Zn mg	8.00		3	AR	1		6.80	15.84	
Copper, Cu mg	0.088		3	AR	1		0.074	0.173	
Manganese, Mn mg	0.012		3	AR	1		0.011	0.025	
Selenium, Se µg	24.3		3	AR	1		20.6	48.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.080		2	AR	1		0.068	0.158	
Riboflavin mg	0.217		3	AR	1		0.184	0.429	
Niacin mg	3.603		3	AR	1		3.063	7.135	
Pantothenic acid mg	0.865		2	AR	1		0.735	1.713	
Vitamin B-6 mg	0.416		3	AR	1		0.353	0.823	
Folate, total µg	3		0	BFPN	4		3	7	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	3		0	BFPN	4		3	7	
Folate, DFE µg	3		0	NC	4		3	7	
Choline, total mg	78.3		2	AR	1		66.6	155.1	
Betaine mg	22.7		2	AR	1		19.3	45.0	
Vitamin B-12 µg	3.13		3	AR	1		2.66	6.20	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		2	4	
Retinol µg	2		0	BFSN	4		2	4	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	7		0	NC	4		6	13	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.20		3	AR	1		0.17	0.39	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.2	
Vitamin D IU	3		0	BFSN	4		3	6	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	3.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23089

Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.700		0	NR	4		1.445	3.366	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	Z	7		0.000	0.000	
12:0....g	0.000		0	Z	7		0.000	0.000	
13:0....g									
14:0....g	0.093	0.008	6	AR	1		0.079	0.183	
15:0....g									
16:0....g	0.952	0.064	6	AR	1		0.809	1.884	
17:0....g	0.051	0.003	6	AR	1		0.043	0.101	
18:0....g	0.595	0.041	6	AR	1		0.506	1.179	
20:0....g	0.000	0.000	6	AR	1		0.000	0.000	
22:0....g									
24:0....g	0.010	0.001	6	AR	1		0.008	0.019	
Fatty acids, total monounsaturated....g	2.100		0	NR	4		1.785	4.158	
14:1....g	0.020	0.001	6	AR	1		0.017	0.040	
15:1....g									
16:1 undifferentiated....g	0.133	0.007	6	AR	1		0.113	0.263	
17:1....g	0.040	0.002	6	AR	1		0.034	0.080	
18:1 undifferentiated....g	1.906		0	AS	1		1.620	3.773	
18:1 c....g	1.728	0.129	6	AR	1		1.468	3.421	
18:1 t....g	0.178	0.012	6	AR	1		0.151	0.353	
18:1-11 t (18:1t n-7)....g	0.120	0.007	6	AR	1		0.102	0.237	
20:1....g	0.000	0.000	6	AR	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.350		0	NR	4		0.298	0.693	
18:2 undifferentiated....g	0.291		0	AS	1		0.247	0.575	
18:2 n-6 c,c....g	0.276	0.021	6	AR	1		0.234	0.546	
18:2 CLAs....g	0.015	0.001	6	AR	1		0.012	0.029	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.001		0	AS	1		0.001	0.001	
18:3 n-3 c,c,c (ALA)....g	0.001	0.000	6	AR	1		0.001	0.001	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000	0.000	6	AR	1		0.000	0.000	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.059	0.005	6	AR	1		0.050	0.116	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	6	AR	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	6	AR	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000	0.000	6	AR	1		0.000	0.000	
Fatty acids, total trans....g	0.185		0	NC	4		0.157	0.367	
Fatty acids, total trans-monoenoic....g	0.185		0	NC	4		0.157	0.367	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	67	1.265	6	AR	1		57	133	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.244		0	AR	1		0.208	0.484	
Threonine....g	0.965		0	AR	1		0.820	1.910	
Isoleucine....g	0.933		0	AR	1		0.793	1.847	
Leucine....g	1.763		0	AR	1		1.499	3.491	
Lysine....g	1.917		0	AR	1		1.629	3.795	
Methionine....g	0.621		0	AR	1		0.528	1.230	

NDB No. 23089

Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine....g	0.227		0	AR	1		0.193	0.449	
Phenylalanine....g	0.830		0	AR	1		0.706	1.644	
Tyrosine....g	0.755		0	AR	1		0.642	1.496	
Valine....g	0.985		0	AR	1		0.838	1.951	
Arginine....g	1.433		0	AR	1		1.218	2.837	
Histidine....g	0.703		0	AR	1		0.597	1.391	
Alanine....g	1.231		0	AR	1		1.047	2.438	
Aspartic acid....g	1.961		0	AR	1		1.667	3.884	
Glutamic acid....g	3.469		0	AR	1		2.949	6.869	
Glycine....g	0.949		0	AR	1		0.806	1.879	
Proline....g	0.877		0	AR	1		0.745	1.736	
Serine....g	0.837		0	AR	1		0.711	1.657	
Hydroxyproline....g	0.108		0	AR	1		0.091	0.213	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 198g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23084

Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised

Beef, Chuck, Mock Tender Steak, URMIS #1116

Refuse: 15% Connective tissue 6%, seam fat 9%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	59.17	1.370	48	AR	1		83.42		
Energy kcal	197		0	NC	4		277		
Energy kJ	823		0	NC	4		1160		
Protein (N x 6.25) g	33.55	1.213	48	AR	1		47.30		
Total lipid (fat) g	6.94	0.391	48	AR	1		9.79		
Ash g	1.62	0.336	48	AR	1		2.28		
Carbohydrate, by difference g	0.00		0	NC	4		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	15		2	AR	1		21		
Iron, Fe mg	3.53		2	AR	1		4.98		
Magnesium, Mg mg	23		2	AR	1		32		
Phosphorus, P mg	240		2	AR	1		339		
Potassium, K mg	315		2	AR	1		444		
Sodium, Na mg	67		2	AR	1		94		
Zinc, Zn mg	11.01		2	AR	1		15.52		
Copper, Cu mg	0.150		2	AR	1		0.212		
Manganese, Mn mg	0.015		2	AR	1		0.022		
Selenium, Se µg	38.5		2	AR	1		54.2		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.090		1	AR	1		0.127		
Riboflavin mg	0.287		2	AR	1		0.404		
Niacin mg	3.867		2	AR	1		5.452		
Pantothenic acid mg	0.930		1	AR	1		1.311		
Vitamin B-6 mg	0.381		2	AR	1		0.537		
Folate, total µg	8		0	BFPN	4		11		
Folic acid µg	0		0	BFPN	4		0		
Folate, food µg	8		0	BFPN	4		11		
Folate, DFE µg	8		0	NC	4		11		
Choline, total mg	127.0		1	AR	1		179.1		
Betaine mg	19.0		1	AR	1		26.8		
Vitamin B-12 µg	4.44		2	AR	1		6.26		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	1		0	NC	4		2		
Retinol µg	1		0	BFSN	4		2		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	5		0	NC	4		7		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.11		2	AR	1		0.15		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.2		
Vitamin D IU	6		0	BFSN	4		8		
Vitamin K (phylloquinone) µg	1.6		12	A	1		2.2		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23084

Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.708		0	NC	4		3.819		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g	0.000		0	Z	7		0.000		
12:0....g	0.000		0	Z	7		0.000		
13:0....g									
14:0....g	0.144	0.013	4	AR	1		0.202		
15:0....g									
16:0....g	1.502	0.105	4	AR	1		2.118		
17:0....g	0.080	0.005	4	AR	1		0.113		
18:0....g	0.966	0.067	4	AR	1		1.362		
20:0....g	0.000	0.000	4	AR	1		0.000		
22:0....g									
24:0....g	0.016	0.002	4	AR	1		0.023		
Fatty acids, total monounsaturated....g	3.275		0	NC	4		4.618		
14:1....g	0.031	0.002	4	AR	1		0.043		
15:1....g									
16:1 undifferentiated....g	0.204	0.012	4	AR	1		0.288		
17:1....g	0.061	0.004	4	AR	1		0.086		
18:1 undifferentiated....g	2.976		0	AS	1		4.197		
18:1 c....g	2.694	0.211	4	AR	1		3.799		
18:1 t....g	0.282	0.021	4	AR	1		0.398		
18:1-11 t (18:1t n-7)....g	0.181	0.014	4	AR	1		0.255		
20:1....g	0.002	0.000	4	AR	1		0.003		
22:1 undifferentiated....g	0.000		0	Z	7		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.522		0	NC	4		0.737		
18:2 undifferentiated....g	0.414		0	AS	1		0.584		
18:2 n-6 c,c....g	0.391	0.034	4	AR	1		0.551		
18:2 CLAs....g	0.023	0.002	4	AR	1		0.033		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.012		0	AS	1		0.016		
18:3 n-3 c,c,c (ALA)....g	0.012	0.001	4	AR	1		0.016		
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g	0.000	0.000	4	AR	1		0.000		
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.090	0.009	4	AR	1		0.128		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.005	0.001	4	AR	1		0.007		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	4	AR	1		0.000		
22:6 n-3 (DHA)....g	0.001	0.000	4	AR	1		0.002		
Fatty acids, total trans....g	0.282		0	NC	4		0.398		
Fatty acids, total trans-monoenoic....g	0.282		0	NC	4		0.398		
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	113	3.486	4	AR	1		160		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.385		0	AR	1		0.542		
Threonine....g	1.519		0	AR	1		2.142		
Isoleucine....g	1.469		0	AR	1		2.071		
Leucine....g	2.777		0	AR	1		3.915		
Lysine....g	3.018		0	AR	1		4.256		
Methionine....g	0.978		0	AR	1		1.379		

NDB No. 23084

Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine....g	0.357		0	AR	1		0.503		
Phenylalanine....g	1.308		0	AR	1		1.844		
Tyrosine....g	1.190		0	AR	1		1.677		
Valine....g	1.552		0	AR	1		2.188		
Arginine....g	2.256		0	AR	1		3.181		
Histidine....g	1.107		0	AR	1		1.560		
Alanine....g	1.939		0	AR	1		2.734		
Aspartic acid....g	3.089		0	AR	1		4.355		
Glutamic acid....g	5.463		0	AR	1		7.703		
Glycine....g	1.494		0	AR	1		2.107		
Proline....g	1.381		0	AR	1		1.947		
Serine....g	1.318		0	AR	1		1.858		
Hydroxyproline....g	0.169		0	AR	1		0.239		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 141g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23087

Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, raw

Beef, Chuck, Mock Tender Steak, URMIS #1116

Refuse: 6% Connective tissue 5%, seam fat 1%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	73.20	0.592	48	AR	1		62.22	149.34	
Energy kcal	127		0	NC	4		108	259	
Energy kJ	531		0	NC	4		451	1082	
Protein (N x 6.25) g	21.36	0.317	48	AR	1		18.15	43.57	
Total lipid (fat) g	4.60	0.260	48	AR	1		3.91	9.38	
Ash g	1.25	0.163	48	AR	1		1.06	2.54	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	11		2	AR	1		10	23	
Iron, Fe mg	2.51		2	AR	1		2.14	5.13	
Magnesium, Mg mg	26		2	AR	1		22	53	
Phosphorus, P mg	230		2	AR	1		196	470	
Potassium, K mg	349		2	AR	1		297	713	
Sodium, Na mg	83		2	AR	1		70	169	
Zinc, Zn mg	8.06		2	AR	1		6.85	16.44	
Copper, Cu mg	0.090		2	AR	1		0.076	0.183	
Manganese, Mn mg	0.013		2	AR	1		0.011	0.026	
Selenium, Se µg	24.3		2	AR	1		20.6	49.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.080		1	AR	1		0.068	0.163	
Riboflavin mg	0.217		2	AR	1		0.184	0.442	
Niacin mg	3.527		2	AR	1		2.998	7.194	
Pantothenic acid mg	0.820		1	AR	1		0.697	1.673	
Vitamin B-6 mg	0.409		2	AR	1		0.348	0.835	
Folate, total µg	3		0	BFPN	4		3	7	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	3		0	BFPN	4		3	7	
Folate, DFE µg	3		0	NC	4		3	7	
Choline, total mg	75.7		1	AR	1		64.3	154.4	
Betaine mg	24.1		1	AR	1		20.4	49.1	
Vitamin B-12 µg	3.22		2	AR	1		2.73	6.56	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		1	3	
Retinol µg	2		0	BFSN	4		1	3	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	6		0	NC	4		5	11	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.19		2	AR	1		0.16	0.39	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.2	
Vitamin D IU	4		0	BFSN	4		3	8	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	3.1	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23087

Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.884		0	NC	4		1.602	3.844	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	Z	7		0.000	0.000	
12:0....g	0.000		0	Z	7		0.000	0.000	
13:0....g									
14:0....g	0.101	0.010	4	AR	1		0.086	0.207	
15:0....g									
16:0....g	1.046	0.079	4	AR	1		0.890	2.135	
17:0....g	0.055	0.004	4	AR	1		0.047	0.112	
18:0....g	0.671	0.051	4	AR	1		0.571	1.369	
20:0....g	0.000	0.000	4	AR	1		0.000	0.000	
22:0....g									
24:0....g	0.010	0.001	4	AR	1		0.009	0.021	
Fatty acids, total monounsaturated....g	2.328		0	NC	4		1.979	4.748	
14:1....g	0.023	0.001	4	AR	1		0.020	0.047	
15:1....g									
16:1 undifferentiated....g	0.149	0.009	4	AR	1		0.127	0.304	
17:1....g	0.044	0.003	4	AR	1		0.038	0.090	
18:1 undifferentiated....g	2.111		0	AS	1		1.795	4.307	
18:1 c....g	1.929	0.161	4	AR	1		1.639	3.935	
18:1 t....g	0.183	0.015	4	AR	1		0.155	0.373	
18:1-11 t (18:1t n-7)....g	0.117	0.009	4	AR	1		0.100	0.239	
20:1....g	0.000	0.000	4	AR	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.348		0	NC	4		0.296	0.711	
18:2 undifferentiated....g	0.286		0	AS	1		0.243	0.583	
18:2 n-6 c,c....g	0.271	0.026	4	AR	1		0.230	0.552	
18:2 CLAs....g	0.015	0.001	4	AR	1		0.013	0.031	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.001		0	AS	1		0.001	0.002	
18:3 n-3 c,c,c (ALA)....g	0.001	0.000	4	AR	1		0.001	0.002	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000	0.000	4	AR	1		0.000	0.000	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.061	0.007	4	AR	1		0.052	0.125	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	4	AR	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	4	AR	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000	0.000	4	AR	1		0.000	0.000	
Fatty acids, total trans....g	0.183		0	NC	4		0.155	0.373	
Fatty acids, total trans-monoenoic....g	0.183		0	NC	4		0.155	0.373	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	67	1.571	4	AR	1		57	137	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.245		0	AR	1		0.208	0.500	
Threonine....g	0.967		0	AR	1		0.822	1.973	
Isoleucine....g	0.935		0	AR	1		0.795	1.908	
Leucine....g	1.768		0	AR	1		1.503	3.606	
Lysine....g	1.922		0	AR	1		1.633	3.920	
Methionine....g	0.623		0	AR	1		0.529	1.271	

NDB No. 23087

Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine....g	0.227		0	AR	1		0.193	0.464	
Phenylalanine....g	0.833		0	AR	1		0.708	1.699	
Tyrosine....g	0.757		0	AR	1		0.644	1.545	
Valine....g	0.988		0	AR	1		0.840	2.015	
Arginine....g	1.436		0	AR	1		1.221	2.930	
Histidine....g	0.705		0	AR	1		0.599	1.437	
Alanine....g	1.235		0	AR	1		1.049	2.519	
Aspartic acid....g	1.966		0	AR	1		1.671	4.012	
Glutamic acid....g	3.478		0	AR	1		2.957	7.096	
Glycine....g	0.951		0	AR	1		0.809	1.940	
Proline....g	0.879		0	AR	1		0.747	1.793	
Serine....g	0.839		0	AR	1		0.713	1.712	
Hydroxyproline....g	0.108		0	AR	1		0.092	0.220	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 204g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23085

Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised

Beef, Chuck, Mock Tender Steak, URMIS #1116

Refuse: 14% Connective tissue 5%, seam fat 9%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	60.80	1.394	24	AR	1		85.72		
Energy kcal	181		0	NC	4		255		
Energy kJ	757		0	NC	4		1067		
Protein (N x 6.25) g	32.96	1.235	24	AR	1		46.48		
Total lipid (fat) g	5.44	0.432	24	AR	1		7.67		
Ash g	1.69	0.345	24	AR	1		2.38		
Carbohydrate, by difference g	0.00		0	NC	4		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	15		1	AR	1		21		
Iron, Fe mg	3.32		1	AR	1		4.69		
Magnesium, Mg mg	23		1	AR	1		32		
Phosphorus, P mg	239		1	AR	1		336		
Potassium, K mg	298		1	AR	1		420		
Sodium, Na mg	70		1	AR	1		98		
Zinc, Zn mg	10.76		1	AR	1		15.17		
Copper, Cu mg	0.147		1	AR	1		0.207		
Manganese, Mn mg	0.049		1	AR	1		0.069		
Selenium, Se µg	40.5		1	AR	1		57.1		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.080		1	AR	1		0.113		
Riboflavin mg	0.290		1	AR	1		0.409		
Niacin mg	3.940		1	AR	1		5.555		
Pantothenic acid mg	0.930		1	AR	1		1.311		
Vitamin B-6 mg	0.407		1	AR	1		0.574		
Folate, total µg	8		0	BFPN	4		11		
Folic acid µg	0		0	BFPN	4		0		
Folate, food µg	8		0	BFPN	4		11		
Folate, DFE µg	8		0	NC	4		11		
Choline, total mg	119.9		1	AR	1		169.1		
Betaine mg	16.7		1	AR	1		23.6		
Vitamin B-12 µg	4.48		1	AR	1		6.32		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	2		0	NC	4		3		
Retinol µg	2		0	BFSN	4		3		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	7		0	NC	4		10		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.10		1	AR	1		0.15		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1		
Vitamin D IU	4		0	BFSN	4		6		
Vitamin K (phylloquinone) µg	1.6		12	A	1		2.2		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23085

Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.238		0	NC	4		3.155		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g	0.000		0	Z	7		0.000		
12:0....g	0.000		0	Z	7		0.000		
13:0....g									
14:0....g	0.121		2	AR	1		0.171		
15:0....g									
16:0....g	1.244		2	AR	1		1.754		
17:0....g	0.076		2	AR	1		0.107		
18:0....g	0.785		2	AR	1		1.107		
20:0....g	0.000		2	AR	1		0.000		
22:0....g									
24:0....g	0.011		2	AR	1		0.016		
Fatty acids, total monounsaturated....g	2.695		0	NC	4		3.800		
14:1....g	0.025		2	AR	1		0.036		
15:1....g									
16:1 undifferentiated....g	0.164		2	AR	1		0.232		
17:1....g	0.057		2	AR	1		0.080		
18:1 undifferentiated....g	2.449		0	AS	1		3.453		
18:1 c....g	2.167		2	AR	1		3.055		
18:1 t....g	0.282		2	AR	1		0.398		
18:1-11 t (18:1t n-7)....g	0.200		2	AR	1		0.283		
20:1....g	0.000		2	AR	1		0.000		
22:1 undifferentiated....g	0.000		0	Z	7		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.493		0	NC	4		0.695		
18:2 undifferentiated....g	0.408		0	AS	1		0.575		
18:2 n-6 c,c....g	0.386		2	AR	1		0.545		
18:2 CLAs....g	0.021		2	AR	1		0.030		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.013		0	AS	1		0.018		
18:3 n-3 c,c,c (ALA)....g	0.013		2	AR	1		0.018		
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g	0.000		2	AR	1		0.000		
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.069		2	AR	1		0.098		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.004		2	AR	1		0.005		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		2	AR	1		0.000		
22:6 n-3 (DHA)....g	0.000		2	AR	1		0.000		
Fatty acids, total trans....g	0.282		0	NC	4		0.398		
Fatty acids, total trans-monoenoic....g	0.282		0	NC	4		0.398		
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	117		2	AR	1		165		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.378		0	AR	1		0.533		
Threonine....g	1.493		0	AR	1		2.104		
Isoleucine....g	1.443		0	AR	1		2.035		
Leucine....g	2.728		0	AR	1		3.847		
Lysine....g	2.965		0	AR	1		4.181		
Methionine....g	0.961		0	AR	1		1.355		

NDB No. 23085

Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine....g	0.351		0	AR	1		0.495		
Phenylalanine....g	1.285		0	AR	1		1.812		
Tyrosine....g	1.169		0	AR	1		1.648		
Valine....g	1.525		0	AR	1		2.150		
Arginine....g	2.217		0	AR	1		3.125		
Histidine....g	1.087		0	AR	1		1.533		
Alanine....g	1.905		0	AR	1		2.686		
Aspartic acid....g	3.035		0	AR	1		4.279		
Glutamic acid....g	5.368		0	AR	1		7.568		
Glycine....g	1.468		0	AR	1		2.070		
Proline....g	1.357		0	AR	1		1.913		
Serine....g	1.295		0	AR	1		1.826		
Hydroxyproline....g	0.166		0	AR	1		0.235		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 141g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23088

Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw

Beef, Chuck, Mock Tender Steak, URMIS #1116

Refuse: 5% Connective tissue 4%, seam fat 1%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	74.46	0.625	24	AR	1		63.29	142.23	
Energy kcal	117		0	NC	4		99	223	
Energy kJ	488		0	NC	4		415	932	
Protein (N x 6.25) g	21.22	0.346	24	AR	1		18.04	40.53	
Total lipid (fat) g	3.53	0.298	24	AR	1		3.00	6.74	
Ash g	1.12	0.168	24	AR	1		0.95	2.14	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	11		1	AR	1		9	21	
Iron, Fe mg	2.26		1	AR	1		1.92	4.32	
Magnesium, Mg mg	24		1	AR	1		20	46	
Phosphorus, P mg	216		1	AR	1		184	413	
Potassium, K mg	344		1	AR	1		292	656	
Sodium, Na mg	76		1	AR	1		65	146	
Zinc, Zn mg	7.93		1	AR	1		6.74	15.14	
Copper, Cu mg	0.084		1	AR	1		0.071	0.160	
Manganese, Mn mg	0.012		1	AR	1		0.011	0.024	
Selenium, Se µg	25.2		1	AR	1		21.4	48.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.080		1	AR	1		0.068	0.153	
Riboflavin mg	0.220		1	AR	1		0.187	0.420	
Niacin mg	3.740		1	AR	1		3.179	7.143	
Pantothenic acid mg	0.910		1	AR	1		0.774	1.738	
Vitamin B-6 mg	0.448		1	AR	1		0.381	0.856	
Folate, total µg	3		0	BFPN	4		3	6	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	3		0	BFPN	4		3	6	
Folate, DFE µg	3		0	NC	4		3	6	
Choline, total mg	81.0		1	AR	1		68.8	154.6	
Betaine mg	21.4		1	AR	1		18.2	40.8	
Vitamin B-12 µg	3.02		1	AR	1		2.57	5.77	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		2	4	
Retinol µg	2		0	BFSN	4		2	4	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	7		0	NC	4		6	13	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.20		1	AR	1		0.17	0.38	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.2	
Vitamin D IU	3		0	BFSN	4		3	6	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	2.9	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23088

Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.470		0	NR	4		1.250	2.808	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	Z	7		0.000	0.000	
12:0....g	0.000		0	Z	7		0.000	0.000	
13:0....g									
14:0....g	0.082		2	AR	1		0.070	0.156	
15:0....g									
16:0....g	0.834		2	AR	1		0.709	1.592	
17:0....g	0.046		2	AR	1		0.039	0.087	
18:0....g	0.500		2	AR	1		0.425	0.955	
20:0....g	0.000		2	AR	1		0.000	0.000	
22:0....g									
24:0....g	0.009		2	AR	1		0.007	0.016	
Fatty acids, total monounsaturated....g	1.700		0	NR	4		1.445	3.247	
14:1....g	0.015		2	AR	1		0.013	0.028	
15:1....g									
16:1 undifferentiated....g	0.107		2	AR	1		0.091	0.204	
17:1....g	0.035		2	AR	1		0.029	0.066	
18:1 undifferentiated....g	1.544		0	AS	1		1.313	2.950	
18:1 c....g	1.380		2	AR	1		1.173	2.637	
18:1 t....g	0.164		2	AR	1		0.139	0.313	
18:1-11 t (18:1t n-7)....g	0.123		2	AR	1		0.105	0.236	
20:1....g	0.000		2	AR	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.320		0	NR	4		0.272	0.611	
18:2 undifferentiated....g	0.270		0	AS	1		0.229	0.515	
18:2 n-6 c,c....g	0.257		2	AR	1		0.218	0.491	
18:2 CLAs....g	0.012		2	AR	1		0.011	0.024	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.000		0	AS	1		0.000	0.000	
18:3 n-3 c,c,c (ALA)....g	0.000		2	AR	1		0.000	0.000	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000		2	AR	1		0.000	0.000	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.050		2	AR	1		0.043	0.096	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		2	AR	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		2	AR	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		2	AR	1		0.000	0.000	
Fatty acids, total trans....g	0.164		0	NR	4		0.139	0.313	
Fatty acids, total trans-monoenoic....g	0.164		0	NR	4		0.139	0.313	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	68		2	AR	1		58	130	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.243		0	AR	1		0.207	0.465	
Threonine....g	0.961		0	AR	1		0.817	1.835	
Isoleucine....g	0.929		0	AR	1		0.790	1.775	
Leucine....g	1.756		0	AR	1		1.493	3.355	
Lysine....g	1.909		0	AR	1		1.623	3.647	
Methionine....g	0.619		0	AR	1		0.526	1.182	

NDB No. 23088

Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine....g	0.226		0	AR	1		0.192	0.431	
Phenylalanine....g	0.827		0	AR	1		0.703	1.580	
Tyrosine....g	0.753		0	AR	1		0.640	1.437	
Valine....g	0.982		0	AR	1		0.834	1.875	
Arginine....g	1.427		0	AR	1		1.213	2.726	
Histidine....g	0.700		0	AR	1		0.595	1.337	
Alanine....g	1.227		0	AR	1		1.043	2.343	
Aspartic acid....g	1.954		0	AR	1		1.661	3.732	
Glutamic acid....g	3.456		0	AR	1		2.938	6.601	
Glycine....g	0.945		0	AR	1		0.803	1.805	
Proline....g	0.873		0	AR	1		0.742	1.668	
Serine....g	0.834		0	AR	1		0.709	1.592	
Hydroxyproline....g	0.107		0	AR	1		0.091	0.205	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 191g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23519

Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled

Mock Tender Steak, URMIS #1931

Refuse: 5% Bone and heavy connective tissue, 5%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	65.57		0	PAK	1		55.74	297.43	
Energy kcal	161		0	NC	4		137	732	
Energy kJ	675		0	NC	4		574	3062	
Protein (N x 6.25) g	25.73		0	PAK	1		21.87	116.73	
Total lipid (fat) g	5.72		0	PAK	1		4.86	25.93	
Ash g	1.50		0	PAK	1		1.27	6.80	
Carbohydrate, by difference g	0.00		0	PIK	4		0.00	0.00	
Fiber, total dietary g	0.0		0	PIK	4		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	8		0	PIK	4		7	35	
Iron, Fe mg	3.02		0	PIK	4		2.57	13.70	
Magnesium, Mg mg	23		0	PAK	1		20	106	
Phosphorus, P mg	234		0	PIK	4		199	1062	
Potassium, K mg	293		0	PAK	1		249	1329	
Sodium, Na mg	73		0	PIK	4		62	333	
Zinc, Zn mg	7.83		0	PAK	1		6.65	35.51	
Copper, Cu mg	0.121		0	PIK	4		0.103	0.549	
Manganese, Mn mg	0.000		0	PAK	1		0.000	0.000	
Selenium, Se µg	25.2		0	PIK	4		21.5	114.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0	0.0	
Thiamin mg	0.110		0	PIK	4		0.094	0.500	
Riboflavin mg	0.229		0	PIK	4		0.194	1.038	
Niacin mg	3.612		0	PIK	4		3.070	16.384	
Pantothenic acid mg	0.000		0	PAK	1		0.000	0.000	
Vitamin B-6 mg	0.320		0	PIK	4		0.272	1.450	
Folate, total µg	8		0	PIK	4		7	37	
Folic acid µg	0		0	PIK	4		0	0	
Folate, food µg	8		0	PIK	4		7	37	
Folate, DFE µg	8		0	NC	4		7	37	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	3.37		0	PIK	4		2.86	15.29	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	PIK	4		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.16		0	PIK	4		0.14	0.74	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 23519

Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.721		0	PIK	4		1.463	7.805	
4:0....g	0.000		0	PAK	1		0.000	0.000	
6:0....g	0.000		0	PAK	1		0.000	0.000	
8:0....g	0.000		0	PAK	1		0.000	0.000	
10:0....g	0.000		0	PAK	1		0.000	0.001	
12:0....g	0.000		0	PAK	1		0.000	0.000	
13:0....g									
14:0....g	0.071		0	PAK	1		0.060	0.322	
15:0....g									
16:0....g	1.027		0	PAK	1		0.873	4.657	
17:0....g									
18:0....g	0.613		0	PAK	1		0.521	2.780	
20:0....g	0.010		0	PAK	1		0.008	0.045	
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.721		0	PIK	4		2.313	12.343	
14:1....g	0.040		0	PAK	1		0.034	0.181	
15:1....g									
16:1 undifferentiated....g	0.141		0	PAK	1		0.120	0.640	
17:1....g									
18:1 undifferentiated....g	2.540		0	PAK	1		2.159	11.521	
20:1....g	0.000		0	PAK	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	PAK	1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.401		0	PIK	4		0.341	1.819	
18:2 undifferentiated....g	0.301		0	PAK	1		0.255	1.363	
18:3 undifferentiated....g	0.040		0	PAK	1		0.034	0.183	
18:4....g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.060		0	PAK	1		0.051	0.272	
20:5 n-3 (EPA)....g	0.000		0	PAK	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	PAK	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	65		0	PAK	1		56	297	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.278		0	PAK	1		0.236	1.260	
Threonine....g	1.189		0	PAK	1		1.011	5.395	
Isoleucine....g	1.329		0	PAK	1		1.130	6.028	
Leucine....g	2.275		0	PAK	1		1.934	10.319	
Lysine....g	2.415		0	PAK	1		2.053	10.955	
Methionine....g	0.730		0	PAK	1		0.620	3.311	
Cystine....g	0.276		0	PAK	1		0.235	1.253	
Phenylalanine....g	1.116		0	PAK	1		0.948	5.061	
Tyrosine....g	0.943		0	PAK	1		0.802	4.278	
Valine....g	1.392		0	PAK	1		1.183	6.312	
Arginine....g	1.734		0	PAK	1		1.474	7.865	
Histidine....g	0.830		0	PAK	1		0.705	3.763	
Alanine....g	1.555		0	PAK	1		1.322	7.056	
Aspartic acid....g	2.565		0	PAK	1		2.181	11.636	
Glutamic acid....g	4.125		0	PAK	1		3.506	18.711	
Glycine....g	1.223		0	PAK	1		1.040	5.550	
Proline....g	1.088		0	PAK	1		0.925	4.935	
Serine....g	1.033		0	PAK	1		0.878	4.684	
Hydroxyproline....g	0.119		0	PAK	1		0.101	0.539	
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	
Caffeine....mg	0		0	PIK	4		0	0	
Theobromine....mg	0		0	PIK	4		0	0	

NDB No. 23519

Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23521

Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled

Mock Tender Steak, URMIS #1116

Refuse: 3% Bone and heavy connective tissue, 3%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	67.09		0	PAK	1		57.03	304.34	
Energy kcal	159		0	NC	4		135	720	
Energy kJ	664		0	NC	4		564	3012	
Protein (N x 6.25) g	26.08		0	PAK	1		22.17	118.29	
Total lipid (fat) g	5.24		0	PAK	1		4.46	23.78	
Ash g	1.15		0	PAK	1		0.98	5.21	
Carbohydrate, by difference g	0.00		0	PIK	4		0.00	0.00	
Fiber, total dietary g	0.0		0	PIK	4		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	7		0	PIK	4		6	33	
Iron, Fe mg	2.80		0	PIK	4		2.38	12.69	
Magnesium, Mg mg	23		0	PAK	1		20	106	
Phosphorus, P mg	217		0	PIK	4		184	983	
Potassium, K mg	293		0	PAK	1		249	1327	
Sodium, Na mg	68		0	PIK	4		58	308	
Zinc, Zn mg	7.81		0	PAK	1		6.64	35.42	
Copper, Cu mg	0.112		0	PIK	4		0.095	0.508	
Manganese, Mn mg	0.000		0	PAK	1		0.000	0.000	
Selenium, Se µg	25.3		0	PIK	4		21.5	114.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0	0.0	
Thiamin mg	0.112		0	PIK	4		0.095	0.506	
Riboflavin mg	0.232		0	PIK	4		0.197	1.051	
Niacin mg	3.660		0	PIK	4		3.111	16.603	
Pantothenic acid mg	0.742		0	BFPN	4		0.630	3.364	
Vitamin B-6 mg	0.324		0	PIK	4		0.275	1.469	
Folate, total µg	8		0	PIK	4		7	38	
Folic acid µg	0		0	PIK	4		0	0	
Folate, food µg	8		0	PIK	4		7	38	
Folate, DFE µg	8		0	NC	4		7	38	
Choline, total mg	99.3		0	BFPN	4		84.4	450.5	
Betaine mg									
Vitamin B-12 µg	3.42		0	PIK	4		2.90	15.49	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	PIK	4		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.15		0	PIK	4		0.13	0.70	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 23521

Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	2.090		0	PIK	4		1.777	9.481	
4:0....g	0.000		0	PAK	1		0.000	0.000	
6:0....g	0.000		0	PAK	1		0.000	0.000	
8:0....g	0.000		0	PAK	1		0.000	0.000	
10:0....g	0.001		0	PAK	1		0.001	0.004	
12:0....g	0.001		0	PAK	1		0.001	0.004	
13:0....g									
14:0....g	0.108		0	PAK	1		0.092	0.488	
15:0....g									
16:0....g	1.226		0	PAK	1		1.042	5.563	
17:0....g									
18:0....g	0.744		0	PAK	1		0.633	3.376	
20:0....g	0.010		0	PAK	1		0.008	0.045	
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.555		0	PIK	4		2.172	11.590	
14:1....g	0.040		0	PAK	1		0.034	0.181	
15:1....g									
16:1 undifferentiated....g	0.140		0	PAK	1		0.119	0.636	
17:1....g									
18:1 undifferentiated....g	2.374		0	PAK	1		2.018	10.771	
20:1....g	0.001		0	PAK	1		0.000	0.003	
22:1 undifferentiated....g	0.000		0	PAK	1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.368		0	PIK	4		0.313	1.668	
18:2 undifferentiated....g	0.285		0	PAK	1		0.242	1.291	
18:3 undifferentiated....g	0.033		0	PAK	1		0.028	0.152	
18:4....g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.050		0	PAK	1		0.042	0.226	
20:5 n-3 (EPA)....g	0.000		0	PAK	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	PAK	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	60		0	PAK	1		51	270	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.281		0	PAK	1		0.239	1.277	
Threonine....g	1.205		0	PAK	1		1.024	5.467	
Isoleucine....g	1.346		0	PAK	1		1.144	6.107	
Leucine....g	2.305		0	PAK	1		1.959	10.456	
Lysine....g	2.447		0	PAK	1		2.080	11.100	
Methionine....g	0.740		0	PAK	1		0.629	3.355	
Cystine....g	0.280		0	PAK	1		0.238	1.270	
Phenylalanine....g	1.131		0	PAK	1		0.961	5.128	
Tyrosine....g	0.956		0	PAK	1		0.812	4.335	
Valine....g	1.410		0	PAK	1		1.198	6.395	
Arginine....g	1.757		0	PAK	1		1.493	7.969	
Histidine....g	0.841		0	PAK	1		0.715	3.814	
Alanine....g	1.576		0	PAK	1		1.340	7.150	
Aspartic acid....g	2.599		0	PAK	1		2.209	11.791	
Glutamic acid....g	4.180		0	PAK	1		3.553	18.960	
Glycine....g	1.240		0	PAK	1		1.054	5.625	
Proline....g	1.103		0	PAK	1		0.937	5.002	
Serine....g	1.046		0	PAK	1		0.889	4.746	
Hydroxyproline....g	0.120		0	PAK	1		0.102	0.546	
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	
Caffeine....mg	0		0	PIK	4		0	0	
Theobromine....mg	0		0	PIK	4		0	0	

NDB No. 23521

Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23547

Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Mock Tender Steak

Refuse: 4% Bone and heavy connective tissue, 4%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	66.19		0	PAK	1		56.26	300.24	
Energy kcal	160		0	NC	4		136	727	
Energy kJ	671		0	NC	4		570	3044	
Protein (N x 6.25) g	25.87		0	PAK	1		21.99	117.36	
Total lipid (fat) g	5.52		0	PAK	1		4.69	25.05	
Ash g	1.36		0	PAK	1		1.15	6.15	
Carbohydrate, by difference g	0.00		0	PIK	4		0.00	0.00	
Fiber, total dietary g	0.0		0	PIK	4		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	8		0	PIK	4		6	34	
Iron, Fe mg	2.93		0	PIK	4		2.49	13.29	
Magnesium, Mg mg	23		0	PAK	1		20	106	
Phosphorus, P mg	227		0	PIK	4		193	1030	
Potassium, K mg	293		0	PAK	1		249	1328	
Sodium, Na mg	71		0	PIK	4		60	323	
Zinc, Zn mg	7.82		0	PAK	1		6.65	35.47	
Copper, Cu mg	0.117		0	PIK	4		0.100	0.532	
Manganese, Mn mg	0.000		0	PAK	1		0.000	0.000	
Selenium, Se µg	25.2		0	PIK	4		21.5	114.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0	0.0	
Thiamin mg	0.111		0	PIK	4		0.094	0.502	
Riboflavin mg	0.230		0	PIK	4		0.196	1.043	
Niacin mg	3.632		0	PIK	4		3.087	16.473	
Pantothenic acid mg	0.730		0	BFPN	4		0.620	3.311	
Vitamin B-6 mg	0.321		0	PIK	4		0.273	1.457	
Folate, total µg	8		0	PIK	4		7	38	
Folic acid µg	0		0	PIK	4		0	0	
Folate, food µg	8		0	PIK	4		7	38	
Folate, DFE µg	8		0	NC	4		7	38	
Choline, total mg	98.5		0	BFPN	4		83.8	447.0	
Betaine mg									
Vitamin B-12 µg	3.39		0	PIK	4		2.88	15.37	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	PIK	4		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.16		0	PIK	4		0.14	0.72	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 23547

Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.871		0	PIK	4		1.590	8.487	
4:0....g	0.000		0	PAK	1		0.000	0.000	
6:0....g	0.000		0	PAK	1		0.000	0.000	
8:0....g	0.000		0	PAK	1		0.000	0.000	
10:0....g	0.000		0	PAK	1		0.000	0.002	
12:0....g	0.000		0	PAK	1		0.000	0.002	
13:0....g									
14:0....g	0.086		0	PAK	1		0.073	0.389	
15:0....g									
16:0....g	1.108		0	PAK	1		0.942	5.026	
17:0....g									
18:0....g	0.666		0	PAK	1		0.566	3.023	
20:0....g	0.010		0	PAK	1		0.008	0.045	
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.654		0	PIK	4		2.256	12.037	
14:1....g	0.040		0	PAK	1		0.034	0.181	
15:1....g									
16:1 undifferentiated....g	0.141		0	PAK	1		0.120	0.639	
17:1....g									
18:1 undifferentiated....g	2.473		0	PAK	1		2.102	11.215	
20:1....g	0.000		0	PAK	1		0.000	0.001	
22:1 undifferentiated....g	0.000		0	PAK	1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.387		0	PIK	4		0.329	1.757	
18:2 undifferentiated....g	0.294		0	PAK	1		0.250	1.334	
18:3 undifferentiated....g	0.038		0	PAK	1		0.032	0.170	
18:4....g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.056		0	PAK	1		0.047	0.253	
20:5 n-3 (EPA)....g	0.000		0	PAK	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	PAK	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	63		0	PAK	1		54	286	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.279		0	PAK	1		0.237	1.267	
Threonine....g	1.196		0	PAK	1		1.016	5.424	
Isoleucine....g	1.336		0	PAK	1		1.136	6.060	
Leucine....g	2.287		0	PAK	1		1.944	10.375	
Lysine....g	2.428		0	PAK	1		2.064	11.014	
Methionine....g	0.734		0	PAK	1		0.624	3.329	
Cystine....g	0.278		0	PAK	1		0.236	1.260	
Phenylalanine....g	1.122		0	PAK	1		0.954	5.089	
Tyrosine....g	0.948		0	PAK	1		0.806	4.301	
Valine....g	1.399		0	PAK	1		1.189	6.346	
Arginine....g	1.743		0	PAK	1		1.482	7.907	
Histidine....g	0.834		0	PAK	1		0.709	3.784	
Alanine....g	1.564		0	PAK	1		1.329	7.094	
Aspartic acid....g	2.579		0	PAK	1		2.192	11.699	
Glutamic acid....g	4.147		0	PAK	1		3.525	18.812	
Glycine....g	1.230		0	PAK	1		1.046	5.580	
Proline....g	1.094		0	PAK	1		0.930	4.962	
Serine....g	1.038		0	PAK	1		0.882	4.709	
Hydroxyproline....g	0.119		0	PAK	1		0.102	0.542	
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	
Caffeine....mg	0		0	PIK	4		0	0	
Theobromine....mg	0		0	PIK	4		0	0	

NDB No. 23547

Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23509

Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Mock Tender Steak

Refuse: 4% Bone and heavy connective tissue, 4%, separable fat, 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	66.27		0	PAK	1		56.33	300.60	
Energy kcal	159		0	NC	4		136	723	
Energy kJ	667		0	NC	4		567	3026	
Protein (N x 6.25) g	25.90		0	PAK	1		22.01	117.48	
Total lipid (fat) g	5.42		0	PAK	1		4.60	24.57	
Ash g	1.36		0	PAK	1		1.15	6.16	
Carbohydrate, by difference g	0.00		0	PIK	4		0.00	0.00	
Fiber, total dietary g	0.0		0	PIK	4		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	8		0	PIK	4		6	34	
Iron, Fe mg	2.93		0	PIK	4		2.49	13.30	
Magnesium, Mg mg	23		0	PAK	1		20	106	
Phosphorus, P mg	227		0	PIK	4		193	1031	
Potassium, K mg	293		0	PAK	1		249	1330	
Sodium, Na mg	71		0	PIK	4		61	323	
Zinc, Zn mg	7.83		0	PAK	1		6.66	35.52	
Copper, Cu mg	0.118		0	PIK	4		0.100	0.533	
Manganese, Mn mg									
Selenium, Se µg	25.3		0	PIK	4		21.5	114.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0	0.0	
Thiamin mg	0.111		0	PIK	4		0.094	0.503	
Riboflavin mg	0.230		0	PIK	4		0.196	1.044	
Niacin mg	3.635		0	PIK	4		3.090	16.489	
Pantothenic acid mg									
Vitamin B-6 mg	0.322		0	PIK	4		0.273	1.459	
Folate, total µg	8		0	PIK	4		7	38	
Folic acid µg	0		0	PIK	4		0	0	
Folate, food µg	8		0	PIK	4		7	38	
Folate, DFE µg	8		0	NC	4		7	38	
Choline, total mg	98.6		0	BFPN	4		83.8	447.4	
Betaine mg									
Vitamin B-12 µg	3.39		0	PIK	4		2.88	15.38	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	PIK	4		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.16		0	PIK	4		0.14	0.73	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23509

Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.828		0	PIK	4		1.554	8.292	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g									
12:0....g	0.000		0	PAK	1		0.000	0.000	
13:0....g									
14:0....g	0.082		0	PAK	1		0.070	0.373	
15:0....g									
16:0....g	1.081		0	PAK	1		0.919	4.904	
17:0....g									
18:0....g	0.655		0	PAK	1		0.557	2.970	
20:0....g	0.010		0	PAK	1		0.009	0.045	
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.608		0	PIK	4		2.217	11.831	
14:1....g	0.040		0	PAK	1		0.034	0.181	
15:1....g									
16:1 undifferentiated....g	0.136		0	PAK	1		0.116	0.617	
17:1....g									
18:1 undifferentiated....g	2.432		0	PAK	1		2.067	11.033	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.384		0	PIK	4		0.326	1.741	
18:2 undifferentiated....g	0.292		0	PAK	1		0.248	1.324	
18:3 undifferentiated....g	0.036		0	PAK	1		0.031	0.163	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.056		0	PAK	1		0.048	0.254	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	63		0	PAK	1		54	286	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.280		0	PAK	1		0.238	1.268	
Threonine....g	1.197		0	PAK	1		1.017	5.430	
Isoleucine....g	1.337		0	PAK	1		1.137	6.066	
Leucine....g	2.290		0	PAK	1		1.946	10.386	
Lysine....g	2.431		0	PAK	1		2.066	11.025	
Methionine....g	0.735		0	PAK	1		0.624	3.332	
Cystine....g	0.278		0	PAK	1		0.236	1.261	
Phenylalanine....g	1.123		0	PAK	1		0.955	5.094	
Tyrosine....g	0.949		0	PAK	1		0.807	4.306	
Valine....g	1.400		0	PAK	1		1.190	6.352	
Arginine....g	1.745		0	PAK	1		1.483	7.915	
Histidine....g	0.835		0	PAK	1		0.710	3.787	
Alanine....g	1.565		0	PAK	1		1.331	7.101	
Aspartic acid....g	2.582		0	PAK	1		2.195	11.711	
Glutamic acid....g	4.152		0	PAK	1		3.529	18.831	
Glycine....g	1.231		0	PAK	1		1.047	5.585	
Proline....g	1.095		0	PAK	1		0.931	4.967	
Serine....g	1.039		0	PAK	1		0.883	4.714	
Hydroxyproline....g	0.120		0	PAK	1		0.102	0.543	
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	
Caffeine....mg	0		0	PIK	4		0	0	

NDB No. 23509

Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13961

Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled

Mock Tender Steak, URMIS #1931

Refuse: 5% Bone and heavy connective tissue, 5%, separable fat, 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	65.59	0.499	8	A	1		55.75		
Energy kcal	161		0	NC	4		137		
Energy kJ	675		0	NC	4		573		
Protein (N x 6.25) g	25.74	0.258	8	A	1		21.88		
Total lipid (fat) g	5.69	0.484	8	A	1		4.84		
Ash g	1.50	0.156	8	A	1		1.28		
Carbohydrate, by difference g	0.00		0	Z	7		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	8		0	BFNY	4		7		
Iron, Fe mg	3.02		0	BFNY	4		2.57		
Magnesium, Mg mg	23	0.000	4	A	1		20		
Phosphorus, P mg	234		0	BFNY	4		199		
Potassium, K mg	293	0.012	4	A	1		249		
Sodium, Na mg	73		0	BFNY	4		62		
Zinc, Zn mg	7.83	0.000	4	A	1		6.66		
Copper, Cu mg	0.121		0	BFNY	4		0.103		
Manganese, Mn mg									
Selenium, Se µg	25.2		0	BFNN	4		21.5		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.110		0	BFPY	4		0.094		
Riboflavin mg	0.229		0	BFPY	4		0.195		
Niacin mg	3.613		0	BFPY	4		3.071		
Pantothenic acid mg									
Vitamin B-6 mg	0.320		0	BFPY	4		0.272		
Folate, total µg	8		0	BFPY	4		7		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	8		0	BFPY	4		7		
Folate, DFE µg	8		0	NC	4		7		
Choline, total mg	98.0		0	BFPN	4		83.3		
Betaine mg									
Vitamin B-12 µg	3.37		0	BFPY	4		2.87		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	0		0	AS	1		0		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	0		0	AS	1		0		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.16		0	NR	4		0.14		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13961

Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.710		0	NC	4		1.454		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g									
12:0....g	0.000	0.000	4	A	1		0.000		
13:0....g									
14:0....g	0.070	0.010	4	A	1		0.060		
15:0....g									
16:0....g	1.020	0.090	4	A	1		0.867		
17:0....g									
18:0....g	0.610	0.040	4	A	1		0.519		
20:0....g	0.010	0.005	4	A	1		0.009		
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.710		0	NC	4		2.304		
14:1....g	0.040	0.005	4	A	1		0.034		
15:1....g									
16:1 undifferentiated....g	0.140	0.020	4	A	1		0.119		
17:1....g									
18:1 undifferentiated....g	2.530	0.305	4	A	1		2.151		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.400		0	NC	4		0.340		
18:2 undifferentiated....g	0.300	0.020	4	A	1		0.255		
18:3 undifferentiated....g	0.040	0.010	4	A	1		0.034		
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.060	0.005	4	A	1		0.051		
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	94		0	BFSN	4		80		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.278		0	A	1		0.236		
Threonine....g	1.190		0	A	1		1.011		
Isoleucine....g	1.329		0	A	1		1.130		
Leucine....g	2.276		0	A	1		1.934		
Lysine....g	2.416		0	A	1		2.053		
Methionine....g	0.730		0	A	1		0.621		
Cystine....g	0.276		0	A	1		0.235		
Phenylalanine....g	1.116		0	A	1		0.949		
Tyrosine....g	0.943		0	A	1		0.802		
Valine....g	1.392		0	A	1		1.183		
Arginine....g	1.734		0	A	1		1.474		
Histidine....g	0.830		0	A	1		0.705		
Alanine....g	1.556		0	A	1		1.322		
Aspartic acid....g	2.566		0	A	1		2.181		
Glutamic acid....g	4.126		0	A	1		3.507		
Glycine....g	1.224		0	A	1		1.040		
Proline....g	1.088		0	A	1		0.925		
Serine....g	1.033		0	A	1		0.878		
Hydroxyproline....g	0.119		0	BFPN	4		0.101		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 13961

Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz (1 serving)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13963

Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, select, cooked, broiled

Mock Tender Steak, URMIS #1116

Refuse: 3% Bone and heavy connective tissue, 3%, separable fat, 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	67.26	0.347	6	A	1		57.17		
Energy kcal	157		0	NC	4		133		
Energy kJ	656		0	NC	4		558		
Protein (N x 6.25) g	26.13	0.555	6	A	1		22.21		
Total lipid (fat) g	5.02	0.531	6	A	1		4.27		
Ash g	1.15	0.041	6	A	1		0.98		
Carbohydrate, by difference g	0.00		0	Z	7		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	7		0	BFNY	4		6		
Iron, Fe mg	2.80		0	BFNY	4		2.38		
Magnesium, Mg mg	23	0.000	4	A	1		20		
Phosphorus, P mg	217		0	BFNY	4		185		
Potassium, K mg	293	0.012	4	A	1		249		
Sodium, Na mg	68		0	BFNY	4		58		
Zinc, Zn mg	7.83	0.000	4	A	1		6.66		
Copper, Cu mg	0.112		0	BFNY	4		0.095		
Manganese, Mn mg									
Selenium, Se µg	25.3		0	BFNN	4		21.5		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.112		0	BFPY	4		0.095		
Riboflavin mg	0.232		0	BFPY	4		0.197		
Niacin mg	3.668		0	BFPY	4		3.117		
Pantothenic acid mg									
Vitamin B-6 mg	0.324		0	BFPY	4		0.276		
Folate, total µg	8		0	BFPY	4		7		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	8		0	BFPY	4		7		
Folate, DFE µg	8		0	NC	4		7		
Choline, total mg	99.5		0	BFPN	4		84.6		
Betaine mg									
Vitamin B-12 µg	3.42		0	BFPY	4		2.91		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	0		0	AS	1		0		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	0		0	AS	1		0		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.16		0	NR	4		0.13		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13963

Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.000		0	NC	4		1.700		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g									
12:0....g	0.000	0.000	3	A	1		0.000		
13:0....g									
14:0....g	0.100	0.040	3	A	1		0.085		
15:0....g									
16:0....g	1.170	0.237	3	A	1		0.995		
17:0....g									
18:0....g	0.720	0.150	3	A	1		0.612		
20:0....g	0.010	0.000	3	A	1		0.009		
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.460		0	NC	4		2.091		
14:1....g	0.040	0.006	3	A	1		0.034		
15:1....g									
16:1 undifferentiated....g	0.130	0.023	3	A	1		0.111		
17:1....g									
18:1 undifferentiated....g	2.290	0.427	3	A	1		1.947		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.360		0	NC	4		0.306		
18:2 undifferentiated....g	0.280	0.035	3	A	1		0.238		
18:3 undifferentiated....g	0.030	0.006	3	A	1		0.026		
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.050	0.006	3	A	1		0.043		
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	99		0	BFSN	4		84		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.282		0	A	1		0.240		
Threonine....g	1.208		0	A	1		1.027		
Isoleucine....g	1.349		0	A	1		1.147		
Leucine....g	2.310		0	A	1		1.964		
Lysine....g	2.452		0	A	1		2.084		
Methionine....g	0.741		0	A	1		0.630		
Cystine....g	0.281		0	A	1		0.239		
Phenylalanine....g	1.133		0	A	1		0.963		
Tyrosine....g	0.958		0	A	1		0.814		
Valine....g	1.413		0	A	1		1.201		
Arginine....g	1.761		0	A	1		1.496		
Histidine....g	0.842		0	A	1		0.716		
Alanine....g	1.579		0	A	1		1.342		
Aspartic acid....g	2.605		0	A	1		2.214		
Glutamic acid....g	4.189		0	A	1		3.560		
Glycine....g	1.242		0	A	1		1.056		
Proline....g	1.105		0	A	1		0.939		
Serine....g	1.048		0	A	1		0.891		
Hydroxyproline....g	0.121		0	BFPN	4		0.103		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 13963

Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate**3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23125

Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised

Beef, Chuck, Short Ribs, URMIS #1127

Refuse: 6% Connective tissue 6%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	52.01	1.914	35	AR	1		44.21	150.30	
Energy kcal	305		0	NC	4		259	882	
Energy kJ	1277		0	NC	4		1085	3691	
Protein (N x 6.25) g	25.48	0.345	35	AR	1		21.66	73.65	
Total lipid (fat) g	22.58	2.115	35	AR	1		19.19	65.26	
Ash g	0.83	0.085	35	AR	1		0.70	2.39	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	14		3	AR	1		12	39	
Iron, Fe mg	2.70		3	AR	1		2.29	7.79	
Magnesium, Mg mg	20		3	AR	1		17	59	
Phosphorus, P mg	170		3	AR	1		144	491	
Potassium, K mg	239		3	AR	1		203	691	
Sodium, Na mg	70		3	AR	1		60	203	
Zinc, Zn mg	9.73		3	AR	1		8.27	28.13	
Copper, Cu mg	0.097		3	AR	1		0.082	0.279	
Manganese, Mn mg	0.013		3	AR	1		0.011	0.036	
Selenium, Se µg	29.7		3	AR	1		25.2	85.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.090		2	AR	1		0.077	0.261	
Riboflavin mg	0.227		3	AR	1		0.193	0.656	
Niacin mg	3.299		3	AR	1		2.804	9.535	
Pantothenic acid mg	0.749		2	AR	1		0.637	2.166	
Vitamin B-6 mg	0.287		3	AR	1		0.244	0.829	
Folate, total µg	6		0	BFPN	4		5	18	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	6		0	BFPN	4		5	18	
Folate, DFE µg	6		0	NC	4		5	18	
Choline, total mg	87.4		2	AR	1		74.3	252.5	
Betaine mg	13.8		2	AR	1		11.7	39.9	
Vitamin B-12 µg	3.45		3	AR	1		2.93	9.96	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	8		0	NC	4		7	23	
Retinol µg	8		0	BFSN	4		7	23	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	27		0	NC	4		23	77	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.08		3	AR	1		0.07	0.23	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.4	
Vitamin D IU	6		0	BFSN	4		5	17	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	4.5	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23125

Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	10.040		0	NC	4		8.534	29.016	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	Z	7		0.000	0.000	
12:0....g	0.000		0	Z	7		0.000	0.000	
13:0....g									
14:0....g	0.680	0.040	6	AR	1		0.578	1.966	
15:0....g									
16:0....g	5.432	0.321	6	AR	1		4.617	15.698	
17:0....g	0.308	0.017	6	AR	1		0.262	0.889	
18:0....g	3.588	0.208	6	AR	1		3.050	10.370	
20:0....g	0.019	0.002	6	AR	1		0.016	0.055	
22:0....g									
24:0....g	0.013	0.001	6	AR	1		0.011	0.038	
Fatty acids, total monounsaturated....g	11.436		0	NC	4		9.721	33.050	
14:1....g	0.139	0.007	6	AR	1		0.118	0.401	
15:1....g									
16:1 undifferentiated....g	0.705		0	AS	1		0.600	2.038	
16:1 c....g	0.705	0.041	6	AR	1		0.600	2.038	
16:1 t....g									
17:1....g	0.199	0.012	6	AR	1		0.169	0.575	
18:1 undifferentiated....g	10.334		0	AS	1		8.784	29.865	
18:1 c....g	8.903	0.614	6	AR	1		7.568	25.730	
18:1 t....g	1.431	0.068	6	AR	1		1.216	4.135	
18:1-11 t (18:1t n-7)....g	0.580	0.044	6	AR	1		0.493	1.677	
20:1....g	0.059	0.003	6	AR	1		0.050	0.171	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.972		0	NC	4		0.826	2.808	
18:2 undifferentiated....g	0.866		0	AS	1		0.736	2.503	
18:2 n-6 c,c....g	0.761	0.051	6	AR	1		0.646	2.198	
18:2 CLAs....g	0.106	0.005	6	AR	1		0.090	0.305	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.044		0	AS	1		0.037	0.127	
18:3 n-3 c,c,c (ALA)....g	0.044	0.003	6	AR	1		0.037	0.127	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.007	0.001	6	AR	1		0.006	0.020	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.050	0.005	6	AR	1		0.042	0.143	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001	0.000	6	AR	1		0.001	0.002	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.004	0.000	6	AR	1		0.004	0.012	
22:6 n-3 (DHA)....g	0.000	0.000	6	AR	1		0.000	0.001	
Fatty acids, total trans....g	1.431		0	NC	4		1.216	4.135	
Fatty acids, total trans-monoenoic....g	1.431		0	NC	4		1.216	4.135	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	100	2.278	6	AR	1		85	290	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.287		0	AR	1		0.244	0.830	
Threonine....g	1.121		0	AR	1		0.953	3.240	
Isoleucine....g	1.084		0	AR	1		0.921	3.132	
Leucine....g	2.050		0	AR	1		1.742	5.924	

NDB No. 23125

Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.228		0	AR	1		1.894	6.439	
Methionine g	0.724		0	AR	1		0.615	2.092	
Cystine g	0.267		0	AR	1		0.227	0.773	
Phenylalanine g	0.970		0	AR	1		0.824	2.803	
Tyrosine g	0.879		0	AR	1		0.747	2.540	
Valine g	1.152		0	AR	1		0.979	3.328	
Arginine g	1.678		0	AR	1		1.426	4.849	
Histidine g	0.826		0	AR	1		0.702	2.386	
Alanine g	1.454		0	AR	1		1.235	4.201	
Aspartic acid g	2.285		0	AR	1		1.943	6.605	
Glutamic acid g	4.030		0	AR	1		3.426	11.647	
Glycine g	1.163		0	AR	1		0.988	3.360	
Proline g	1.047		0	AR	1		0.890	3.027	
Serine g	0.979		0	AR	1		0.832	2.829	
Hydroxyproline g	0.174		0	BFPN	4		0.148	0.503	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 289g: 1 piece

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23128

Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw

URMIS #1127

Refuse: 7% Connective tissue 7%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	63.84	0.866	36	AR	1		54.27	275.80	
Energy kcal	235		0	NC	4		200	1015	
Energy kJ	983		0	NC	4		836	4247	
Protein (N x 6.25) g	17.48	0.237	36	AR	1		14.86	75.51	
Total lipid (fat) g	18.33	0.728	36	AR	1		15.58	79.17	
Ash g	0.84	0.090	36	AR	1		0.71	3.62	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	12		3	AR	1		10	50	
Iron, Fe mg	2.24		3	AR	1		1.91	9.70	
Magnesium, Mg mg	18		3	AR	1		15	76	
Phosphorus, P mg	165		3	AR	1		140	712	
Potassium, K mg	277		3	AR	1		235	1196	
Sodium, Na mg	78		3	AR	1		67	338	
Zinc, Zn mg	7.07		3	AR	1		6.01	30.53	
Copper, Cu mg	0.070		3	AR	1		0.060	0.304	
Manganese, Mn mg	0.011		3	AR	1		0.009	0.047	
Selenium, Se µg	18.7		3	AR	1		15.9	80.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.078		2	AR	1		0.066	0.337	
Riboflavin mg	0.168		3	AR	1		0.143	0.727	
Niacin mg	3.293		3	AR	1		2.799	14.224	
Pantothenic acid mg	0.649		2	AR	1		0.552	2.805	
Vitamin B-6 mg	0.296		3	AR	1		0.252	1.280	
Folate, total µg	3		0	BFPN	4		2	12	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	3		0	BFPN	4		2	12	
Folate, DFE µg	3		0	NC	4		2	12	
Choline, total mg	62.8		2	AR	1		53.4	271.3	
Betaine mg	20.1		2	AR	1		17.1	86.9	
Vitamin B-12 µg	3.00		3	AR	1		2.55	12.98	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	4		0	NC	4		4	19	
Retinol µg	4		0	BFSN	4		4	19	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	15		0	NC	4		12	63	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.15		3	AR	1		0.13	0.66	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.5	
Vitamin D IU	5		0	BFSN	4		4	21	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	6.5	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23128

Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated g	7.979		0	NC	4		6.782	34.470	
4:0 g	0.000		0	Z	7		0.000	0.000	
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.000		0	Z	7		0.000	0.000	
12:0 g	0.000		0	Z	7		0.000	0.000	
13:0 g									
14:0 g	0.555	0.040	6	AR	1		0.472	2.398	
15:0 g									
16:0 g	4.266	0.296	6	AR	1		3.626	18.429	
17:0 g	0.245	0.016	6	AR	1		0.208	1.057	
18:0 g	2.893	0.205	6	AR	1		2.459	12.497	
20:0 g	0.012	0.001	6	AR	1		0.010	0.052	
22:0 g									
24:0 g	0.009	0.001	6	AR	1		0.007	0.037	
Fatty acids, total monounsaturated g	9.206		0	NC	4		7.825	39.769	
14:1 g	0.110	0.008	6	AR	1		0.094	0.476	
15:1 g									
16:1 undifferentiated g	0.561		0	AS	1		0.477	2.424	
16:1 c g	0.561	0.036	6	AR	1		0.477	2.424	
16:1 t g									
17:1 g	0.160	0.010	6	AR	1		0.136	0.690	
18:1 undifferentiated g	8.331		0	AS	1		7.081	35.989	
18:1 c g	7.123	0.507	6	AR	1		6.055	30.773	
18:1 t g	1.207	0.090	6	AR	1		1.026	5.216	
18:1-11 t (18:1t n-7) g	0.464	0.028	6	AR	1		0.394	2.005	
20:1 g	0.044	0.003	6	AR	1		0.037	0.189	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.726		0	NC	4		0.617	3.135	
18:2 undifferentiated g	0.641		0	AS	1		0.545	2.769	
18:2 n-6 c,c g	0.560	0.040	6	AR	1		0.476	2.419	
18:2 CLAs g	0.081	0.006	6	AR	1		0.069	0.349	
18:2 t,t g									
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.035		0	AS	1		0.030	0.152	
18:3 n-3 c,c,c (ALA) g	0.035	0.003	6	AR	1		0.030	0.152	
18:3 n-6 c,c,c g									
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.004	0.000	6	AR	1		0.003	0.016	
20:3 undifferentiated g									
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.041	0.003	6	AR	1		0.035	0.175	
20:4 n-6 g									
20:5 n-3 (EPA) g	0.001	0.000	6	AR	1		0.001	0.004	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.004	0.000	6	AR	1		0.003	0.016	
22:6 n-3 (DHA) g	0.000	0.000	6	AR	1		0.000	0.001	
Fatty acids, total trans g	1.207		0	NC	4		1.026	5.216	
Fatty acids, total trans-monoenoic g	1.207		0	NC	4		1.026	5.216	
Fatty acids, total trans-polyenoic g									
Cholesterol mg	75	4.421	6	AR	1		63	323	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.197		0	AR	1		0.167	0.851	
Threonine g	0.769		0	AR	1		0.654	3.322	
Isoleucine g	0.743		0	AR	1		0.632	3.211	
Leucine g	1.406		0	AR	1		1.195	6.074	

NDB No. 23128

Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	1.528		0	AR	1		1.299	6.603	
Methionine g	0.496		0	AR	1		0.422	2.145	
Cystine g	0.183		0	AR	1		0.156	0.793	
Phenylalanine g	0.665		0	AR	1		0.565	2.874	
Tyrosine g	0.603		0	AR	1		0.512	2.604	
Valine g	0.790		0	AR	1		0.671	3.413	
Arginine g	1.151		0	AR	1		0.978	4.972	
Histidine g	0.566		0	AR	1		0.481	2.446	
Alanine g	0.997		0	AR	1		0.847	4.307	
Aspartic acid g	1.568		0	AR	1		1.332	6.772	
Glutamic acid g	2.765		0	AR	1		2.350	11.943	
Glycine g	0.797		0	AR	1		0.678	3.445	
Proline g	0.718		0	AR	1		0.611	3.103	
Serine g	0.671		0	AR	1		0.571	2.900	
Hydroxyproline g	0.119		0	BFPN	4		0.102	0.516	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 432g: 1 piece

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23126

Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised

Beef, Chuck, Short Ribs, URMIS #1127

Refuse: 7% Connective tissue 7%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	50.69	1.960	24	AR	1		43.08	137.87	
Energy kcal	317		0	NC	4		270	864	
Energy kJ	1328		0	NC	4		1129	3612	
Protein (N x 6.25) g	25.26	0.423	24	AR	1		21.47	68.72	
Total lipid (fat) g	24.05	2.186	24	AR	1		20.44	65.41	
Ash g	0.82	0.088	24	AR	1		0.70	2.23	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	14		2	AR	1		12	38	
Iron, Fe mg	2.67		2	AR	1		2.27	7.27	
Magnesium, Mg mg	20		2	AR	1		17	55	
Phosphorus, P mg	168		2	AR	1		143	458	
Potassium, K mg	228		2	AR	1		194	619	
Sodium, Na mg	70		2	AR	1		59	190	
Zinc, Zn mg	9.64		2	AR	1		8.19	26.21	
Copper, Cu mg	0.096		2	AR	1		0.081	0.260	
Manganese, Mn mg	0.012		2	AR	1		0.010	0.033	
Selenium, Se µg	29.0		2	AR	1		24.7	79.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.089		1	AR	1		0.076	0.243	
Riboflavin mg	0.221		2	AR	1		0.187	0.600	
Niacin mg	3.246		2	AR	1		2.759	8.830	
Pantothenic acid mg	0.713		1	AR	1		0.606	1.940	
Vitamin B-6 mg	0.273		2	AR	1		0.232	0.741	
Folate, total µg	6		0	BFPN	4		5	17	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	6		0	BFPN	4		5	17	
Folate, DFE µg	6		0	NC	4		5	17	
Choline, total mg	81.8		1	AR	1		69.5	222.4	
Betaine mg	13.8		1	AR	1		11.7	37.4	
Vitamin B-12 µg	3.55		2	AR	1		3.02	9.66	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	8		0	NC	4		7	21	
Retinol µg	8		0	BFSN	4		7	21	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	26		0	NC	4		22	72	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.09		2	AR	1		0.07	0.24	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	AS	1		0.1	0.4	
Vitamin D IU	6		0	BFSN	4		5	18	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	4.3	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23126

Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	10.638		0	NC	4		9.042	28.935	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	Z	7		0.000	0.000	
12:0....g	0.000		0	Z	7		0.000	0.000	
13:0....g									
14:0....g	0.720	0.050	4	AR	1		0.612	1.957	
15:0....g									
16:0....g	5.748	0.399	4	AR	1		4.886	15.635	
17:0....g	0.331	0.021	4	AR	1		0.282	0.901	
18:0....g	3.803	0.258	4	AR	1		3.233	10.344	
20:0....g	0.021	0.002	4	AR	1		0.018	0.057	
22:0....g									
24:0....g	0.015	0.002	4	AR	1		0.012	0.040	
Fatty acids, total monounsaturated....g	12.282		0	NC	4		10.440	33.408	
14:1....g	0.153	0.009	4	AR	1		0.130	0.416	
15:1....g									
16:1 undifferentiated....g	0.756		0	AS	1		0.642	2.055	
16:1 c....g	0.756	0.051	4	AR	1		0.642	2.055	
16:1 t....g									
17:1....g	0.217	0.015	4	AR	1		0.185	0.591	
18:1 undifferentiated....g	11.090		0	AS	1		9.427	30.165	
18:1 c....g	9.570	0.762	4	AR	1		8.135	26.030	
18:1 t....g	1.520	0.084	4	AR	1		1.292	4.134	
18:1-11 t (18:1t n-7)....g	0.596	0.054	4	AR	1		0.507	1.622	
20:1....g	0.067	0.004	4	AR	1		0.057	0.181	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.005		0	NC	4		0.854	2.733	
18:2 undifferentiated....g	0.897		0	AS	1		0.763	2.440	
18:2 n-6 c,c....g	0.788	0.063	4	AR	1		0.670	2.143	
18:2 CLAs....g	0.109	0.006	4	AR	1		0.093	0.298	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.045		0	AS	1		0.038	0.122	
18:3 n-3 c,c,c (ALA)....g	0.045	0.004	4	AR	1		0.038	0.122	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.007	0.001	4	AR	1		0.006	0.018	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.050	0.006	4	AR	1		0.043	0.137	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001	0.000	4	AR	1		0.001	0.002	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.005	0.000	4	AR	1		0.004	0.013	
22:6 n-3 (DHA)....g	0.000	0.000	4	AR	1		0.000	0.001	
Fatty acids, total trans....g	1.520		0	NC	4		1.292	4.134	
Fatty acids, total trans-monoenoic....g	1.520		0	NC	4		1.292	4.134	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	98	2.830	4	AR	1		83	267	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.285		0	AR	1		0.242	0.774	
Threonine....g	1.112		0	AR	1		0.945	3.023	
Isoleucine....g	1.074		0	AR	1		0.913	2.922	
Leucine....g	2.032		0	AR	1		1.727	5.528	

NDB No. 23126

Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.209		0	AR	1		1.878	6.008	
Methionine g	0.718		0	AR	1		0.610	1.952	
Cystine g	0.265		0	AR	1		0.225	0.721	
Phenylalanine g	0.961		0	AR	1		0.817	2.615	
Tyrosine g	0.871		0	AR	1		0.741	2.370	
Valine g	1.142		0	AR	1		0.970	3.106	
Arginine g	1.663		0	AR	1		1.414	4.524	
Histidine g	0.818		0	AR	1		0.696	2.226	
Alanine g	1.441		0	AR	1		1.225	3.919	
Aspartic acid g	2.266		0	AR	1		1.926	6.163	
Glutamic acid g	3.996		0	AR	1		3.396	10.868	
Glycine g	1.152		0	AR	1		0.980	3.135	
Proline g	1.038		0	AR	1		0.882	2.824	
Serine g	0.970		0	AR	1		0.825	2.639	
Hydroxyproline g	0.173		0	BFPN	4		0.147	0.470	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 272g: 1 piece

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23129

Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw

Beef, Chuck, Short Ribs, URMIS #1127

Refuse: 7% Connective tissue 7%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	63.23	0.930	24	AR	1		53.75	274.43	
Energy kcal	240		0	NC	4		204	1042	
Energy kJ	1005		0	NC	4		854	4362	
Protein (N x 6.25) g	17.22	0.273	24	AR	1		14.64	74.73	
Total lipid (fat) g	19.03	0.854	24	AR	1		16.17	82.57	
Ash g	0.83	0.091	24	AR	1		0.70	3.58	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	11		2	AR	1		10	49	
Iron, Fe mg	2.30		2	AR	1		1.95	9.98	
Magnesium, Mg mg	18		2	AR	1		15	77	
Phosphorus, P mg	167		2	AR	1		142	723	
Potassium, K mg	282		2	AR	1		239	1222	
Sodium, Na mg	75		2	AR	1		64	326	
Zinc, Zn mg	7.13		2	AR	1		6.06	30.93	
Copper, Cu mg	0.069		2	AR	1		0.059	0.301	
Manganese, Mn mg	0.011		2	AR	1		0.009	0.047	
Selenium, Se µg	19.3		2	AR	1		16.4	83.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.078		1	AR	1		0.066	0.339	
Riboflavin mg	0.168		2	AR	1		0.142	0.727	
Niacin mg	3.323		2	AR	1		2.825	14.422	
Pantothenic acid mg	0.659		1	AR	1		0.560	2.860	
Vitamin B-6 mg	0.296		2	AR	1		0.252	1.286	
Folate, total µg	3		0	BFPN	4		2	12	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	3		0	BFPN	4		2	12	
Folate, DFE µg	3		0	NC	4		2	12	
Choline, total mg	64.3		1	AR	1		54.7	279.1	
Betaine mg	20.4		1	AR	1		17.4	88.6	
Vitamin B-12 µg	2.90		2	AR	1		2.47	12.60	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	4		0	NC	4		4	19	
Retinol µg	4		0	BFSN	4		4	19	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	14		0	NC	4		12	62	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.16		2	AR	1		0.13	0.68	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.6	
Vitamin D IU	5		0	BFSN	4		4	22	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	6.6	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23129

Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	8.141		0	NC	4		6.920	35.331	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	Z	7		0.000	0.000	
12:0....g	0.000		0	Z	7		0.000	0.000	
13:0....g									
14:0....g	0.564	0.050	4	AR	1		0.479	2.446	
15:0....g									
16:0....g	4.388	0.368	4	AR	1		3.730	19.046	
17:0....g	0.240	0.020	4	AR	1		0.204	1.042	
18:0....g	2.924	0.255	4	AR	1		2.485	12.690	
20:0....g	0.015	0.001	4	AR	1		0.013	0.064	
22:0....g									
24:0....g	0.010	0.001	4	AR	1		0.008	0.042	
Fatty acids, total monounsaturated....g	9.532		0	NC	4		8.102	41.368	
14:1....g	0.116	0.009	4	AR	1		0.098	0.501	
15:1....g									
16:1 undifferentiated....g	0.588		0	AS	1		0.500	2.551	
16:1 c....g	0.588	0.045	4	AR	1		0.500	2.551	
16:1 t....g									
17:1....g	0.162	0.012	4	AR	1		0.138	0.704	
18:1 undifferentiated....g	8.615		0	AS	1		7.323	37.390	
18:1 c....g	7.497	0.630	4	AR	1		6.372	32.537	
18:1 t....g	1.118	0.112	4	AR	1		0.950	4.853	
18:1-11 t (18:1t n-7)....g	0.391	0.035	4	AR	1		0.332	1.695	
20:1....g	0.051	0.004	4	AR	1		0.043	0.222	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.723		0	NC	4		0.615	3.140	
18:2 undifferentiated....g	0.635		0	AS	1		0.539	2.755	
18:2 n-6 c,c....g	0.555	0.050	4	AR	1		0.471	2.407	
18:2 CLAs....g	0.080	0.008	4	AR	1		0.068	0.348	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.037		0	AS	1		0.031	0.160	
18:3 n-3 c,c,c (ALA)....g	0.037	0.003	4	AR	1		0.031	0.160	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.004	0.001	4	AR	1		0.003	0.016	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.043	0.004	4	AR	1		0.036	0.184	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001	0.000	4	AR	1		0.001	0.006	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.004	0.000	4	AR	1		0.003	0.016	
22:6 n-3 (DHA)....g	0.001	0.000	4	AR	1		0.000	0.002	
Fatty acids, total trans....g	1.118		0	NC	4		0.950	4.853	
Fatty acids, total trans-monoenoic....g	1.118		0	NC	4		0.950	4.853	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	73	5.492	4	AR	1		62	316	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.194		0	AR	1		0.165	0.842	
Threonine....g	0.758		0	AR	1		0.644	3.288	
Isoleucine....g	0.732		0	AR	1		0.622	3.178	
Leucine....g	1.385		0	AR	1		1.177	6.011	

NDB No. 23129

Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	1.505		0	AR	1		1.280	6.534	
Methionine g	0.489		0	AR	1		0.416	2.122	
Cystine g	0.181		0	AR	1		0.154	0.784	
Phenylalanine g	0.655		0	AR	1		0.557	2.844	
Tyrosine g	0.594		0	AR	1		0.505	2.577	
Valine g	0.778		0	AR	1		0.661	3.377	
Arginine g	1.134		0	AR	1		0.964	4.920	
Histidine g	0.558		0	AR	1		0.474	2.421	
Alanine g	0.982		0	AR	1		0.835	4.262	
Aspartic acid g	1.544		0	AR	1		1.313	6.702	
Glutamic acid g	2.723		0	AR	1		2.315	11.818	
Glycine g	0.785		0	AR	1		0.668	3.409	
Proline g	0.708		0	AR	1		0.601	3.071	
Serine g	0.661		0	AR	1		0.562	2.870	
Hydroxyproline g	0.118		0	BFPN	4		0.100	0.511	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 434g: 1 piece

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23127

Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised

Beef, Chuck, Short Ribs, URMIS #1127

Refuse: 6% Connective tissue 6%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	53.99	2.080	11	AR	1		45.89	170.06	
Energy kcal	287		0	NC	4		244	903	
Energy kJ	1199		0	NC	4		1019	3777	
Protein (N x 6.25) g	25.81	0.592	11	AR	1		21.94	81.31	
Total lipid (fat) g	20.38	2.368	11	AR	1		17.32	64.20	
Ash g	0.84	0.096	11	AR	1		0.71	2.65	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	14		1	AR	1		12	43	
Iron, Fe mg	2.76		1	AR	1		2.35	8.71	
Magnesium, Mg mg	21		1	AR	1		18	65	
Phosphorus, P mg	180		1	AR	1		153	568	
Potassium, K mg	269		1	AR	1		229	849	
Sodium, Na mg	71		1	AR	1		60	224	
Zinc, Zn mg	10.23		1	AR	1		8.70	32.24	
Copper, Cu mg	0.096		1	AR	1		0.082	0.303	
Manganese, Mn mg	0.013		1	AR	1		0.011	0.041	
Selenium, Se µg	31.9		1	AR	1		27.1	100.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.091		1	AR	1		0.078	0.287	
Riboflavin mg	0.245		1	AR	1		0.208	0.771	
Niacin mg	3.501		1	AR	1		2.976	11.027	
Pantothenic acid mg	0.786		1	AR	1		0.668	2.475	
Vitamin B-6 mg	0.308		1	AR	1		0.262	0.969	
Folate, total µg	6		0	BFPN	4		5	20	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	6		0	BFPN	4		5	20	
Folate, DFE µg	6		0	NC	4		5	20	
Choline, total mg	93.0		1	AR	1		79.0	292.9	
Betaine mg	13.9		1	AR	1		11.8	43.7	
Vitamin B-12 µg	3.29		1	AR	1		2.80	10.37	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	8		0	NC	4		7	26	
Retinol µg	8		0	BFSN	4		7	26	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	27		0	NC	4		23	86	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.06		1	AR	1		0.05	0.20	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.4	
Vitamin D IU	5		0	BFSN	4		4	16	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	4.9	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23127

Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	9.144		0	NC	4		7.772	28.802	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	Z	7		0.000	0.000	
12:0....g	0.000		0	Z	7		0.000	0.000	
13:0....g									
14:0....g	0.621		2	AR	1		0.528	1.957	
15:0....g									
16:0....g	4.957		2	AR	1		4.213	15.614	
17:0....g	0.272		2	AR	1		0.231	0.857	
18:0....g	3.266		2	AR	1		2.776	10.288	
20:0....g	0.016		2	AR	1		0.014	0.051	
22:0....g									
24:0....g	0.011		2	AR	1		0.009	0.034	
Fatty acids, total monounsaturated....g	10.166		0	NC	4		8.641	32.023	
14:1....g	0.118		2	AR	1		0.100	0.370	
15:1....g									
16:1 undifferentiated....g	0.630		0	AS	1		0.535	1.984	
16:1 c....g	0.630		2	AR	1		0.535	1.984	
16:1 t....g									
17:1....g	0.172		2	AR	1		0.146	0.541	
18:1 undifferentiated....g	9.200		0	AS	1		7.820	28.979	
18:1 c....g	7.903		2	AR	1		6.717	24.893	
18:1 t....g	1.297		2	AR	1		1.103	4.086	
18:1-11 t (18:1t n-7)....g	0.557		2	AR	1		0.473	1.753	
20:1....g	0.047		2	AR	1		0.040	0.149	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.922		0	NC	4		0.783	2.903	
18:2 undifferentiated....g	0.819		0	AS	1		0.696	2.581	
18:2 n-6 c,c....g	0.720		2	AR	1		0.612	2.267	
18:2 CLAs....g	0.100		2	AR	1		0.085	0.314	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.043		0	AS	1		0.036	0.135	
18:3 n-3 c,c,c (ALA)....g	0.043		2	AR	1		0.036	0.135	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.007		2	AR	1		0.006	0.021	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.048		2	AR	1		0.041	0.152	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		2	AR	1		0.000	0.001	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.004		2	AR	1		0.003	0.013	
22:6 n-3 (DHA)....g	0.000		2	AR	1		0.000	0.000	
Fatty acids, total trans....g	1.297		0	NC	4		1.103	4.086	
Fatty acids, total trans-monoenoic....g	1.297		0	NC	4		1.103	4.086	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	104		2	AR	1		88	326	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.291		0	AR	1		0.247	0.916	
Threonine....g	1.136		0	AR	1		0.965	3.577	
Isoleucine....g	1.098		0	AR	1		0.933	3.458	
Leucine....g	2.076		0	AR	1		1.765	6.540	

NDB No. 23127

Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.257		0	AR	1		1.918	7.109	
Methionine g	0.733		0	AR	1		0.623	2.309	
Cystine g	0.271		0	AR	1		0.230	0.854	
Phenylalanine g	0.982		0	AR	1		0.835	3.094	
Tyrosine g	0.890		0	AR	1		0.757	2.804	
Valine g	1.167		0	AR	1		0.992	3.675	
Arginine g	1.699		0	AR	1		1.445	5.353	
Histidine g	0.836		0	AR	1		0.711	2.634	
Alanine g	1.472		0	AR	1		1.251	4.638	
Aspartic acid g	2.315		0	AR	1		1.968	7.292	
Glutamic acid g	4.082		0	AR	1		3.470	12.859	
Glycine g	1.178		0	AR	1		1.001	3.709	
Proline g	1.061		0	AR	1		0.902	3.341	
Serine g	0.991		0	AR	1		0.843	3.123	
Hydroxyproline g	0.176		0	BFPN	4		0.150	0.556	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 315g: 1 piece

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23130

Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw

Beef, Chuck, Short Ribs, URMIS #1127

Refuse: 6% Connective tissue 6%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	64.76	1.051	12	AR	1		55.05	277.82	
Energy kcal	227		0	NC	4		193	974	
Energy kJ	950		0	NC	4		808	4076	
Protein (N x 6.25) g	17.87	0.336	12	AR	1		15.19	76.67	
Total lipid (fat) g	17.28	1.071	12	AR	1		14.69	74.13	
Ash g	0.86	0.092	12	AR	1		0.73	3.67	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	12		1	AR	1		10	51	
Iron, Fe mg	2.15		1	AR	1		1.82	9.21	
Magnesium, Mg mg	17		1	AR	1		15	75	
Phosphorus, P mg	162		1	AR	1		137	693	
Potassium, K mg	273		1	AR	1		232	1171	
Sodium, Na mg	85		1	AR	1		72	363	
Zinc, Zn mg	7.04		1	AR	1		5.98	30.18	
Copper, Cu mg	0.072		1	AR	1		0.061	0.307	
Manganese, Mn mg	0.010		1	AR	1		0.009	0.045	
Selenium, Se µg	18.6		1	AR	1		15.8	79.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.078		1	AR	1		0.066	0.335	
Riboflavin mg	0.167		1	AR	1		0.142	0.718	
Niacin mg	3.318		1	AR	1		2.821	14.236	
Pantothenic acid mg	0.640		1	AR	1		0.544	2.743	
Vitamin B-6 mg	0.306		1	AR	1		0.260	1.313	
Folate, total µg	3		0	BFPN	4		2	12	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	3		0	BFPN	4		2	12	
Folate, DFE µg	3		0	NC	4		2	12	
Choline, total mg	61.3		1	AR	1		52.1	263.0	
Betaine mg	19.8		1	AR	1		16.8	84.9	
Vitamin B-12 µg	3.09		1	AR	1		2.63	13.27	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	5		0	NC	4		4	19	
Retinol µg	5		0	BFSN	4		4	19	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	15		0	NC	4		13	65	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.14		1	AR	1		0.12	0.60	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.5	
Vitamin D IU	4		0	BFSN	4		4	19	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	6.5	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23130

Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated g	7.738		0	NC	4		6.577	33.194	
4:0 g	0.000		0	Z	7		0.000	0.000	
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.000		0	Z	7		0.000	0.000	
12:0 g	0.000		0	Z	7		0.000	0.000	
13:0 g									
14:0 g	0.543		2	AR	1		0.461	2.327	
15:0 g									
16:0 g	4.083		2	AR	1		3.470	17.514	
17:0 g	0.251		2	AR	1		0.214	1.078	
18:0 g	2.846		2	AR	1		2.419	12.211	
20:0 g	0.008		2	AR	1		0.006	0.033	
22:0 g									
24:0 g	0.007		2	AR	1		0.006	0.030	
Fatty acids, total monounsaturated g	8.716		0	NC	4		7.409	37.393	
14:1 g	0.102		2	AR	1		0.087	0.438	
15:1 g									
16:1 undifferentiated g	0.521		0	AS	1		0.443	2.235	
16:1 c g	0.521		2	AR	1		0.443	2.235	
16:1 t g									
17:1 g	0.156		2	AR	1		0.133	0.671	
18:1 undifferentiated g	7.904		0	AS	1		6.718	33.909	
18:1 c g	6.563		2	AR	1		5.578	28.154	
18:1 t g	1.341		2	AR	1		1.140	5.755	
18:1-11 t (18:1t n-7) g	0.575		2	AR	1		0.488	2.465	
20:1 g	0.033		2	AR	1		0.028	0.140	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.729		0	NC	4		0.620	3.127	
18:2 undifferentiated g	0.650		0	AS	1		0.553	2.789	
18:2 n-6 c,c g	0.568		2	AR	1		0.483	2.437	
18:2 CLAs g	0.082		2	AR	1		0.070	0.352	
18:2 t,t g									
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.033		0	AS	1		0.028	0.141	
18:3 n-3 c,c,c (ALA) g	0.033		2	AR	1		0.028	0.141	
18:3 n-6 c,c,c g									
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.004		2	AR	1		0.003	0.016	
20:3 undifferentiated g									
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.038		2	AR	1		0.032	0.163	
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		2	AR	1		0.000	0.001	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.004		2	AR	1		0.003	0.016	
22:6 n-3 (DHA) g	0.000		2	AR	1		0.000	0.001	
Fatty acids, total trans g	1.341		0	NC	4		1.140	5.755	
Fatty acids, total trans-monoenoic g	1.341		0	NC	4		1.140	5.755	
Fatty acids, total trans-polyenoic g									
Cholesterol mg	78		2	AR	1		66	333	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.201		0	AR	1		0.171	0.864	
Threonine g	0.786		0	AR	1		0.668	3.373	
Isoleucine g	0.760		0	AR	1		0.646	3.261	
Leucine g	1.438		0	AR	1		1.222	6.168	

NDB No. 23130

Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	1.563		0	AR	1		1.328	6.704	
Methionine g	0.508		0	AR	1		0.431	2.178	
Cystine g	0.188		0	AR	1		0.159	0.805	
Phenylalanine g	0.680		0	AR	1		0.578	2.918	
Tyrosine g	0.616		0	AR	1		0.524	2.644	
Valine g	0.808		0	AR	1		0.687	3.465	
Arginine g	1.177		0	AR	1		1.000	5.048	
Histidine g	0.579		0	AR	1		0.492	2.484	
Alanine g	1.019		0	AR	1		0.867	4.373	
Aspartic acid g	1.603		0	AR	1		1.362	6.876	
Glutamic acid g	2.827		0	AR	1		2.403	12.126	
Glycine g	0.815		0	AR	1		0.693	3.498	
Proline g	0.734		0	AR	1		0.624	3.151	
Serine g	0.686		0	AR	1		0.584	2.945	
Hydroxyproline g	0.122		0	BFPN	4		0.104	0.524	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 429g: 1 piece

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13982

Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised

Beef, Chuck, Short Ribs, URMIS #1127

Refuse: 26% Connective tissue 6%, seam fat 20%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	57.05	2.293	36	AR	1		48.49	164.88	
Energy kcal	240		0	NC	4		204	692	
Energy kJ	1002		0	NC	4		852	2896	
Protein (N x 6.25) g	28.82	0.340	36	AR	1		24.50	83.30	
Total lipid (fat) g	13.80	2.391	36	AR	1		11.73	39.89	
Ash g	0.91	0.092	36	AR	1		0.77	2.63	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	14		3	AR	1		12	40	
Iron, Fe mg	3.20		3	AR	1		2.72	9.25	
Magnesium, Mg mg	23		3	AR	1		20	67	
Phosphorus, P mg	201		3	AR	1		171	581	
Potassium, K mg	276		3	AR	1		235	799	
Sodium, Na mg	75		3	AR	1		63	216	
Zinc, Zn mg	11.99		3	AR	1		10.19	34.66	
Copper, Cu mg	0.114		3	AR	1		0.097	0.329	
Manganese, Mn mg	0.016		3	AR	1		0.013	0.045	
Selenium, Se µg	33.9		3	AR	1		28.8	98.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.100		2	AR	1		0.085	0.289	
Riboflavin mg	0.263		3	AR	1		0.224	0.761	
Niacin mg	3.523		3	AR	1		2.995	10.182	
Pantothenic acid mg	0.835		2	AR	1		0.710	2.413	
Vitamin B-6 mg	0.308		3	AR	1		0.262	0.889	
Folate, total µg	7		0	BFPN	4		6	20	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	7		0	BFPN	4		6	20	
Folate, DFE µg	7		0	NC	4		6	20	
Choline, total mg	101.2		2	AR	1		86.1	292.6	
Betaine mg	15.2		2	AR	1		12.9	43.9	
Vitamin B-12 µg	3.92		3	AR	1		3.33	11.33	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		2	5	
Retinol µg	2		0	BFSN	4		2	5	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	6		0	NC	4		5	18	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.09		3	AR	1		0.07	0.25	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.4	
Vitamin D IU	6		0	BFSN	4		5	16	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	4.5	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13982

Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated g	3.890		0	NR	4		3.307	11.242	
4:0 g	0.000		0	Z	7		0.000	0.000	
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.000		0	Z	7		0.000	0.000	
12:0 g	0.000		0	Z	7		0.000	0.000	
13:0 g									
14:0 g	0.243	0.052	6	AR	1		0.206	0.702	
15:0 g									
16:0 g	2.135	0.407	6	AR	1		1.814	6.169	
17:0 g	0.125	0.021	6	AR	1		0.106	0.361	
18:0 g	1.373	0.263	6	AR	1		1.167	3.969	
20:0 g	0.007	0.002	6	AR	1		0.006	0.020	
22:0 g									
24:0 g	0.007	0.002	6	AR	1		0.006	0.021	
Fatty acids, total monounsaturated g	8.890		0	NR	4		7.557	25.692	
14:1 g	0.097	0.009	6	AR	1		0.082	0.280	
15:1 g									
16:1 undifferentiated g	0.562	0.053	6	AR	1		0.478	1.624	
17:1 g	0.171	0.016	6	AR	1		0.145	0.494	
18:1 undifferentiated g	8.021		0	AS	1		6.818	23.180	
18:1 c g	7.130	0.792	6	AR	1		6.060	20.604	
18:1 t g	0.891	0.083	6	AR	1		0.758	2.576	
18:1-11 t (18:1t n-7) g	0.526	0.055	6	AR	1		0.447	1.520	
20:1 g	0.040	0.004	6	AR	1		0.034	0.115	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.780		0	NR	4		0.663	2.254	
18:2 undifferentiated g	0.692		0	AS	1		0.588	2.000	
18:2 n-6 c,c g	0.638	0.066	6	AR	1		0.542	1.843	
18:2 CLAs g	0.054	0.005	6	AR	1		0.046	0.157	
18:2 t,t g									
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.030		0	AS	1		0.025	0.086	
18:3 n-3 c,c,c (ALA) g	0.030	0.003	6	AR	1		0.025	0.086	
18:3 n-6 c,c,c g									
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.002	0.001	6	AR	1		0.002	0.007	
20:3 undifferentiated g									
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.058	0.006	6	AR	1		0.049	0.167	
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000	0.000	6	AR	1		0.000	0.001	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000	0.000	6	AR	1		0.000	0.000	
22:6 n-3 (DHA) g	0.000	0.000	6	AR	1		0.000	0.000	
Fatty acids, total trans g	0.891		0	NR	4		0.757	2.575	
Fatty acids, total trans-monoenoic g	0.891		0	NR	4		0.757	2.575	
Fatty acids, total trans-polyenoic g									
Cholesterol mg	105	2.648	6	AR	1		89	303	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.331		0	AR	1		0.281	0.955	
Threonine g	1.305		0	AR	1		1.109	3.772	
Isoleucine g	1.262		0	AR	1		1.073	3.647	
Leucine g	2.386		0	AR	1		2.028	6.894	
Lysine g	2.593		0	AR	1		2.204	7.494	
Methionine g	0.841		0	AR	1		0.714	2.429	

NDB No. 13982

Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine g	0.307		0	AR	1		0.261	0.887	
Phenylalanine g	1.124		0	AR	1		0.955	3.247	
Tyrosine g	1.022		0	AR	1		0.869	2.954	
Valine g	1.333		0	AR	1		1.133	3.853	
Arginine g	1.938		0	AR	1		1.648	5.602	
Histidine g	0.951		0	AR	1		0.808	2.748	
Alanine g	1.666		0	AR	1		1.416	4.815	
Aspartic acid g	2.654		0	AR	1		2.256	7.669	
Glutamic acid g	4.694		0	AR	1		3.990	13.565	
Glycine g	1.284		0	AR	1		1.091	3.710	
Proline g	1.186		0	AR	1		1.008	3.428	
Serine g	1.132		0	AR	1		0.962	3.272	
Hydroxyproline g	0.146		0	AR	1		0.124	0.421	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 289g: 1 piece

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23068

Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw

Beef, Chuck, Short Ribs, URMIS #1127

Refuse: 26% Connective tissue 7%, seam fat 19%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	69.33	0.423	36	AR	1		58.93	299.52	
Energy kcal	169		0	NC	4		144	731	
Energy kJ	708		0	NC	4		601	3057	
Protein (N x 6.25) g	19.68	0.228	36	AR	1		16.73	85.04	
Total lipid (fat) g	10.02	0.988	36	AR	1		8.51	43.27	
Ash g	0.91	0.099	36	AR	1		0.77	3.94	
Carbohydrate, by difference g	0.05		0	NC	4		0.05	0.24	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	12		3	AR	1		10	50	
Iron, Fe mg	2.45		3	AR	1		2.08	10.59	
Magnesium, Mg mg	21		3	AR	1		17	89	
Phosphorus, P mg	185		3	AR	1		157	797	
Potassium, K mg	307		3	AR	1		261	1325	
Sodium, Na mg	85		3	AR	1		72	368	
Zinc, Zn mg	8.15		3	AR	1		6.93	35.20	
Copper, Cu mg	0.080		3	AR	1		0.068	0.345	
Manganese, Mn mg	0.013		3	AR	1		0.011	0.057	
Selenium, Se µg	21.5		3	AR	1		18.3	92.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.080		2	AR	1		0.068	0.346	
Riboflavin mg	0.200		3	AR	1		0.170	0.864	
Niacin mg	3.523		3	AR	1		2.995	15.221	
Pantothenic acid mg	0.730		2	AR	1		0.621	3.154	
Vitamin B-6 mg	0.311		3	AR	1		0.264	1.342	
Folate, total µg	3		0	BFPN	4		3	14	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	3		0	BFPN	4		3	14	
Folate, DFE µg	3		0	NC	4		3	14	
Choline, total mg	72.7		2	AR	1		61.8	314.1	
Betaine mg	22.8		2	AR	1		19.4	98.4	
Vitamin B-12 µg	3.43		3	AR	1		2.92	14.83	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		2	9	
Retinol µg	2		0	BFSN	4		2	9	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	7		0	NC	4		6	30	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.17		3	AR	1		0.14	0.73	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.5	
Vitamin D IU	4		0	BFSN	4		4	18	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	6.5	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23068

Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.312		0	NR	4		3.666	18.630	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	Z	7		0.000	0.000	
12:0....g	0.000		0	Z	7		0.000	0.000	
13:0....g									
14:0....g	0.269	0.018	6	AR	1		0.229	1.161	
15:0....g									
16:0....g	2.352	0.154	6	AR	1		1.999	10.160	
17:0....g	0.142	0.009	6	AR	1		0.121	0.613	
18:0....g	1.536	0.103	6	AR	1		1.306	6.635	
20:0....g	0.005	0.000	6	AR	1		0.004	0.022	
22:0....g									
24:0....g	0.008	0.001	6	AR	1		0.007	0.037	
Fatty acids, total monounsaturated....g	5.278		0	NR	4		4.486	22.800	
14:1....g	0.056	0.003	6	AR	1		0.048	0.242	
15:1....g									
16:1 undifferentiated....g	0.325	0.018	6	AR	1		0.276	1.404	
17:1....g	0.103	0.006	6	AR	1		0.088	0.445	
18:1 undifferentiated....g	4.776		0	AS	1		4.060	20.633	
18:1 c....g	4.200	0.309	6	AR	1		3.570	18.144	
18:1 t....g	0.576	0.043	6	AR	1		0.490	2.488	
18:1-11 t (18:1t n-7)....g	0.422	0.031	6	AR	1		0.359	1.825	
20:1....g	0.018	0.001	6	AR	1		0.015	0.078	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.426		0	NR	4		0.362	1.841	
18:2 undifferentiated....g	0.368		0	AS	1		0.313	1.589	
18:2 n-6 c,c....g	0.337	0.026	6	AR	1		0.286	1.454	
18:2 CLAs....g	0.031	0.002	6	AR	1		0.027	0.135	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.016		0	AS	1		0.014	0.070	
18:3 n-3 c,c,c (ALA)....g	0.016	0.001	6	AR	1		0.014	0.070	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000	0.000	6	AR	1		0.000	0.000	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.041	0.004	6	AR	1		0.035	0.178	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001	0.000	6	AR	1		0.001	0.003	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	6	AR	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000	0.000	6	AR	1		0.000	0.001	
Fatty acids, total trans....g	0.598		0	NC	4		0.508	2.583	
Fatty acids, total trans-monoenoic....g	0.598		0	NC	4		0.508	2.583	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	76	5.302	6	AR	1		64	327	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.226		0	AR	1		0.192	0.975	
Threonine....g	0.891		0	AR	1		0.758	3.851	
Isoleucine....g	0.862		0	AR	1		0.733	3.723	
Leucine....g	1.629		0	AR	1		1.385	7.038	
Lysine....g	1.771		0	AR	1		1.505	7.650	
Methionine....g	0.574		0	AR	1		0.488	2.480	

NDB No. 23068

Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine....g	0.210		0	AR	1		0.178	0.905	
Phenylalanine....g	0.767		0	AR	1		0.652	3.315	
Tyrosine....g	0.698		0	AR	1		0.593	3.016	
Valine....g	0.911		0	AR	1		0.774	3.933	
Arginine....g	1.324		0	AR	1		1.125	5.719	
Histidine....g	0.649		0	AR	1		0.552	2.805	
Alanine....g	1.138		0	AR	1		0.967	4.915	
Aspartic acid....g	1.812		0	AR	1		1.540	7.829	
Glutamic acid....g	3.206		0	AR	1		2.725	13.848	
Glycine....g	0.877		0	AR	1		0.745	3.787	
Proline....g	0.810		0	AR	1		0.689	3.500	
Serine....g	0.773		0	AR	1		0.657	3.340	
Hydroxyproline....g	0.099		0	AR	1		0.084	0.429	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 432g: 1 piece

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13980

Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised

Beef, Chuck, Short Ribs, URMIS #1127

Refuse: 27% Connective tissue 7%, Seam fat 20%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	55.94	2.331	24	AR	1		47.55	152.17	
Energy kcal	250		0	NC	4		212	680	
Energy kJ	1046		0	NC	4		889	2844	
Protein (N x 6.25) g	28.84	0.426	24	AR	1		24.52	78.45	
Total lipid (fat) g	14.95	2.424	24	AR	1		12.71	40.66	
Ash g	0.90	0.097	24	AR	1		0.76	2.44	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	14		2	AR	1		12	39	
Iron, Fe mg	3.19		2	AR	1		2.71	8.67	
Magnesium, Mg mg	23		2	AR	1		20	63	
Phosphorus, P mg	200		2	AR	1		170	544	
Potassium, K mg	264		2	AR	1		224	718	
Sodium, Na mg	75		2	AR	1		63	203	
Zinc, Zn mg	11.95		2	AR	1		10.16	32.51	
Copper, Cu mg	0.113		2	AR	1		0.096	0.308	
Manganese, Mn mg	0.015		2	AR	1		0.013	0.042	
Selenium, Se µg	33.3		2	AR	1		28.3	90.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.100		1	AR	1		0.085	0.272	
Riboflavin mg	0.257		2	AR	1		0.218	0.698	
Niacin mg	3.467		2	AR	1		2.947	9.429	
Pantothenic acid mg	0.800		1	AR	1		0.680	2.176	
Vitamin B-6 mg	0.291		2	AR	1		0.247	0.791	
Folate, total µg	7		0	BFPN	4		6	19	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	7		0	BFPN	4		6	19	
Folate, DFE µg	7		0	NC	4		6	19	
Choline, total mg	95.9		1	AR	1		81.5	260.8	
Betaine mg	15.3		1	AR	1		13.0	41.6	
Vitamin B-12 µg	4.06		2	AR	1		3.45	11.05	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		1	4	
Retinol µg	2		0	BFSN	4		1	4	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	5		0	NC	4		5	15	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.10		2	AR	1		0.08	0.27	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	AS	1		0.1	0.4	
Vitamin D IU	6		0	BFSN	4		5	17	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	4.3	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13980

Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.220		0	NR	4		3.587	11.478	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	Z	7		0.000	0.000	
12:0....g	0.000		0	Z	7		0.000	0.000	
13:0....g									
14:0....g	0.263	0.064	4	AR	1		0.223	0.714	
15:0....g									
16:0....g	2.311	0.506	4	AR	1		1.964	6.285	
17:0....g	0.139	0.027	4	AR	1		0.118	0.379	
18:0....g	1.491	0.327	4	AR	1		1.267	4.055	
20:0....g	0.008	0.002	4	AR	1		0.007	0.022	
22:0....g									
24:0....g	0.009	0.002	4	AR	1		0.007	0.023	
Fatty acids, total monounsaturated....g	9.780		0	NR	4		8.313	26.602	
14:1....g	0.112	0.011	4	AR	1		0.095	0.304	
15:1....g									
16:1 undifferentiated....g	0.615	0.066	4	AR	1		0.522	1.672	
17:1....g	0.192	0.019	4	AR	1		0.163	0.521	
18:1 undifferentiated....g	8.812		0	AS	1		7.490	23.967	
18:1 c....g	7.849	0.984	4	AR	1		6.672	21.349	
18:1 t....g	0.962	0.103	4	AR	1		0.818	2.618	
18:1-11 t (18:1t n-7)....g	0.542	0.068	4	AR	1		0.461	1.475	
20:1....g	0.049	0.005	4	AR	1		0.042	0.133	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.810		0	NR	4		0.689	2.203	
18:2 undifferentiated....g	0.720		0	AS	1		0.612	1.959	
18:2 n-6 c,c....g	0.665	0.083	4	AR	1		0.565	1.808	
18:2 CLAs....g	0.055	0.006	4	AR	1		0.047	0.150	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.030		0	AS	1		0.025	0.081	
18:3 n-3 c,c,c (ALA)....g	0.030	0.004	4	AR	1		0.025	0.081	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.002	0.001	4	AR	1		0.002	0.005	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.060	0.008	4	AR	1		0.051	0.162	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001	0.000	4	AR	1		0.001	0.002	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	4	AR	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000	0.000	4	AR	1		0.000	0.000	
Fatty acids, total trans....g	0.962		0	NR	4		0.818	2.617	
Fatty acids, total trans-monoenoic....g	0.962		0	NR	4		0.818	2.617	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	102	3.289	4	AR	1		87	279	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.331		0	AR	1		0.281	0.900	
Threonine....g	1.306		0	AR	1		1.110	3.552	
Isoleucine....g	1.263		0	AR	1		1.073	3.435	
Leucine....g	2.387		0	AR	1		2.029	6.493	
Lysine....g	2.595		0	AR	1		2.206	7.058	
Methionine....g	0.841		0	AR	1		0.715	2.288	

NDB No. 13980

Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine....g	0.307		0	AR	1		0.261	0.835	
Phenylalanine....g	1.124		0	AR	1		0.956	3.058	
Tyrosine....g	1.023		0	AR	1		0.869	2.782	
Valine....g	1.334		0	AR	1		1.134	3.629	
Arginine....g	1.940		0	AR	1		1.649	5.276	
Histidine....g	0.951		0	AR	1		0.809	2.588	
Alanine....g	1.667		0	AR	1		1.417	4.534	
Aspartic acid....g	2.655		0	AR	1		2.257	7.223	
Glutamic acid....g	4.697		0	AR	1		3.992	12.775	
Glycine....g	1.284		0	AR	1		1.092	3.494	
Proline....g	1.187		0	AR	1		1.009	3.229	
Serine....g	1.133		0	AR	1		0.963	3.082	
Hydroxyproline....g	0.146		0	AR	1		0.124	0.396	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 272g: 1 piece

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23066

Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw

Beef, Chuck, Short Ribs, URMIS #1127

Refuse: 26% Connective tissue 7%, seam fat 19%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	68.73	0.483	24	AR	1		58.42	298.29	
Energy kcal	175		0	NC	4		149	759	
Energy kJ	732		0	NC	4		622	3177	
Protein (N x 6.25) g	19.38	0.267	24	AR	1		16.47	84.11	
Total lipid (fat) g	10.70	1.022	24	AR	1		9.09	46.44	
Ash g	0.90	0.100	24	AR	1		0.76	3.90	
Carbohydrate, by difference g	0.29		0	NC	4		0.25	1.27	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	11		2	AR	1		10	49	
Iron, Fe mg	2.53		2	AR	1		2.15	10.96	
Magnesium, Mg mg	21		2	AR	1		18	90	
Phosphorus, P mg	187		2	AR	1		159	813	
Potassium, K mg	313		2	AR	1		266	1359	
Sodium, Na mg	81		2	AR	1		69	352	
Zinc, Zn mg	8.25		2	AR	1		7.01	35.78	
Copper, Cu mg	0.079		2	AR	1		0.067	0.342	
Manganese, Mn mg	0.014		2	AR	1		0.012	0.059	
Selenium, Se µg	22.3		2	AR	1		18.9	96.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.080		1	AR	1		0.068	0.347	
Riboflavin mg	0.200		2	AR	1		0.170	0.868	
Niacin mg	3.567		2	AR	1		3.032	15.479	
Pantothenic acid mg	0.740		1	AR	1		0.629	3.212	
Vitamin B-6 mg	0.311		2	AR	1		0.264	1.350	
Folate, total µg	3		0	BFPN	4		3	13	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	3		0	BFPN	4		3	13	
Folate, DFE µg	3		0	NC	4		3	13	
Choline, total mg	74.3		1	AR	1		63.2	322.5	
Betaine mg	23.1		1	AR	1		19.6	100.3	
Vitamin B-12 µg	3.32		2	AR	1		2.82	14.39	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		2	8	
Retinol µg	2		0	BFSN	4		2	8	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	6		0	NC	4		6	28	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.17		2	AR	1		0.15	0.75	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.5	
Vitamin D IU	5		0	BFSN	4		4	20	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	6.6	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23066

Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.550		0	NR	4		3.867	19.745	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	Z	7		0.000	0.000	
12:0....g	0.000		0	Z	7		0.000	0.000	
13:0....g									
14:0....g	0.282	0.022	4	AR	1		0.240	1.223	
15:0....g									
16:0....g	2.522	0.192	4	AR	1		2.144	10.947	
17:0....g	0.138	0.011	4	AR	1		0.117	0.599	
18:0....g	1.589	0.128	4	AR	1		1.350	6.895	
20:0....g	0.009	0.000	4	AR	1		0.007	0.038	
22:0....g									
24:0....g	0.010	0.001	4	AR	1		0.008	0.042	
Fatty acids, total monounsaturated....g	5.723		0	NR	4		4.864	24.837	
14:1....g	0.063	0.004	4	AR	1		0.054	0.274	
15:1....g									
16:1 undifferentiated....g	0.359	0.023	4	AR	1		0.305	1.558	
17:1....g	0.107	0.008	4	AR	1		0.091	0.463	
18:1 undifferentiated....g	5.166		0	AS	1		4.391	22.420	
18:1 c....g	4.692	0.384	4	AR	1		3.988	20.362	
18:1 t....g	0.474	0.054	4	AR	1		0.403	2.058	
18:1-11 t (18:1t n-7)....g	0.330	0.039	4	AR	1		0.281	1.433	
20:1....g	0.028	0.001	4	AR	1		0.024	0.122	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.427		0	NR	4		0.363	1.854	
18:2 undifferentiated....g	0.363		0	AS	1		0.309	1.578	
18:2 n-6 c,c....g	0.333	0.032	4	AR	1		0.283	1.444	
18:2 CLAs....g	0.031	0.002	4	AR	1		0.026	0.134	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.018		0	AS	1		0.016	0.080	
18:3 n-3 c,c,c (ALA)....g	0.018	0.001	4	AR	1		0.016	0.080	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000	0.000	4	AR	1		0.000	0.000	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.044	0.005	4	AR	1		0.037	0.190	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001	0.000	4	AR	1		0.001	0.005	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	4	AR	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000	0.000	4	AR	1		0.000	0.001	
Fatty acids, total trans....g	0.489		0	NC	4		0.416	2.122	
Fatty acids, total trans-monoenoic....g	0.489		0	NC	4		0.416	2.122	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	73	6.586	4	AR	1		62	318	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.222		0	AR	1		0.189	0.965	
Threonine....g	0.878		0	AR	1		0.746	3.808	
Isoleucine....g	0.848		0	AR	1		0.721	3.682	
Leucine....g	1.604		0	AR	1		1.363	6.961	
Lysine....g	1.743		0	AR	1		1.482	7.567	
Methionine....g	0.565		0	AR	1		0.480	2.453	

NDB No. 23066

Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine g	0.206		0	AR	1		0.175	0.895	
Phenylalanine g	0.755		0	AR	1		0.642	3.279	
Tyrosine g	0.687		0	AR	1		0.584	2.983	
Valine g	0.896		0	AR	1		0.762	3.890	
Arginine g	1.303		0	AR	1		1.108	5.656	
Histidine g	0.639		0	AR	1		0.543	2.774	
Alanine g	1.120		0	AR	1		0.952	4.861	
Aspartic acid g	1.784		0	AR	1		1.517	7.743	
Glutamic acid g	3.156		0	AR	1		2.683	13.697	
Glycine g	0.863		0	AR	1		0.734	3.746	
Proline g	0.798		0	AR	1		0.678	3.461	
Serine g	0.761		0	AR	1		0.647	3.304	
Hydroxyproline g	0.098		0	AR	1		0.083	0.425	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 434g: 1 piece

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13981

Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised

Beef, Chuck, Short Ribs, URMIS #1127

Refuse: 24% Connnective tissue 6%, seam fat 18%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	58.71	2.408	12	AR	1		49.90	184.94	
Energy kcal	224		0	NC	4		190	705	
Energy kJ	937		0	NC	4		796	2951	
Protein (N x 6.25) g	28.79	0.564	12	AR	1		24.47	90.70	
Total lipid (fat) g	12.08	2.490	12	AR	1		10.27	38.05	
Ash g	0.93	0.107	12	AR	1		0.79	2.92	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	14		1	AR	1		12	44	
Iron, Fe mg	3.21		1	AR	1		2.73	10.11	
Magnesium, Mg mg	23		1	AR	1		20	73	
Phosphorus, P mg	209		1	AR	1		178	659	
Potassium, K mg	308		1	AR	1		262	971	
Sodium, Na mg	75		1	AR	1		64	237	
Zinc, Zn mg	12.28		1	AR	1		10.44	38.68	
Copper, Cu mg	0.111		1	AR	1		0.094	0.349	
Manganese, Mn mg	0.016		1	AR	1		0.014	0.050	
Selenium, Se µg	36.0		1	AR	1		30.6	113.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.100		1	AR	1		0.085	0.315	
Riboflavin mg	0.280		1	AR	1		0.238	0.882	
Niacin mg	3.740		1	AR	1		3.179	11.781	
Pantothenic acid mg	0.870		1	AR	1		0.740	2.741	
Vitamin B-6 mg	0.330		1	AR	1		0.281	1.040	
Folate, total µg	7		0	BFPN	4		6	22	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	7		0	BFPN	4		6	22	
Folate, DFE µg	7		0	NC	4		6	22	
Choline, total mg	106.6		1	AR	1		90.6	335.8	
Betaine mg	15.1		1	AR	1		12.8	47.6	
Vitamin B-12 µg	3.66		1	AR	1		3.11	11.53	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		2	7	
Retinol µg	2		0	BFSN	4		2	7	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	8		0	NC	4		7	24	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.07		1	AR	1		0.06	0.21	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.4	
Vitamin D IU	4		0	BFSN	4		4	14	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	4.9	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13981

Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.540		0	NR	4		3.009	11.151	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	Z	7		0.000	0.000	
12:0....g	0.000		0	Z	7		0.000	0.000	
13:0....g									
14:0....g	0.222		2	AR	1		0.189	0.700	
15:0....g									
16:0....g	1.950		2	AR	1		1.658	6.143	
17:0....g	0.108		2	AR	1		0.091	0.339	
18:0....g	1.248		2	AR	1		1.061	3.933	
20:0....g	0.005		2	AR	1		0.005	0.017	
22:0....g									
24:0....g	0.006		2	AR	1		0.005	0.019	
Fatty acids, total monounsaturated....g	7.700		0	NR	4		6.545	24.255	
14:1....g	0.075		2	AR	1		0.064	0.238	
15:1....g									
16:1 undifferentiated....g	0.491		2	AR	1		0.417	1.546	
17:1....g	0.140		2	AR	1		0.119	0.442	
18:1 undifferentiated....g	6.966		0	AS	1		5.921	21.942	
18:1 c....g	6.167		2	AR	1		5.242	19.427	
18:1 t....g	0.798		2	AR	1		0.679	2.515	
18:1-11 t (18:1t n-7)....g	0.502		2	AR	1		0.426	1.580	
20:1....g	0.027		2	AR	1		0.023	0.084	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.760		0	NR	4		0.646	2.394	
18:2 undifferentiated....g	0.672		0	AS	1		0.571	2.117	
18:2 n-6 c,c....g	0.618		2	AR	1		0.525	1.946	
18:2 CLAs....g	0.054		2	AR	1		0.046	0.171	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.031		0	AS	1		0.026	0.098	
18:3 n-3 c,c,c (ALA)....g	0.031		2	AR	1		0.026	0.098	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.003		2	AR	1		0.002	0.009	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.057		2	AR	1		0.048	0.179	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		2	AR	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		2	AR	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		2	AR	1		0.000	0.000	
Fatty acids, total trans....g	0.798		0	NR	4		0.678	2.514	
Fatty acids, total trans-monoenoic....g	0.798		0	NR	4		0.678	2.514	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	108		2	AR	1		92	341	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.330		0	AR	1		0.281	1.040	
Threonine....g	1.304		0	AR	1		1.108	4.107	
Isoleucine....g	1.261		0	AR	1		1.072	3.971	
Leucine....g	2.383		0	AR	1		2.026	7.507	
Lysine....g	2.590		0	AR	1		2.202	8.160	
Methionine....g	0.840		0	AR	1		0.714	2.645	

NDB No. 13981

Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine....g	0.306		0	AR	1		0.260	0.965	
Phenylalanine....g	1.122		0	AR	1		0.954	3.536	
Tyrosine....g	1.021		0	AR	1		0.868	3.216	
Valine....g	1.332		0	AR	1		1.132	4.195	
Arginine....g	1.936		0	AR	1		1.646	6.099	
Histidine....g	0.950		0	AR	1		0.807	2.992	
Alanine....g	1.664		0	AR	1		1.415	5.243	
Aspartic acid....g	2.651		0	AR	1		2.253	8.350	
Glutamic acid....g	4.689		0	AR	1		3.986	14.770	
Glycine....g	1.282		0	AR	1		1.090	4.039	
Proline....g	1.185		0	AR	1		1.007	3.733	
Serine....g	1.131		0	AR	1		0.961	3.563	
Hydroxyproline....g	0.145		0	AR	1		0.124	0.458	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 315g: 1 piece

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23067

Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw

Beef, Chuck, Short Ribs, URMIS #1127

Refuse: 25% Connective tissue 6%, seam fat 19%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	70.24	0.589	12	AR	1		59.70	301.32	
Energy kcal	161		0	NC	4		137	693	
Energy kJ	676		0	NC	4		574	2899	
Protein (N x 6.25) g	20.14	0.335	12	AR	1		17.12	86.41	
Total lipid (fat) g	8.99	1.087	12	AR	1		7.64	38.57	
Ash g	0.93	0.103	12	AR	1		0.79	3.99	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	12		1	AR	1		10	51	
Iron, Fe mg	2.34		1	AR	1		1.99	10.02	
Magnesium, Mg mg	20		1	AR	1		17	87	
Phosphorus, P mg	181		1	AR	1		154	778	
Potassium, K mg	303		1	AR	1		257	1299	
Sodium, Na mg	93		1	AR	1		79	399	
Zinc, Zn mg	8.14		1	AR	1		6.92	34.91	
Copper, Cu mg	0.081		1	AR	1		0.069	0.349	
Manganese, Mn mg	0.013		1	AR	1		0.011	0.055	
Selenium, Se µg	21.4		1	AR	1		18.2	91.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.080		1	AR	1		0.068	0.343	
Riboflavin mg	0.200		1	AR	1		0.170	0.858	
Niacin mg	3.560		1	AR	1		3.026	15.272	
Pantothenic acid mg	0.720		1	AR	1		0.612	3.089	
Vitamin B-6 mg	0.323		1	AR	1		0.275	1.386	
Folate, total µg	3		0	BFPN	4		3	14	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	3		0	BFPN	4		3	14	
Folate, DFE µg	3		0	NC	4		3	14	
Choline, total mg	71.1		1	AR	1		60.4	305.0	
Betaine mg	22.5		1	AR	1		19.1	96.3	
Vitamin B-12 µg	3.56		1	AR	1		3.03	15.27	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		2	10	
Retinol µg	2		0	BFSN	4		2	10	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	8		0	NC	4		7	33	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.16		1	AR	1		0.13	0.66	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.4	
Vitamin D IU	4		0	BFSN	4		3	16	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	6.5	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23067

Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.940		0	NR	4		3.349	16.903	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	Z	7		0.000	0.000	
12:0....g	0.000		0	Z	7		0.000	0.000	
13:0....g									
14:0....g	0.248		2	AR	1		0.211	1.065	
15:0....g									
16:0....g	2.089		2	AR	1		1.775	8.960	
17:0....g	0.147		2	AR	1		0.125	0.630	
18:0....g	1.450		2	AR	1		1.232	6.220	
20:0....g	0.000		2	AR	1		0.000	0.000	
22:0....g									
24:0....g	0.006		2	AR	1		0.005	0.028	
Fatty acids, total monounsaturated....g	4.590		0	NR	4		3.902	19.691	
14:1....g	0.046		2	AR	1		0.039	0.196	
15:1....g									
16:1 undifferentiated....g	0.271		2	AR	1		0.230	1.162	
17:1....g	0.097		2	AR	1		0.082	0.415	
18:1 undifferentiated....g	4.173		0	AS	1		3.547	17.900	
18:1 c....g	3.452		2	AR	1		2.934	14.808	
18:1 t....g	0.721		2	AR	1		0.613	3.092	
18:1-11 t (18:1t n-7)....g	0.561		2	AR	1		0.477	2.406	
20:1....g	0.005		2	AR	1		0.004	0.020	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.410		0	NR	4		0.349	1.759	
18:2 undifferentiated....g	0.361		0	AS	1		0.307	1.549	
18:2 n-6 c,c....g	0.330		2	AR	1		0.281	1.417	
18:2 CLAs....g	0.031		2	AR	1		0.026	0.132	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.013		0	AS	1		0.011	0.054	
18:3 n-3 c,c,c (ALA)....g	0.013		2	AR	1		0.011	0.054	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000		2	AR	1		0.000	0.000	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.036		2	AR	1		0.031	0.156	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		2	AR	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		2	AR	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		2	AR	1		0.000	0.000	
Fatty acids, total trans....g	0.721		0	NR	4		0.613	3.093	
Fatty acids, total trans-monoenoic....g	0.721		0	NR	4		0.613	3.093	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	80		2	AR	1		68	341	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.231		0	AR	1		0.196	0.991	
Threonine....g	0.912		0	AR	1		0.775	3.913	
Isoleucine....g	0.882		0	AR	1		0.750	3.783	
Leucine....g	1.667		0	AR	1		1.417	7.152	
Lysine....g	1.812		0	AR	1		1.540	7.774	
Methionine....g	0.587		0	AR	1		0.499	2.520	

NDB No. 23067

Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine....g	0.214		0	AR	1		0.182	0.920	
Phenylalanine....g	0.785		0	AR	1		0.667	3.368	
Tyrosine....g	0.714		0	AR	1		0.607	3.064	
Valine....g	0.932		0	AR	1		0.792	3.997	
Arginine....g	1.355		0	AR	1		1.151	5.811	
Histidine....g	0.664		0	AR	1		0.565	2.850	
Alanine....g	1.164		0	AR	1		0.990	4.995	
Aspartic acid....g	1.854		0	AR	1		1.576	7.955	
Glutamic acid....g	3.280		0	AR	1		2.788	14.072	
Glycine....g	0.897		0	AR	1		0.762	3.848	
Proline....g	0.829		0	AR	1		0.705	3.556	
Serine....g	0.791		0	AR	1		0.673	3.394	
Hydroxyproline....g	0.102		0	AR	1		0.086	0.436	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 429g: 1 piece

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23054

Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled

Beef Value Cut, Tender Medallions, Teres Major

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	65.65		13	A	1		21.01	55.81	
Energy kcal	177		0	NC	4		57	150	
Energy kJ	740		0	NC	4		237	629	
Protein (N x 6.25) g	26.22		13	A	1		8.39	22.28	
Total lipid (fat) g	7.20		13	A	1		2.30	6.12	
Ash g	1.02		13	A	1		0.33	0.87	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	5		3	A	1		2	4	
Iron, Fe mg	2.59		3	A	1		0.83	2.20	
Magnesium, Mg mg	25		3	A	1		8	21	
Phosphorus, P mg	225		3	A	1		72	192	
Potassium, K mg	356		3	A	1		114	303	
Sodium, Na mg	59		3	A	1		19	51	
Zinc, Zn mg	5.24		3	A	1		1.68	4.45	
Copper, Cu mg	0.171		2	A	1		0.055	0.146	
Manganese, Mn mg	0.014		3	A	1		0.005	0.012	
Selenium, Se µg	38.7		3	A	1		12.4	32.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.078		3	A	1		0.025	0.066	
Riboflavin mg	0.267		3	A	1		0.085	0.227	
Niacin mg	5.187		3	A	1		1.660	4.409	
Pantothenic acid mg	0.856		3	A	1		0.274	0.728	
Vitamin B-6 mg	0.596		3	A	1		0.191	0.507	
Folate, total µg	8		1	A	1		3	7	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	8		1	A	1		3	7	
Folate, DFE µg	8		0	NC	4		3	7	
Choline, total mg	107.9		0	AS	1		34.5	91.7	
Betaine mg	13.5		2	A	1		4.3	11.4	
Vitamin B-12 µg	5.16		3	A	1		1.65	4.38	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		1	A	1		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.17		1	A	1		0.05	0.14	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma mg	0.03		1	A	1		0.01	0.03	
Tocopherol, delta mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, alpha mg	0.01		1	A	1		0.00	0.01	
Tocotrienol, beta mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, gamma mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, delta mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3) µg									
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	0.2		1	A	1		0.1	0.2	

NDB No. 23054

Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg	0.0		1	A	1		0.0	0.0	
Menaquinone-4....µg	1.3		1	A	1		0.4	1.1	
Lipids:									
Fatty acids, total saturated....g	2.833		0	NC	4		0.907	2.408	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		3	A	1		0.000	0.000	
10:0....g	0.000		3	A	1		0.000	0.000	
12:0....g	0.000		3	A	1		0.000	0.000	
13:0....g									
14:0....g	0.199		3	A	1		0.064	0.169	
15:0....g	0.031		3	A	1		0.010	0.027	
16:0....g	1.646		3	A	1		0.527	1.399	
17:0....g	0.078		3	A	1		0.025	0.066	
18:0....g	0.858		3	A	1		0.275	0.729	
20:0....g	0.000		3	A	1		0.000	0.000	
22:0....g	0.022		3	A	1		0.007	0.018	
24:0....g									
Fatty acids, total monounsaturated....g	2.933		0	NC	4		0.939	2.493	
14:1....g	0.044		3	A	1		0.014	0.037	
15:1....g	0.000		3	A	1		0.000	0.000	
16:1 undifferentiated....g	0.207		3	A	1		0.066	0.176	
17:1....g	0.000		3	A	1		0.000	0.000	
18:1 undifferentiated....g	2.676		0	AS	1		0.856	2.274	
18:1 c....g	2.456		3	A	1		0.786	2.088	
18:1 t....g	0.220		3	A	1		0.070	0.187	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.008		3	A	1		0.002	0.006	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.410		0	NC	4		0.131	0.348	
18:2 undifferentiated....g	0.338		0	AS	1		0.108	0.287	
18:2 n-6 c,c....g	0.284		3	A	1		0.091	0.242	
18:2 CLAs....g									
18:2 t,t....g	0.053		3	A	1		0.017	0.045	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.013		0	AS	1		0.004	0.011	
18:3 n-3 c,c,c (ALA)....g	0.013		3	A	1		0.004	0.011	
18:3 n-6 c,c,c....g	0.000		3	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000		3	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000		3	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.060		3	A	1		0.019	0.051	
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.273		0	NC	4		0.087	0.232	
Fatty acids, total trans-monoenoic....g	0.220		0	NC	4		0.070	0.187	
Fatty acids, total trans-polyenoic....g	0.053		0	NC	4		0.017	0.045	
Cholesterol....mg	78		10	A	1		25	66	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.172		0	A	1		0.055	0.146	
Threonine....g	1.047		0	A	1		0.335	0.890	
Isoleucine....g	1.193		0	A	1		0.382	1.014	
Leucine....g	2.086		0	A	1		0.667	1.773	

NDB No. 23054

Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	2.216		0	A	1		0.709	1.883	
Methionine....g	0.683		0	A	1		0.218	0.580	
Cystine....g	0.338		0	A	1		0.108	0.288	
Phenylalanine....g	1.036		0	A	1		0.331	0.880	
Tyrosine....g	0.835		0	A	1		0.267	0.710	
Valine....g	1.301		0	A	1		0.416	1.106	
Arginine....g	1.695		0	A	1		0.542	1.441	
Histidine....g	0.837		0	A	1		0.268	0.711	
Alanine....g	1.594		0	A	1		0.510	1.355	
Aspartic acid....g	2.388		0	A	1		0.764	2.030	
Glutamic acid....g	3.936		0	A	1		1.259	3.345	
Glycine....g	1.596		0	A	1		0.511	1.357	
Proline....g	1.250		0	A	1		0.400	1.062	
Serine....g	1.033		0	A	1		0.330	0.878	
Hydroxyproline....g	0.275		0	A	1		0.088	0.234	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 32g: 1 medallion

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23053

Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw

Beef Value Cut, Tender Medallions, Teres Major

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	72.80		11	A	1		29.85		
Energy kcal	144		0	NC	4		59		
Energy kJ	602		0	NC	4		247		
Protein (N x 6.25) g	20.54		11	A	1		8.42		
Total lipid (fat) g	6.22		11	A	1		2.55		
Ash g	0.92		11	A	1		0.38		
Carbohydrate, by difference g	0.00		0	NC	4		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	5		1	A	1		2		
Iron, Fe mg	1.95		1	A	1		0.80		
Magnesium, Mg mg	23		1	A	1		9		
Phosphorus, P mg	196		1	A	1		80		
Potassium, K mg	327		1	A	1		134		
Sodium, Na mg	58		1	A	1		24		
Zinc, Zn mg	3.72		1	A	1		1.53		
Copper, Cu mg	0.131		1	A	1		0.054		
Manganese, Mn mg	0.016		1	A	1		0.007		
Selenium, Se µg	33.3		1	A	1		13.7		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.087		1	A	1		0.036		
Riboflavin mg	0.269		1	A	1		0.110		
Niacin mg	4.510		1	A	1		1.849		
Pantothenic acid mg	0.799		1	A	1		0.328		
Vitamin B-6 mg	0.503		1	A	1		0.206		
Folate, total µg	7		1	A	1		3		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	7		1	A	1		3		
Folate, DFE µg	7		0	NC	4		3		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	3.97		1	A	1		1.63		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	0		0	AS	1		0		
Retinol µg	0		1	A	1		0		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	0		0	AS	1		0		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.09		1	A	1		0.04		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg	0.01		1	A	1		0.01		
Tocopherol, gamma mg	0.02		1	A	1		0.01		
Tocopherol, delta mg	0.00		1	A	1		0.00		
Tocotrienol, alpha mg	0.01		1	A	1		0.01		
Tocotrienol, beta mg	0.00		1	A	1		0.00		
Tocotrienol, gamma mg	0.00		1	A	1		0.00		
Tocotrienol, delta mg	0.00		1	A	1		0.00		
Vitamin D (D2 + D3) µg									
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	0.2		0	BFSN	4		0.1		

NDB No. 23053

Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg	0.0		0	BFSN	4		0.0		
Menaquinone-4....µg	1.5		0	BFSN	4		0.6		
Lipids:									
Fatty acids, total saturated....g	2.088		0	NC	4		0.856		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.000		1	A	1		0.000		
12:0....g	0.000		1	A	1		0.000		
13:0....g									
14:0....g	0.147		1	A	1		0.060		
15:0....g	0.022		1	A	1		0.009		
16:0....g	1.211		1	A	1		0.496		
17:0....g	0.055		1	A	1		0.023		
18:0....g	0.636		1	A	1		0.261		
20:0....g	0.000		1	A	1		0.000		
22:0....g	0.018		1	A	1		0.007		
24:0....g									
Fatty acids, total monounsaturated....g	2.136		0	NC	4		0.876		
14:1....g	0.031		1	A	1		0.013		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.151		1	A	1		0.062		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	1.954		0	AS	1		0.801		
18:1 c....g	1.779		1	A	1		0.729		
18:1 t....g	0.175		1	A	1		0.072		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.000		1	A	1		0.000		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.340		0	NC	4		0.139		
18:2 undifferentiated....g	0.276		0	AS	1		0.113		
18:2 n-6 c,c....g	0.236		1	A	1		0.097		
18:2 CLAs....g									
18:2 t,t....g	0.040		1	A	1		0.016		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.010		0	AS	1		0.004		
18:3 n-3 c,c,c (ALA)....g	0.010		1	A	1		0.004		
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000		
18:3i....g									
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.000		1	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.054		1	A	1		0.022		
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.215		0	NC	4		0.088		
Fatty acids, total trans-monoenoic....g	0.175		0	NC	4		0.072		
Fatty acids, total trans-polyenoic....g	0.040		0	NC	4		0.016		
Cholesterol....mg	57		10	A	1		23		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.135		0	A	1		0.055		
Threonine....g	0.820		0	A	1		0.336		
Isoleucine....g	0.934		0	A	1		0.383		
Leucine....g	1.634		0	A	1		0.670		

NDB No. 23053

Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	1.736		0	A	1		0.712		
Methionine....g	0.535		0	A	1		0.219		
Cystine....g	0.265		0	A	1		0.109		
Phenylalanine....g	0.811		0	A	1		0.333		
Tyrosine....g	0.654		0	A	1		0.268		
Valine....g	1.019		0	A	1		0.418		
Arginine....g	1.328		0	A	1		0.544		
Histidine....g	0.655		0	A	1		0.269		
Alanine....g	1.249		0	A	1		0.512		
Aspartic acid....g	1.871		0	A	1		0.767		
Glutamic acid....g	3.083		0	A	1		1.264		
Glycine....g	1.251		0	A	1		0.513		
Proline....g	0.979		0	A	1		0.401		
Serine....g	0.809		0	A	1		0.332		
Hydroxyproline....g	0.216		0	A	1		0.088		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 41g: 1 medallion

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23035

Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

Beef Value Cut, Tender Medallions, Teres Major, URMIS #1979 or #1845

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	65.57		8	A	1		19.67	55.73	
Energy kcal	181		0	NC	4		54	154	
Energy kJ	756		0	NC	4		227	642	
Protein (N x 6.25) g	26.07		8	A	1		7.82	22.16	
Total lipid (fat) g	7.68		8	A	1		2.31	6.53	
Ash g	1.03		8	A	1		0.31	0.88	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	5		2	A	1		2	5	
Iron, Fe mg	2.58		2	A	1		0.77	2.19	
Magnesium, Mg mg	25		2	A	1		8	22	
Phosphorus, P mg	227		2	A	1		68	193	
Potassium, K mg	361		2	A	1		108	306	
Sodium, Na mg	60		2	A	1		18	51	
Zinc, Zn mg	5.26		2	A	1		1.58	4.47	
Copper, Cu mg	0.090		1	A	1		0.027	0.077	
Manganese, Mn mg	0.011		2	A	1		0.003	0.009	
Selenium, Se µg	38.9		2	A	1		11.7	33.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.081		2	A	1		0.024	0.069	
Riboflavin mg	0.223		2	A	1		0.067	0.190	
Niacin mg	5.035		2	A	1		1.511	4.280	
Pantothenic acid mg	0.858		2	A	1		0.257	0.729	
Vitamin B-6 mg	0.586		2	A	1		0.176	0.498	
Folate, total µg	8		1	A	1		2	7	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	8		1	A	1		2	7	
Folate, DFE µg	8		0	NC	4		2	7	
Choline, total mg	102.8		0	AS	1		30.8	87.4	
Betaine mg	13.8		1	A	1		4.1	11.7	
Vitamin B-12 µg	4.73		2	A	1		1.42	4.02	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		1	A	1		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.17		1	A	1		0.05	0.14	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma mg	0.03		1	A	1		0.01	0.03	
Tocopherol, delta mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, alpha mg	0.01		1	A	1		0.00	0.01	
Tocotrienol, beta mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, gamma mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, delta mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3) µg									
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	0.2		1	A	1		0.1	0.2	

NDB No. 23035

Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg	0.0		1	A	1		0.0	0.0	
Menaquinone-4....µg	1.3		1	A	1		0.4	1.1	
Lipids:									
Fatty acids, total saturated....g	2.737		0	NC	4		0.821	2.326	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		2	A	1		0.000	0.000	
10:0....g	0.000		2	A	1		0.000	0.000	
12:0....g	0.000		2	A	1		0.000	0.000	
13:0....g									
14:0....g	0.188		2	A	1		0.057	0.160	
15:0....g	0.029		2	A	1		0.009	0.025	
16:0....g	1.619		2	A	1		0.486	1.376	
17:0....g	0.073		2	A	1		0.022	0.062	
18:0....g	0.806		2	A	1		0.242	0.685	
20:0....g	0.000		2	A	1		0.000	0.000	
22:0....g	0.020		2	A	1		0.006	0.017	
24:0....g									
Fatty acids, total monounsaturated....g	2.872		0	NC	4		0.862	2.441	
14:1....g	0.042		2	A	1		0.013	0.036	
15:1....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated....g	0.205		2	A	1		0.062	0.175	
17:1....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated....g	2.618		0	AS	1		0.786	2.226	
18:1 c....g	2.416		2	A	1		0.725	2.054	
18:1 t....g	0.202		2	A	1		0.061	0.172	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.007		2	A	1		0.002	0.006	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.381		0	NC	4		0.114	0.324	
18:2 undifferentiated....g	0.312		0	AS	1		0.094	0.265	
18:2 n-6 c,c....g	0.263		2	A	1		0.079	0.223	
18:2 CLAs....g									
18:2 t,t....g	0.049		2	A	1		0.015	0.042	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.011		0	AS	1		0.003	0.009	
18:3 n-3 c,c,c (ALA)....g	0.011		2	A	1		0.003	0.009	
18:3 n-6 c,c,c....g	0.000		2	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000		2	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000		2	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.057		2	A	1		0.017	0.049	
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.251		0	NC	4		0.075	0.214	
Fatty acids, total trans-monoenoic....g	0.202		0	NC	4		0.061	0.172	
Fatty acids, total trans-polyenoic....g	0.049		0	NC	4		0.015	0.042	
Cholesterol....mg	76		6	A	1		23	65	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.171		0	A	1		0.051	0.146	
Threonine....g	1.042		0	A	1		0.312	0.885	
Isoleucine....g	1.186		0	A	1		0.356	1.008	
Leucine....g	2.074		0	A	1		0.622	1.763	

NDB No. 23035

Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	2.204		0	A	1		0.661	1.873	
Methionine....g	0.679		0	A	1		0.204	0.577	
Cystine....g	0.336		0	A	1		0.101	0.286	
Phenylalanine....g	1.030		0	A	1		0.309	0.875	
Tyrosine....g	0.831		0	A	1		0.249	0.706	
Valine....g	1.294		0	A	1		0.388	1.100	
Arginine....g	1.686		0	A	1		0.506	1.433	
Histidine....g	0.832		0	A	1		0.250	0.707	
Alanine....g	1.585		0	A	1		0.476	1.347	
Aspartic acid....g	2.375		0	A	1		0.713	2.019	
Glutamic acid....g	3.914		0	A	1		1.174	3.327	
Glycine....g	1.588		0	A	1		0.476	1.350	
Proline....g	1.243		0	A	1		0.373	1.057	
Serine....g	1.027		0	A	1		0.308	0.873	
Hydroxyproline....g	0.274		0	A	1		0.082	0.233	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 1 medallion

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23034

Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw

Beef Value Cut, Tender Medallions, Teres Major, URMIS #1979 or #1845

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	72.87		8	A	1		29.15		
Energy kcal	145		0	NC	4		58		
Energy kJ	606		0	NC	4		243		
Protein (N x 6.25) g	20.51		8	A	1		8.20		
Total lipid (fat) g	6.36		8	A	1		2.54		
Ash g	0.91		8	A	1		0.36		
Carbohydrate, by difference g	0.00		0	NC	4		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	5		2	A	1		2		
Iron, Fe mg	2.01		2	A	1		0.81		
Magnesium, Mg mg	23		2	A	1		9		
Phosphorus, P mg	200		2	A	1		80		
Potassium, K mg	339		2	A	1		136		
Sodium, Na mg	59		2	A	1		24		
Zinc, Zn mg	3.98		2	A	1		1.59		
Copper, Cu mg	0.131		1	A	1		0.052		
Manganese, Mn mg	0.014		2	A	1		0.005		
Selenium, Se µg	30.8		2	A	1		12.3		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.085		2	A	1		0.034		
Riboflavin mg	0.235		2	A	1		0.094		
Niacin mg	4.580		2	A	1		1.832		
Pantothenic acid mg	0.779		2	A	1		0.312		
Vitamin B-6 mg	0.516		2	A	1		0.206		
Folate, total µg	7		1	A	1		3		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	7		1	A	1		3		
Folate, DFE µg	7		0	NC	4		3		
Choline, total mg	75.1		0	AS	1		30.0		
Betaine mg	12.2		1	A	1		4.9		
Vitamin B-12 µg	3.98		2	A	1		1.59		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	0		0	AS	1		0		
Retinol µg	0		1	A	1		0		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	0		0	AS	1		0		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.09		1	A	1		0.04		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg	0.01		1	A	1		0.01		
Tocopherol, gamma mg	0.02		1	A	1		0.01		
Tocopherol, delta mg	0.00		1	A	1		0.00		
Tocotrienol, alpha mg	0.01		1	A	1		0.01		
Tocotrienol, beta mg	0.00		1	A	1		0.00		
Tocotrienol, gamma mg	0.00		1	A	1		0.00		
Tocotrienol, delta mg	0.00		1	A	1		0.00		
Vitamin D (D2 + D3) µg									
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	0.2		0	BFSN	4		0.1		

NDB No. 23034

Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg	0.0		0	BFSN	4		0.0		
Menaquinone-4....µg	1.5		0	BFSN	4		0.6		
Lipids:									
Fatty acids, total saturated....g	2.328		0	NC	4		0.931		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		2	A	1		0.000		
10:0....g	0.000		2	A	1		0.000		
12:0....g	0.000		2	A	1		0.000		
13:0....g									
14:0....g	0.164		2	A	1		0.066		
15:0....g	0.025		2	A	1		0.010		
16:0....g	1.374		2	A	1		0.550		
17:0....g	0.063		2	A	1		0.025		
18:0....g	0.683		2	A	1		0.273		
20:0....g	0.000		2	A	1		0.000		
22:0....g	0.017		2	A	1		0.007		
24:0....g									
Fatty acids, total monounsaturated....g	2.430		0	NC	4		0.972		
14:1....g	0.037		2	A	1		0.015		
15:1....g	0.000		2	A	1		0.000		
16:1 undifferentiated....g	0.173		2	A	1		0.069		
17:1....g	0.000		2	A	1		0.000		
18:1 undifferentiated....g	2.215		0	AS	1		0.886		
18:1 c....g	2.039		2	A	1		0.816		
18:1 t....g	0.175		2	A	1		0.070		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.005		2	A	1		0.002		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.326		0	NC	4		0.130		
18:2 undifferentiated....g	0.266		0	AS	1		0.107		
18:2 n-6 c,c....g	0.223		2	A	1		0.089		
18:2 CLAs....g									
18:2 t,t....g	0.043		2	A	1		0.017		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.010		0	AS	1		0.004		
18:3 n-3 c,c,c (ALA)....g	0.010		2	A	1		0.004		
18:3 n-6 c,c,c....g	0.000		2	A	1		0.000		
18:3i....g									
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g	0.000		2	A	1		0.000		
20:3 undifferentiated....g	0.000		2	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.050		2	A	1		0.020		
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.219		0	NC	4		0.088		
Fatty acids, total trans-monoenoic....g	0.175		0	NC	4		0.070		
Fatty acids, total trans-polyenoic....g	0.043		0	NC	4		0.017		
Cholesterol....mg	56		6	A	1		22		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.135		0	A	1		0.054		
Threonine....g	0.819		0	A	1		0.328		
Isoleucine....g	0.933		0	A	1		0.373		
Leucine....g	1.632		0	A	1		0.653		

NDB No. 23034

Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	1.733		0	A	1		0.693		
Methionine....g	0.534		0	A	1		0.214		
Cystine....g	0.265		0	A	1		0.106		
Phenylalanine....g	0.810		0	A	1		0.324		
Tyrosine....g	0.654		0	A	1		0.261		
Valine....g	1.018		0	A	1		0.407		
Arginine....g	1.326		0	A	1		0.530		
Histidine....g	0.655		0	A	1		0.262		
Alanine....g	1.247		0	A	1		0.499		
Aspartic acid....g	1.868		0	A	1		0.747		
Glutamic acid....g	3.079		0	A	1		1.232		
Glycine....g	1.249		0	A	1		0.500		
Proline....g	0.978		0	A	1		0.391		
Serine....g	0.808		0	A	1		0.323		
Hydroxyproline....g	0.085		1	A	1		0.034		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 40g: 1 medallion

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23065

Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

Beef Value Cut, Tender Medallions, Teres Major, URMIS #1164 or #1030

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	65.79		5	A	1		22.37	55.92	
Energy kcal	172		0	NC	4		59	146	
Energy kJ	721		0	NC	4		245	612	
Protein (N x 6.25) g	26.45		5	A	1		8.99	22.48	
Total lipid (fat) g	6.43		5	A	1		2.19	5.46	
Ash g	1.00		5	A	1		0.34	0.85	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	5		1	A	1		2	4	
Iron, Fe mg	2.60		1	A	1		0.88	2.21	
Magnesium, Mg mg	24		1	A	1		8	21	
Phosphorus, P mg	223		1	A	1		76	190	
Potassium, K mg	348		1	A	1		118	296	
Sodium, Na mg	58		1	A	1		20	49	
Zinc, Zn mg	5.19		1	A	1		1.76	4.41	
Copper, Cu mg	0.253		1	A	1		0.086	0.215	
Manganese, Mn mg	0.021		1	A	1		0.007	0.018	
Selenium, Se µg	38.3		1	A	1		13.0	32.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.072		1	A	1		0.024	0.061	
Riboflavin mg	0.354		1	A	1		0.120	0.301	
Niacin mg	5.490		1	A	1		1.867	4.666	
Pantothenic acid mg	0.852		1	A	1		0.290	0.724	
Vitamin B-6 mg	0.615		1	A	1		0.209	0.523	
Folate, total µg	8		0	BFPN	4		3	7	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	8		0	BFPN	4		3	7	
Folate, DFE µg	8		0	NC	4		3	7	
Choline, total mg	112.9		0	AS	1		38.4	96.0	
Betaine mg	13.1		1	A	1		4.5	11.2	
Vitamin B-12 µg	6.01		1	A	1		2.04	5.11	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	BFSN	4		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.17		0	BFSN	4		0.06	0.14	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	BFSN	4		0.00	0.00	
Tocopherol, gamma mg	0.03		0	BFSN	4		0.01	0.03	
Tocopherol, delta mg	0.00		0	BFSN	4		0.00	0.00	
Tocotrienol, alpha mg	0.01		0	BFSN	4		0.00	0.01	
Tocotrienol, beta mg	0.00		0	BFSN	4		0.00	0.00	
Tocotrienol, gamma mg	0.00		0	BFSN	4		0.00	0.00	
Tocotrienol, delta mg	0.00		0	BFSN	4		0.00	0.00	
Vitamin D (D2 + D3) µg									
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	0.2		0	BFPN	4		0.1	0.2	

NDB No. 23065

Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg	0.0		0	BFPN	4		0.0	0.0	
Menaquinone-4....µg	1.3		0	BFPN	4		0.4	1.1	
Lipids:									
Fatty acids, total saturated....g	1.700		0	NC	4		0.578	1.445	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		1	A	1		0.000	0.000	
10:0....g	0.000		1	A	1		0.000	0.000	
12:0....g	0.000		1	A	1		0.000	0.000	
13:0....g									
14:0....g	0.123		1	A	1		0.042	0.105	
15:0....g	0.020		1	A	1		0.007	0.017	
16:0....g	0.954		1	A	1		0.324	0.811	
17:0....g	0.048		1	A	1		0.016	0.041	
18:0....g	0.541		1	A	1		0.184	0.460	
20:0....g	0.000		1	A	1		0.000	0.000	
22:0....g	0.013		1	A	1		0.005	0.011	
24:0....g									
Fatty acids, total monounsaturated....g	3.284		0	NC	4		1.116	2.791	
14:1....g	0.026		1	A	1		0.009	0.022	
15:1....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated....g	0.117		1	A	1		0.040	0.100	
17:1....g	0.000		1	A	1		0.000	0.000	
18:1 undifferentiated....g	1.567		0	AS	1		0.533	1.332	
18:1 c....g	1.424		1	A	1		0.484	1.210	
18:1 t....g	0.143		1	A	1		0.049	0.122	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.006		1	A	1		0.002	0.005	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.490		0	NC	4		0.167	0.416	
18:2 undifferentiated....g	0.218		0	AS	1		0.074	0.185	
18:2 n-6 c,c....g	0.184		1	A	1		0.062	0.156	
18:2 CLAs....g									
18:2 t,t....g	0.034		1	A	1		0.012	0.029	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.009		0	AS	1		0.003	0.008	
18:3 n-3 c,c,c (ALA)....g	0.009		1	A	1		0.003	0.008	
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000		1	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000		1	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.036		1	A	1		0.012	0.031	
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.177		0	NC	4		0.060	0.151	
Fatty acids, total trans-monoenoic....g	0.143		0	NC	4		0.049	0.122	
Fatty acids, total trans-polyenoic....g	0.034		0	NC	4		0.012	0.029	
Cholesterol....mg	80		4	A	1		27	68	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.174		0	A	1		0.059	0.148	
Threonine....g	1.056		0	A	1		0.359	0.898	
Isoleucine....g	1.203		0	A	1		0.409	1.023	
Leucine....g	2.104		0	A	1		0.715	1.788	

NDB No. 23065

Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.235		0	A	1		0.760	1.900	
Methionine g	0.689		0	A	1		0.234	0.585	
Cystine g	0.341		0	A	1		0.116	0.290	
Phenylalanine g	1.045		0	A	1		0.355	0.888	
Tyrosine g	0.843		0	A	1		0.287	0.716	
Valine g	1.312		0	A	1		0.446	1.115	
Arginine g	1.710		0	A	1		0.581	1.454	
Histidine g	0.844		0	A	1		0.287	0.717	
Alanine g	1.608		0	A	1		0.547	1.367	
Aspartic acid g	2.409		0	A	1		0.819	2.048	
Glutamic acid g	3.970		0	A	1		1.350	3.375	
Glycine g	1.610		0	A	1		0.548	1.369	
Proline g	1.261		0	A	1		0.429	1.072	
Serine g	1.042		0	A	1		0.354	0.885	
Hydroxyproline g	0.278		0	A	1		0.094	0.236	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 34g: 1 medallion

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23036

Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw

Beef Value Cut, Tender Medallions, Teres Major, URMIS #1164 or #1030

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	72.79		5	A	1		32.03		
Energy kcal	142		0	NC	4		62		
Energy kJ	593		0	NC	4		261		
Protein (N x 6.25) g	20.93		5	A	1		9.21		
Total lipid (fat) g	5.79		5	A	1		2.55		
Ash g	0.90		5	A	1		0.40		
Carbohydrate, by difference g	0.00		0	NC	4		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	5		1	A	1		2		
Iron, Fe mg	2.39		1	A	1		1.05		
Magnesium, Mg mg	25		1	A	1		11		
Phosphorus, P mg	219		1	A	1		96		
Potassium, K mg	366		1	A	1		161		
Sodium, Na mg	60		1	A	1		26		
Zinc, Zn mg	4.38		1	A	1		1.93		
Copper, Cu mg	0.130		1	A	1		0.057		
Manganese, Mn mg	0.018		1	A	1		0.008		
Selenium, Se µg	31.8		1	A	1		14.0		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.089		1	A	1		0.039		
Riboflavin mg	0.269		1	A	1		0.118		
Niacin mg	5.570		1	A	1		2.451		
Pantothenic acid mg	0.921		1	A	1		0.405		
Vitamin B-6 mg	0.519		1	A	1		0.228		
Folate, total µg	7		0	BFPN	4		3		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	7		0	BFPN	4		3		
Folate, DFE µg	7		0	NC	4		3		
Choline, total mg	85.2		0	AS	1		37.5		
Betaine mg	12.1		1	A	1		5.3		
Vitamin B-12 µg	5.09		1	A	1		2.24		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	0		0	AS	1		0		
Retinol µg	0		0	BFSN	4		0		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	0		0	AS	1		0		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.09		0	BFSN	4		0.04		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg	0.01		0	BFSN	4		0.01		
Tocopherol, gamma mg	0.02		0	BFSN	4		0.01		
Tocopherol, delta mg	0.00		0	BFSN	4		0.00		
Tocotrienol, alpha mg	0.01		0	BFSN	4		0.01		
Tocotrienol, beta mg	0.00		0	BFSN	4		0.00		
Tocotrienol, gamma mg	0.00		0	BFSN	4		0.00		
Tocotrienol, delta mg	0.00		0	BFSN	4		0.00		
Vitamin D (D2 + D3) µg									
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	0.2		0	BFSN	4		0.1		

NDB No. 23036

Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg	0.0		0	BFSN	4		0.0		
Menaquinone-4....µg	1.5		0	BFSN	4		0.6		
Lipids:									
Fatty acids, total saturated....g	1.988		0	NC	4		0.875		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.000		1	A	1		0.000		
12:0....g	0.000		1	A	1		0.000		
13:0....g									
14:0....g	0.144		1	A	1		0.063		
15:0....g	0.023		1	A	1		0.010		
16:0....g	1.106		1	A	1		0.487		
17:0....g	0.056		1	A	1		0.025		
18:0....g	0.642		1	A	1		0.282		
20:0....g	0.000		1	A	1		0.000		
22:0....g	0.017		1	A	1		0.007		
24:0....g									
Fatty acids, total monounsaturated....g	1.979		0	NC	4		0.871		
14:1....g	0.031		1	A	1		0.014		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.134		1	A	1		0.059		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	1.814		0	AS	1		0.798		
18:1 c....g	1.642		1	A	1		0.722		
18:1 t....g	0.172		1	A	1		0.076		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.000		1	A	1		0.000		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.337		0	NC	4		0.148		
18:2 undifferentiated....g	0.278		0	AS	1		0.122		
18:2 n-6 c,c....g	0.236		1	A	1		0.104		
18:2 CLAs....g									
18:2 t,t....g	0.042		1	A	1		0.018		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.011		0	AS	1		0.005		
18:3 n-3 c,c,c (ALA)....g	0.011		1	A	1		0.005		
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000		
18:3i....g									
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.000		1	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.048		1	A	1		0.021		
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.214		0	NC	4		0.094		
Fatty acids, total trans-monoenoic....g	0.172		0	NC	4		0.076		
Fatty acids, total trans-polyenoic....g	0.042		0	NC	4		0.018		
Cholesterol....mg	58		4	A	1		26		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.138		0	A	1		0.061		
Threonine....g	0.836		0	A	1		0.368		
Isoleucine....g	0.952		0	A	1		0.419		
Leucine....g	1.665		0	A	1		0.733		

NDB No. 23036

Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	1.769		0	A	1		0.778		
Methionine g	0.545		0	A	1		0.240		
Cystine g	0.270		0	A	1		0.119		
Phenylalanine g	0.827		0	A	1		0.364		
Tyrosine g	0.667		0	A	1		0.293		
Valine g	1.038		0	A	1		0.457		
Arginine g	1.353		0	A	1		0.596		
Histidine g	0.668		0	A	1		0.294		
Alanine g	1.273		0	A	1		0.560		
Aspartic acid g	1.907		0	A	1		0.839		
Glutamic acid g	3.142		0	A	1		1.383		
Glycine g	1.275		0	A	1		0.561		
Proline g	0.998		0	A	1		0.439		
Serine g	0.825		0	A	1		0.363		
Hydroxyproline g	0.075		1	A	1		0.033		
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 44g: 1 medallion

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23058

Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled

Beef Value Cut, Center Cut Steak, Ranch Cut Steak, Triceps Brachii

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	64.88		13	A	1		55.15	119.37	
Energy kcal	182		0	NC	4		155	335	
Energy kJ	761		0	NC	4		647	1400	
Protein (N x 6.25) g	26.30		13	A	1		22.35	48.39	
Total lipid (fat) g	7.66		13	A	1		6.51	14.09	
Ash g	1.04		13	A	1		0.89	1.92	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	5		3	A	1		4	9	
Iron, Fe mg	2.79		3	A	1		2.37	5.13	
Magnesium, Mg mg	26		3	A	1		22	47	
Phosphorus, P mg	232		3	A	1		197	426	
Potassium, K mg	361		3	A	1		307	665	
Sodium, Na mg	60		3	A	1		51	111	
Zinc, Zn mg	7.09		3	A	1		6.03	13.05	
Copper, Cu mg	0.089		3	A	1		0.076	0.164	
Manganese, Mn mg	0.015		3	A	1		0.013	0.028	
Selenium, Se µg	41.5		3	A	1		35.2	76.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.075		3	A	1		0.063	0.137	
Riboflavin mg	0.294		3	A	1		0.250	0.540	
Niacin mg	5.273		3	A	1		4.482	9.703	
Pantothenic acid mg	0.839		3	A	1		0.713	1.544	
Vitamin B-6 mg	0.576		3	A	1		0.490	1.060	
Folate, total µg	11		1	A	1		9	20	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	11		1	A	1		9	20	
Folate, DFE µg	11		0	NC	4		9	20	
Choline, total mg	99.0		0	AS	1		84.1	182.1	
Betaine mg	14.2		2	A	1		12.1	26.2	
Vitamin B-12 µg	4.95		3	A	1		4.20	9.10	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		1	A	1		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.18		1	A	1		0.15	0.33	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma mg	0.02		1	A	1		0.02	0.04	
Tocopherol, delta mg	0.01		1	A	1		0.01	0.03	
Tocotrienol, alpha mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, beta mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, gamma mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, delta mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3) µg									
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg									
Vitamin D IU									

NDB No. 23058

Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Vitamin K (phylloquinone) µg	0.4		1	A	1		0.4	0.8	
Dihydrophylloquinone µg	0.0		1	A	1		0.0	0.0	
Menaquinone-4 µg	1.8		1	A	1		1.6	3.4	
Lipids:									
Fatty acids, total saturated g	2.765		0	NC	4		2.351	5.088	
4:0 g	0.000		0	Z	7		0.000	0.000	
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		3	A	1		0.000	0.000	
10:0 g	0.000		3	A	1		0.000	0.000	
12:0 g	0.000		3	A	1		0.000	0.000	
13:0 g									
14:0 g	0.201		3	A	1		0.171	0.369	
15:0 g	0.029		3	A	1		0.025	0.053	
16:0 g	1.658		3	A	1		1.410	3.051	
17:0 g	0.070		3	A	1		0.059	0.129	
18:0 g	0.808		3	A	1		0.686	1.486	
20:0 g	0.000		3	A	1		0.000	0.000	
22:0 g	0.000		3	A	1		0.000	0.000	
24:0 g									
Fatty acids, total monounsaturated g	3.044		0	NC	4		2.587	5.601	
14:1 g	0.053		3	A	1		0.045	0.098	
15:1 g	0.000		3	A	1		0.000	0.000	
16:1 undifferentiated g	0.226		3	A	1		0.192	0.416	
17:1 g	0.000		3	A	1		0.000	0.000	
18:1 undifferentiated g	2.758		0	AS	1		2.344	5.074	
18:1 c g	2.539		3	A	1		2.158	4.672	
18:1 t g	0.219		3	A	1		0.186	0.402	
18:1-11 t (18:1t n-7) g									
20:1 g	0.007		3	A	1		0.006	0.013	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.395		0	NC	4		0.336	0.728	
18:2 undifferentiated g	0.331		0	AS	1		0.281	0.609	
18:2 n-6 c,c g	0.275		3	A	1		0.234	0.506	
18:2 CLAs g									
18:2 t,t g	0.056		3	A	1		0.048	0.103	
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.013		0	AS	1		0.011	0.023	
18:3 n-3 c,c,c (ALA) g	0.013		3	A	1		0.011	0.023	
18:3 n-6 c,c,c g	0.000		3	A	1		0.000	0.000	
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.000		3	A	1		0.000	0.000	
20:3 undifferentiated g	0.000		3	A	1		0.000	0.000	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.052		3	A	1		0.044	0.096	
20:4 n-6 g									
20:5 n-3 (EPA) g									
21:5 g									
22:4 g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g	0.275		0	NC	4		0.233	0.505	
Fatty acids, total trans-monoenoic g	0.219		0	NC	4		0.186	0.402	
Fatty acids, total trans-polyenoic g	0.056		0	NC	4		0.048	0.103	
Cholesterol mg	76		10	A	1		64	139	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.173		0	A	1		0.147	0.318	
Threonine g	1.051		0	A	1		0.893	1.933	

NDB No. 23058

Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Isoleucine....g	1.196		0	A	1		1.017	2.201	
Leucine....g	2.092		0	A	1		1.778	3.849	
Lysine....g	2.222		0	A	1		1.889	4.089	
Methionine....g	0.685		0	A	1		0.582	1.260	
Cystine....g	0.339		0	A	1		0.288	0.624	
Phenylalanine....g	1.039		0	A	1		0.883	1.911	
Tyrosine....g	0.838		0	A	1		0.712	1.542	
Valine....g	1.305		0	A	1		1.109	2.401	
Arginine....g	1.700		0	A	1		1.445	3.129	
Histidine....g	0.839		0	A	1		0.713	1.544	
Alanine....g	1.599		0	A	1		1.359	2.942	
Aspartic acid....g	2.395		0	A	1		2.036	4.407	
Glutamic acid....g	3.948		0	A	1		3.356	7.264	
Glycine....g	1.601		0	A	1		1.361	2.946	
Proline....g	1.254		0	A	1		1.066	2.307	
Serine....g	1.036		0	A	1		0.881	1.906	
Hydroxyproline....g	0.276		0	A	1		0.235	0.508	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 1 serving (3 oz)

Measure 2 = 184g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23057

Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, raw

Beef Value Cut, Center Cut Steak, Ranch Cut Steak, Triceps Brachii

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	72.51		13	A	1		61.63	174.75	
Energy kcal	141		0	NC	4		120	341	
Energy kJ	592		0	NC	4		503	1427	
Protein (N x 6.25) g	20.67		13	A	1		17.57	49.83	
Total lipid (fat) g	5.88		13	A	1		5.00	14.18	
Ash g	0.90		13	A	1		0.76	2.16	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	4		3	A	1		4	11	
Iron, Fe mg	2.31		3	A	1		1.96	5.56	
Magnesium, Mg mg	24		3	A	1		21	58	
Phosphorus, P mg	215		3	A	1		182	517	
Potassium, K mg	355		3	A	1		301	855	
Sodium, Na mg	60		3	A	1		51	144	
Zinc, Zn mg	5.49		3	A	1		4.67	13.24	
Copper, Cu mg	0.094		3	A	1		0.080	0.227	
Manganese, Mn mg	0.014		3	A	1		0.012	0.034	
Selenium, Se µg	30.4		3	A	1		25.9	73.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.079		3	A	1		0.067	0.191	
Riboflavin mg	0.238		3	A	1		0.202	0.573	
Niacin mg	5.193		3	A	1		4.414	12.516	
Pantothenic acid mg	0.775		3	A	1		0.658	1.867	
Vitamin B-6 mg	0.656		3	A	1		0.558	1.582	
Folate, total µg	7		1	A	1		6	17	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	7		1	A	1		6	17	
Folate, DFE µg	7		0	NC	4		6	17	
Choline, total mg	86.0		0	AS	1		73.1	207.2	
Betaine mg	13.4		2	A	1		11.4	32.4	
Vitamin B-12 µg	3.93		3	A	1		3.34	9.48	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		1	A	1		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.18		1	A	1		0.15	0.43	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma mg	0.02		1	A	1		0.02	0.05	
Tocopherol, delta mg	0.01		1	A	1		0.01	0.04	
Tocotrienol, alpha mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, beta mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, gamma mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, delta mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3) µg									
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	0.2		1	A	1		0.1	0.4	

NDB No. 23057

Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg	0.0		1	A	1		0.0	0.0	
Menaquinone-4....µg	1.5		1	A	1		1.3	3.6	
Lipids:									
Fatty acids, total saturated....g	1.985		0	NC	4		1.688	4.785	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		3	A	1		0.000	0.000	
10:0....g	0.000		3	A	1		0.000	0.000	
12:0....g	0.000		3	A	1		0.000	0.000	
13:0....g									
14:0....g	0.143		3	A	1		0.121	0.344	
15:0....g	0.021		3	A	1		0.018	0.050	
16:0....g	1.190		3	A	1		1.011	2.867	
17:0....g	0.049		3	A	1		0.042	0.119	
18:0....g	0.577		3	A	1		0.490	1.390	
20:0....g	0.000		3	A	1		0.000	0.000	
22:0....g	0.006		3	A	1		0.005	0.014	
24:0....g									
Fatty acids, total monounsaturated....g	2.937		0	NC	4		2.496	7.078	
14:1....g	0.039		3	A	1		0.033	0.093	
15:1....g	0.000		3	A	1		0.000	0.000	
16:1 undifferentiated....g	0.165		3	A	1		0.140	0.397	
17:1....g	0.000		3	A	1		0.000	0.000	
18:1 undifferentiated....g	1.993		0	AS	1		1.694	4.802	
18:1 c....g	1.837		3	A	1		1.561	4.426	
18:1 t....g	0.156		3	A	1		0.133	0.376	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.002		3	A	1		0.002	0.006	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.397		0	NC	4		0.337	0.956	
18:2 undifferentiated....g	0.261		0	AS	1		0.222	0.629	
18:2 n-6 c,c....g	0.222		3	A	1		0.188	0.534	
18:2 CLAs....g									
18:2 t,t....g	0.040		3	A	1		0.034	0.095	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.004		0	AS	1		0.003	0.009	
18:3 n-3 c,c,c (ALA)....g	0.004		3	A	1		0.003	0.009	
18:3 n-6 c,c,c....g	0.000		3	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000		3	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000		3	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.049		3	A	1		0.042	0.119	
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.196		0	NC	4		0.166	0.471	
Fatty acids, total trans-monoenoic....g	0.156		0	NC	4		0.133	0.376	
Fatty acids, total trans-polyenoic....g	0.040		0	NC	4		0.034	0.095	
Cholesterol....mg	57		10	A	1		49	138	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.136		0	A	1		0.115	0.327	
Threonine....g	0.826		0	A	1		0.702	1.990	
Isoleucine....g	0.941		0	A	1		0.800	2.267	
Leucine....g	1.645		0	A	1		1.398	3.964	

NDB No. 23057

Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	1.747		0	A	1		1.485	4.211	
Methionine....g	0.538		0	A	1		0.458	1.298	
Cystine....g	0.267		0	A	1		0.227	0.643	
Phenylalanine....g	0.817		0	A	1		0.694	1.968	
Tyrosine....g	0.659		0	A	1		0.560	1.588	
Valine....g	1.026		0	A	1		0.872	2.472	
Arginine....g	1.337		0	A	1		1.136	3.222	
Histidine....g	0.660		0	A	1		0.561	1.590	
Alanine....g	1.257		0	A	1		1.068	3.029	
Aspartic acid....g	1.883		0	A	1		1.601	4.539	
Glutamic acid....g	3.104		0	A	1		2.638	7.480	
Glycine....g	1.259		0	A	1		1.070	3.034	
Proline....g	0.986		0	A	1		0.838	2.375	
Serine....g	0.814		0	A	1		0.692	1.963	
Hydroxyproline....g	0.094		2	A	1		0.079	0.225	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 241g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23038

Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

Beef Value Cut, Center Cut Steak, Ranch Cut Steak, Triceps Brachii, URMIS #1977

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	65.02		8	A	1		55.27	122.24	
Energy kcal	184		0	NC	4		157	347	
Energy kJ	772		0	NC	4		656	1451	
Protein (N x 6.25) g	26.07		8	A	1		22.16	49.01	
Total lipid (fat) g	8.11		8	A	1		6.89	15.24	
Ash g	1.03		8	A	1		0.88	1.94	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	5		2	A	1		4	9	
Iron, Fe mg	2.57		2	A	1		2.18	4.83	
Magnesium, Mg mg	24		2	A	1		21	46	
Phosphorus, P mg	223		2	A	1		190	419	
Potassium, K mg	342		2	A	1		290	642	
Sodium, Na mg	59		2	A	1		50	112	
Zinc, Zn mg	6.85		2	A	1		5.82	12.88	
Copper, Cu mg	0.097		2	A	1		0.083	0.183	
Manganese, Mn mg	0.013		2	A	1		0.011	0.024	
Selenium, Se µg	40.1		2	A	1		34.0	75.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.068		2	A	1		0.058	0.129	
Riboflavin mg	0.268		2	A	1		0.228	0.505	
Niacin mg	5.165		2	A	1		4.390	9.710	
Pantothenic acid mg	0.784		2	A	1		0.666	1.474	
Vitamin B-6 mg	0.567		2	A	1		0.482	1.067	
Folate, total µg	11		1	A	1		9	21	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	11		1	A	1		9	21	
Folate, DFE µg	11		0	NC	4		9	21	
Choline, total mg	94.0		0	AS	1		79.9	176.7	
Betaine mg	15.5		1	A	1		13.2	29.1	
Vitamin B-12 µg	4.56		2	A	1		3.88	8.58	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		1	A	1		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.18		1	A	1		0.15	0.34	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma mg	0.02		1	A	1		0.02	0.04	
Tocopherol, delta mg	0.01		1	A	1		0.01	0.03	
Tocotrienol, alpha mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, beta mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, gamma mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, delta mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3) µg									
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	0.4		1	A	1		0.4	0.8	

NDB No. 23038

Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg	0.0		1	A	1		0.0	0.0	
Menaquinone-4....µg	1.8		1	A	1		1.6	3.4	
Lipids:									
Fatty acids, total saturated....g	3.031		0	NC	4		2.576	5.698	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		2	A	1		0.000	0.000	
10:0....g	0.000		2	A	1		0.000	0.000	
12:0....g	0.000		2	A	1		0.000	0.000	
13:0....g									
14:0....g	0.223		2	A	1		0.189	0.418	
15:0....g	0.031		2	A	1		0.026	0.058	
16:0....g	1.855		2	A	1		1.577	3.488	
17:0....g	0.074		2	A	1		0.063	0.139	
18:0....g	0.848		2	A	1		0.721	1.594	
20:0....g	0.000		2	A	1		0.000	0.000	
22:0....g	0.000		2	A	1		0.000	0.000	
24:0....g									
Fatty acids, total monounsaturated....g	3.380		0	NC	4		2.873	6.354	
14:1....g	0.061		2	A	1		0.052	0.115	
15:1....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated....g	0.260		2	A	1		0.221	0.490	
17:1....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated....g	3.047		0	AS	1		2.590	5.729	
18:1 c....g	2.815		2	A	1		2.393	5.292	
18:1 t....g	0.232		2	A	1		0.198	0.437	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.011		2	A	1		0.009	0.021	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.405		0	NC	4		0.345	0.762	
18:2 undifferentiated....g	0.340		0	AS	1		0.289	0.639	
18:2 n-6 c,c....g	0.281		2	A	1		0.239	0.529	
18:2 CLAs....g									
18:2 t,t....g	0.058		2	A	1		0.050	0.110	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.013		0	AS	1		0.011	0.024	
18:3 n-3 c,c,c (ALA)....g	0.013		2	A	1		0.011	0.024	
18:3 n-6 c,c,c....g	0.000		2	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000		2	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000		2	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.053		2	A	1		0.045	0.100	
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.291		0	NC	4		0.247	0.547	
Fatty acids, total trans-monoenoic....g	0.232		0	NC	4		0.198	0.437	
Fatty acids, total trans-polyenoic....g	0.058		0	NC	4		0.050	0.110	
Cholesterol....mg	74		6	A	1		63	140	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.171		0	A	1		0.146	0.322	
Threonine....g	1.041		0	A	1		0.885	1.958	
Isoleucine....g	1.186		0	A	1		1.008	2.230	
Leucine....g	2.074		0	A	1		1.763	3.898	

NDB No. 23038

Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	2.203		0	A	1		1.873	4.142	
Methionine....g	0.679		0	A	1		0.577	1.276	
Cystine....g	0.336		0	A	1		0.286	0.632	
Phenylalanine....g	1.030		0	A	1		0.875	1.936	
Tyrosine....g	0.831		0	A	1		0.706	1.562	
Valine....g	1.293		0	A	1		1.099	2.431	
Arginine....g	1.686		0	A	1		1.433	3.169	
Histidine....g	0.832		0	A	1		0.707	1.564	
Alanine....g	1.585		0	A	1		1.347	2.979	
Aspartic acid....g	2.374		0	A	1		2.018	4.464	
Glutamic acid....g	3.913		0	A	1		3.326	7.357	
Glycine....g	1.587		0	A	1		1.349	2.984	
Proline....g	1.243		0	A	1		1.056	2.336	
Serine....g	1.027		0	A	1		0.873	1.930	
Hydroxyproline....g	0.274		0	A	1		0.233	0.515	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 1 serving (3 oz)

Measure 2 = 188g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23037

Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, raw

Beef Value Cut, Center Cut Steak, Ranch Cut Steak, Triceps Brachii, URMIS #1977

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	72.49		8	A	1		61.62	178.33	
Energy kcal	143		0	NC	4		121	351	
Energy kJ	597		0	NC	4		507	1468	
Protein (N x 6.25) g	20.39		8	A	1		17.33	50.16	
Total lipid (fat) g	6.12		8	A	1		5.20	15.04	
Ash g	0.91		8	A	1		0.77	2.24	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	4		2	A	1		4	11	
Iron, Fe mg	2.14		2	A	1		1.82	5.26	
Magnesium, Mg mg	24		2	A	1		20	58	
Phosphorus, P mg	212		2	A	1		180	520	
Potassium, K mg	347		2	A	1		295	854	
Sodium, Na mg	61		2	A	1		52	150	
Zinc, Zn mg	5.24		2	A	1		4.46	12.90	
Copper, Cu mg	0.088		2	A	1		0.075	0.216	
Manganese, Mn mg	0.011		2	A	1		0.009	0.027	
Selenium, Se µg	29.7		2	A	1		25.2	72.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.072		2	A	1		0.062	0.178	
Riboflavin mg	0.230		2	A	1		0.196	0.566	
Niacin mg	5.130		2	A	1		4.360	12.620	
Pantothenic acid mg	0.731		2	A	1		0.622	1.799	
Vitamin B-6 mg	0.673		2	A	1		0.572	1.657	
Folate, total µg	7		1	A	1		6	17	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	7		1	A	1		6	17	
Folate, DFE µg	7		0	NC	4		6	17	
Choline, total mg	85.1		0	AS	1		72.3	209.2	
Betaine mg	15.1		1	A	1		12.8	37.1	
Vitamin B-12 µg	3.56		2	A	1		3.03	8.76	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		1	A	1		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.18		1	A	1		0.15	0.44	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma mg	0.02		1	A	1		0.02	0.05	
Tocopherol, delta mg	0.01		1	A	1		0.01	0.04	
Tocotrienol, alpha mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, beta mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, gamma mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, delta mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3) µg									
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	0.2		1	A	1		0.1	0.4	

NDB No. 23037

Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg	0.0		1	A	1		0.0	0.0	
Menaquinone-4....µg	1.5		1	A	1		1.3	3.6	
Lipids:									
Fatty acids, total saturated....g	2.083		0	NC	4		1.770	5.123	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		2	A	1		0.000	0.000	
10:0....g	0.000		2	A	1		0.000	0.000	
12:0....g	0.000		2	A	1		0.000	0.000	
13:0....g									
14:0....g	0.151		2	A	1		0.128	0.371	
15:0....g	0.021		2	A	1		0.018	0.053	
16:0....g	1.272		2	A	1		1.081	3.129	
17:0....g	0.050		2	A	1		0.042	0.123	
18:0....g	0.579		2	A	1		0.493	1.425	
20:0....g	0.000		2	A	1		0.000	0.000	
22:0....g	0.009		2	A	1		0.008	0.022	
24:0....g									
Fatty acids, total monounsaturated....g	3.439		0	NC	4		2.923	8.460	
14:1....g	0.042		2	A	1		0.036	0.103	
15:1....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated....g	0.181		2	A	1		0.154	0.445	
17:1....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated....g	2.108		0	AS	1		1.792	5.185	
18:1 c....g	1.949		2	A	1		1.657	4.794	
18:1 t....g	0.159		2	A	1		0.135	0.391	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.000		2	A	1		0.000	0.000	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.554		0	NC	4		0.471	1.364	
18:2 undifferentiated....g	0.253		0	AS	1		0.215	0.623	
18:2 n-6 c,c....g	0.213		2	A	1		0.181	0.524	
18:2 CLAs....g									
18:2 t,t....g	0.040		2	A	1		0.034	0.100	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.000		0	AS	1		0.000	0.000	
18:3 n-3 c,c,c (ALA)....g	0.000		2	A	1		0.000	0.000	
18:3 n-6 c,c,c....g	0.000		2	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000		2	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000		2	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.048		2	A	1		0.040	0.117	
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.199		0	NC	4		0.169	0.491	
Fatty acids, total trans-monoenoic....g	0.159		0	NC	4		0.135	0.391	
Fatty acids, total trans-polyenoic....g	0.040		0	NC	4		0.034	0.100	
Cholesterol....mg	57		6	A	1		48	140	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.134		0	A	1		0.114	0.330	
Threonine....g	0.815		0	A	1		0.692	2.004	
Isoleucine....g	0.928		0	A	1		0.789	2.282	
Leucine....g	1.622		0	A	1		1.379	3.990	

NDB No. 23037

Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	1.723		0	A	1		1.465	4.239	
Methionine....g	0.531		0	A	1		0.451	1.306	
Cystine....g	0.263		0	A	1		0.224	0.647	
Phenylalanine....g	0.805		0	A	1		0.685	1.981	
Tyrosine....g	0.650		0	A	1		0.552	1.598	
Valine....g	1.012		0	A	1		0.860	2.488	
Arginine....g	1.318		0	A	1		1.121	3.243	
Histidine....g	0.651		0	A	1		0.553	1.601	
Alanine....g	1.240		0	A	1		1.054	3.049	
Aspartic acid....g	1.857		0	A	1		1.579	4.569	
Glutamic acid....g	3.061		0	A	1		2.602	7.530	
Glycine....g	1.242		0	A	1		1.055	3.054	
Proline....g	0.972		0	A	1		0.826	2.391	
Serine....g	0.803		0	A	1		0.683	1.976	
Hydroxyproline....g	0.068		1	A	1		0.058	0.167	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 246g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23040

Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

Beef Value Cut, Center Cut Steak, Ranch Cut Steak, Triceps Brachii, URMIS #1162

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	64.65		5	A	1		115.72	54.95	
Energy kcal	176		0	NC	4		316	150	
Energy kJ	738		0	NC	4		1322	628	
Protein (N x 6.25) g	26.66		5	A	1		47.73	22.67	
Total lipid (fat) g	6.94		5	A	1		12.43	5.90	
Ash g	1.07		5	A	1		1.91	0.91	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	5		1	A	1		9	4	
Iron, Fe mg	3.23		1	A	1		5.78	2.75	
Magnesium, Mg mg	28		1	A	1		50	24	
Phosphorus, P mg	249		1	A	1		446	212	
Potassium, K mg	401		1	A	1		718	341	
Sodium, Na mg	62		1	A	1		111	53	
Zinc, Zn mg	7.58		1	A	1		13.57	6.44	
Copper, Cu mg	0.073		1	A	1		0.130	0.062	
Manganese, Mn mg	0.019		1	A	1		0.034	0.016	
Selenium, Se µg	44.3		1	A	1		79.3	37.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.087		1	A	1		0.156	0.074	
Riboflavin mg	0.344		1	A	1		0.616	0.292	
Niacin mg	5.490		1	A	1		9.827	4.666	
Pantothenic acid mg	0.949		1	A	1		1.699	0.807	
Vitamin B-6 mg	0.593		1	A	1		1.061	0.504	
Folate, total µg	11		0	BFPN	4		20	10	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	11		0	BFPN	4		20	10	
Folate, DFE µg	11		0	NC	4		20	10	
Choline, total mg	104.0		0	AS	1		186.1	88.4	
Betaine mg	13.0		1	A	1		23.3	11.0	
Vitamin B-12 µg	5.71		1	A	1		10.22	4.85	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	BFSN	4		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.18		0	BFSN	4		0.33	0.15	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	BFSN	4		0.00	0.00	
Tocopherol, gamma mg	0.02		0	BFSN	4		0.04	0.02	
Tocopherol, delta mg	0.01		0	BFSN	4		0.03	0.01	
Tocotrienol, alpha mg	0.00		0	BFSN	4		0.00	0.00	
Tocotrienol, beta mg	0.00		0	BFSN	4		0.00	0.00	
Tocotrienol, gamma mg	0.00		0	BFSN	4		0.00	0.00	
Tocotrienol, delta mg	0.00		0	BFSN	4		0.00	0.00	
Vitamin D (D2 + D3) µg									
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	0.4		0	BFSN	4		0.8	0.4	

NDB No. 23040

Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg	0.0		0	BFSN	4		0.0	0.0	
Menaquinone-4....µg	1.9		0	BFSN	4		3.3	1.6	
Lipids:									
Fatty acids, total saturated....g	2.235		0	NC	4		4.000	1.900	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		1	A	1		0.000	0.000	
10:0....g	0.000		1	A	1		0.000	0.000	
12:0....g	0.000		1	A	1		0.000	0.000	
13:0....g									
14:0....g	0.157		1	A	1		0.281	0.133	
15:0....g	0.025		1	A	1		0.045	0.021	
16:0....g	1.264		1	A	1		2.263	1.074	
17:0....g	0.062		1	A	1		0.111	0.053	
18:0....g	0.727		1	A	1		1.301	0.618	
20:0....g	0.000		1	A	1		0.000	0.000	
22:0....g	0.000		1	A	1		0.000	0.000	
24:0....g									
Fatty acids, total monounsaturated....g	2.373		0	NC	4		4.247	2.017	
14:1....g	0.037		1	A	1		0.066	0.031	
15:1....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated....g	0.158		1	A	1		0.283	0.134	
17:1....g	0.000		1	A	1		0.000	0.000	
18:1 undifferentiated....g	2.178		0	AS	1		3.898	1.851	
18:1 c....g	1.987		1	A	1		3.557	1.689	
18:1 t....g	0.191		1	A	1		0.342	0.162	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.000		1	A	1		0.000	0.000	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.376		0	NC	4		0.673	0.319	
18:2 undifferentiated....g	0.313		0	AS	1		0.560	0.266	
18:2 n-6 c,c....g	0.262		1	A	1		0.469	0.223	
18:2 CLAs....g									
18:2 t,t....g	0.051		1	A	1		0.091	0.043	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.013		0	AS	1		0.023	0.011	
18:3 n-3 c,c,c (ALA)....g	0.013		1	A	1		0.023	0.011	
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000		1	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000		1	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.050		1	A	1		0.090	0.043	
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.242		0	NC	4		0.433	0.206	
Fatty acids, total trans-monoenoic....g	0.191		0	NC	4		0.342	0.162	
Fatty acids, total trans-polyenoic....g	0.051		0	NC	4		0.091	0.043	
Cholesterol....mg	77		4	A	1		139	66	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.171		0	A	1		0.307	0.146	
Threonine....g	1.041		0	A	1		1.864	0.885	
Isoleucine....g	1.186		0	A	1		2.123	1.008	
Leucine....g	2.074		0	A	1		3.712	1.763	

NDB No. 23040

Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.203		0	A	1		3.943	1.873	
Methionine g	0.679		0	A	1		1.215	0.577	
Cystine g	0.336		0	A	1		0.602	0.286	
Phenylalanine g	1.030		0	A	1		1.843	0.875	
Tyrosine g	0.831		0	A	1		1.487	0.706	
Valine g	1.293		0	A	1		2.315	1.099	
Arginine g	1.686		0	A	1		3.017	1.433	
Histidine g	0.832		0	A	1		1.489	0.707	
Alanine g	1.585		0	A	1		2.837	1.347	
Aspartic acid g	2.374		0	A	1		4.250	2.018	
Glutamic acid g	3.913		0	A	1		7.005	3.326	
Glycine g	1.587		0	A	1		2.841	1.349	
Proline g	1.243		0	A	1		2.224	1.056	
Serine g	1.027		0	A	1		1.838	0.873	
Hydroxyproline g	0.280		0	A	1		0.501	0.238	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 179g: 1 steak

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23039

Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, raw

Beef Value Cut, Center Cut Steak, Ranch Cut Steak, Triceps Brachii, URMIS #1162

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	72.54		5	A	1		61.66	169.01	
Energy kcal	140		0	NC	4		119	326	
Energy kJ	585		0	NC	4		498	1364	
Protein (N x 6.25) g	21.13		5	A	1		17.96	49.23	
Total lipid (fat) g	5.51		5	A	1		4.68	12.83	
Ash g	0.88		5	A	1		0.75	2.05	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	4		1	A	1		4	10	
Iron, Fe mg	2.64		1	A	1		2.24	6.15	
Magnesium, Mg mg	25		1	A	1		22	59	
Phosphorus, P mg	221		1	A	1		188	515	
Potassium, K mg	370		1	A	1		315	862	
Sodium, Na mg	58		1	A	1		49	134	
Zinc, Zn mg	5.99		1	A	1		5.09	13.96	
Copper, Cu mg	0.107		1	A	1		0.091	0.249	
Manganese, Mn mg	0.020		1	A	1		0.017	0.046	
Selenium, Se µg	32.0		1	A	1		27.2	74.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.093		1	A	1		0.079	0.217	
Riboflavin mg	0.253		1	A	1		0.215	0.589	
Niacin mg	5.320		1	A	1		4.522	12.396	
Pantothenic acid mg	0.861		1	A	1		0.732	2.006	
Vitamin B-6 mg	0.622		1	A	1		0.529	1.449	
Folate, total µg	7		0	BFPN	4		6	17	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	7		0	BFPN	4		6	17	
Folate, DFE µg	7		0	NC	4		6	17	
Choline, total mg	86.9		0	AS	1		73.8	202.4	
Betaine mg	11.8		1	A	1		10.0	27.4	
Vitamin B-12 µg	4.68		1	A	1		3.98	10.90	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	BFSN	4		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.18		0	BFSN	4		0.15	0.42	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	BFSN	4		0.00	0.00	
Tocopherol, gamma mg	0.02		0	BFSN	4		0.02	0.05	
Tocopherol, delta mg	0.01		0	BFSN	4		0.01	0.03	
Tocotrienol, alpha mg	0.00		0	BFSN	4		0.00	0.00	
Tocotrienol, beta mg	0.00		0	BFSN	4		0.00	0.00	
Tocotrienol, gamma mg	0.00		0	BFSN	4		0.00	0.00	
Tocotrienol, delta mg	0.00		0	BFSN	4		0.00	0.00	
Vitamin D (D2 + D3) µg									
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	0.2		0	BFSN	4		0.1	0.4	

NDB No. 23039

Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg	0.0		0	BFSN	4		0.0	0.0	
Menaquinone-4....µg	1.5		0	BFSN	4		1.3	3.4	
Lipids:									
Fatty acids, total saturated....g	1.791		0	NC	4		1.522	4.173	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		1	A	1		0.000	0.000	
10:0....g	0.000		1	A	1		0.000	0.000	
12:0....g	0.000		1	A	1		0.000	0.000	
13:0....g									
14:0....g	0.126		1	A	1		0.107	0.294	
15:0....g	0.020		1	A	1		0.017	0.046	
16:0....g	1.025		1	A	1		0.871	2.388	
17:0....g	0.048		1	A	1		0.041	0.112	
18:0....g	0.572		1	A	1		0.486	1.333	
20:0....g	0.000		1	A	1		0.000	0.000	
22:0....g	0.000		1	A	1		0.000	0.000	
24:0....g									
Fatty acids, total monounsaturated....g	1.933		0	NC	4		1.643	4.503	
14:1....g	0.032		1	A	1		0.027	0.075	
15:1....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated....g	0.132		1	A	1		0.112	0.307	
17:1....g	0.000		1	A	1		0.000	0.000	
18:1 undifferentiated....g	1.762		0	AS	1		1.498	4.105	
18:1 c....g	1.612		1	A	1		1.370	3.756	
18:1 t....g	0.150		1	A	1		0.128	0.350	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.007		1	A	1		0.006	0.016	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.341		0	NC	4		0.290	0.794	
18:2 undifferentiated....g	0.277		0	AS	1		0.235	0.645	
18:2 n-6 c,c....g	0.239		1	A	1		0.203	0.557	
18:2 CLAs....g									
18:2 t,t....g	0.038		1	A	1		0.032	0.088	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.011		0	AS	1		0.009	0.025	
18:3 n-3 c,c,c (ALA)....g	0.011		1	A	1		0.009	0.025	
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000		1	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000		1	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.053		1	A	1		0.045	0.123	
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.188		0	NC	4		0.160	0.438	
Fatty acids, total trans-monoenoic....g	0.150		0	NC	4		0.128	0.350	
Fatty acids, total trans-polyenoic....g	0.038		0	NC	4		0.032	0.088	
Cholesterol....mg	58		4	A	1		49	135	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.139		0	A	1		0.118	0.324	
Threonine....g	0.844		0	A	1		0.717	1.967	
Isoleucine....g	0.961		0	A	1		0.817	2.240	
Leucine....g	1.681		0	A	1		1.429	3.916	

NDB No. 23039

Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	1.786		0	A	1		1.518	4.161	
Methionine g	0.550		0	A	1		0.468	1.282	
Cystine g	0.273		0	A	1		0.232	0.635	
Phenylalanine g	0.835		0	A	1		0.709	1.945	
Tyrosine g	0.673		0	A	1		0.572	1.569	
Valine g	1.048		0	A	1		0.891	2.442	
Arginine g	1.366		0	A	1		1.161	3.183	
Histidine g	0.674		0	A	1		0.573	1.571	
Alanine g	1.285		0	A	1		1.092	2.993	
Aspartic acid g	1.925		0	A	1		1.636	4.484	
Glutamic acid g	3.172		0	A	1		2.696	7.391	
Glycine g	1.287		0	A	1		1.094	2.998	
Proline g	1.007		0	A	1		0.856	2.347	
Serine g	0.832		0	A	1		0.707	1.939	
Hydroxyproline g	0.119		1	A	1		0.101	0.277	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 233g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23060

Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled

Beef Value Cut, Flat Iron Steak, Infraspinatus

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	62.04		13	A	1		52.73	117.87	
Energy kcal	222		0	NC	4		189	421	
Energy kJ	928		0	NC	4		789	1763	
Protein (N x 6.25) g	24.93		13	A	1		21.19	47.36	
Total lipid (fat) g	12.79		13	A	1		10.87	24.31	
Ash g	0.94		13	A	1		0.79	1.78	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	6		3	A	1		5	11	
Iron, Fe mg	2.88		3	A	1		2.45	5.48	
Magnesium, Mg mg	23		3	A	1		19	44	
Phosphorus, P mg	203		3	A	1		172	385	
Potassium, K mg	322		3	A	1		274	612	
Sodium, Na mg	77		3	A	1		66	146	
Zinc, Zn mg	9.05		3	A	1		7.69	17.19	
Copper, Cu mg	0.134		3	A	1		0.114	0.254	
Manganese, Mn mg	0.018		3	A	1		0.015	0.034	
Selenium, Se µg	37.8		3	A	1		32.1	71.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.073		3	A	1		0.062	0.139	
Riboflavin mg	0.292		3	A	1		0.248	0.554	
Niacin mg	3.833		3	A	1		3.258	7.283	
Pantothenic acid mg	0.944		3	A	1		0.802	1.794	
Vitamin B-6 mg	0.387		3	A	1		0.329	0.736	
Folate, total µg	6		1	A	1		5	11	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	6		1	A	1		5	11	
Folate, DFE µg	6		0	NC	4		5	11	
Choline, total mg	106.8		0	AS	1		90.8	203.0	
Betaine mg	14.5		2	A	1		12.4	27.6	
Vitamin B-12 µg	5.89		3	A	1		5.01	11.19	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		1	A	1		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.14		1	A	1		0.12	0.27	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.01		1	A	1		0.01	0.03	
Tocopherol, gamma mg	0.02		1	A	1		0.02	0.04	
Tocopherol, delta mg	0.01		1	A	1		0.01	0.03	
Tocotrienol, alpha mg	0.01		1	A	1		0.01	0.03	
Tocotrienol, beta mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, gamma mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, delta mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3) µg									
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	0.9		1	A	1		0.7	1.7	

NDB No. 23060

Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg	0.0		1	A	1		0.0	0.0	
Menaquinone-4....µg	3.1		1	A	1		2.6	5.9	
Lipids:									
Fatty acids, total saturated....g	5.095		0	NC	4		4.331	9.681	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		3	A	1		0.000	0.000	
10:0....g	0.000		3	A	1		0.000	0.000	
12:0....g	0.010		3	A	1		0.009	0.019	
13:0....g									
14:0....g	0.377		3	A	1		0.321	0.717	
15:0....g	0.054		3	A	1		0.046	0.102	
16:0....g	2.924		3	A	1		2.485	5.556	
17:0....g	0.136		3	A	1		0.116	0.259	
18:0....g	1.594		3	A	1		1.355	3.028	
20:0....g	0.000		3	A	1		0.000	0.000	
22:0....g	0.000		3	A	1		0.000	0.000	
24:0....g									
Fatty acids, total monounsaturated....g	5.330		0	NC	4		4.530	10.127	
14:1....g	0.086		3	A	1		0.073	0.164	
15:1....g	0.000		3	A	1		0.000	0.000	
16:1 undifferentiated....g	0.361		3	A	1		0.307	0.686	
17:1....g	0.000		3	A	1		0.000	0.000	
18:1 undifferentiated....g	4.866		0	AS	1		4.136	9.245	
18:1 c....g	4.457		3	A	1		3.788	8.468	
18:1 t....g	0.409		3	A	1		0.348	0.777	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.017		3	A	1		0.014	0.032	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.563		0	NC	4		0.478	1.069	
18:2 undifferentiated....g	0.491		0	AS	1		0.418	0.933	
18:2 n-6 c,c....g	0.388		3	A	1		0.330	0.738	
18:2 CLAs....g									
18:2 t,t....g	0.103		3	A	1		0.087	0.196	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.020		0	AS	1		0.017	0.039	
18:3 n-3 c,c,c (ALA)....g	0.020		3	A	1		0.017	0.039	
18:3 n-6 c,c,c....g	0.000		3	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000		3	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000		3	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.051		3	A	1		0.044	0.097	
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.512		0	NC	4		0.435	0.973	
Fatty acids, total trans-monoenoic....g	0.409		0	NC	4		0.348	0.777	
Fatty acids, total trans-polyenoic....g	0.103		0	NC	4		0.087	0.196	
Cholesterol....mg	83		10	A	1		70	157	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.173		0	A	1		0.147	0.328	
Threonine....g	1.051		0	A	1		0.893	1.996	
Isoleucine....g	1.196		0	A	1		1.017	2.273	
Leucine....g	2.092		0	A	1		1.778	3.975	

NDB No. 23060

Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.222		0	A	1		1.889	4.223	
Methionine g	0.685		0	A	1		0.582	1.301	
Cystine g	0.339		0	A	1		0.288	0.645	
Phenylalanine g	1.039		0	A	1		0.883	1.974	
Tyrosine g	0.838		0	A	1		0.712	1.592	
Valine g	1.305		0	A	1		1.109	2.479	
Arginine g	1.700		0	A	1		1.445	3.231	
Histidine g	0.839		0	A	1		0.713	1.595	
Alanine g	1.599		0	A	1		1.359	3.038	
Aspartic acid g	2.395		0	A	1		2.036	4.551	
Glutamic acid g	3.948		0	A	1		3.356	7.501	
Glycine g	1.601		0	A	1		1.361	3.042	
Proline g	1.254		0	A	1		1.066	2.382	
Serine g	1.036		0	A	1		0.881	1.968	
Hydroxyproline g	0.276		0	BFPN	4		0.235	0.525	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 1 serving (3 oz)

Measure 2 = 190g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23059

Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw

Beef Value Cut, Flat Iron Steak, Infraspinatus

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	70.46		13	A	1		59.89	176.15	
Energy kcal	176		0	NC	4		150	440	
Energy kJ	736		0	NC	4		626	1841	
Protein (N x 6.25) g	18.99		13	A	1		16.14	47.48	
Total lipid (fat) g	10.52		13	A	1		8.94	26.29	
Ash g	0.90		13	A	1		0.77	2.26	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	6		3	A	1		5	14	
Iron, Fe mg	2.36		3	A	1		2.01	5.90	
Magnesium, Mg mg	21		3	A	1		18	53	
Phosphorus, P mg	184		3	A	1		157	461	
Potassium, K mg	309		3	A	1		263	773	
Sodium, Na mg	74		3	A	1		63	186	
Zinc, Zn mg	6.88		3	A	1		5.85	17.20	
Copper, Cu mg	0.119		3	A	1		0.101	0.298	
Manganese, Mn mg	0.016		3	A	1		0.013	0.039	
Selenium, Se µg	29.8		3	A	1		25.3	74.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.099		3	A	1		0.084	0.248	
Riboflavin mg	0.227		3	A	1		0.193	0.567	
Niacin mg	3.420		3	A	1		2.907	8.550	
Pantothenic acid mg	0.952		3	A	1		0.809	2.380	
Vitamin B-6 mg	0.370		3	A	1		0.314	0.924	
Folate, total µg	3		1	A	1		3	8	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	3		1	A	1		3	8	
Folate, DFE µg	3		0	NC	4		3	8	
Choline, total mg	92.9		0	AS	1		79.0	232.3	
Betaine mg	13.5		2	A	1		11.5	33.8	
Vitamin B-12 µg	5.05		3	A	1		4.29	12.62	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		1	A	1		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.17		1	A	1		0.14	0.43	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.01		1	A	1		0.01	0.04	
Tocopherol, gamma mg	0.03		1	A	1		0.03	0.07	
Tocopherol, delta mg	0.01		1	A	1		0.01	0.04	
Tocotrienol, alpha mg	0.01		1	A	1		0.01	0.04	
Tocotrienol, beta mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, gamma mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, delta mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3) µg									
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	0.6		1	A	1		0.5	1.5	

NDB No. 23059

Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg	0.0		1	A	1		0.0	0.0	
Menaquinone-4....µg	3.2		1	A	1		2.8	8.1	
Lipids:									
Fatty acids, total saturated....g	3.945		0	NC	4		3.354	9.864	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		3	A	1		0.000	0.000	
10:0....g	0.000		3	A	1		0.000	0.000	
12:0....g	0.000		3	A	1		0.000	0.000	
13:0....g									
14:0....g	0.291		3	A	1		0.247	0.727	
15:0....g	0.040		3	A	1		0.034	0.099	
16:0....g	2.276		3	A	1		1.934	5.689	
17:0....g	0.107		3	A	1		0.091	0.268	
18:0....g	1.233		3	A	1		1.048	3.081	
20:0....g	0.000		3	A	1		0.000	0.000	
22:0....g	0.000		3	A	1		0.000	0.000	
24:0....g									
Fatty acids, total monounsaturated....g	4.144		0	NC	4		3.522	10.360	
14:1....g	0.063		3	A	1		0.054	0.158	
15:1....g	0.000		3	A	1		0.000	0.000	
16:1 undifferentiated....g	0.278		3	A	1		0.236	0.694	
17:1....g	0.000		3	A	1		0.000	0.000	
18:1 undifferentiated....g	3.790		0	AS	1		3.221	9.475	
18:1 c....g	3.495		3	A	1		2.970	8.737	
18:1 t....g	0.295		3	A	1		0.251	0.738	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.013		3	A	1		0.011	0.033	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.475		0	NC	4		0.403	1.186	
18:2 undifferentiated....g	0.403		0	AS	1		0.342	1.007	
18:2 n-6 c,c....g	0.327		3	A	1		0.278	0.817	
18:2 CLAs....g									
18:2 t,t....g	0.076		3	A	1		0.065	0.190	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.017		0	AS	1		0.014	0.042	
18:3 n-3 c,c,c (ALA)....g	0.017		3	A	1		0.014	0.042	
18:3 n-6 c,c,c....g	0.000		3	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000		3	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000		3	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.055		3	A	1		0.047	0.137	
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.371		0	NC	4		0.316	0.928	
Fatty acids, total trans-monoenoic....g	0.295		0	NC	4		0.251	0.738	
Fatty acids, total trans-polyenoic....g	0.076		0	NC	4		0.065	0.190	
Cholesterol....mg	66		10	A	1		56	164	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.125		0	A	1		0.106	0.312	
Threonine....g	0.759		0	A	1		0.645	1.897	
Isoleucine....g	0.864		0	A	1		0.734	2.160	
Leucine....g	1.511		0	A	1		1.284	3.777	

NDB No. 23059

Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	1.605		0	A	1		1.364	4.012	
Methionine g	0.495		0	A	1		0.420	1.236	
Cystine g	0.245		0	A	1		0.208	0.613	
Phenylalanine g	0.750		0	A	1		0.638	1.875	
Tyrosine g	0.605		0	A	1		0.514	1.513	
Valine g	0.942		0	A	1		0.801	2.355	
Arginine g	1.228		0	A	1		1.044	3.070	
Histidine g	0.606		0	A	1		0.515	1.515	
Alanine g	1.155		0	A	1		0.981	2.886	
Aspartic acid g	1.730		0	A	1		1.470	4.325	
Glutamic acid g	2.851		0	A	1		2.423	7.128	
Glycine g	1.156		0	A	1		0.983	2.891	
Proline g	0.905		0	A	1		0.770	2.263	
Serine g	0.748		0	A	1		0.636	1.870	
Hydroxyproline g	0.118		2	A	1		0.100	0.294	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 250g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23042

Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

Beef Value Cut, Flat Iron Steak, Infraspinatus, URMIS #1981

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	61.93		8	A	1		52.64	119.52	
Energy kcal	228		0	NC	4		194	440	
Energy kJ	954		0	NC	4		811	1841	
Protein (N x 6.25) g	24.70		8	A	1		20.99	47.66	
Total lipid (fat) g	13.59		8	A	1		11.55	26.22	
Ash g	0.94		8	A	1		0.80	1.81	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	6		2	A	1		5	12	
Iron, Fe mg	2.78		2	A	1		2.36	5.36	
Magnesium, Mg mg	23		2	A	1		19	44	
Phosphorus, P mg	199		2	A	1		169	383	
Potassium, K mg	317		2	A	1		269	611	
Sodium, Na mg	78		2	A	1		66	150	
Zinc, Zn mg	8.77		2	A	1		7.45	16.93	
Copper, Cu mg	0.139		2	A	1		0.119	0.269	
Manganese, Mn mg	0.018		2	A	1		0.016	0.036	
Selenium, Se µg	37.0		2	A	1		31.5	71.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.070		2	A	1		0.059	0.135	
Riboflavin mg	0.247		2	A	1		0.210	0.476	
Niacin mg	3.720		2	A	1		3.162	7.180	
Pantothenic acid mg	0.881		2	A	1		0.749	1.700	
Vitamin B-6 mg	0.376		2	A	1		0.320	0.726	
Folate, total µg	6		1	A	1		5	12	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	6		1	A	1		5	12	
Folate, DFE µg	6		0	NC	4		5	12	
Choline, total mg	101.7		0	AS	1		86.4	196.2	
Betaine mg	16.6		1	A	1		14.1	32.1	
Vitamin B-12 µg	5.75		2	A	1		4.88	11.09	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		1	A	1		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.14		1	A	1		0.12	0.27	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.01		1	A	1		0.01	0.03	
Tocopherol, gamma mg	0.02		1	A	1		0.02	0.04	
Tocopherol, delta mg	0.01		1	A	1		0.01	0.03	
Tocotrienol, alpha mg	0.01		1	A	1		0.01	0.03	
Tocotrienol, beta mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, gamma mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, delta mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3) µg									
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	0.9		1	A	1		0.7	1.7	

NDB No. 23042

Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg	0.0		1	A	1		0.0	0.0	
Menaquinone-4....µg	3.1		1	A	1		2.6	6.0	
Lipids:									
Fatty acids, total saturated....g	5.432		0	NC	4		4.617	10.483	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		2	A	1		0.000	0.000	
10:0....g	0.000		2	A	1		0.000	0.000	
12:0....g	0.010		2	A	1		0.009	0.020	
13:0....g									
14:0....g	0.400		2	A	1		0.340	0.771	
15:0....g	0.054		2	A	1		0.046	0.104	
16:0....g	3.161		2	A	1		2.686	6.100	
17:0....g	0.139		2	A	1		0.119	0.269	
18:0....g	1.668		2	A	1		1.418	3.219	
20:0....g	0.000		2	A	1		0.000	0.000	
22:0....g	0.000		2	A	1		0.000	0.000	
24:0....g									
Fatty acids, total monounsaturated....g	5.711		0	NC	4		4.854	11.022	
14:1....g	0.092		2	A	1		0.078	0.177	
15:1....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated....g	0.392		2	A	1		0.333	0.757	
17:1....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated....g	5.209		0	AS	1		4.428	10.053	
18:1 c....g	4.789		2	A	1		4.071	9.244	
18:1 t....g	0.420		2	A	1		0.357	0.810	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.018		2	A	1		0.015	0.035	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.558		0	NC	4		0.475	1.078	
18:2 undifferentiated....g	0.490		0	AS	1		0.416	0.946	
18:2 n-6 c,c....g	0.385		2	A	1		0.327	0.743	
18:2 CLAs....g									
18:2 t,t....g	0.105		2	A	1		0.089	0.203	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.019		0	AS	1		0.016	0.037	
18:3 n-3 c,c,c (ALA)....g	0.019		2	A	1		0.016	0.037	
18:3 n-6 c,c,c....g	0.000		2	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000		2	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000		2	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.050		2	A	1		0.042	0.096	
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.524		0	NC	4		0.446	1.012	
Fatty acids, total trans-monoenoic....g	0.420		0	NC	4		0.357	0.810	
Fatty acids, total trans-polyenoic....g	0.105		0	NC	4		0.089	0.203	
Cholesterol....mg	83		6	A	1		70	159	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.162		0	A	1		0.138	0.313	
Threonine....g	0.987		0	A	1		0.839	1.904	
Isoleucine....g	1.124		0	A	1		0.955	2.169	
Leucine....g	1.965		0	A	1		1.670	3.792	

NDB No. 23042

Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.087		0	A	1		1.774	4.028	
Methionine g	0.643		0	A	1		0.547	1.241	
Cystine g	0.319		0	A	1		0.271	0.615	
Phenylalanine g	0.975		0	A	1		0.829	1.883	
Tyrosine g	0.787		0	A	1		0.669	1.519	
Valine g	1.225		0	A	1		1.041	2.365	
Arginine g	1.597		0	A	1		1.357	3.082	
Histidine g	0.788		0	A	1		0.670	1.521	
Alanine g	1.501		0	A	1		1.276	2.898	
Aspartic acid g	2.250		0	A	1		1.912	4.342	
Glutamic acid g	3.708		0	A	1		3.151	7.156	
Glycine g	1.504		0	A	1		1.278	2.902	
Proline g	1.177		0	A	1		1.001	2.272	
Serine g	0.973		0	A	1		0.827	1.878	
Hydroxyproline g	0.259		0	A	1		0.221	0.501	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 1 serving (3 oz)

Measure 2 = 193g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23041

Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw

Beef Value Cut, Flat Iron Steak, Infraspinatus, URMIS #1981

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	70.00		8	A	1		59.50	177.81	
Energy kcal	182		0	NC	4		155	463	
Energy kJ	762		0	NC	4		648	1937	
Protein (N x 6.25) g	18.75		8	A	1		15.94	47.62	
Total lipid (fat) g	11.33		8	A	1		9.63	28.77	
Ash g	0.88		8	A	1		0.75	2.24	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	5		2	A	1		4	13	
Iron, Fe mg	2.23		2	A	1		1.90	5.66	
Magnesium, Mg mg	20		2	A	1		17	52	
Phosphorus, P mg	178		2	A	1		151	451	
Potassium, K mg	302		2	A	1		256	766	
Sodium, Na mg	74		2	A	1		63	189	
Zinc, Zn mg	6.58		2	A	1		5.60	16.73	
Copper, Cu mg	0.121		2	A	1		0.103	0.307	
Manganese, Mn mg	0.015		2	A	1		0.013	0.038	
Selenium, Se µg	28.9		2	A	1		24.6	73.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.079		2	A	1		0.067	0.201	
Riboflavin mg	0.211		2	A	1		0.179	0.536	
Niacin mg	3.380		2	A	1		2.873	8.585	
Pantothenic acid mg	0.933		2	A	1		0.793	2.370	
Vitamin B-6 mg	0.375		2	A	1		0.319	0.954	
Folate, total µg	3		1	A	1		3	8	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	3		1	A	1		3	8	
Folate, DFE µg	3		0	NC	4		3	8	
Choline, total mg	83.2		0	AS	1		70.7	211.3	
Betaine mg	14.7		1	A	1		12.5	37.3	
Vitamin B-12 µg	4.96		2	A	1		4.22	12.60	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		1	A	1		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.17		1	A	1		0.14	0.43	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.01		1	A	1		0.01	0.04	
Tocopherol, gamma mg	0.03		1	A	1		0.03	0.08	
Tocopherol, delta mg	0.01		1	A	1		0.01	0.04	
Tocotrienol, alpha mg	0.01		1	A	1		0.01	0.04	
Tocotrienol, beta mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, gamma mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, delta mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3) µg									
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	0.6		1	A	1		0.5	1.6	

NDB No. 23041

Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg	0.0		1	A	1		0.0	0.0	
Menaquinone-4....µg	3.2		1	A	1		2.8	8.2	
Lipids:									
Fatty acids, total saturated....g	4.186		0	NC	4		3.558	10.633	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		2	A	1		0.000	0.000	
10:0....g	0.000		2	A	1		0.000	0.000	
12:0....g	0.000		2	A	1		0.000	0.000	
13:0....g									
14:0....g	0.307		2	A	1		0.261	0.781	
15:0....g	0.041		2	A	1		0.034	0.103	
16:0....g	2.448		2	A	1		2.081	6.218	
17:0....g	0.109		2	A	1		0.093	0.277	
18:0....g	1.281		2	A	1		1.089	3.255	
20:0....g	0.000		2	A	1		0.000	0.000	
22:0....g	0.000		2	A	1		0.000	0.000	
24:0....g									
Fatty acids, total monounsaturated....g	4.408		0	NC	4		3.747	11.197	
14:1....g	0.068		2	A	1		0.057	0.171	
15:1....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated....g	0.299		2	A	1		0.255	0.761	
17:1....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated....g	4.027		0	AS	1		3.423	10.228	
18:1 c....g	3.716		2	A	1		3.159	9.439	
18:1 t....g	0.311		2	A	1		0.264	0.790	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.015		2	A	1		0.012	0.037	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.463		0	NC	4		0.393	1.176	
18:2 undifferentiated....g	0.397		0	AS	1		0.337	1.008	
18:2 n-6 c,c....g	0.318		2	A	1		0.271	0.809	
18:2 CLAs....g									
18:2 t,t....g	0.078		2	A	1		0.067	0.199	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.016		0	AS	1		0.013	0.039	
18:3 n-3 c,c,c (ALA)....g	0.016		2	A	1		0.013	0.039	
18:3 n-6 c,c,c....g	0.000		2	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000		2	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000		2	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.050		2	A	1		0.043	0.128	
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.389		0	NC	4		0.331	0.989	
Fatty acids, total trans-monoenoic....g	0.311		0	NC	4		0.264	0.790	
Fatty acids, total trans-polyenoic....g	0.078		0	NC	4		0.067	0.199	
Cholesterol....mg	65		6	A	1		55	166	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.123		0	A	1		0.105	0.313	
Threonine....g	0.749		0	A	1		0.637	1.902	
Isoleucine....g	0.853		0	A	1		0.725	2.166	
Leucine....g	1.491		0	A	1		1.268	3.788	

NDB No. 23041

Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	1.584		0	A	1		1.347	4.024	
Methionine g	0.488		0	A	1		0.415	1.240	
Cystine g	0.242		0	A	1		0.206	0.615	
Phenylalanine g	0.740		0	A	1		0.629	1.881	
Tyrosine g	0.597		0	A	1		0.508	1.517	
Valine g	0.930		0	A	1		0.791	2.362	
Arginine g	1.212		0	A	1		1.030	3.079	
Histidine g	0.598		0	A	1		0.509	1.520	
Alanine g	1.140		0	A	1		0.969	2.895	
Aspartic acid g	1.708		0	A	1		1.451	4.337	
Glutamic acid g	2.814		0	A	1		2.392	7.149	
Glycine g	1.142		0	A	1		0.970	2.899	
Proline g	0.894		0	A	1		0.760	2.270	
Serine g	0.738		0	A	1		0.628	1.876	
Hydroxyproline g	0.135		1	A	1		0.115	0.343	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 254g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23044

Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

Beef Value Cut, Flat Iron Steak, Infraspinatus, URMIS #1166

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	62.22		5	A	1		52.88	115.72	
Energy kcal	212		0	NC	4		180	394	
Energy kJ	887		0	NC	4		754	1650	
Protein (N x 6.25) g	25.29		5	A	1		21.50	47.05	
Total lipid (fat) g	11.52		5	A	1		9.79	21.43	
Ash g	0.93		5	A	1		0.79	1.73	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	6		1	A	1		5	10	
Iron, Fe mg	3.10		1	A	1		2.63	5.77	
Magnesium, Mg mg	24		1	A	1		20	44	
Phosphorus, P mg	211		1	A	1		179	392	
Potassium, K mg	333		1	A	1		283	619	
Sodium, Na mg	76		1	A	1		64	140	
Zinc, Zn mg	9.61		1	A	1		8.17	17.87	
Copper, Cu mg	0.122		1	A	1		0.104	0.227	
Manganese, Mn mg	0.017		1	A	1		0.014	0.032	
Selenium, Se µg	39.3		1	A	1		33.4	73.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.079		1	A	1		0.067	0.147	
Riboflavin mg	0.382		1	A	1		0.325	0.710	
Niacin mg	4.060		1	A	1		3.451	7.551	
Pantothenic acid mg	1.070		1	A	1		0.910	1.990	
Vitamin B-6 mg	0.410		1	A	1		0.348	0.762	
Folate, total µg	6		0	BFPN	4		5	11	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	6		0	BFPN	4		5	11	
Folate, DFE µg	6		0	NC	4		5	11	
Choline, total mg	112.0		0	AS	1		95.2	208.3	
Betaine mg	12.4		1	A	1		10.6	23.1	
Vitamin B-12 µg	6.18		1	A	1		5.25	11.49	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	BFSN	4		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.14		0	BFSN	4		0.12	0.26	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.01		0	BFSN	4		0.01	0.03	
Tocopherol, gamma mg	0.02		0	BFSN	4		0.02	0.04	
Tocopherol, delta mg	0.01		0	BFSN	4		0.01	0.03	
Tocotrienol, alpha mg	0.01		0	BFSN	4		0.01	0.03	
Tocotrienol, beta mg	0.00		0	BFSN	4		0.00	0.00	
Tocotrienol, gamma mg	0.00		0	BFSN	4		0.00	0.00	
Tocotrienol, delta mg	0.00		0	BFSN	4		0.00	0.00	
Vitamin D (D2 + D3) µg									
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	0.9		0	BFSN	4		0.7	1.6	

NDB No. 23044

Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg	0.0		0	BFSN	4		0.0	0.0	
Menaquinone-4....µg	3.1		0	BFSN	4		2.6	5.7	
Lipids:									
Fatty acids, total saturated....g	4.423		0	NC	4		3.759	8.226	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		1	A	1		0.000	0.000	
10:0....g	0.000		1	A	1		0.000	0.000	
12:0....g	0.010		1	A	1		0.008	0.018	
13:0....g									
14:0....g	0.333		1	A	1		0.283	0.619	
15:0....g	0.053		1	A	1		0.045	0.098	
16:0....g	2.451		1	A	1		2.083	4.559	
17:0....g	0.130		1	A	1		0.110	0.242	
18:0....g	1.446		1	A	1		1.229	2.689	
20:0....g	0.000		1	A	1		0.000	0.000	
22:0....g	0.000		1	A	1		0.000	0.000	
24:0....g									
Fatty acids, total monounsaturated....g	4.568		0	NC	4		3.883	8.496	
14:1....g	0.075		1	A	1		0.064	0.140	
15:1....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated....g	0.299		1	A	1		0.254	0.556	
17:1....g	0.000		1	A	1		0.000	0.000	
18:1 undifferentiated....g	4.179		0	AS	1		3.552	7.773	
18:1 c....g	3.791		1	A	1		3.222	7.051	
18:1 t....g	0.388		1	A	1		0.330	0.722	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.015		1	A	1		0.013	0.028	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.572		0	NC	4		0.486	1.064	
18:2 undifferentiated....g	0.494		0	AS	1		0.420	0.919	
18:2 n-6 c,c....g	0.395		1	A	1		0.336	0.735	
18:2 CLAs....g									
18:2 t,t....g	0.099		1	A	1		0.084	0.184	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.023		0	AS	1		0.020	0.043	
18:3 n-3 c,c,c (ALA)....g	0.023		1	A	1		0.020	0.043	
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000		1	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000		1	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.055		1	A	1		0.047	0.102	
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.487		0	NC	4		0.414	0.906	
Fatty acids, total trans-monoenoic....g	0.388		0	NC	4		0.330	0.722	
Fatty acids, total trans-polyenoic....g	0.099		0	NC	4		0.084	0.184	
Cholesterol....mg	83		4	A	1		71	154	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.166		0	A	1		0.141	0.309	
Threonine....g	1.010		0	A	1		0.859	1.879	
Isoleucine....g	1.151		0	A	1		0.978	2.140	
Leucine....g	2.012		0	A	1		1.710	3.742	

NDB No. 23044

Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.138		0	A	1		1.817	3.976	
Methionine g	0.659		0	A	1		0.560	1.225	
Cystine g	0.326		0	A	1		0.277	0.607	
Phenylalanine g	0.999		0	A	1		0.849	1.858	
Tyrosine g	0.806		0	A	1		0.685	1.499	
Valine g	1.255		0	A	1		1.067	2.334	
Arginine g	1.636		0	A	1		1.390	3.042	
Histidine g	0.807		0	A	1		0.686	1.501	
Alanine g	1.538		0	A	1		1.307	2.860	
Aspartic acid g	2.304		0	A	1		1.958	4.285	
Glutamic acid g	3.797		0	A	1		3.228	7.063	
Glycine g	1.540		0	A	1		1.309	2.865	
Proline g	1.206		0	A	1		1.025	2.243	
Serine g	0.996		0	A	1		0.847	1.853	
Hydroxyproline g	0.266		0	A	1		0.226	0.494	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 1 serving (3 oz)

Measure 2 = 186g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23043

Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw

Beef Value Cut, Flat Iron Steak, Infraspinatus, URMIS #1166

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	71.19		5	A	1		60.51	172.99	
Energy kcal	166		0	NC	4		141	403	
Energy kJ	694		0	NC	4		590	1687	
Protein (N x 6.25) g	19.38		5	A	1		16.47	47.10	
Total lipid (fat) g	9.22		5	A	1		7.84	22.40	
Ash g	0.94		5	A	1		0.80	2.28	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	6		1	A	1		5	15	
Iron, Fe mg	2.62		1	A	1		2.23	6.37	
Magnesium, Mg mg	23		1	A	1		19	55	
Phosphorus, P mg	198		1	A	1		168	481	
Potassium, K mg	324		1	A	1		275	787	
Sodium, Na mg	75		1	A	1		63	181	
Zinc, Zn mg	7.47		1	A	1		6.35	18.15	
Copper, Cu mg	0.116		1	A	1		0.099	0.282	
Manganese, Mn mg	0.017		1	A	1		0.014	0.041	
Selenium, Se µg	31.5		1	A	1		26.8	76.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.140		1	A	1		0.119	0.340	
Riboflavin mg	0.258		1	A	1		0.219	0.627	
Niacin mg	3.500		1	A	1		2.975	8.505	
Pantothenic acid mg	0.990		1	A	1		0.842	2.406	
Vitamin B-6 mg	0.358		1	A	1		0.304	0.870	
Folate, total µg	3		0	BFPN	4		3	8	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	3		0	BFPN	4		3	8	
Folate, DFE µg	3		0	NC	4		3	8	
Choline, total mg	102.7		0	AS	1		87.3	249.5	
Betaine mg	12.4		1	A	1		10.5	30.1	
Vitamin B-12 µg	5.23		1	A	1		4.45	12.71	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	BFSN	4		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.16		0	BFSN	4		0.14	0.40	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.01		0	BFSN	4		0.01	0.03	
Tocopherol, gamma mg	0.03		0	BFSN	4		0.02	0.07	
Tocopherol, delta mg	0.01		0	BFSN	4		0.01	0.03	
Tocotrienol, alpha mg	0.01		0	BFSN	4		0.01	0.03	
Tocotrienol, beta mg	0.00		0	BFSN	4		0.00	0.00	
Tocotrienol, gamma mg	0.00		0	BFSN	4		0.00	0.00	
Tocotrienol, delta mg	0.00		0	BFSN	4		0.00	0.00	
Vitamin D (D2 + D3) µg									
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	0.6		0	BFSN	4		0.5	1.4	

NDB No. 23043

Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg	0.0		0	BFSN	4		0.0	0.0	
Menaquinone-4....µg	3.1		0	BFSN	4		2.6	7.6	
Lipids:									
Fatty acids, total saturated....g	3.464		0	NC	4		2.944	8.417	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		1	A	1		0.000	0.000	
10:0....g	0.000		1	A	1		0.000	0.000	
12:0....g	0.000		1	A	1		0.000	0.000	
13:0....g									
14:0....g	0.257		1	A	1		0.218	0.624	
15:0....g	0.038		1	A	1		0.032	0.092	
16:0....g	1.931		1	A	1		1.641	4.692	
17:0....g	0.103		1	A	1		0.088	0.250	
18:0....g	1.135		1	A	1		0.965	2.758	
20:0....g	0.000		1	A	1		0.000	0.000	
22:0....g	0.000		1	A	1		0.000	0.000	
24:0....g									
Fatty acids, total monounsaturated....g	3.616		0	NC	4		3.073	8.786	
14:1....g	0.055		1	A	1		0.047	0.133	
15:1....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated....g	0.234		1	A	1		0.199	0.568	
17:1....g	0.000		1	A	1		0.000	0.000	
18:1 undifferentiated....g	3.316		0	AS	1		2.819	8.058	
18:1 c....g	3.052		1	A	1		2.594	7.416	
18:1 t....g	0.264		1	A	1		0.224	0.641	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.011		1	A	1		0.009	0.026	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.498		0	NC	4		0.423	1.210	
18:2 undifferentiated....g	0.415		0	AS	1		0.353	1.008	
18:2 n-6 c,c....g	0.344		1	A	1		0.292	0.836	
18:2 CLAs....g									
18:2 t,t....g	0.071		1	A	1		0.060	0.173	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.019		0	AS	1		0.016	0.046	
18:3 n-3 c,c,c (ALA)....g	0.019		1	A	1		0.016	0.046	
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000		1	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000		1	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.064		1	A	1		0.054	0.156	
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.335		0	NC	4		0.285	0.814	
Fatty acids, total trans-monoenoic....g	0.264		0	NC	4		0.224	0.641	
Fatty acids, total trans-polyenoic....g	0.071		0	NC	4		0.060	0.173	
Cholesterol....mg	66		4	A	1		56	161	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.127		0	A	1		0.108	0.310	
Threonine....g	0.774		0	A	1		0.658	1.881	
Isoleucine....g	0.882		0	A	1		0.750	2.143	
Leucine....g	1.542		0	A	1		1.311	3.747	

NDB No. 23043

Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	1.638		0	A	1		1.392	3.980	
Methionine g	0.505		0	A	1		0.429	1.226	
Cystine g	0.250		0	A	1		0.213	0.608	
Phenylalanine g	0.766		0	A	1		0.651	1.860	
Tyrosine g	0.618		0	A	1		0.525	1.501	
Valine g	0.962		0	A	1		0.817	2.337	
Arginine g	1.253		0	A	1		1.065	3.046	
Histidine g	0.619		0	A	1		0.526	1.503	
Alanine g	1.178		0	A	1		1.002	2.863	
Aspartic acid g	1.765		0	A	1		1.501	4.290	
Glutamic acid g	2.910		0	A	1		2.473	7.071	
Glycine g	1.180		0	A	1		1.003	2.868	
Proline g	0.924		0	A	1		0.785	2.245	
Serine g	0.763		0	A	1		0.649	1.855	
Hydroxyproline g	0.100		1	A	1		0.085	0.243	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 243g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23549

Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Top Blade Roast, Boneless

Refuse: 15% Bone and heavy connective tissue, 15%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	61.57		0	PAK	1		52.34	279.30	
Energy kcal	216		0	NC	4		183	978	
Energy kJ	902		0	NC	4		767	4091	
Protein (N x 6.25) g	25.73		0	PAK	1		21.87	116.71	
Total lipid (fat) g	11.73		0	PAK	1		9.97	53.22	
Ash g	1.09		0	PAK	1		0.92	4.93	
Carbohydrate, by difference g	0.00		0	PIK	4		0.00	0.00	
Fiber, total dietary g	0.0		0	PIK	4		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	7		0	PIK	4		6	33	
Iron, Fe mg	2.76		0	PIK	4		2.35	12.53	
Magnesium, Mg mg	24		0	PAK	1		20	109	
Phosphorus, P mg	214		0	PIK	4		182	970	
Potassium, K mg	299		0	PAK	1		254	1358	
Sodium, Na mg	67		0	PIK	4		57	306	
Zinc, Zn mg	8.73		0	PAK	1		7.42	39.58	
Copper, Cu mg	0.111		0	PIK	4		0.094	0.502	
Manganese, Mn mg	0.000		0	PAK	1		0.000	0.001	
Selenium, Se µg	19.9		0	PIK	4		16.9	90.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0	0.0	
Thiamin mg	0.121		0	PIK	4		0.103	0.550	
Riboflavin mg	0.227		0	PIK	4		0.193	1.029	
Niacin mg	3.761		0	PIK	4		3.197	17.062	
Pantothenic acid mg	0.937		0	BFPN	4		0.797	4.251	
Vitamin B-6 mg	0.380		0	PIK	4		0.323	1.723	
Folate, total µg	8		0	PIK	4		7	38	
Folic acid µg	0		0	PIK	4		0	0	
Folate, food µg	8		0	PIK	4		7	38	
Folate, DFE µg	8		0	NC	4		7	38	
Choline, total mg	98.0		0	BFPN	4		83.3	444.5	
Betaine mg									
Vitamin B-12 µg	3.51		0	PIK	4		2.99	15.94	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	PIK	4		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.17		0	PIK	4		0.14	0.77	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23549

Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.906		0	PIK	4		3.320	17.718	
4:0....g	0.000		0	PAK	1		0.000	0.000	
6:0....g	0.000		0	PAK	1		0.000	0.000	
8:0....g	0.000		0	PAK	1		0.000	0.000	
10:0....g	0.007		0	PAK	1		0.006	0.032	
12:0....g	0.012		0	PAK	1		0.010	0.056	
13:0....g									
14:0....g	0.255		0	PAK	1		0.217	1.159	
15:0....g									
16:0....g	2.322		0	PAK	1		1.974	10.535	
17:0....g									
18:0....g	1.288		0	PAK	1		1.094	5.840	
20:0....g	0.021		0	PAK	1		0.018	0.097	
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.425		0	PIK	4		4.611	24.607	
14:1....g	0.070		0	PAK	1		0.060	0.318	
15:1....g									
16:1 undifferentiated....g	0.322		0	PAK	1		0.274	1.462	
17:1....g									
18:1 undifferentiated....g	5.028		0	PAK	1		4.274	22.807	
20:1....g	0.004		0	PAK	1		0.004	0.020	
22:1 undifferentiated....g	0.000		0	PAK	1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.429		0	PIK	4		0.365	1.945	
18:2 undifferentiated....g	0.332		0	PAK	1		0.282	1.506	
18:3 undifferentiated....g	0.064		0	PAK	1		0.054	0.290	
18:4....g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.033		0	PAK	1		0.028	0.150	
20:5 n-3 (EPA)....g	0.000		0	PAK	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	PAK	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	61		0	PAK	1		52	278	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.278		0	PAK	1		0.236	1.260	
Threonine....g	1.188		0	PAK	1		1.010	5.391	
Isoleucine....g	1.327		0	PAK	1		1.128	6.018	
Leucine....g	2.272		0	PAK	1		1.931	10.306	
Lysine....g	2.412		0	PAK	1		2.050	10.940	
Methionine....g	0.729		0	PAK	1		0.620	3.307	
Cystine....g	0.276		0	PAK	1		0.235	1.254	
Phenylalanine....g	1.114		0	PAK	1		0.947	5.055	
Tyrosine....g	0.942		0	PAK	1		0.801	4.274	
Valine....g	1.390		0	PAK	1		1.181	6.304	
Arginine....g	1.732		0	PAK	1		1.473	7.858	
Histidine....g	0.830		0	PAK	1		0.705	3.765	
Alanine....g	1.555		0	PAK	1		1.322	7.054	
Aspartic acid....g	2.563		0	PAK	1		2.178	11.624	
Glutamic acid....g	4.122		0	PAK	1		3.503	18.696	
Glycine....g	1.225		0	PAK	1		1.041	5.557	
Proline....g	1.088		0	PAK	1		0.925	4.937	
Serine....g	1.032		0	PAK	1		0.877	4.681	
Hydroxyproline....g	0.118		0	PAK	1		0.100	0.534	
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	
Caffeine....mg	0		0	PIK	4		0	0	

NDB No. 23549

Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23523

Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled

Top Blade Roast, Boneless, URMIS #1959

Refuse: 13% Bone and heavy connective tissue, 13%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	60.69		0	PAK	1		51.59	275.30	
Energy kcal	227		0	NC	4		193	1028	
Energy kJ	948		0	NC	4		806	4300	
Protein (N x 6.25) g	25.77		0	PAK	1		21.91	116.91	
Total lipid (fat) g	12.93		0	PAK	1		10.99	58.65	
Ash g	1.02		0	PAK	1		0.86	4.61	
Carbohydrate, by difference g	0.00		0	PIK	4		0.00	0.00	
Fiber, total dietary g	0.0		0	PIK	4		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	7		0	PIK	4		6	33	
Iron, Fe mg	2.77		0	PIK	4		2.36	12.58	
Magnesium, Mg mg	24		0	PAK	1		20	109	
Phosphorus, P mg	215		0	PIK	4		183	974	
Potassium, K mg	300		0	PAK	1		255	1361	
Sodium, Na mg	68		0	PIK	4		57	307	
Zinc, Zn mg	8.76		0	PAK	1		7.44	39.72	
Copper, Cu mg	0.111		0	PIK	4		0.094	0.504	
Manganese, Mn mg	0.000		0	PAK	1		0.000	0.001	
Selenium, Se µg	19.9		0	PIK	4		16.9	90.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0	0.0	
Thiamin mg	0.110		0	PIK	4		0.093	0.499	
Riboflavin mg	0.229		0	PIK	4		0.195	1.039	
Niacin mg	3.619		0	PIK	4		3.076	16.414	
Pantothenic acid mg	0.892		0	BFPN	4		0.758	4.046	
Vitamin B-6 mg	0.320		0	PIK	4		0.272	1.452	
Folate, total µg	8		0	PIK	4		7	37	
Folic acid µg	0		0	PIK	4		0	0	
Folate, food µg	8		0	PIK	4		7	37	
Folate, DFE µg	8		0	NC	4		7	37	
Choline, total mg	98.2		0	BFPN	4		83.4	445.3	
Betaine mg									
Vitamin B-12 µg	3.38		0	PIK	4		2.87	15.33	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	PIK	4		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.18		0	PIK	4		0.15	0.81	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23523

Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.162		0	PIK	4		3.538	18.881	
4:0....g	0.000		0	PAK	1		0.000	0.000	
6:0....g	0.000		0	PAK	1		0.000	0.000	
8:0....g	0.000		0	PAK	1		0.000	0.000	
10:0....g	0.006		0	PAK	1		0.005	0.027	
12:0....g	0.015		0	PAK	1		0.013	0.069	
13:0....g									
14:0....g	0.266		0	PAK	1		0.226	1.209	
15:0....g									
16:0....g	2.471		0	PAK	1		2.100	11.208	
17:0....g									
18:0....g	1.375		0	PAK	1		1.168	6.235	
20:0....g	0.029		0	PAK	1		0.025	0.133	
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.269		0	PIK	4		5.329	28.436	
14:1....g	0.078		0	PAK	1		0.067	0.355	
15:1....g									
16:1 undifferentiated....g	0.362		0	PAK	1		0.308	1.642	
17:1....g									
18:1 undifferentiated....g	5.825		0	PAK	1		4.951	26.422	
20:1....g	0.004		0	PAK	1		0.003	0.017	
22:1 undifferentiated....g	0.000		0	PAK	1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.459		0	PIK	4		0.390	2.082	
18:2 undifferentiated....g	0.358		0	PAK	1		0.304	1.624	
18:3 undifferentiated....g	0.072		0	PAK	1		0.061	0.325	
18:4....g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.029		0	PAK	1		0.025	0.133	
20:5 n-3 (EPA)....g	0.000		0	PAK	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	PAK	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	58		0	PAK	1		49	261	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.278		0	PAK	1		0.237	1.262	
Threonine....g	1.191		0	PAK	1		1.012	5.400	
Isoleucine....g	1.329		0	PAK	1		1.130	6.030	
Leucine....g	2.276		0	PAK	1		1.935	10.325	
Lysine....g	2.416		0	PAK	1		2.054	10.961	
Methionine....g	0.730		0	PAK	1		0.621	3.313	
Cystine....g	0.277		0	PAK	1		0.235	1.256	
Phenylalanine....g	1.117		0	PAK	1		0.949	5.065	
Tyrosine....g	0.944		0	PAK	1		0.802	4.281	
Valine....g	1.392		0	PAK	1		1.184	6.316	
Arginine....g	1.736		0	PAK	1		1.475	7.872	
Histidine....g	0.831		0	PAK	1		0.707	3.771	
Alanine....g	1.558		0	PAK	1		1.324	7.066	
Aspartic acid....g	2.567		0	PAK	1		2.182	11.645	
Glutamic acid....g	4.129		0	PAK	1		3.510	18.729	
Glycine....g	1.227		0	PAK	1		1.043	5.565	
Proline....g	1.090		0	PAK	1		0.927	4.945	
Serine....g	1.034		0	PAK	1		0.879	4.689	
Hydroxyproline....g	0.118		0	PAK	1		0.100	0.535	
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	
Caffeine....mg	0		0	PIK	4		0	0	

NDB No. 23523

Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23525

Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled

Top Blade Roast, Boneless, URMIS #1144

Refuse: 16% Bone and heavy connective tissue, 16%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	62.86		0	PAK	1		53.43	285.14	
Energy kcal	200		0	NC	4		170	906	
Energy kJ	835		0	NC	4		710	3788	
Protein (N x 6.25) g	25.67		0	PAK	1		21.82	116.42	
Total lipid (fat) g	9.99		0	PAK	1		8.49	45.31	
Ash g	1.19		0	PAK	1		1.01	5.38	
Carbohydrate, by difference g	0.00		0	PIK	4		0.00	0.00	
Fiber, total dietary g	0.0		0	PIK	4		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	7		0	PIK	4		6	33	
Iron, Fe mg	2.74		0	PIK	4		2.33	12.45	
Magnesium, Mg mg	24		0	PAK	1		20	108	
Phosphorus, P mg	212		0	PIK	4		181	963	
Potassium, K mg	298		0	PAK	1		254	1353	
Sodium, Na mg	67		0	PIK	4		57	304	
Zinc, Zn mg	8.68		0	PAK	1		7.38	39.37	
Copper, Cu mg	0.110		0	PIK	4		0.094	0.499	
Manganese, Mn mg	0.000		0	PAK	1		0.000	0.001	
Selenium, Se µg	19.9		0	PIK	4		16.9	90.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0	0.0	
Thiamin mg	0.138		0	PIK	4		0.117	0.624	
Riboflavin mg	0.224		0	PIK	4		0.190	1.014	
Niacin mg	3.970		0	PIK	4		3.374	18.006	
Pantothenic acid mg	0.980		0	BFPN	4		0.833	4.444	
Vitamin B-6 mg	0.467		0	PIK	4		0.397	2.118	
Folate, total µg	9		0	PIK	4		7	39	
Folic acid µg	0		0	PIK	4		0	0	
Folate, food µg	9		0	PIK	4		7	39	
Folate, DFE µg	9		0	NC	4		7	39	
Choline, total mg	97.8		0	BFPN	4		83.1	443.4	
Betaine mg									
Vitamin B-12 µg	3.71		0	PIK	4		3.15	16.82	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	PIK	4		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.16		0	PIK	4		0.13	0.72	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23525

Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.533		0	PIK	4		3.003	16.024	
4:0....g	0.000		0	PAK	1		0.000	0.000	
6:0....g	0.000		0	PAK	1		0.000	0.000	
8:0....g	0.000		0	PAK	1		0.000	0.000	
10:0....g	0.009		0	PAK	1		0.007	0.039	
12:0....g	0.008		0	PAK	1		0.007	0.036	
13:0....g									
14:0....g	0.240		0	PAK	1		0.204	1.087	
15:0....g									
16:0....g	2.106		0	PAK	1		1.790	9.553	
17:0....g									
18:0....g	1.161		0	PAK	1		0.987	5.265	
20:0....g	0.010		0	PAK	1		0.008	0.044	
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.195		0	PIK	4		3.566	19.029	
14:1....g	0.058		0	PAK	1		0.049	0.263	
15:1....g									
16:1 undifferentiated....g	0.265		0	PAK	1		0.225	1.201	
17:1....g									
18:1 undifferentiated....g	3.867		0	PAK	1		3.287	17.540	
20:1....g	0.005		0	PAK	1		0.005	0.025	
22:1 undifferentiated....g	0.000		0	PAK	1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.385		0	PIK	4		0.327	1.746	
18:2 undifferentiated....g	0.294		0	PAK	1		0.250	1.332	
18:3 undifferentiated....g	0.053		0	PAK	1		0.045	0.238	
18:4....g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.039		0	PAK	1		0.033	0.176	
20:5 n-3 (EPA)....g	0.000		0	PAK	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	PAK	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	67		0	PAK	1		57	302	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.277		0	PAK	1		0.236	1.257	
Threonine....g	1.185		0	PAK	1		1.008	5.377	
Isoleucine....g	1.323		0	PAK	1		1.125	6.001	
Leucine....g	2.266		0	PAK	1		1.926	10.278	
Lysine....g	2.405		0	PAK	1		2.044	10.910	
Methionine....g	0.727		0	PAK	1		0.618	3.298	
Cystine....g	0.276		0	PAK	1		0.234	1.251	
Phenylalanine....g	1.111		0	PAK	1		0.945	5.041	
Tyrosine....g	0.940		0	PAK	1		0.799	4.262	
Valine....g	1.386		0	PAK	1		1.178	6.287	
Arginine....g	1.728		0	PAK	1		1.469	7.837	
Histidine....g	0.828		0	PAK	1		0.704	3.756	
Alanine....g	1.551		0	PAK	1		1.319	7.036	
Aspartic acid....g	2.556		0	PAK	1		2.172	11.593	
Glutamic acid....g	4.111		0	PAK	1		3.494	18.646	
Glycine....g	1.223		0	PAK	1		1.039	5.545	
Proline....g	1.086		0	PAK	1		0.923	4.925	
Serine....g	1.029		0	PAK	1		0.875	4.668	
Hydroxyproline....g	0.117		0	PAK	1		0.099	0.531	
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	
Caffeine....mg	0		0	PIK	4		0	0	

NDB No. 23525

Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23511

Beef, chuck, top blade, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Top Blade Roast, Boneless

Refuse: 17% Bone and heavy connective tissue, 15%, separable fat, 2%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	62.72		0	PAK	1		53.32	284.52	
Energy kcal	203		0	NC	4		173	922	
Energy kJ	850		0	NC	4		723	3858	
Protein (N x 6.25) g	26.13		0	PAK	1		22.21	118.53	
Total lipid (fat) g	10.16		0	PAK	1		8.64	46.11	
Ash g	1.10		0	PAK	1		0.94	5.00	
Carbohydrate, by difference g	0.00		0	PIK	4		0.00	0.00	
Fiber, total dietary g	0.0		0	PIK	4		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	7		0	PIK	4		6	33	
Iron, Fe mg	2.81		0	PIK	4		2.39	12.73	
Magnesium, Mg mg	24		0	PAK	1		21	111	
Phosphorus, P mg	217		0	PIK	4		185	986	
Potassium, K mg	304		0	PAK	1		259	1380	
Sodium, Na mg	68		0	PIK	4		58	309	
Zinc, Zn mg	8.92		0	PAK	1		7.58	40.46	
Copper, Cu mg	0.112		0	PIK	4		0.096	0.510	
Manganese, Mn mg									
Selenium, Se µg	20.0		0	PAK	1		17.0	90.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0	0.0	
Thiamin mg	0.124		0	PIK	4		0.105	0.561	
Riboflavin mg	0.230		0	PIK	4		0.196	1.045	
Niacin mg	3.821		0	PIK	4		3.248	17.333	
Pantothenic acid mg									
Vitamin B-6 mg	0.387		0	PIK	4		0.329	1.754	
Folate, total µg	8		0	PIK	4		7	38	
Folic acid µg	0		0	PIK	4		0	0	
Folate, food µg	8		0	PIK	4		7	38	
Folate, DFE µg	8		0	NC	4		7	38	
Choline, total mg	99.5		0	BFPN	4		84.6	451.4	
Betaine mg									
Vitamin B-12 µg	3.57		0	PIK	4		3.03	16.17	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	PIK	4		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.17		0	PIK	4		0.15	0.79	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23511

Beef, chuck, top blade, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.250		0	PIK	4		2.762	14.740	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g									
12:0....g	0.006		0	PAK	1		0.005	0.027	
13:0....g									
14:0....g	0.200		0	PAK	1		0.170	0.906	
15:0....g									
16:0....g	1.910		0	PAK	1		1.624	8.665	
17:0....g									
18:0....g	1.112		0	PAK	1		0.945	5.044	
20:0....g	0.022		0	PAK	1		0.019	0.099	
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.753		0	PIK	4		4.040	21.561	
14:1....g	0.072		0	PAK	1		0.061	0.326	
15:1....g									
16:1 undifferentiated....g	0.247		0	PAK	1		0.210	1.121	
17:1....g									
18:1 undifferentiated....g	4.434		0	PAK	1		3.769	20.114	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.369		0	PIK	4		0.314	1.675	
18:2 undifferentiated....g	0.297		0	PAK	1		0.253	1.349	
18:3 undifferentiated....g	0.038		0	PAK	1		0.032	0.171	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.034		0	PAK	1		0.029	0.155	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	60		0	PAK	1		51	274	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.282		0	PAK	1		0.240	1.279	
Threonine....g	1.208		0	PAK	1		1.027	5.478	
Isoleucine....g	1.349		0	PAK	1		1.147	6.121	
Leucine....g	2.310		0	PAK	1		1.964	10.479	
Lysine....g	2.452		0	PAK	1		2.085	11.124	
Methionine....g	0.741		0	PAK	1		0.630	3.362	
Cystine....g	0.281		0	PAK	1		0.239	1.273	
Phenylalanine....g	1.133		0	PAK	1		0.963	5.139	
Tyrosine....g	0.958		0	PAK	1		0.814	4.344	
Valine....g	1.413		0	PAK	1		1.201	6.409	
Arginine....g	1.761		0	PAK	1		1.496	7.986	
Histidine....g	0.842		0	PAK	1		0.716	3.821	
Alanine....g	1.579		0	PAK	1		1.343	7.164	
Aspartic acid....g	2.605		0	PAK	1		2.214	11.816	
Glutamic acid....g	4.189		0	PAK	1		3.560	19.000	
Glycine....g	1.242		0	PAK	1		1.056	5.635	
Proline....g	1.105		0	PAK	1		0.939	5.011	
Serine....g	1.048		0	PAK	1		0.891	4.756	
Hydroxyproline....g	0.121		0	PAK	1		0.103	0.548	
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	
Caffeine....mg	0		0	PIK	4		0	0	

NDB No. 23511

Beef, chuck, top blade, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13965

Beef, chuck, top blade, separable lean only, trimmed to 0" fat, choice, cooked, broiled

Top Blade Roast, Boneless, URMIS #1959

Refuse: 15% Bone and heavy connective tissue, 13%, separable fat, 2%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	61.63	0.753	8	A	1		52.39		
Energy kcal	217		0	NC	4		184		
Energy kJ	906		0	NC	4		770		
Protein (N x 6.25) g	26.11	0.438	8	A	1		22.19		
Total lipid (fat) g	11.65	0.877	8	A	1		9.90		
Ash g	1.03	0.039	8	A	1		0.88		
Carbohydrate, by difference g	0.00		0	Z	7		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	7		0	BFNY	4		6		
Iron, Fe mg	2.81		0	BFNY	4		2.39		
Magnesium, Mg mg	24	0.001	4	A	1		21		
Phosphorus, P mg	218		0	BFNY	4		185		
Potassium, K mg	304	0.006	4	A	1		259		
Sodium, Na mg	68		0	BFNY	4		58		
Zinc, Zn mg	8.92	0.000	4	A	1		7.58		
Copper, Cu mg	0.113		0	BFNY	4		0.096		
Manganese, Mn mg									
Selenium, Se µg	20.0	0.000	4	A	1		17.0		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.112		0	BFPY	4		0.095		
Riboflavin mg	0.232		0	BFPY	4		0.197		
Niacin mg	3.665		0	BFPY	4		3.115		
Pantothenic acid mg									
Vitamin B-6 mg	0.324		0	BFPY	4		0.276		
Folate, total µg	8		0	BFPY	4		7		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	8		0	BFPY	4		7		
Folate, DFE µg	8		0	NC	4		7		
Choline, total mg	99.4		0	BFPN	4		84.5		
Betaine mg									
Vitamin B-12 µg	3.42		0	BFPY	4		2.91		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	0		0	AS	1		0		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	0		0	AS	1		0		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.18		0	NR	4		0.15		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13965

Beef, chuck, top blade, separable lean only, trimmed to 0" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.620		0	NC	4		3.077		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g									
12:0....g	0.010	0.000	4	A	1		0.009		
13:0....g									
14:0....g	0.220	0.020	4	A	1		0.187		
15:0....g									
16:0....g	2.130	0.070	4	A	1		1.811		
17:0....g									
18:0....g	1.230	0.095	4	A	1		1.046		
20:0....g	0.030	0.005	4	A	1		0.026		
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.730		0	NC	4		4.871		
14:1....g	0.080	0.010	4	A	1		0.068		
15:1....g									
16:1 undifferentiated....g	0.300	0.025	4	A	1		0.255		
17:1....g									
18:1 undifferentiated....g	5.350	0.600	4	A	1		4.548		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.410		0	NC	4		0.349		
18:2 undifferentiated....g	0.330	0.020	4	A	1		0.281		
18:3 undifferentiated....g	0.050	0.005	4	A	1		0.043		
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.030	0.005	4	A	1		0.026		
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	93		0	BFSN	4		79		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.282		0	A	1		0.240		
Threonine....g	1.207		0	A	1		1.026		
Isoleucine....g	1.348		0	A	1		1.146		
Leucine....g	2.308		0	A	1		1.962		
Lysine....g	2.450		0	A	1		2.083		
Methionine....g	0.741		0	A	1		0.630		
Cystine....g	0.280		0	A	1		0.238		
Phenylalanine....g	1.132		0	A	1		0.962		
Tyrosine....g	0.957		0	A	1		0.813		
Valine....g	1.412		0	A	1		1.200		
Arginine....g	1.759		0	A	1		1.495		
Histidine....g	0.842		0	A	1		0.715		
Alanine....g	1.578		0	A	1		1.341		
Aspartic acid....g	2.603		0	A	1		2.212		
Glutamic acid....g	4.185		0	A	1		3.558		
Glycine....g	1.241		0	A	1		1.055		
Proline....g	1.104		0	A	1		0.938		
Serine....g	1.048		0	A	1		0.891		
Hydroxyproline....g	0.121		0	BFPN	4		0.103		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 13965

Beef, chuck, top blade, separable lean only, trimmed to 0" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate**3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13967

Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled

Top Blade Roast, Boneless, URMIS #1144

Refuse: 19% Bone and heavy connective tissue, 16%, separable fat, 3%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	64.32	0.678	6	A	1		54.67		
Energy kcal	184		0	NC	4		156		
Energy kJ	769		0	NC	4		654		
Protein (N x 6.25) g	26.16	0.931	6	A	1		22.24		
Total lipid (fat) g	8.00	0.796	6	A	1		6.80		
Ash g	1.21	0.078	6	A	1		1.03		
Carbohydrate, by difference g	0.00		0	Z	7		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	7		0	BFNY	4		6		
Iron, Fe mg	2.80		0	BFNY	4		2.38		
Magnesium, Mg mg	24	0.001	4	A	1		21		
Phosphorus, P mg	217		0	BFNY	4		184		
Potassium, K mg	304	0.006	4	A	1		259		
Sodium, Na mg	68		0	BFNY	4		58		
Zinc, Zn mg	8.92	0.000	4	A	1		7.58		
Copper, Cu mg	0.112		0	BFNY	4		0.095		
Manganese, Mn mg									
Selenium, Se µg	20.0	0.000	4	A	1		17.0		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.141		0	BFYN	4		0.120		
Riboflavin mg	0.228		0	BFYN	4		0.194		
Niacin mg	4.049		0	BFYN	4		3.442		
Pantothenic acid mg									
Vitamin B-6 mg	0.478		0	BFYN	4		0.406		
Folate, total µg	9		0	BFYN	4		7		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	9		0	BFYN	4		7		
Folate, DFE µg	9		0	NC	4		7		
Choline, total mg	99.6		0	BFPN	4		84.7		
Betaine mg									
Vitamin B-12 µg	3.78		0	BFYN	4		3.21		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	0		0	AS	1		0		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	0		0	AS	1		0		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.16		0	NR	4		0.14		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13967

Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.710		0	NC	4		2.304		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g									
12:0....g	0.000	0.000	3	A	1		0.000		
13:0....g									
14:0....g	0.170	0.017	3	A	1		0.145		
15:0....g									
16:0....g	1.590	0.115	3	A	1		1.352		
17:0....g									
18:0....g	0.940	0.098	3	A	1		0.799		
20:0....g	0.010	0.000	3	A	1		0.009		
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.330		0	NC	4		2.831		
14:1....g	0.060	0.006	3	A	1		0.051		
15:1....g									
16:1 undifferentiated....g	0.170	0.012	3	A	1		0.145		
17:1....g									
18:1 undifferentiated....g	3.100	0.092	3	A	1		2.635		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.310		0	NC	4		0.264		
18:2 undifferentiated....g	0.250	0.012	3	A	1		0.213		
18:3 undifferentiated....g	0.020	0.006	3	A	1		0.017		
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.040	0.006	3	A	1		0.034		
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	94		0	BFSN	4		80		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.282		0	A	1		0.240		
Threonine....g	1.209		0	A	1		1.028		
Isoleucine....g	1.351		0	A	1		1.148		
Leucine....g	2.313		0	A	1		1.966		
Lysine....g	2.455		0	A	1		2.087		
Methionine....g	0.742		0	A	1		0.631		
Cystine....g	0.281		0	A	1		0.239		
Phenylalanine....g	1.134		0	A	1		0.964		
Tyrosine....g	0.959		0	A	1		0.815		
Valine....g	1.415		0	A	1		1.202		
Arginine....g	1.763		0	A	1		1.498		
Histidine....g	0.843		0	A	1		0.717		
Alanine....g	1.581		0	A	1		1.344		
Aspartic acid....g	2.608		0	A	1		2.217		
Glutamic acid....g	4.193		0	A	1		3.564		
Glycine....g	1.244		0	A	1		1.057		
Proline....g	1.106		0	A	1		0.940		
Serine....g	1.050		0	A	1		0.892		
Hydroxyproline....g	0.121		0	BFPN	4		0.103		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 13967

Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate**3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23105

Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grille

Beef, Chuck, Denver Cut (Serratus Ventralis steaks), URMIS #1098

Refuse: 1% Connective tissue 1%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	59.08	0.678	35	AR	1		50.22	208.55	
Energy kcal	227		0	NC	4		193	803	
Energy kJ	952		0	NC	4		809	3361	
Protein (N x 6.25) g	26.18	0.375	35	AR	1		22.25	92.40	
Total lipid (fat) g	13.54	1.457	35	AR	1		11.51	47.80	
Ash g	0.99	0.087	35	AR	1		0.84	3.50	
Carbohydrate, by difference g	0.21		0	NC	4		0.18	0.74	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	13		3	AR	1		11	48	
Iron, Fe mg	3.26		3	AR	1		2.77	11.50	
Magnesium, Mg mg	23		3	AR	1		19	80	
Phosphorus, P mg	202		3	AR	1		172	713	
Potassium, K mg	310		3	AR	1		263	1093	
Sodium, Na mg	73		3	AR	1		62	257	
Zinc, Zn mg	9.85		3	AR	1		8.37	34.77	
Copper, Cu mg	0.108		3	AR	1		0.092	0.380	
Manganese, Mn mg	0.016		3	AR	1		0.014	0.058	
Selenium, Se µg	29.9		3	AR	1		25.4	105.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.089		2	AR	1		0.076	0.315	
Riboflavin mg	0.243		3	AR	1		0.207	0.858	
Niacin mg	3.591		3	AR	1		3.052	12.675	
Pantothenic acid mg	0.909		2	AR	1		0.772	3.207	
Vitamin B-6 mg	0.413		3	AR	1		0.351	1.458	
Folate, total µg	6		0	BFPN	4		5	22	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	6		0	BFPN	4		5	22	
Folate, DFE µg	6		0	NC	4		5	22	
Choline, total mg	90.0		2	AR	1		76.5	317.6	
Betaine mg	20.6		2	AR	1		17.5	72.7	
Vitamin B-12 µg	3.68		3	AR	1		3.13	13.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	7		0	NC	4		6	24	
Retinol µg	7		0	BFSN	4		6	24	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	23		0	NC	4		19	80	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.08		3	AR	1		0.07	0.29	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.4	
Vitamin D IU	5		0	BFSN	4		4	18	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	5.5	
Dihydrophylloquinone µg									

NDB No. 23105

Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grille

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	5.692		0	NC	4		4.838	20.093	
4:0 g	0.000		0	Z	7		0.000	0.000	
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.000		0	Z	7		0.000	0.000	
12:0 g	0.000		0	Z	7		0.000	0.000	
13:0 g									
14:0 g	0.378	0.028	6	AR	1		0.321	1.335	
15:0 g									
16:0 g	3.084	0.227	6	AR	1		2.621	10.887	
17:0 g	0.176	0.014	6	AR	1		0.149	0.620	
18:0 g	2.035	0.115	6	AR	1		1.730	7.184	
20:0 g	0.005	0.002	6	AR	1		0.004	0.016	
22:0 g									
24:0 g	0.015	0.000	6	AR	1		0.012	0.052	
Fatty acids, total monounsaturated g	6.809		0	NC	4		5.787	24.034	
14:1 g	0.075	0.006	6	AR	1		0.064	0.266	
15:1 g									
16:1 undifferentiated g	0.447		0	AS	1		0.380	1.576	
16:1 c g	0.447	0.018	6	AR	1		0.380	1.576	
16:1 t g									
17:1 g	0.127	0.008	6	AR	1		0.108	0.449	
18:1 undifferentiated g	6.133		0	AS	1		5.213	21.651	
18:1 c g	5.266	0.282	6	AR	1		4.476	18.588	
18:1 t g	0.868	0.072	6	AR	1		0.738	3.063	
18:1-11 t (18:1t n-7) g	0.564	0.037	6	AR	1		0.479	1.991	
20:1 g	0.026	0.005	6	AR	1		0.022	0.092	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.790		0	NC	4		0.671	2.788	
18:2 undifferentiated g	0.673		0	AS	1		0.572	2.374	
18:2 n-6 c,c g	0.615	0.035	6	AR	1		0.523	2.171	
18:2 CLAs g	0.057	0.006	6	AR	1		0.049	0.203	
18:2 t,t g									
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.025		0	AS	1		0.021	0.089	
18:3 n-3 c,c,c (ALA) g	0.025	0.003	6	AR	1		0.021	0.089	
18:3 n-6 c,c,c g									
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.001	0.001	6	AR	1		0.001	0.004	
20:3 undifferentiated g									
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.088	0.006	6	AR	1		0.075	0.311	
20:4 n-6 g									
20:5 n-3 (EPA) g	0.002	0.000	6	AR	1		0.002	0.007	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.001	0.000	6	AR	1		0.000	0.002	
22:6 n-3 (DHA) g	0.000	0.000	6	AR	1		0.000	0.001	
Fatty acids, total trans g	0.868		0	NC	4		0.738	3.063	
Fatty acids, total trans-monoenoic g	0.868		0	NC	4		0.738	3.063	
Fatty acids, total trans-polyenoic g									
Cholesterol mg	93	8.310	6	AR	1		79	327	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.295		0	AR	1		0.251	1.041	
Threonine g	1.152		0	AR	1		0.979	4.066	

NDB No. 23105

Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grille

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Isoleucine....g	1.113		0	AR	1		0.946	3.929	
Leucine....g	2.106		0	AR	1		1.790	7.433	
Lysine....g	2.289		0	AR	1		1.945	8.079	
Methionine....g	0.743		0	AR	1		0.632	2.624	
Cystine....g	0.275		0	AR	1		0.234	0.970	
Phenylalanine....g	0.996		0	AR	1		0.847	3.517	
Tyrosine....g	0.903		0	AR	1		0.767	3.186	
Valine....g	1.183		0	AR	1		1.006	4.176	
Arginine....g	1.723		0	AR	1		1.465	6.084	
Histidine....g	0.848		0	AR	1		0.721	2.994	
Alanine....g	1.493		0	AR	1		1.269	5.270	
Aspartic acid....g	2.348		0	AR	1		1.995	8.287	
Glutamic acid....g	4.140		0	AR	1		3.519	14.614	
Glycine....g	1.194		0	AR	1		1.015	4.215	
Proline....g	1.076		0	AR	1		0.914	3.797	
Serine....g	1.005		0	AR	1		0.855	3.549	
Hydroxyproline....g	0.179		0	BFPN	4		0.152	0.631	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 353g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23108

Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, raw

Beef, Chuck. Denver Cut (Serratus Ventralis steak), URMIS #1098

Refuse: 2% Connective tissue 2%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	68.11	1.752	36	AR	1		57.89	322.15	
Energy kcal	182		0	NC	4		155	862	
Energy kJ	762		0	NC	4		648	3604	
Protein (N x 6.25) g	18.99	0.285	36	AR	1		16.14	89.82	
Total lipid (fat) g	11.64	1.982	36	AR	1		9.90	55.07	
Ash g	0.90	0.079	36	AR	1		0.77	4.27	
Carbohydrate, by difference g	0.36		0	NC	4		0.30	1.69	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	11		3	AR	1		10	54	
Iron, Fe mg	2.38		3	AR	1		2.02	11.25	
Magnesium, Mg mg	20		3	AR	1		17	93	
Phosphorus, P mg	178		3	AR	1		151	840	
Potassium, K mg	315		3	AR	1		267	1488	
Sodium, Na mg	76		3	AR	1		64	358	
Zinc, Zn mg	7.40		3	AR	1		6.29	34.99	
Copper, Cu mg	0.075		3	AR	1		0.064	0.354	
Manganese, Mn mg	0.014		3	AR	1		0.012	0.065	
Selenium, Se µg	21.2		3	AR	1		18.0	100.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.080		2	AR	1		0.068	0.376	
Riboflavin mg	0.191		3	AR	1		0.162	0.902	
Niacin mg	3.252		3	AR	1		2.764	15.382	
Pantothenic acid mg	0.786		2	AR	1		0.668	3.720	
Vitamin B-6 mg	0.399		3	AR	1		0.339	1.887	
Folate, total µg	3		0	BFPN	4		3	14	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	3		0	BFPN	4		3	14	
Folate, DFE µg	3		0	NC	4		3	14	
Choline, total mg	69.8		2	AR	1		59.3	330.2	
Betaine mg	20.8		2	AR	1		17.7	98.3	
Vitamin B-12 µg	3.03		3	AR	1		2.58	14.33	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	4		0	NC	4		3	18	
Retinol µg	4		0	BFSN	4		3	18	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	13		0	NC	4		11	61	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.14		3	AR	1		0.12	0.66	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.5	
Vitamin D IU	4		0	BFSN	4		4	20	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	7.2	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23108

Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.831		0	NC	4		4.106	22.848	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	Z	7		0.000	0.000	
12:0....g	0.000		0	Z	7		0.000	0.000	
13:0....g									
14:0....g	0.319	0.015	6	AR	1		0.271	1.511	
15:0....g									
16:0....g	2.602	0.090	6	AR	1		2.211	12.306	
17:0....g	0.151	0.006	6	AR	1		0.128	0.712	
18:0....g	1.747	0.093	6	AR	1		1.485	8.261	
20:0....g	0.003	0.001	6	AR	1		0.003	0.014	
22:0....g									
24:0....g	0.009	0.000	6	AR	1		0.008	0.044	
Fatty acids, total monounsaturated....g	5.643		0	NC	4		4.797	26.692	
14:1....g	0.066	0.003	6	AR	1		0.056	0.311	
15:1....g									
16:1 undifferentiated....g	0.359		0	AS	1		0.305	1.698	
16:1 c....g	0.359	0.014	6	AR	1		0.305	1.698	
16:1 t....g									
17:1....g	0.106	0.006	6	AR	1		0.090	0.502	
18:1 undifferentiated....g	5.093		0	AS	1		4.329	24.089	
18:1 c....g	4.363	0.128	6	AR	1		3.709	20.638	
18:1 t....g	0.730	0.035	6	AR	1		0.620	3.451	
18:1-11 t (18:1t n-7)....g	0.438	0.039	6	AR	1		0.372	2.072	
20:1....g	0.019	0.002	6	AR	1		0.016	0.092	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.579		0	NC	4		0.492	2.739	
18:2 undifferentiated....g	0.504		0	AS	1		0.428	2.384	
18:2 n-6 c,c....g	0.458	0.034	6	AR	1		0.389	2.165	
18:2 CLAs....g	0.046	0.004	6	AR	1		0.039	0.219	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.022		0	AS	1		0.018	0.102	
18:3 n-3 c,c,c (ALA)....g	0.022	0.001	6	AR	1		0.018	0.102	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.001	0.000	6	AR	1		0.001	0.003	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.052	0.006	6	AR	1		0.044	0.244	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001	0.001	6	AR	1		0.000	0.002	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.001	0.000	6	AR	1		0.001	0.003	
22:6 n-3 (DHA)....g	0.000	0.000	6	AR	1		0.000	0.000	
Fatty acids, total trans....g	0.730		0	NC	4		0.620	3.451	
Fatty acids, total trans-monoenoic....g	0.730		0	NC	4		0.620	3.451	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	69	5.151	6	AR	1		59	326	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.214		0	AR	1		0.182	1.012	
Threonine....g	0.835		0	AR	1		0.710	3.952	
Isoleucine....g	0.808		0	AR	1		0.686	3.820	
Leucine....g	1.528		0	AR	1		1.298	7.225	

NDB No. 23108

Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	1.660		0	AR	1		1.411	7.853	
Methionine....g	0.539		0	AR	1		0.458	2.551	
Cystine....g	0.199		0	AR	1		0.169	0.943	
Phenylalanine....g	0.723		0	AR	1		0.614	3.418	
Tyrosine....g	0.655		0	AR	1		0.557	3.097	
Valine....g	0.858		0	AR	1		0.729	4.059	
Arginine....g	1.250		0	AR	1		1.063	5.914	
Histidine....g	0.615		0	AR	1		0.523	2.910	
Alanine....g	1.083		0	AR	1		0.921	5.123	
Aspartic acid....g	1.703		0	AR	1		1.448	8.055	
Glutamic acid....g	3.003		0	AR	1		2.553	14.205	
Glycine....g	0.866		0	AR	1		0.736	4.098	
Proline....g	0.780		0	AR	1		0.663	3.691	
Serine....g	0.729		0	AR	1		0.620	3.450	
Hydroxyproline....g	0.130		0	BFPN	4		0.110	0.614	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 473g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23106

Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

Beef, Chuck, Denver Cut (Serratus Ventralis steak), URMIS #1098

Refuse: 1% Connective tissue 1%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	58.12	0.771	23	AR	1		49.40	206.91	
Energy kcal	236		0	NC	4		200	839	
Energy kJ	986		0	NC	4		838	3510	
Protein (N x 6.25) g	26.10	0.440	23	AR	1		22.18	92.90	
Total lipid (fat) g	14.41	1.497	23	AR	1		12.25	51.29	
Ash g	0.98	0.088	23	AR	1		0.83	3.47	
Carbohydrate, by difference g	0.40		0	NC	4		0.34	1.42	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	12		2	AR	1		10	43	
Iron, Fe mg	3.27		2	AR	1		2.78	11.63	
Magnesium, Mg mg	23		2	AR	1		19	80	
Phosphorus, P mg	204		2	AR	1		173	725	
Potassium, K mg	313		2	AR	1		266	1115	
Sodium, Na mg	73		2	AR	1		62	258	
Zinc, Zn mg	9.66		2	AR	1		8.21	34.41	
Copper, Cu mg	0.110		2	AR	1		0.093	0.391	
Manganese, Mn mg	0.017		2	AR	1		0.014	0.059	
Selenium, Se µg	31.9		2	AR	1		27.1	113.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.089		1	AR	1		0.076	0.317	
Riboflavin mg	0.240		2	AR	1		0.204	0.854	
Niacin mg	3.575		2	AR	1		3.039	12.728	
Pantothenic acid mg	0.860		1	AR	1		0.731	3.061	
Vitamin B-6 mg	0.395		2	AR	1		0.336	1.407	
Folate, total µg	6		0	BFPN	4		5	23	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	6		0	BFPN	4		5	23	
Folate, DFE µg	6		0	NC	4		5	23	
Choline, total mg	89.2		1	AR	1		75.8	317.7	
Betaine mg	21.3		1	AR	1		18.1	75.9	
Vitamin B-12 µg	3.46		2	AR	1		2.94	12.31	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	7		0	NC	4		6	24	
Retinol µg	7		0	BFSN	4		6	24	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	22		0	NC	4		19	80	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.09		2	AR	1		0.08	0.32	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.5	
Vitamin D IU	5		0	BFSN	4		5	20	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	5.6	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23106

Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	5.963		0	NC	4		5.068	21.227	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	Z	7		0.000	0.000	
12:0....g	0.000		0	Z	7		0.000	0.000	
13:0....g									
14:0....g	0.395	0.035	4	AR	1		0.336	1.407	
15:0....g									
16:0....g	3.190	0.282	4	AR	1		2.711	11.355	
17:0....g	0.181	0.018	4	AR	1		0.154	0.645	
18:0....g	2.175	0.143	4	AR	1		1.849	7.744	
20:0....g	0.006	0.002	4	AR	1		0.005	0.020	
22:0....g									
24:0....g	0.016	0.000	4	AR	1		0.013	0.056	
Fatty acids, total monounsaturated....g	7.020		0	NC	4		5.967	24.990	
14:1....g	0.077	0.007	4	AR	1		0.066	0.275	
15:1....g									
16:1 undifferentiated....g	0.454		0	AS	1		0.385	1.614	
16:1 c....g	0.454	0.022	4	AR	1		0.385	1.614	
16:1 t....g									
17:1....g	0.128	0.010	4	AR	1		0.108	0.454	
18:1 undifferentiated....g	6.337		0	AS	1		5.386	22.559	
18:1 c....g	5.455	0.350	4	AR	1		4.636	19.418	
18:1 t....g	0.882	0.090	4	AR	1		0.750	3.141	
18:1-11 t (18:1t n-7)....g	0.562	0.047	4	AR	1		0.478	2.002	
20:1....g	0.025	0.007	4	AR	1		0.021	0.088	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.806		0	NC	4		0.685	2.869	
18:2 undifferentiated....g	0.685		0	AS	1		0.582	2.439	
18:2 n-6 c,c....g	0.627	0.044	4	AR	1		0.533	2.233	
18:2 CLAs....g	0.058	0.007	4	AR	1		0.049	0.205	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.023		0	AS	1		0.020	0.083	
18:3 n-3 c,c,c (ALA)....g	0.023	0.004	4	AR	1		0.020	0.083	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.001	0.001	4	AR	1		0.001	0.004	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.094	0.007	4	AR	1		0.080	0.334	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002	0.001	4	AR	1		0.002	0.007	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.001	0.000	4	AR	1		0.000	0.002	
22:6 n-3 (DHA)....g	0.000	0.000	4	AR	1		0.000	0.001	
Fatty acids, total trans....g	0.882		0	NC	4		0.750	3.141	
Fatty acids, total trans-monoenoic....g	0.882		0	NC	4		0.750	3.141	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	89	10.323	4	AR	1		76	318	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.294		0	AR	1		0.250	1.046	
Threonine....g	1.148		0	AR	1		0.976	4.087	
Isoleucine....g	1.110		0	AR	1		0.943	3.951	
Leucine....g	2.099		0	AR	1		1.784	7.473	

NDB No. 23106

Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	2.282		0	AR	1		1.939	8.123	
Methionine....g	0.741		0	AR	1		0.630	2.639	
Cystine....g	0.274		0	AR	1		0.233	0.975	
Phenylalanine....g	0.993		0	AR	1		0.844	3.536	
Tyrosine....g	0.900		0	AR	1		0.765	3.204	
Valine....g	1.179		0	AR	1		1.002	4.199	
Arginine....g	1.718		0	AR	1		1.460	6.116	
Histidine....g	0.845		0	AR	1		0.719	3.010	
Alanine....g	1.488		0	AR	1		1.265	5.299	
Aspartic acid....g	2.340		0	AR	1		1.989	8.332	
Glutamic acid....g	4.127		0	AR	1		3.508	14.693	
Glycine....g	1.190		0	AR	1		1.012	4.238	
Proline....g	1.072		0	AR	1		0.912	3.818	
Serine....g	1.002		0	AR	1		0.852	3.568	
Hydroxyproline....g	0.178		0	BFPN	4		0.152	0.635	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 356g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23109

Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, raw

Beef, Chuck, Denver Cut (Serratus Ventralis steak), URMIS #1098

Refuse: 1% Connective tissue 1%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	67.31	1.766	24	AR	1		57.21	325.11	
Energy kcal	189		0	NC	4		161	914	
Energy kJ	792		0	NC	4		673	3825	
Protein (N x 6.25) g	18.85	0.307	24	AR	1		16.02	91.06	
Total lipid (fat) g	12.40	2.002	24	AR	1		10.54	59.91	
Ash g	0.90	0.081	24	AR	1		0.76	4.34	
Carbohydrate, by difference g	0.53		0	NC	4		0.45	2.58	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	11		2	AR	1		10	56	
Iron, Fe mg	2.37		2	AR	1		2.02	11.46	
Magnesium, Mg mg	20		2	AR	1		17	95	
Phosphorus, P mg	177		2	AR	1		151	856	
Potassium, K mg	312		2	AR	1		265	1506	
Sodium, Na mg	75		2	AR	1		64	362	
Zinc, Zn mg	7.32		2	AR	1		6.22	35.37	
Copper, Cu mg	0.075		2	AR	1		0.063	0.360	
Manganese, Mn mg	0.014		2	AR	1		0.012	0.066	
Selenium, Se µg	21.5		2	AR	1		18.3	104.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.080		1	AR	1		0.068	0.385	
Riboflavin mg	0.195		2	AR	1		0.166	0.942	
Niacin mg	3.316		2	AR	1		2.819	16.018	
Pantothenic acid mg	0.853		1	AR	1		0.725	4.121	
Vitamin B-6 mg	0.402		2	AR	1		0.342	1.942	
Folate, total µg	3		0	BFPN	4		3	15	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	3		0	BFPN	4		3	15	
Folate, DFE µg	3		0	NC	4		3	15	
Choline, total mg	69.3		1	AR	1		58.9	334.5	
Betaine mg	18.6		1	AR	1		15.8	89.6	
Vitamin B-12 µg	2.90		2	AR	1		2.47	14.01	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	4		0	NC	4		3	18	
Retinol µg	4		0	BFSN	4		3	18	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	13		0	NC	4		11	61	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.15		2	AR	1		0.12	0.71	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.5	
Vitamin D IU	5		0	BFSN	4		4	22	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	7.3	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23109

Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated g	5.137		0	NC	4		4.367	24.813	
4:0 g	0.000		0	Z	7		0.000	0.000	
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.000		0	Z	7		0.000	0.000	
12:0 g	0.000		0	Z	7		0.000	0.000	
13:0 g									
14:0 g	0.337	0.019	4	AR	1		0.286	1.628	
15:0 g									
16:0 g	2.760	0.111	4	AR	1		2.346	13.328	
17:0 g	0.161	0.007	4	AR	1		0.137	0.779	
18:0 g	1.866	0.115	4	AR	1		1.586	9.012	
20:0 g	0.004	0.002	4	AR	1		0.003	0.018	
22:0 g									
24:0 g	0.010	0.001	4	AR	1		0.008	0.047	
Fatty acids, total monounsaturated g	6.040		0	NC	4		5.134	29.175	
14:1 g	0.069	0.004	4	AR	1		0.059	0.335	
15:1 g									
16:1 undifferentiated g	0.385		0	AS	1		0.327	1.858	
16:1 c g	0.385	0.017	4	AR	1		0.327	1.858	
16:1 t g									
17:1 g	0.115	0.007	4	AR	1		0.098	0.556	
18:1 undifferentiated g	5.449		0	AS	1		4.632	26.321	
18:1 c g	4.680	0.159	4	AR	1		3.978	22.603	
18:1 t g	0.770	0.044	4	AR	1		0.654	3.717	
18:1-11 t (18:1t n-7) g	0.475	0.048	4	AR	1		0.403	2.293	
20:1 g	0.022	0.002	4	AR	1		0.019	0.106	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.617		0	NC	4		0.524	2.980	
18:2 undifferentiated g	0.536		0	AS	1		0.455	2.587	
18:2 n-6 c,c g	0.487	0.042	4	AR	1		0.414	2.352	
18:2 CLAs g	0.049	0.005	4	AR	1		0.041	0.235	
18:2 t,t g									
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.024		0	AS	1		0.020	0.116	
18:3 n-3 c,c,c (ALA) g	0.024	0.001	4	AR	1		0.020	0.116	
18:3 n-6 c,c,c g									
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.001	0.000	4	AR	1		0.001	0.003	
20:3 undifferentiated g									
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.056	0.007	4	AR	1		0.047	0.268	
20:4 n-6 g									
20:5 n-3 (EPA) g	0.001	0.001	4	AR	1		0.001	0.003	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.001	0.000	4	AR	1		0.001	0.003	
22:6 n-3 (DHA) g	0.000	0.000	4	AR	1		0.000	0.000	
Fatty acids, total trans g	0.770		0	NC	4		0.654	3.717	
Fatty acids, total trans-monoenoic g	0.770		0	NC	4		0.654	3.717	
Fatty acids, total trans-polyenoic g									
Cholesterol mg	70	6.399	4	AR	1		59	336	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.212		0	AR	1		0.180	1.026	
Threonine g	0.829		0	AR	1		0.705	4.006	
Isoleucine g	0.802		0	AR	1		0.681	3.872	
Leucine g	1.516		0	AR	1		1.289	7.324	

NDB No. 23109

Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	1.648		0	AR	1		1.401	7.961	
Methionine g	0.535		0	AR	1		0.455	2.586	
Cystine g	0.198		0	AR	1		0.168	0.956	
Phenylalanine g	0.717		0	AR	1		0.610	3.465	
Tyrosine g	0.650		0	AR	1		0.553	3.140	
Valine g	0.852		0	AR	1		0.724	4.115	
Arginine g	1.241		0	AR	1		1.055	5.995	
Histidine g	0.611		0	AR	1		0.519	2.950	
Alanine g	1.075		0	AR	1		0.914	5.194	
Aspartic acid g	1.691		0	AR	1		1.437	8.166	
Glutamic acid g	2.981		0	AR	1		2.534	14.401	
Glycine g	0.860		0	AR	1		0.731	4.154	
Proline g	0.775		0	AR	1		0.659	3.742	
Serine g	0.724		0	AR	1		0.615	3.497	
Hydroxyproline g	0.129		0	BFPN	4		0.109	0.622	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 483g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23107

Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

Beef Chuck, Denver Cut (Serratus Ventralis steak), URMIS #1098

Refuse: 1% Connective tissue 1%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	60.52	0.920	12	AR	1		51.44	211.21	
Energy kcal	215		0	NC	4		183	752	
Energy kJ	901		0	NC	4		766	3144	
Protein (N x 6.25) g	26.30	0.541	12	AR	1		22.35	91.78	
Total lipid (fat) g	12.25	1.566	12	AR	1		10.41	42.74	
Ash g	1.01	0.092	12	AR	1		0.86	3.53	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	16		1	AR	1		14	56	
Iron, Fe mg	3.31		1	AR	1		2.81	11.55	
Magnesium, Mg mg	23		1	AR	1		19	80	
Phosphorus, P mg	198		1	AR	1		169	692	
Potassium, K mg	301		1	AR	1		256	1051	
Sodium, Na mg	73		1	AR	1		62	255	
Zinc, Zn mg	10.19		1	AR	1		8.66	35.55	
Copper, Cu mg	0.103		1	AR	1		0.087	0.358	
Manganese, Mn mg	0.016		1	AR	1		0.014	0.057	
Selenium, Se µg	27.7		1	AR	1		23.5	96.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.089		1	AR	1		0.076	0.311	
Riboflavin mg	0.246		1	AR	1		0.209	0.859	
Niacin mg	3.681		1	AR	1		3.129	12.847	
Pantothenic acid mg	0.957		1	AR	1		0.814	3.341	
Vitamin B-6 mg	0.456		1	AR	1		0.387	1.590	
Folate, total µg	6		0	BFPN	4		5	22	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	6		0	BFPN	4		5	22	
Folate, DFE µg	6		0	NC	4		5	22	
Choline, total mg	90.7		1	AR	1		77.1	316.7	
Betaine mg	19.9		1	AR	1		16.9	69.4	
Vitamin B-12 µg	4.22		1	AR	1		3.59	14.73	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	7		0	NC	4		6	25	
Retinol µg	7		0	BFSN	4		6	25	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	23		0	NC	4		20	82	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.07		1	AR	1		0.06	0.24	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.4	
Vitamin D IU	4		0	BFSN	4		4	15	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	5.5	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23107

Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated g	5.285		0	NC	4		4.493	18.446	
4:0 g	0.000		0	Z	7		0.000	0.000	
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.000		0	Z	7		0.000	0.000	
12:0 g	0.000		0	Z	7		0.000	0.000	
13:0 g									
14:0 g	0.352		2	AR	1		0.299	1.229	
15:0 g									
16:0 g	2.926		2	AR	1		2.487	10.210	
17:0 g	0.167		2	AR	1		0.142	0.583	
18:0 g	1.824		2	AR	1		1.551	6.366	
20:0 g	0.003		2	AR	1		0.003	0.011	
22:0 g									
24:0 g	0.013		2	AR	1		0.011	0.046	
Fatty acids, total monounsaturated g	6.491		0	NC	4		5.518	22.655	
14:1 g	0.072		2	AR	1		0.061	0.251	
15:1 g									
16:1 undifferentiated g	0.436		0	AS	1		0.371	1.521	
16:1 c g	0.436		2	AR	1		0.371	1.521	
16:1 t g									
17:1 g	0.127		2	AR	1		0.108	0.443	
18:1 undifferentiated g	5.828		0	AS	1		4.954	20.341	
18:1 c g	4.983		2	AR	1		4.235	17.389	
18:1 t g	0.846		2	AR	1		0.719	2.952	
18:1-11 t (18:1t n-7) g	0.566		2	AR	1		0.481	1.976	
20:1 g	0.028		2	AR	1		0.024	0.098	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.766		0	NC	4		0.651	2.674	
18:2 undifferentiated g	0.654		0	AS	1		0.556	2.282	
18:2 n-6 c,c g	0.597		2	AR	1		0.507	2.083	
18:2 CLAs g	0.057		2	AR	1		0.049	0.199	
18:2 t,t g									
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.028		0	AS	1		0.024	0.097	
18:3 n-3 c,c,c (ALA) g	0.028		2	AR	1		0.024	0.097	
18:3 n-6 c,c,c g									
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.001		2	AR	1		0.001	0.005	
20:3 undifferentiated g									
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.079		2	AR	1		0.067	0.277	
20:4 n-6 g									
20:5 n-3 (EPA) g	0.003		2	AR	1		0.002	0.009	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.001		2	AR	1		0.000	0.002	
22:6 n-3 (DHA) g	0.001		2	AR	1		0.000	0.002	
Fatty acids, total trans g	0.846		0	NC	4		0.719	2.952	
Fatty acids, total trans-monoenoic g	0.846		0	NC	4		0.719	2.952	
Fatty acids, total trans-polyenoic g									
Cholesterol mg	98		2	AR	1		83	341	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.296		0	AR	1		0.252	1.034	
Threonine g	1.157		0	AR	1		0.983	4.038	
Isoleucine g	1.118		0	AR	1		0.951	3.903	
Leucine g	2.115		0	AR	1		1.798	7.382	

NDB No. 23107

Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.299		0	AR	1		1.954	8.024	
Methionine g	0.747		0	AR	1		0.635	2.607	
Cystine g	0.276		0	AR	1		0.235	0.963	
Phenylalanine g	1.001		0	AR	1		0.851	3.493	
Tyrosine g	0.907		0	AR	1		0.771	3.165	
Valine g	1.188		0	AR	1		1.010	4.148	
Arginine g	1.731		0	AR	1		1.472	6.042	
Histidine g	0.852		0	AR	1		0.724	2.973	
Alanine g	1.500		0	AR	1		1.275	5.235	
Aspartic acid g	2.358		0	AR	1		2.005	8.231	
Glutamic acid g	4.159		0	AR	1		3.535	14.515	
Glycine g	1.200		0	AR	1		1.020	4.187	
Proline g	1.081		0	AR	1		0.919	3.772	
Serine g	1.010		0	AR	1		0.859	3.525	
Hydroxyproline g	0.180		0	BFPN	4		0.153	0.627	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 349g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23110

Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, raw

Beef, Chuck, Denver Cut (Serratus Ventralis steak), URMIS #1098

Refuse: 2% Connective tissue 2%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	69.30	1.793	12	AR	1		58.91	317.40	
Energy kcal	172		0	NC	4		146	786	
Energy kJ	718		0	NC	4		610	3288	
Protein (N x 6.25) g	19.20	0.347	12	AR	1		16.32	87.92	
Total lipid (fat) g	10.50	2.044	12	AR	1		8.93	48.10	
Ash g	0.91	0.085	12	AR	1		0.77	4.15	
Carbohydrate, by difference g	0.09		0	NC	4		0.08	0.43	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	11		1	AR	1		10	52	
Iron, Fe mg	2.38		1	AR	1		2.03	10.91	
Magnesium, Mg mg	20		1	AR	1		17	90	
Phosphorus, P mg	181		1	AR	1		154	830	
Potassium, K mg	320		1	AR	1		272	1467	
Sodium, Na mg	76		1	AR	1		64	347	
Zinc, Zn mg	7.51		1	AR	1		6.38	34.38	
Copper, Cu mg	0.076		1	AR	1		0.064	0.347	
Manganese, Mn mg	0.014		1	AR	1		0.012	0.063	
Selenium, Se µg	20.8		1	AR	1		17.7	95.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.079		1	AR	1		0.067	0.364	
Riboflavin mg	0.183		1	AR	1		0.155	0.836	
Niacin mg	3.292		1	AR	1		2.798	15.075	
Pantothenic acid mg	0.720		1	AR	1		0.612	3.295	
Vitamin B-6 mg	0.421		1	AR	1		0.358	1.927	
Folate, total µg	3		0	BFPN	4		3	14	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	3		0	BFPN	4		3	14	
Folate, DFE µg	3		0	NC	4		3	14	
Choline, total mg	70.4		1	AR	1		59.8	322.3	
Betaine mg	23.0		1	AR	1		19.5	105.3	
Vitamin B-12 µg	3.22		1	AR	1		2.74	14.74	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	4		0	NC	4		3	18	
Retinol µg	4		0	BFSN	4		3	18	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	13		0	NC	4		11	60	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.12		1	AR	1		0.10	0.56	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.4	
Vitamin D IU	4		0	BFSN	4		3	17	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	6.9	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23110

Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated g	4.370		0	NC	4		3.714	20.014	
4:0 g	0.000		0	Z	7		0.000	0.000	
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.000		0	Z	7		0.000	0.000	
12:0 g	0.000		0	Z	7		0.000	0.000	
13:0 g									
14:0 g	0.293		2	AR	1		0.249	1.342	
15:0 g									
16:0 g	2.365		2	AR	1		2.010	10.830	
17:0 g	0.134		2	AR	1		0.114	0.616	
18:0 g	1.568		2	AR	1		1.332	7.180	
20:0 g	0.002		2	AR	1		0.002	0.009	
22:0 g									
24:0 g	0.008		2	AR	1		0.007	0.038	
Fatty acids, total monounsaturated g	5.047		0	NC	4		4.290	23.116	
14:1 g	0.061		2	AR	1		0.052	0.278	
15:1 g									
16:1 undifferentiated g	0.320		0	AS	1		0.272	1.467	
16:1 c g	0.320		2	AR	1		0.272	1.467	
16:1 t g									
17:1 g	0.093		2	AR	1		0.079	0.425	
18:1 undifferentiated g	4.558		0	AS	1		3.874	20.876	
18:1 c g	3.889		2	AR	1		3.305	17.810	
18:1 t g	0.669		2	AR	1		0.569	3.066	
18:1-11 t (18:1t n-7) g	0.383		2	AR	1		0.326	1.755	
20:1 g	0.016		2	AR	1		0.013	0.071	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.522		0	NC	4		0.444	2.391	
18:2 undifferentiated g	0.457		0	AS	1		0.388	2.091	
18:2 n-6 c,c g	0.414		2	AR	1		0.352	1.897	
18:2 CLAs g	0.042		2	AR	1		0.036	0.194	
18:2 t,t g									
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.018		0	AS	1		0.015	0.082	
18:3 n-3 c,c,c (ALA) g	0.018		2	AR	1		0.015	0.082	
18:3 n-6 c,c,c g									
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.001		2	AR	1		0.001	0.004	
20:3 undifferentiated g									
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.046		2	AR	1		0.039	0.210	
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		2	AR	1		0.000	0.000	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.001		2	AR	1		0.001	0.004	
22:6 n-3 (DHA) g	0.000		2	AR	1		0.000	0.000	
Fatty acids, total trans g	0.669		0	NC	4		0.569	3.066	
Fatty acids, total trans-monoenoic g	0.669		0	NC	4		0.569	3.066	
Fatty acids, total trans-polyenoic g									
Cholesterol mg	68		2	AR	1		58	311	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.216		0	AR	1		0.184	0.990	
Threonine g	0.845		0	AR	1		0.718	3.868	
Isoleucine g	0.816		0	AR	1		0.694	3.739	
Leucine g	1.544		0	AR	1		1.312	7.072	

NDB No. 23110

Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	1.678		0	AR	1		1.427	7.687	
Methionine g	0.545		0	AR	1		0.463	2.497	
Cystine g	0.201		0	AR	1		0.171	0.923	
Phenylalanine g	0.731		0	AR	1		0.621	3.346	
Tyrosine g	0.662		0	AR	1		0.563	3.032	
Valine g	0.868		0	AR	1		0.737	3.973	
Arginine g	1.264		0	AR	1		1.074	5.788	
Histidine g	0.622		0	AR	1		0.529	2.848	
Alanine g	1.095		0	AR	1		0.931	5.015	
Aspartic acid g	1.721		0	AR	1		1.463	7.884	
Glutamic acid g	3.036		0	AR	1		2.580	13.904	
Glycine g	0.876		0	AR	1		0.744	4.011	
Proline g	0.789		0	AR	1		0.671	3.613	
Serine g	0.737		0	AR	1		0.627	3.377	
Hydroxyproline g	0.131		0	BFPN	4		0.111	0.601	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 458g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13351

Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled

Beef, Chuck, Denver Cut (Serratus Ventralis Steaks), URMIS #1098

Refuse: 3% Connective tissue 1%, seam fat 2%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	59.72	0.953	36	AR	1		50.76	210.81	
Energy kcal	220		0	NC	4		187	778	
Energy kJ	922		0	NC	4		783	3254	
Protein (N x 6.25) g	26.50	0.694	36	AR	1		22.53	93.56	
Total lipid (fat) g	12.64	2.011	36	AR	1		10.74	44.60	
Ash g	1.00	0.079	36	AR	1		0.85	3.53	
Carbohydrate, by difference g	0.14		0	NC	4		0.12	0.50	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	14		3	AR	1		11	48	
Iron, Fe mg	3.31		3	AR	1		2.82	11.70	
Magnesium, Mg mg	23		3	AR	1		20	81	
Phosphorus, P mg	205		3	AR	1		175	725	
Potassium, K mg	314		3	AR	1		267	1110	
Sodium, Na mg	73		3	AR	1		62	259	
Zinc, Zn mg	10.05		3	AR	1		8.54	35.47	
Copper, Cu mg	0.110		3	AR	1		0.093	0.387	
Manganese, Mn mg	0.017		3	AR	1		0.014	0.059	
Selenium, Se µg	30.2		3	AR	1		25.7	106.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.090		2	AR	1		0.077	0.318	
Riboflavin mg	0.247		3	AR	1		0.210	0.871	
Niacin mg	3.617		3	AR	1		3.074	12.767	
Pantothenic acid mg	0.920		2	AR	1		0.782	3.248	
Vitamin B-6 mg	0.418		3	AR	1		0.355	1.474	
Folate, total µg	6		0	BFPN	4		5	23	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	6		0	BFPN	4		5	23	
Folate, DFE µg	6		0	NC	4		5	23	
Choline, total mg	91.3		2	AR	1		77.6	322.3	
Betaine mg	20.9		2	AR	1		17.7	73.7	
Vitamin B-12 µg	3.73		3	AR	1		3.17	13.17	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		1	6	
Retinol µg	2		0	BFPN	4		1	6	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	5		0	NC	4		5	19	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.08		3	AR	1		0.07	0.30	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.5	
Vitamin D IU	5		0	BFSN	4		4	18	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	5.5	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13351

Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	5.280		0	NC	4		4.488	18.640	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	Z	7		0.000	0.000	
12:0....g	0.000		0	Z	7		0.000	0.000	
13:0....g									
14:0....g	0.347	0.023	6	AR	1		0.295	1.225	
15:0....g									
16:0....g	2.867	0.174	6	AR	1		2.437	10.120	
17:0....g	0.164	0.013	6	AR	1		0.139	0.578	
18:0....g	1.885	0.100	6	AR	1		1.602	6.652	
20:0....g	0.004	0.001	6	AR	1		0.003	0.013	
22:0....g									
24:0....g	0.015	0.000	6	AR	1		0.012	0.052	
Fatty acids, total monounsaturated....g	6.384		0	NC	4		5.426	22.535	
14:1....g	0.069	0.004	6	AR	1		0.059	0.244	
15:1....g									
16:1 undifferentiated....g	0.422	0.011	6	AR	1		0.359	1.489	
17:1....g	0.121	0.007	6	AR	1		0.103	0.429	
18:1 undifferentiated....g	5.748		0	AS	1		4.886	20.291	
18:1 c....g	4.951	0.194	6	AR	1		4.208	17.475	
18:1 t....g	0.798	0.058	6	AR	1		0.678	2.816	
18:1-11 t (18:1t n-7)....g	0.559	0.037	6	AR	1		0.475	1.973	
20:1....g	0.023	0.005	6	AR	1		0.020	0.082	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.761		0	NC	4		0.647	2.685	
18:2 undifferentiated....g	0.645		0	AS	1		0.549	2.278	
18:2 n-6 c,c....g	0.594	0.033	6	AR	1		0.505	2.097	
18:2 CLAs....g	0.051	0.005	6	AR	1		0.044	0.181	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.023		0	AS	1		0.020	0.082	
18:3 n-3 c,c,c (ALA)....g	0.023	0.003	6	AR	1		0.020	0.082	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.001	0.000	6	AR	1		0.001	0.002	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.089	0.006	6	AR	1		0.076	0.314	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002	0.000	6	AR	1		0.002	0.008	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	6	AR	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000	0.000	6	AR	1		0.000	0.001	
Fatty acids, total trans....g	0.798		0	NC	4		0.678	2.816	
Fatty acids, total trans-monoenoic....g	0.798		0	NC	4		0.678	2.816	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	93	8.392	6	AR	1		79	327	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.304		0	AR	1		0.258	1.073	
Threonine....g	1.200		0	AR	1		1.020	4.237	
Isoleucine....g	1.160		0	AR	1		0.986	4.096	
Leucine....g	2.194		0	AR	1		1.865	7.744	
Lysine....g	2.385		0	AR	1		2.027	8.417	
Methionine....g	0.773		0	AR	1		0.657	2.729	

NDB No. 13351

Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine....g	0.282		0	AR	1		0.240	0.996	
Phenylalanine....g	1.033		0	AR	1		0.878	3.647	
Tyrosine....g	0.940		0	AR	1		0.799	3.318	
Valine....g	1.226		0	AR	1		1.042	4.328	
Arginine....g	1.782		0	AR	1		1.515	6.292	
Histidine....g	0.874		0	AR	1		0.743	3.086	
Alanine....g	1.532		0	AR	1		1.302	5.408	
Aspartic acid....g	2.440		0	AR	1		2.074	8.614	
Glutamic acid....g	4.316		0	AR	1		3.669	15.236	
Glycine....g	1.180		0	AR	1		1.003	4.167	
Proline....g	1.091		0	AR	1		0.927	3.850	
Serine....g	1.041		0	AR	1		0.885	3.675	
Hydroxyproline....g	0.134		0	AR	1		0.114	0.472	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 353g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13356

Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw

Beef, Chuck, Denver Cut (Serratus Ventralis Steaks), URMIS #1098

Refuse: 5% Connective tissue 2%, seam fat 3%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	69.19	1.763	36	AR	1		58.81	327.27	
Energy kcal	170		0	NC	4		144	802	
Energy kJ	709		0	NC	4		603	3355	
Protein (N x 6.25) g	19.42	0.311	36	AR	1		16.51	91.87	
Total lipid (fat) g	9.99	2.320	36	AR	1		8.49	47.25	
Ash g	0.91	0.069	36	AR	1		0.78	4.32	
Carbohydrate, by difference g	0.49		0	NC	4		0.41	2.30	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	11		3	AR	1		10	54	
Iron, Fe mg	2.42		3	AR	1		2.05	11.43	
Magnesium, Mg mg	20		3	AR	1		17	96	
Phosphorus, P mg	181		3	AR	1		154	857	
Potassium, K mg	321		3	AR	1		273	1517	
Sodium, Na mg	77		3	AR	1		65	363	
Zinc, Zn mg	7.58		3	AR	1		6.44	35.85	
Copper, Cu mg	0.077		3	AR	1		0.065	0.362	
Manganese, Mn mg	0.014		3	AR	1		0.012	0.067	
Selenium, Se µg	21.7		3	AR	1		18.5	102.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.080		2	AR	1		0.068	0.378	
Riboflavin mg	0.197		3	AR	1		0.167	0.930	
Niacin mg	3.287		3	AR	1		2.794	15.546	
Pantothenic acid mg	0.805		2	AR	1		0.684	3.808	
Vitamin B-6 mg	0.405		3	AR	1		0.344	1.916	
Folate, total µg	3		0	BFPN	4		3	15	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	3		0	BFPN	4		3	15	
Folate, DFE µg	3		0	NC	4		3	15	
Choline, total mg	71.8		2	AR	1		61.0	339.6	
Betaine mg	21.3		2	AR	1		18.1	100.6	
Vitamin B-12 µg	3.10		3	AR	1		2.63	14.66	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		2	10	
Retinol µg	2		0	BFSN	4		2	10	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	7		0	NC	4		6	33	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.14		3	AR	1		0.12	0.67	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.5	
Vitamin D IU	4		0	BFSN	4		4	20	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	7.2	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13356

Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.132		0	NC	4		3.512	19.545	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	Z	7		0.000	0.000	
12:0....g	0.000		0	Z	7		0.000	0.000	
13:0....g									
14:0....g	0.265	0.016	6	AR	1		0.225	1.254	
15:0....g									
16:0....g	2.237	0.122	6	AR	1		1.901	10.581	
17:0....g	0.131	0.010	6	AR	1		0.111	0.619	
18:0....g	1.488	0.096	6	AR	1		1.265	7.041	
20:0....g	0.002	0.001	6	AR	1		0.001	0.007	
22:0....g									
24:0....g	0.009	0.000	6	AR	1		0.008	0.044	
Fatty acids, total monounsaturated....g	4.889		0	NC	4		4.156	23.127	
14:1....g	0.056	0.004	6	AR	1		0.047	0.263	
15:1....g									
16:1 undifferentiated....g	0.314	0.025	6	AR	1		0.267	1.484	
17:1....g	0.095	0.008	6	AR	1		0.081	0.450	
18:1 undifferentiated....g	4.410		0	AS	1		3.749	20.861	
18:1 c....g	3.799	0.179	6	AR	1		3.229	17.970	
18:1 t....g	0.611	0.047	6	AR	1		0.520	2.891	
18:1-11 t (18:1t n-7)....g	0.429	0.041	6	AR	1		0.365	2.029	
20:1....g	0.014	0.003	6	AR	1		0.012	0.068	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.526		0	NC	4		0.447	2.490	
18:2 undifferentiated....g	0.456		0	AS	1		0.387	2.156	
18:2 n-6 c,c....g	0.419	0.039	6	AR	1		0.356	1.981	
18:2 CLAs....g	0.037	0.005	6	AR	1		0.031	0.174	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.018		0	AS	1		0.015	0.085	
18:3 n-3 c,c,c (ALA)....g	0.018	0.002	6	AR	1		0.015	0.085	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000	0.000	6	AR	1		0.000	0.000	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.052	0.006	6	AR	1		0.044	0.247	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.001	6	AR	1		0.000	0.002	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	6	AR	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000	0.000	6	AR	1		0.000	0.000	
Fatty acids, total trans....g	0.611		0	NC	4		0.520	2.891	
Fatty acids, total trans-monoenoic....g	0.611		0	NC	4		0.520	2.891	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	69	5.241	6	AR	1		59	326	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.223		0	AR	1		0.189	1.054	
Threonine....g	0.879		0	AR	1		0.748	4.160	
Isoleucine....g	0.850		0	AR	1		0.723	4.022	
Leucine....g	1.608		0	AR	1		1.366	7.604	
Lysine....g	1.747		0	AR	1		1.485	8.265	
Methionine....g	0.566		0	AR	1		0.481	2.679	

NDB No. 13356

Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine....g	0.207		0	AR	1		0.176	0.978	
Phenylalanine....g	0.757		0	AR	1		0.644	3.581	
Tyrosine....g	0.689		0	AR	1		0.585	3.258	
Valine....g	0.898		0	AR	1		0.764	4.249	
Arginine....g	1.306		0	AR	1		1.110	6.178	
Histidine....g	0.641		0	AR	1		0.545	3.030	
Alanine....g	1.123		0	AR	1		0.954	5.310	
Aspartic acid....g	1.788		0	AR	1		1.520	8.458	
Glutamic acid....g	3.163		0	AR	1		2.689	14.961	
Glycine....g	0.865		0	AR	1		0.735	4.091	
Proline....g	0.799		0	AR	1		0.679	3.781	
Serine....g	0.763		0	AR	1		0.649	3.609	
Hydroxyproline....g	0.098		0	AR	1		0.083	0.464	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 473g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13352

Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled

Beef, Chuck, Denver Cut (Serratus Ventralis Steaks), URMIS #1098

Refuse: 3% Connective tissue 1%, seam fat 2%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water g	58.83	1.011	24	AR	1		50.00	209.43	
Energy kcal	228		0	NC	4		194	811	
Energy kJ	953		0	NC	4		810	3394	
Protein (N x 6.25) g	26.49	0.733	24	AR	1		22.52	94.30	
Total lipid (fat) g	13.42	2.035	24	AR	1		11.41	47.77	
Ash g	0.99	0.081	24	AR	1		0.84	3.52	
Carbohydrate, by difference g	0.28		0	NC	4		0.23	0.98	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	12		2	AR	1		10	43	
Iron, Fe mg	3.32		2	AR	1		2.82	11.82	
Magnesium, Mg mg	23		2	AR	1		19	81	
Phosphorus, P mg	207		2	AR	1		176	737	
Potassium, K mg	318		2	AR	1		270	1132	
Sodium, Na mg	73		2	AR	1		62	260	
Zinc, Zn mg	9.85		2	AR	1		8.37	35.07	
Copper, Cu mg	0.111		2	AR	1		0.095	0.397	
Manganese, Mn mg	0.017		2	AR	1		0.014	0.060	
Selenium, Se µg	32.3		2	AR	1		27.5	115.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.090		1	AR	1		0.077	0.320	
Riboflavin mg	0.243		2	AR	1		0.207	0.866	
Niacin mg	3.600		2	AR	1		3.060	12.816	
Pantothenic acid mg	0.870		1	AR	1		0.740	3.097	
Vitamin B-6 mg	0.399		2	AR	1		0.339	1.422	
Folate, total µg	6		0	BFPN	4		5	23	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	6		0	BFPN	4		5	23	
Folate, DFE µg	6		0	NC	4		5	23	
Choline, total mg	90.5		1	AR	1		76.9	322.3	
Betaine mg	21.6		1	AR	1		18.4	76.9	
Vitamin B-12 µg	3.50		2	AR	1		2.97	12.45	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	1		0	NC	4		1	5	
Retinol µg	1		0	BFSN	4		1	5	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	5		0	NC	4		4	18	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.09		2	AR	1		0.08	0.32	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.5	
Vitamin D IU	6		0	BFSN	4		5	21	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	5.6	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13352

Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	5.565		0	NC	4		4.730	19.812	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	Z	7		0.000	0.000	
12:0....g	0.000		0	Z	7		0.000	0.000	
13:0....g									
14:0....g	0.365	0.028	4	AR	1		0.310	1.299	
15:0....g									
16:0....g	2.979	0.217	4	AR	1		2.532	10.605	
17:0....g	0.170	0.016	4	AR	1		0.144	0.604	
18:0....g	2.031	0.124	4	AR	1		1.726	7.230	
20:0....g	0.005	0.002	4	AR	1		0.004	0.017	
22:0....g									
24:0....g	0.016	0.000	4	AR	1		0.013	0.056	
Fatty acids, total monounsaturated....g	6.607		0	NC	4		5.616	23.522	
14:1....g	0.071	0.005	4	AR	1		0.061	0.254	
15:1....g									
16:1 undifferentiated....g	0.430	0.014	4	AR	1		0.365	1.529	
17:1....g	0.122	0.008	4	AR	1		0.103	0.433	
18:1 undifferentiated....g	5.963		0	AS	1		5.068	21.228	
18:1 c....g	5.149	0.241	4	AR	1		4.377	18.332	
18:1 t....g	0.813	0.072	4	AR	1		0.691	2.896	
18:1-11 t (18:1t n-7)....g	0.557	0.046	4	AR	1		0.473	1.983	
20:1....g	0.022	0.006	4	AR	1		0.019	0.078	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.777		0	NC	4		0.661	2.767	
18:2 undifferentiated....g	0.658		0	AS	1		0.559	2.343	
18:2 n-6 c,c....g	0.607	0.041	4	AR	1		0.516	2.159	
18:2 CLAs....g	0.052	0.006	4	AR	1		0.044	0.183	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.021		0	AS	1		0.018	0.076	
18:3 n-3 c,c,c (ALA)....g	0.021	0.003	4	AR	1		0.018	0.076	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.001	0.001	4	AR	1		0.001	0.002	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.095	0.007	4	AR	1		0.081	0.338	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002	0.001	4	AR	1		0.002	0.007	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	4	AR	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000	0.000	4	AR	1		0.000	0.001	
Fatty acids, total trans....g	0.813		0	NC	4		0.691	2.896	
Fatty acids, total trans-monoenoic....g	0.813		0	NC	4		0.691	2.896	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	89	10.425	4	AR	1		76	318	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.304		0	AR	1		0.258	1.082	
Threonine....g	1.199		0	AR	1		1.020	4.270	
Isoleucine....g	1.160		0	AR	1		0.986	4.129	
Leucine....g	2.192		0	AR	1		1.864	7.805	
Lysine....g	2.383		0	AR	1		2.026	8.484	
Methionine....g	0.773		0	AR	1		0.657	2.750	

NDB No. 13352

Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine....g	0.282		0	AR	1		0.240	1.004	
Phenylalanine....g	1.033		0	AR	1		0.878	3.676	
Tyrosine....g	0.939		0	AR	1		0.798	3.344	
Valine....g	1.225		0	AR	1		1.041	4.362	
Arginine....g	1.781		0	AR	1		1.514	6.342	
Histidine....g	0.874		0	AR	1		0.743	3.111	
Alanine....g	1.531		0	AR	1		1.301	5.451	
Aspartic acid....g	2.439		0	AR	1		2.073	8.682	
Glutamic acid....g	4.314		0	AR	1		3.667	15.357	
Glycine....g	1.180		0	AR	1		1.003	4.200	
Proline....g	1.090		0	AR	1		0.927	3.881	
Serine....g	1.041		0	AR	1		0.884	3.704	
Hydroxyproline....g	0.134		0	AR	1		0.114	0.476	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 356g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13359

Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw

Beef, Chuck, Denver Cut (Serratus Ventralis Steaks), URMIS #1098

Refuse: 4% Connective tissue 1%, seam fat 3%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	68.24	1.774	24	AR	1		58.00	329.58	
Energy kcal	178		0	NC	4		151	861	
Energy kJ	746		0	NC	4		634	3601	
Protein (N x 6.25) g	19.23	0.330	24	AR	1		16.35	92.89	
Total lipid (fat) g	10.96	2.334	24	AR	1		9.31	52.92	
Ash g	0.91	0.072	24	AR	1		0.77	4.39	
Carbohydrate, by difference g	0.67		0	NC	4		0.57	3.22	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	12		2	AR	1		10	56	
Iron, Fe mg	2.40		2	AR	1		2.04	11.61	
Magnesium, Mg mg	20		2	AR	1		17	97	
Phosphorus, P mg	180		2	AR	1		153	870	
Potassium, K mg	317		2	AR	1		269	1530	
Sodium, Na mg	76		2	AR	1		64	366	
Zinc, Zn mg	7.47		2	AR	1		6.35	36.08	
Copper, Cu mg	0.076		2	AR	1		0.065	0.367	
Manganese, Mn mg	0.014		2	AR	1		0.012	0.068	
Selenium, Se µg	22.0		2	AR	1		18.7	106.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.080		1	AR	1		0.068	0.386	
Riboflavin mg	0.200		2	AR	1		0.170	0.966	
Niacin mg	3.347		2	AR	1		2.845	16.164	
Pantothenic acid mg	0.870		1	AR	1		0.740	4.202	
Vitamin B-6 mg	0.407		2	AR	1		0.346	1.966	
Folate, total µg	3		0	BFPN	4		3	15	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	3		0	BFPN	4		3	15	
Folate, DFE µg	3		0	NC	4		3	15	
Choline, total mg	70.7		1	AR	1		60.1	341.7	
Betaine mg	18.9		1	AR	1		16.0	91.1	
Vitamin B-12 µg	2.95		2	AR	1		2.51	14.26	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		2	10	
Retinol µg	2		0	BFSN	4		2	10	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	7		0	NC	4		6	32	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.15		2	AR	1		0.13	0.71	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.6	
Vitamin D IU	5		0	BFSN	4		4	23	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	7.3	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13359

Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated g	4.588		0	NC	4		3.899	22.158	
4:0 g	0.000		0	Z	7		0.000	0.000	
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.000		0	Z	7		0.000	0.000	
12:0 g	0.000		0	Z	7		0.000	0.000	
13:0 g									
14:0 g	0.294	0.020	4	AR	1		0.250	1.420	
15:0 g									
16:0 g	2.472	0.152	4	AR	1		2.101	11.941	
17:0 g	0.146	0.012	4	AR	1		0.124	0.704	
18:0 g	1.663	0.119	4	AR	1		1.414	8.032	
20:0 g	0.003	0.002	4	AR	1		0.002	0.013	
22:0 g									
24:0 g	0.010	0.000	4	AR	1		0.008	0.048	
Fatty acids, total monounsaturated g	5.450		0	NC	4		4.632	26.323	
14:1 g	0.061	0.005	4	AR	1		0.052	0.296	
15:1 g									
16:1 undifferentiated g	0.349	0.031	4	AR	1		0.297	1.687	
17:1 g	0.107	0.010	4	AR	1		0.091	0.515	
18:1 undifferentiated g	4.915		0	AS	1		4.178	23.739	
18:1 c g	4.239	0.222	4	AR	1		3.603	20.473	
18:1 t g	0.676	0.058	4	AR	1		0.575	3.266	
18:1-11 t (18:1t n-7) g	0.468	0.051	4	AR	1		0.398	2.262	
20:1 g	0.018	0.003	4	AR	1		0.015	0.087	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.576		0	NC	4		0.489	2.780	
18:2 undifferentiated g	0.498		0	AS	1		0.423	2.404	
18:2 n-6 c,c g	0.456	0.049	4	AR	1		0.388	2.205	
18:2 CLAs g	0.041	0.006	4	AR	1		0.035	0.199	
18:2 t,t g									
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.021		0	AS	1		0.018	0.102	
18:3 n-3 c,c,c (ALA) g	0.021	0.003	4	AR	1		0.018	0.102	
18:3 n-6 c,c,c g									
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.000	0.000	4	AR	1		0.000	0.000	
20:3 undifferentiated g									
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.056	0.007	4	AR	1		0.048	0.270	
20:4 n-6 g									
20:5 n-3 (EPA) g	0.001	0.001	4	AR	1		0.001	0.003	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000	0.000	4	AR	1		0.000	0.000	
22:6 n-3 (DHA) g	0.000	0.000	4	AR	1		0.000	0.000	
Fatty acids, total trans g	0.676		0	NC	4		0.575	3.266	
Fatty acids, total trans-monoenoic g	0.676		0	NC	4		0.575	3.266	
Fatty acids, total trans-polyenoic g									
Cholesterol mg	70	6.511	4	AR	1		59	336	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.221		0	AR	1		0.187	1.065	
Threonine g	0.871		0	AR	1		0.740	4.206	
Isoleucine g	0.842		0	AR	1		0.716	4.067	
Leucine g	1.592		0	AR	1		1.353	7.689	
Lysine g	1.730		0	AR	1		1.471	8.357	
Methionine g	0.561		0	AR	1		0.477	2.709	

NDB No. 13359

Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine....g	0.205		0	AR	1		0.174	0.989	
Phenylalanine....g	0.750		0	AR	1		0.637	3.621	
Tyrosine....g	0.682		0	AR	1		0.580	3.294	
Valine....g	0.890		0	AR	1		0.756	4.297	
Arginine....g	1.293		0	AR	1		1.099	6.247	
Histidine....g	0.634		0	AR	1		0.539	3.064	
Alanine....g	1.112		0	AR	1		0.945	5.369	
Aspartic acid....g	1.771		0	AR	1		1.505	8.552	
Glutamic acid....g	3.132		0	AR	1		2.662	15.128	
Glycine....g	0.857		0	AR	1		0.728	4.137	
Proline....g	0.792		0	AR	1		0.673	3.823	
Serine....g	0.756		0	AR	1		0.642	3.649	
Hydroxyproline....g	0.097		0	AR	1		0.083	0.469	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 483g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13354

Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled

Beef, Chuck, Denver Cut (Serratus Ventralis Steaks), URMIS #1098

Refuse: 2% Connective tissue 1%, seam fat 1%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	61.06	1.122	12	AR	1		51.90	213.09	
Energy kcal	209		0	NC	4		178	730	
Energy kJ	875		0	NC	4		744	3055	
Protein (N x 6.25) g	26.53	0.808	12	AR	1		22.55	92.58	
Total lipid (fat) g	11.46	2.084	12	AR	1		9.74	40.00	
Ash g	1.02	0.086	12	AR	1		0.86	3.55	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	16		1	AR	1		14	56	
Iron, Fe mg	3.37		1	AR	1		2.86	11.75	
Magnesium, Mg mg	23		1	AR	1		20	81	
Phosphorus, P mg	202		1	AR	1		171	704	
Potassium, K mg	306		1	AR	1		260	1067	
Sodium, Na mg	74		1	AR	1		62	257	
Zinc, Zn mg	10.40		1	AR	1		8.84	36.28	
Copper, Cu mg	0.104		1	AR	1		0.089	0.364	
Manganese, Mn mg	0.017		1	AR	1		0.014	0.058	
Selenium, Se µg	28.0		1	AR	1		23.8	97.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.090		1	AR	1		0.077	0.314	
Riboflavin mg	0.250		1	AR	1		0.213	0.873	
Niacin mg	3.710		1	AR	1		3.154	12.948	
Pantothenic acid mg	0.970		1	AR	1		0.825	3.385	
Vitamin B-6 mg	0.461		1	AR	1		0.392	1.609	
Folate, total µg	6		0	BFPN	4		5	22	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	6		0	BFPN	4		5	22	
Folate, DFE µg	6		0	NC	4		5	22	
Choline, total mg	92.1		1	AR	1		78.3	321.4	
Betaine mg	20.1		1	AR	1		17.1	70.3	
Vitamin B-12 µg	4.28		1	AR	1		3.64	14.94	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		2	8	
Retinol µg	2		0	BFSN	4		2	8	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	7		0	NC	4		6	25	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.07		1	AR	1		0.06	0.24	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.4	
Vitamin D IU	4		0	BFSN	4		4	15	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	5.5	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13354

Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.730		0	NR	4		4.021	16.508	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	Z	7		0.000	0.000	
12:0....g	0.000		0	Z	7		0.000	0.000	
13:0....g									
14:0....g	0.312		2	AR	1		0.265	1.088	
15:0....g									
16:0....g	2.630		2	AR	1		2.235	9.179	
17:0....g	0.151		2	AR	1		0.128	0.527	
18:0....g	1.622		2	AR	1		1.379	5.662	
20:0....g	0.002		2	AR	1		0.002	0.007	
22:0....g									
24:0....g	0.013		2	AR	1		0.011	0.045	
Fatty acids, total monounsaturated....g	4.730		0	NR	4		4.021	16.508	
14:1....g	0.064		2	AR	1		0.055	0.225	
15:1....g									
16:1 undifferentiated....g	0.401		2	AR	1		0.340	1.398	
17:1....g	0.118		2	AR	1		0.100	0.413	
18:1 undifferentiated....g	5.302		0	AS	1		4.507	18.505	
18:1 c....g	4.545		2	AR	1		3.863	15.863	
18:1 t....g	0.756		2	AR	1		0.643	2.639	
18:1-11 t (18:1t n-7)....g	0.562		2	AR	1		0.478	1.961	
20:1....g	0.024		2	AR	1		0.021	0.085	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.710		0	NR	4		0.604	2.478	
18:2 undifferentiated....g	0.604		0	AS	1		0.514	2.109	
18:2 n-6 c,c....g	0.555		2	AR	1		0.472	1.938	
18:2 CLAs....g	0.049		2	AR	1		0.042	0.171	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.025		0	AS	1		0.021	0.088	
18:3 n-3 c,c,c (ALA)....g	0.025		2	AR	1		0.021	0.088	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.001		2	AR	1		0.001	0.002	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.077		2	AR	1		0.066	0.270	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003		2	AR	1		0.002	0.009	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		2	AR	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		2	AR	1		0.000	0.002	
Fatty acids, total trans....g	0.756		0	NR	4		0.643	2.638	
Fatty acids, total trans-monoenoic....g	0.756		0	NR	4		0.643	2.638	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	98		2	AR	1		83	342	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.304		0	AR	1		0.259	1.062	
Threonine....g	1.201		0	AR	1		1.021	4.192	
Isoleucine....g	1.161		0	AR	1		0.987	4.053	
Leucine....g	2.196		0	AR	1		1.866	7.663	
Lysine....g	2.387		0	AR	1		2.029	8.329	
Methionine....g	0.774		0	AR	1		0.658	2.700	

NDB No. 13354

Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine....g	0.282		0	AR	1		0.240	0.985	
Phenylalanine....g	1.034		0	AR	1		0.879	3.609	
Tyrosine....g	0.941		0	AR	1		0.800	3.283	
Valine....g	1.227		0	AR	1		1.043	4.282	
Arginine....g	1.784		0	AR	1		1.516	6.226	
Histidine....g	0.875		0	AR	1		0.744	3.054	
Alanine....g	1.533		0	AR	1		1.303	5.351	
Aspartic acid....g	2.442		0	AR	1		2.076	8.523	
Glutamic acid....g	4.320		0	AR	1		3.672	15.077	
Glycine....g	1.181		0	AR	1		1.004	4.123	
Proline....g	1.092		0	AR	1		0.928	3.810	
Serine....g	1.042		0	AR	1		0.886	3.637	
Hydroxyproline....g	0.134		0	AR	1		0.114	0.468	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 349g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13499

Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw

Beef, Chuck, Denver Cut (Serratus Ventralis Steaks), URMIS #1098

Refuse: 6% Connective tissue 2%, seam fat 4%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	70.62	1.798	12	AR	1		60.03	323.44	
Energy kcal	157		0	NC	4		133	717	
Energy kJ	655		0	NC	4		557	2999	
Protein (N x 6.25) g	19.71	0.366	12	AR	1		16.75	90.26	
Total lipid (fat) g	8.54	2.363	12	AR	1		7.26	39.10	
Ash g	0.92	0.077	12	AR	1		0.78	4.22	
Carbohydrate, by difference g	0.21		0	NC	4		0.18	0.98	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	11		1	AR	1		10	52	
Iron, Fe mg	2.43		1	AR	1		2.07	11.15	
Magnesium, Mg mg	20		1	AR	1		17	93	
Phosphorus, P mg	186		1	AR	1		158	853	
Potassium, K mg	329		1	AR	1		279	1506	
Sodium, Na mg	77		1	AR	1		66	353	
Zinc, Zn mg	7.76		1	AR	1		6.59	35.53	
Copper, Cu mg	0.078		1	AR	1		0.066	0.358	
Manganese, Mn mg	0.014		1	AR	1		0.012	0.066	
Selenium, Se µg	21.5		1	AR	1		18.3	98.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.080		1	AR	1		0.068	0.366	
Riboflavin mg	0.190		1	AR	1		0.161	0.870	
Niacin mg	3.340		1	AR	1		2.839	15.297	
Pantothenic acid mg	0.740		1	AR	1		0.629	3.389	
Vitamin B-6 mg	0.430		1	AR	1		0.366	1.969	
Folate, total µg	3		0	BFPN	4		3	14	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	3		0	BFPN	4		3	14	
Folate, DFE µg	3		0	NC	4		3	14	
Choline, total mg	72.8		1	AR	1		61.9	333.6	
Betaine mg	23.7		1	AR	1		20.1	108.5	
Vitamin B-12 µg	3.32		1	AR	1		2.82	15.21	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		2	10	
Retinol µg	2		0	BFSN	4		2	10	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	8		0	NC	4		6	35	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.12		1	AR	1		0.11	0.57	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.4	
Vitamin D IU	4		0	BFSN	4		3	17	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	6.9	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13499

Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.449		0	NC	4		2.932	15.797	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	Z	7		0.000	0.000	
12:0....g	0.000		0	Z	7		0.000	0.000	
13:0....g									
14:0....g	0.222		2	AR	1		0.189	1.016	
15:0....g									
16:0....g	1.884		2	AR	1		1.601	8.628	
17:0....g	0.108		2	AR	1		0.092	0.496	
18:0....g	1.227		2	AR	1		1.043	5.618	
20:0....g	0.000		2	AR	1		0.000	0.000	
22:0....g									
24:0....g	0.008		2	AR	1		0.007	0.038	
Fatty acids, total monounsaturated....g	4.048		0	NC	4		3.441	18.542	
14:1....g	0.047		2	AR	1		0.040	0.217	
15:1....g									
16:1 undifferentiated....g	0.261		2	AR	1		0.222	1.194	
17:1....g	0.078		2	AR	1		0.066	0.358	
18:1 undifferentiated....g	3.653		0	AS	1		3.105	16.733	
18:1 c....g	3.140		2	AR	1		2.669	14.380	
18:1 t....g	0.514		2	AR	1		0.437	2.353	
18:1-11 t (18:1t n-7)....g	0.370		2	AR	1		0.314	1.694	
20:1....g	0.009		2	AR	1		0.008	0.041	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.452		0	NC	4		0.384	2.071	
18:2 undifferentiated....g	0.393		0	AS	1		0.334	1.798	
18:2 n-6 c,c....g	0.362		2	AR	1		0.308	1.660	
18:2 CLAs....g	0.030		2	AR	1		0.026	0.138	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.013		0	AS	1		0.011	0.060	
18:3 n-3 c,c,c (ALA)....g	0.013		2	AR	1		0.011	0.060	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000		2	AR	1		0.000	0.000	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.046		2	AR	1		0.039	0.212	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		2	AR	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		2	AR	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		2	AR	1		0.000	0.000	
Fatty acids, total trans....g	0.514		0	NC	4		0.437	2.353	
Fatty acids, total trans-monoenoic....g	0.514		0	NC	4		0.437	2.353	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	68		2	AR	1		58	311	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.226		0	AR	1		0.192	1.035	
Threonine....g	0.892		0	AR	1		0.759	4.087	
Isoleucine....g	0.863		0	AR	1		0.733	3.952	
Leucine....g	1.631		0	AR	1		1.386	7.470	
Lysine....g	1.773		0	AR	1		1.507	8.120	
Methionine....g	0.575		0	AR	1		0.489	2.632	

NDB No. 13499

Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine....g	0.210		0	AR	1		0.178	0.961	
Phenylalanine....g	0.768		0	AR	1		0.653	3.518	
Tyrosine....g	0.699		0	AR	1		0.594	3.201	
Valine....g	0.912		0	AR	1		0.775	4.175	
Arginine....g	1.325		0	AR	1		1.126	6.070	
Histidine....g	0.650		0	AR	1		0.553	2.977	
Alanine....g	1.139		0	AR	1		0.968	5.217	
Aspartic acid....g	1.814		0	AR	1		1.542	8.310	
Glutamic acid....g	3.209		0	AR	1		2.728	14.698	
Glycine....g	0.878		0	AR	1		0.746	4.020	
Proline....g	0.811		0	AR	1		0.689	3.715	
Serine....g	0.774		0	AR	1		0.658	3.546	
Hydroxyproline....g	0.100		0	AR	1		0.085	0.456	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 458g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23102

Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw

Beef Chuck, Under Blade Pot Roast/Steak, URMIS #1151/1158

Refuse: 6% Connective tissue 6%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	66.70	1.080	36	AR	1		56.70	452.91	640.34
Energy kcal	196		0	NC	4		167	1331	1882
Energy kJ	820		0	NC	4		697	5568	7872
Protein (N x 6.25) g	19.17	0.286	36	AR	1		16.30	130.18	184.05
Total lipid (fat) g	13.26	0.989	36	AR	1		11.27	90.05	127.32
Ash g	0.98	0.059	36	AR	1		0.84	6.67	9.43
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	0.00
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total g	0.00		0	Z	7		0.00	0.00	0.00
Starch g									
Minerals:									
Calcium, Ca mg	12	0.142	6	AR	1		10	79	111
Iron, Fe mg	2.19	0.046	6	AR	1		1.86	14.86	21.01
Magnesium, Mg mg	20	0.683	6	AR	1		17	133	188
Phosphorus, P mg	184	1.532	6	AR	1		156	1249	1766
Potassium, K mg	336	7.503	6	AR	1		286	2283	3227
Sodium, Na mg	76	0.493	6	AR	1		65	516	730
Zinc, Zn mg	6.99	0.061	6	AR	1		5.94	47.44	67.07
Copper, Cu mg	0.071	0.003	6	AR	1		0.060	0.479	0.677
Manganese, Mn mg	0.011	0.000	6	AR	1		0.009	0.074	0.105
Selenium, Se µg	22.9	0.965	6	AR	1		19.4	155.2	219.4
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.079		2	AR	1		0.067	0.533	0.754
Riboflavin mg	0.167	0.002	6	AR	1		0.142	1.133	1.602
Niacin mg	4.032	0.160	6	AR	1		3.427	27.378	38.708
Pantothenic acid mg	0.679		2	AR	1		0.577	4.612	6.521
Vitamin B-6 mg	0.397	0.017	6	AR	1		0.337	2.693	3.807
Folate, total µg	3		0	BFPN	4		3	21	29
Folic acid µg	0		0	BFPN	4		0	0	0
Folate, food µg	3		0	BFPN	4		3	21	29
Folate, DFE µg	3		0	NC	4		3	21	29
Choline, total mg	63.9		2	AR	1		54.3	433.7	613.2
Betaine mg	16.1		2	AR	1		13.7	109.1	154.3
Vitamin B-12 µg	2.82	0.130	6	AR	1		2.39	19.12	27.03
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	4		0	AS	1		3	27	39
Retinol µg	4	0.339	6	AR	1		3	27	39
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	13		0	AS	1		11	91	129
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.16	0.019	6	AR	1		0.14	1.10	1.55
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.7	1.1
Vitamin D IU	4	0.178	6	AR	1		4	30	42
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	10.3	14.5
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23102

Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated g	5.726		0	NC	4		4.867	38.881	54.972
4:0 g	0.000		0	Z	7		0.000	0.000	0.000
6:0 g	0.000		0	Z	7		0.000	0.000	0.000
8:0 g	0.000		0	Z	7		0.000	0.000	0.000
10:0 g	0.000		0	Z	7		0.000	0.000	0.000
12:0 g	0.000		0	Z	7		0.000	0.000	0.000
13:0 g									
14:0 g	0.410	0.037	6	AR	1		0.348	2.783	3.935
15:0 g									
16:0 g	3.115	0.284	6	AR	1		2.648	21.152	29.906
17:0 g	0.166	0.015	6	AR	1		0.141	1.130	1.597
18:0 g	2.020	0.182	6	AR	1		1.717	13.714	19.389
20:0 g	0.006	0.001	6	AR	1		0.005	0.043	0.060
22:0 g									
24:0 g	0.009	0.001	6	AR	1		0.007	0.059	0.084
Fatty acids, total monounsaturated g	6.568		0	NC	4		5.583	44.595	63.051
14:1 g	0.084	0.007	6	AR	1		0.071	0.568	0.804
15:1 g									
16:1 undifferentiated g	0.432		0	AS	1		0.367	2.933	4.147
16:1 c g	0.432	0.039	6	AR	1		0.367	2.933	4.147
16:1 t g									
17:1 g	0.113	0.010	6	AR	1		0.096	0.766	1.083
18:1 undifferentiated g	5.912		0	AS	1		5.026	40.145	56.759
18:1 c g	5.082	0.483	6	AR	1		4.320	34.506	48.786
18:1 t g	0.831	0.073	6	AR	1		0.706	5.639	7.973
18:1-11 t (18:1t n-7) g	0.277	0.030	6	AR	1		0.235	1.878	2.655
20:1 g	0.027	0.002	6	AR	1		0.023	0.183	0.258
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.576		0	NC	4		0.489	3.909	5.527
18:2 undifferentiated g	0.506		0	AS	1		0.430	3.435	4.857
18:2 n-6 c,c g	0.444	0.045	6	AR	1		0.377	3.013	4.260
18:2 CLAs g	0.062	0.005	6	AR	1		0.053	0.422	0.596
18:2 t,t g									
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.019		0	AS	1		0.016	0.129	0.182
18:3 n-3 c,c,c (ALA) g	0.019	0.001	6	AR	1		0.016	0.129	0.182
18:3 n-6 c,c,c g									
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c g	0.003	0.000	6	AR	1		0.003	0.020	0.029
20:3 undifferentiated g									
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.044	0.007	6	AR	1		0.037	0.298	0.421
20:4 n-6 g									
20:5 n-3 (EPA) g	0.001	0.000	6	AR	1		0.001	0.005	0.008
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.003	0.000	6	AR	1		0.003	0.020	0.029
22:6 n-3 (DHA) g	0.000	0.000	6	AR	1		0.000	0.001	0.001
Fatty acids, total trans g	0.831		0	NC	4		0.706	5.639	7.973
Fatty acids, total trans-monoenoic g	0.831		0	NC	4		0.706	5.639	7.973
Fatty acids, total trans-polyenoic g									
Cholesterol mg	66	1.401	5	AR	1		56	450	636
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.216		0	AR	1		0.184	1.466	2.073
Threonine g	0.844		0	AR	1		0.717	5.728	8.098
Isoleucine g	0.815		0	AR	1		0.693	5.536	7.827
Leucine g	1.542		0	AR	1		1.311	10.471	14.805

NDB No. 23102

Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	1.676		0	AR	1		1.425	11.382	16.092
Methionine....g	0.545		0	AR	1		0.463	3.697	5.227
Cystine....g	0.201		0	AR	1		0.171	1.366	1.932
Phenylalanine....g	0.730		0	AR	1		0.620	4.954	7.004
Tyrosine....g	0.661		0	AR	1		0.562	4.489	6.347
Valine....g	0.866		0	AR	1		0.736	5.883	8.318
Arginine....g	1.262		0	AR	1		1.073	8.571	12.117
Histidine....g	0.621		0	AR	1		0.528	4.217	5.963
Alanine....g	1.094		0	AR	1		0.929	7.425	10.498
Aspartic acid....g	1.719		0	AR	1		1.461	11.674	16.506
Glutamic acid....g	3.032		0	AR	1		2.577	20.588	29.108
Glycine....g	0.875		0	AR	1		0.743	5.939	8.396
Proline....g	0.788		0	AR	1		0.670	5.350	7.564
Serine....g	0.736		0	AR	1		0.626	5.000	7.069
Hydroxyproline....g	0.131		0	BFPN	4		0.111	0.889	1.258
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 679g: 1 steak

Measure 3 = 960g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23103

Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw

Beef, Chuck, Under Blade Pot Roast/Steak, URMIS #1151/1158

Refuse: 6% Connective tissue 6%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	66.00	1.127	24	AR	1		56.10	427.65	626.29
Energy kcal	202		0	NC	4		172	1309	1916
Energy kJ	845		0	NC	4		718	5476	8019
Protein (N x 6.25) g	19.15	0.346	24	AR	1		16.28	124.12	181.77
Total lipid (fat) g	13.93	1.109	24	AR	1		11.84	90.24	132.15
Ash g	0.98	0.064	24	AR	1		0.84	6.37	9.32
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	0.00
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total g	0.00		0	Z	7		0.00	0.00	0.00
Starch g									
Minerals:									
Calcium, Ca mg	12	0.177	4	AR	1		10	75	110
Iron, Fe mg	2.13	0.057	4	AR	1		1.81	13.81	20.23
Magnesium, Mg mg	19	0.849	4	AR	1		16	123	181
Phosphorus, P mg	181	1.904	4	AR	1		154	1175	1721
Potassium, K mg	329	9.321	4	AR	1		280	2133	3123
Sodium, Na mg	76	0.613	4	AR	1		64	490	717
Zinc, Zn mg	6.99	0.075	4	AR	1		5.94	45.32	66.37
Copper, Cu mg	0.073	0.003	4	AR	1		0.062	0.472	0.691
Manganese, Mn mg	0.011	0.000	4	AR	1		0.009	0.070	0.102
Selenium, Se µg	21.7	1.199	4	AR	1		18.4	140.5	205.8
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.079		1	AR	1		0.067	0.509	0.745
Riboflavin mg	0.167	0.002	4	AR	1		0.142	1.082	1.584
Niacin mg	3.983	0.199	4	AR	1		3.385	25.809	37.797
Pantothenic acid mg	0.630		1	AR	1		0.536	4.083	5.980
Vitamin B-6 mg	0.380	0.022	4	AR	1		0.323	2.465	3.610
Folate, total µg	3		0	BFPN	4		3	20	29
Folic acid µg	0		0	BFPN	4		0	0	0
Folate, food µg	3		0	BFPN	4		3	20	29
Folate, DFE µg	3		0	NC	4		3	20	29
Choline, total mg	64.5		1	AR	1		54.8	418.1	612.3
Betaine mg	17.1		1	AR	1		14.5	110.8	162.3
Vitamin B-12 µg	2.94	0.161	4	AR	1		2.50	19.04	27.89
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	4		0	AS	1		3	26	38
Retinol µg	4	0.421	4	AR	1		3	26	38
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	13		0	AS	1		11	86	126
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.16	0.024	4	AR	1		0.13	1.02	1.49
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.8	1.1
Vitamin D IU	5	0.221	4	AR	1		4	30	45
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	9.8	14.4
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23103

Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated g	5.896		0	NC	4		5.011	38.203	55.948
4:0 g	0.000		0	Z	7		0.000	0.000	0.000
6:0 g	0.000		0	Z	7		0.000	0.000	0.000
8:0 g	0.000		0	Z	7		0.000	0.000	0.000
10:0 g	0.000		0	Z	7		0.000	0.000	0.000
12:0 g	0.000		0	Z	7		0.000	0.000	0.000
13:0 g									
14:0 g	0.424	0.046	4	AR	1		0.361	2.750	4.028
15:0 g									
16:0 g	3.216	0.353	4	AR	1		2.733	20.836	30.515
17:0 g	0.169	0.019	4	AR	1		0.143	1.092	1.599
18:0 g	2.071	0.226	4	AR	1		1.760	13.420	19.654
20:0 g	0.007	0.001	4	AR	1		0.006	0.044	0.065
22:0 g									
24:0 g	0.009	0.002	4	AR	1		0.008	0.060	0.088
Fatty acids, total monounsaturated g	6.794		0	NC	4		5.775	44.023	64.472
14:1 g	0.091	0.009	4	AR	1		0.077	0.588	0.862
15:1 g									
16:1 undifferentiated g	0.451		0	AS	1		0.383	2.919	4.275
16:1 c g	0.451	0.048	4	AR	1		0.383	2.919	4.275
16:1 t g									
17:1 g	0.115	0.013	4	AR	1		0.097	0.743	1.088
18:1 undifferentiated g	6.107		0	AS	1		5.191	39.574	57.956
18:1 c g	5.261	0.600	4	AR	1		4.472	34.089	49.924
18:1 t g	0.846	0.091	4	AR	1		0.719	5.485	8.032
18:1-11 t (18:1t n-7) g	0.278	0.037	4	AR	1		0.236	1.801	2.637
20:1 g	0.031	0.002	4	AR	1		0.026	0.199	0.291
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.588		0	NC	4		0.500	3.812	5.583
18:2 undifferentiated g	0.515		0	AS	1		0.437	3.335	4.885
18:2 n-6 c,c g	0.451	0.056	4	AR	1		0.384	2.924	4.282
18:2 CLAs g	0.064	0.007	4	AR	1		0.054	0.411	0.603
18:2 t,t g									
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.021		0	AS	1		0.018	0.135	0.198
18:3 n-3 c,c,c (ALA) g	0.021	0.002	4	AR	1		0.018	0.135	0.198
18:3 n-6 c,c,c g									
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c g	0.003	0.000	4	AR	1		0.003	0.020	0.029
20:3 undifferentiated g									
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.045	0.008	4	AR	1		0.038	0.293	0.429
20:4 n-6 g									
20:5 n-3 (EPA) g	0.001	0.000	4	AR	1		0.001	0.008	0.012
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.003	0.000	4	AR	1		0.003	0.019	0.028
22:6 n-3 (DHA) g	0.000	0.000	4	AR	1		0.000	0.001	0.001
Fatty acids, total trans g	0.846		0	NC	4		0.719	5.485	8.032
Fatty acids, total trans-monoenoic g	0.846		0	NC	4		0.719	5.485	8.032
Fatty acids, total trans-polyenoic g									
Cholesterol mg	66	1.448	4	AR	1		56	427	625
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.216		0	AR	1		0.183	1.398	2.047
Threonine g	0.843		0	AR	1		0.716	5.461	7.998
Isoleucine g	0.815		0	AR	1		0.692	5.278	7.730
Leucine g	1.541		0	AR	1		1.310	9.984	14.622

NDB No. 23103

Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	1.675		0	AR	1		1.424	10.852	15.893
Methionine g	0.544		0	AR	1		0.462	3.525	5.163
Cystine g	0.201		0	AR	1		0.171	1.303	1.908
Phenylalanine g	0.729		0	AR	1		0.620	4.724	6.918
Tyrosine g	0.660		0	AR	1		0.561	4.280	6.268
Valine g	0.866		0	AR	1		0.736	5.609	8.215
Arginine g	1.261		0	AR	1		1.072	8.172	11.967
Histidine g	0.621		0	AR	1		0.527	4.021	5.889
Alanine g	1.093		0	AR	1		0.929	7.079	10.368
Aspartic acid g	1.718		0	AR	1		1.460	11.131	16.301
Glutamic acid g	3.029		0	AR	1		2.575	19.630	28.748
Glycine g	0.874		0	AR	1		0.743	5.662	8.292
Proline g	0.787		0	AR	1		0.669	5.101	7.470
Serine g	0.736		0	AR	1		0.625	4.767	6.982
Hydroxyproline g	0.131		0	BFPN	4		0.111	0.848	1.242
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 648g: 1 steak

Measure 3 = 949g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23104

Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw

Beef, Chuck, Under Blade Pot Roast/Steak, URMIS #1151/1158

Refuse: 6% Connective tissue 6%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	67.76	1.219	12	AR	1		57.60	496.02	662.04
Energy kcal	187		0	NC	4		159	1370	1829
Energy kJ	783		0	NC	4		666	5732	7650
Protein (N x 6.25) g	19.20	0.445	12	AR	1		16.32	140.54	187.58
Total lipid (fat) g	12.27	1.324	12	AR	1		10.43	89.80	119.85
Ash g	0.98	0.074	12	AR	1		0.84	7.19	9.60
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	0.00
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total g	0.00		0	Z	7		0.00	0.00	0.00
Starch g									
Minerals:									
Calcium, Ca mg	12		2	AR	1		10	85	113
Iron, Fe mg	2.27		2	AR	1		1.93	16.65	22.22
Magnesium, Mg mg	20		2	AR	1		17	149	198
Phosphorus, P mg	188		2	AR	1		160	1376	1837
Potassium, K mg	347		2	AR	1		295	2538	3388
Sodium, Na mg	77		2	AR	1		65	561	749
Zinc, Zn mg	6.98		2	AR	1		5.93	51.06	68.15
Copper, Cu mg	0.067		2	AR	1		0.057	0.491	0.656
Manganese, Mn mg	0.011		2	AR	1		0.009	0.081	0.107
Selenium, Se µg	24.6		2	AR	1		20.9	180.1	240.4
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.079		1	AR	1		0.067	0.575	0.767
Riboflavin mg	0.167		2	AR	1		0.142	1.222	1.632
Niacin mg	4.106		2	AR	1		3.490	30.055	40.115
Pantothenic acid mg	0.728		1	AR	1		0.619	5.331	7.115
Vitamin B-6 mg	0.421		2	AR	1		0.358	3.083	4.115
Folate, total µg	3		0	BFPN	4		3	22	30
Folic acid µg	0		0	BFPN	4		0	0	0
Folate, food µg	3		0	BFPN	4		3	22	30
Folate, DFE µg	3		0	NC	4		3	22	30
Choline, total mg	63.2		1	AR	1		53.7	462.8	617.7
Betaine mg	15.0		1	AR	1		12.8	110.0	146.9
Vitamin B-12 µg	2.63		2	AR	1		2.24	19.27	25.72
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	4		0	AS	1		4	30	40
Retinol µg	4		2	AR	1		4	30	40
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	14		0	AS	1		12	101	134
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.17		2	AR	1		0.14	1.23	1.64
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.7	1.0
Vitamin D IU	4		2	AR	1		3	29	39
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	11.1	14.8
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23104

Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	5.473		0	NC	4		4.652	40.059	53.466
4:0....g	0.000		0	Z	7		0.000	0.000	0.000
6:0....g	0.000		0	Z	7		0.000	0.000	0.000
8:0....g	0.000		0	Z	7		0.000	0.000	0.000
10:0....g	0.000		0	Z	7		0.000	0.000	0.000
12:0....g	0.000		0	Z	7		0.000	0.000	0.000
13:0....g									
14:0....g	0.388		2	AR	1		0.330	2.842	3.794
15:0....g									
16:0....g	2.965		2	AR	1		2.520	21.703	28.967
17:0....g	0.163		2	AR	1		0.139	1.195	1.594
18:0....g	1.943		2	AR	1		1.651	14.220	18.979
20:0....g	0.006		2	AR	1		0.005	0.042	0.056
22:0....g									
24:0....g	0.008		2	AR	1		0.007	0.057	0.076
Fatty acids, total monounsaturated....g	6.229		0	NC	4		5.295	45.598	60.860
14:1....g	0.073		2	AR	1		0.062	0.534	0.712
15:1....g									
16:1 undifferentiated....g	0.405		0	AS	1		0.344	2.961	3.952
16:1 c....g	0.405		2	AR	1		0.344	2.961	3.952
16:1 t....g									
17:1....g	0.110		2	AR	1		0.094	0.806	1.076
18:1 undifferentiated....g	5.621		0	AS	1		4.778	41.143	54.913
18:1 c....g	4.814		2	AR	1		4.092	35.238	47.033
18:1 t....g	0.807		2	AR	1		0.686	5.904	7.880
18:1-11 t (18:1t n-7)....g	0.275		2	AR	1		0.234	2.012	2.685
20:1....g	0.021		2	AR	1		0.018	0.155	0.207
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.557		0	NC	4		0.473	4.074	5.437
18:2 undifferentiated....g	0.493		0	AS	1		0.419	3.605	4.812
18:2 n-6 c,c....g	0.433		2	AR	1		0.368	3.166	4.226
18:2 CLAs....g	0.060		2	AR	1		0.051	0.439	0.586
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.016		0	AS	1		0.014	0.119	0.159
18:3 n-3 c,c,c (ALA)....g	0.016		2	AR	1		0.014	0.119	0.159
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c....g	0.003		2	AR	1		0.002	0.020	0.027
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.042		2	AR	1		0.035	0.305	0.407
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		2	AR	1		0.000	0.002	0.003
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.003		2	AR	1		0.002	0.020	0.027
22:6 n-3 (DHA)....g	0.000		2	AR	1		0.000	0.001	0.001
Fatty acids, total trans....g	0.807		0	NC	4		0.686	5.904	7.880
Fatty acids, total trans-monoenoic....g	0.807		0	NC	4		0.686	5.904	7.880
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	67		1	AR	1		57	489	653
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.216		0	AR	1		0.184	1.583	2.113
Threonine....g	0.845		0	AR	1		0.718	6.183	8.253
Isoleucine....g	0.816		0	AR	1		0.694	5.976	7.977
Leucine....g	1.544		0	AR	1		1.313	11.305	15.088

NDB No. 23104

Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	1.679		0	AR	1		1.427	12.288	16.401
Methionine g	0.545		0	AR	1		0.463	3.992	5.328
Cystine g	0.202		0	AR	1		0.171	1.475	1.969
Phenylalanine g	0.731		0	AR	1		0.621	5.348	7.139
Tyrosine g	0.662		0	AR	1		0.563	4.846	6.468
Valine g	0.868		0	AR	1		0.738	6.351	8.477
Arginine g	1.264		0	AR	1		1.074	9.253	12.349
Histidine g	0.622		0	AR	1		0.529	4.553	6.077
Alanine g	1.095		0	AR	1		0.931	8.016	10.699
Aspartic acid g	1.722		0	AR	1		1.464	12.603	16.822
Glutamic acid g	3.036		0	AR	1		2.581	22.226	29.665
Glycine g	0.876		0	AR	1		0.744	6.411	8.557
Proline g	0.789		0	AR	1		0.671	5.775	7.708
Serine g	0.737		0	AR	1		0.627	5.398	7.205
Hydroxyproline g	0.131		0	BFPN	4		0.112	0.960	1.282
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 732g: 1 steak

Measure 3 = 977g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13293

Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw

Beef, Chuck, Under Blade Pot Roast or Steak, URMIS #1151, URMIS #1158

Refuse: 19% Connective tissue 6%, seam fat 13%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	71.41	0.730	36	AR	1		60.70	484.91	685.58
Energy kcal	140		0	NC	4		119	953	1348
Energy kJ	587		0	NC	4		499	3989	5640
Protein (N x 6.25) g	21.13	0.198	36	AR	1		17.96	143.46	202.83
Total lipid (fat) g	6.07	0.265	36	AR	1		5.16	41.24	58.31
Ash g	1.08	0.074	36	AR	1		0.91	7.30	10.32
Carbohydrate, by difference g	0.31		0	NC	4		0.26	2.09	2.96
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total g	0.00		0	Z	7		0.00	0.00	0.00
Starch g									
Minerals:									
Calcium, Ca mg	12	0.175	6	AR	1		10	79	112
Iron, Fe mg	2.34	0.056	6	AR	1		1.99	15.87	22.43
Magnesium, Mg mg	22	0.564	6	AR	1		19	150	212
Phosphorus, P mg	202	2.286	6	AR	1		172	1375	1943
Potassium, K mg	369	6.767	6	AR	1		314	2504	3541
Sodium, Na mg	81	0.737	6	AR	1		69	548	775
Zinc, Zn mg	7.79	0.072	6	AR	1		6.62	52.90	74.80
Copper, Cu mg	0.078	0.003	6	AR	1		0.066	0.528	0.747
Manganese, Mn mg	0.013	0.000	6	AR	1		0.011	0.087	0.123
Selenium, Se µg	25.7	1.174	6	AR	1		21.8	174.3	246.4
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.080		2	AR	1		0.068	0.543	0.768
Riboflavin mg	0.191	0.002	6	AR	1		0.162	1.297	1.834
Niacin mg	4.332	0.182	6	AR	1		3.682	29.414	41.587
Pantothenic acid mg	0.745		2	AR	1		0.633	5.059	7.152
Vitamin B-6 mg	0.426	0.022	6	AR	1		0.362	2.889	4.085
Folate, total µg	3		0	BFPN	4		3	23	32
Folic acid µg	0		0	BFPN	4		0	0	0
Folate, food µg	3		0	BFPN	4		3	23	32
Folate, DFE µg	3		0	NC	4		3	23	32
Choline, total mg	71.5		2	AR	1		60.8	485.6	686.6
Betaine mg	17.4		2	AR	1		14.8	118.0	166.9
Vitamin B-12 µg	3.11	0.151	6	AR	1		2.65	21.14	29.89
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	2		0	AS	1		2	13	19
Retinol µg	2	0.210	6	AR	1		2	13	19
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	7		0	AS	1		6	44	62
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.18	0.023	6	AR	1		0.15	1.19	1.68
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		6	AS	1		0.1	0.7	0.9
Vitamin D IU	4	0.197	6	AR	1		3	27	38
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	10.3	14.5
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13293

Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.580		0	NR	4		2.193	17.518	24.768
4:0....g	0.000		0	Z	7		0.000	0.000	0.000
6:0....g	0.000		0	Z	7		0.000	0.000	0.000
8:0....g	0.000		0	Z	7		0.000	0.000	0.000
10:0....g	0.000		0	Z	7		0.000	0.000	0.000
12:0....g	0.000		0	Z	7		0.000	0.000	0.000
13:0....g									
14:0....g	0.170	0.027	6	AR	1		0.144	1.152	1.629
15:0....g									
16:0....g	1.473	0.230	6	AR	1		1.252	10.002	14.141
17:0....g	0.076	0.011	6	AR	1		0.065	0.516	0.729
18:0....g	0.852	0.134	6	AR	1		0.725	5.788	8.183
20:0....g	0.000	0.000	6	AR	1		0.000	0.003	0.005
22:0....g									
24:0....g	0.008	0.002	6	AR	1		0.007	0.057	0.081
Fatty acids, total monounsaturated....g	3.160		0	NR	4		2.686	21.456	30.336
14:1....g	0.039	0.005	6	AR	1		0.033	0.264	0.373
15:1....g									
16:1 undifferentiated....g	0.230	0.034	6	AR	1		0.196	1.565	2.212
17:1....g	0.062	0.009	6	AR	1		0.052	0.418	0.592
18:1 undifferentiated....g	2.824		0	AS	1		2.400	19.174	27.108
18:1 c....g	2.529	0.414	6	AR	1		2.150	17.171	24.277
18:1 t....g	0.296	0.047	6	AR	1		0.251	2.009	2.840
18:1-11 t (18:1t n-7)....g	0.213	0.032	6	AR	1		0.181	1.448	2.047
20:1....g	0.006	0.001	6	AR	1		0.005	0.039	0.055
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.310		0	NR	4		0.264	2.105	2.976
18:2 undifferentiated....g	0.265		0	AS	1		0.225	1.799	2.543
18:2 n-6 c,c....g	0.244	0.042	6	AR	1		0.207	1.657	2.343
18:2 CLAs....g	0.021	0.003	6	AR	1		0.018	0.141	0.200
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.002		0	AS	1		0.002	0.016	0.023
18:3 n-3 c,c,c (ALA)....g	0.002	0.001	6	AR	1		0.002	0.016	0.023
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000	0.000	6	AR	1		0.000	0.000	0.000
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.042	0.008	6	AR	1		0.036	0.286	0.404
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001	0.000	6	AR	1		0.001	0.004	0.006
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	6	AR	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000	0.000	6	AR	1		0.000	0.000	0.000
Fatty acids, total trans....g	0.296		0	NR	4		0.252	2.010	2.842
Fatty acids, total trans-monoenoic....g	0.296		0	NR	4		0.252	2.010	2.842
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	66	1.648	5	AR	1		56	447	632
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.242		0	AR	1		0.206	1.645	2.326
Threonine....g	0.957		0	AR	1		0.813	6.496	9.184
Isoleucine....g	0.925		0	AR	1		0.786	6.281	8.881
Leucine....g	1.749		0	AR	1		1.486	11.874	16.788
Lysine....g	1.901		0	AR	1		1.616	12.907	18.248
Methionine....g	0.616		0	AR	1		0.524	4.184	5.915

NDB No. 13293

Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine....g	0.225		0	AR	1		0.191	1.527	2.159
Phenylalanine....g	0.824		0	AR	1		0.700	5.592	7.907
Tyrosine....g	0.749		0	AR	1		0.637	5.087	7.193
Valine....g	0.977		0	AR	1		0.831	6.636	9.382
Arginine....g	1.421		0	AR	1		1.208	9.648	13.640
Histidine....g	0.697		0	AR	1		0.592	4.732	6.691
Alanine....g	1.221		0	AR	1		1.038	8.292	11.724
Aspartic acid....g	1.945		0	AR	1		1.653	13.208	18.674
Glutamic acid....g	3.441		0	AR	1		2.925	23.362	33.031
Glycine....g	0.941		0	AR	1		0.800	6.389	9.033
Proline....g	0.870		0	AR	1		0.739	5.904	8.348
Serine....g	0.830		0	AR	1		0.705	5.635	7.968
Hydroxyproline....g	0.107		0	AR	1		0.091	0.724	1.024
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 679g: 1 steak

Measure 3 = 960g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13294

Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw

Beef, Chuck, Under Blade Pot Roast or Steak, URMIS #1151, URMIS #1158

Refuse: 20% Connective tissue 6%, seam fat 14%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	70.82	0.758	24	AR	1		60.20	458.94	672.11
Energy kcal	145		0	NC	4		123	939	1376
Energy kJ	606		0	NC	4		515	3930	5755
Protein (N x 6.25) g	21.19	0.247	24	AR	1		18.02	137.34	201.13
Total lipid (fat) g	6.51	0.331	24	AR	1		5.54	42.21	61.81
Ash g	1.08	0.081	24	AR	1		0.92	7.01	10.27
Carbohydrate, by difference g	0.39		0	NC	4		0.33	2.50	3.67
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total g	0.00		0	Z	7		0.00	0.00	0.00
Starch g									
Minerals:									
Calcium, Ca mg	12	0.218	4	AR	1		10	76	111
Iron, Fe mg	2.27	0.069	4	AR	1		1.93	14.72	21.55
Magnesium, Mg mg	22	0.700	4	AR	1		18	140	205
Phosphorus, P mg	200	2.839	4	AR	1		170	1295	1896
Potassium, K mg	361	8.407	4	AR	1		307	2342	3430
Sodium, Na mg	80	0.916	4	AR	1		68	521	762
Zinc, Zn mg	7.82	0.089	4	AR	1		6.65	50.69	74.24
Copper, Cu mg	0.081	0.004	4	AR	1		0.068	0.522	0.764
Manganese, Mn mg	0.013	0.000	4	AR	1		0.011	0.082	0.121
Selenium, Se µg	24.4	1.459	4	AR	1		20.7	157.8	231.1
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.080		1	AR	1		0.068	0.518	0.759
Riboflavin mg	0.192	0.003	4	AR	1		0.163	1.242	1.819
Niacin mg	4.290	0.226	4	AR	1		3.646	27.799	40.712
Pantothenic acid mg	0.690		1	AR	1		0.586	4.471	6.548
Vitamin B-6 mg	0.406	0.028	4	AR	1		0.345	2.632	3.855
Folate, total µg	4		0	BFNN	4		3	24	35
Folic acid µg	0		0	BFNN	4		0	0	0
Folate, food µg	4		0	BFNN	4		3	24	35
Folate, DFE µg	4		0	NC	4		3	24	35
Choline, total mg	72.6		1	AR	1		61.7	470.5	689.0
Betaine mg	18.7		1	AR	1		15.9	120.9	177.0
Vitamin B-12 µg	3.26	0.188	4	AR	1		2.77	21.12	30.94
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	2		0	AS	1		2	12	17
Retinol µg	2	0.261	4	AR	1		2	12	17
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	6		0	AS	1		5	39	57
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.17	0.029	4	AR	1		0.15	1.11	1.62
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.7	1.0
Vitamin D IU	4	0.245	4	AR	1		4	28	41
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	9.8	14.4
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13294

Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.760		0	NR	4		2.346	17.885	26.192
4:0....g	0.000		0	Z	7		0.000	0.000	0.000
6:0....g	0.000		0	Z	7		0.000	0.000	0.000
8:0....g	0.000		0	Z	7		0.000	0.000	0.000
10:0....g	0.000		0	Z	7		0.000	0.000	0.000
12:0....g	0.000		0	Z	7		0.000	0.000	0.000
13:0....g									
14:0....g	0.185	0.033	4	AR	1		0.157	1.196	1.751
15:0....g									
16:0....g	1.584	0.286	4	AR	1		1.347	10.265	15.034
17:0....g	0.078	0.014	4	AR	1		0.066	0.505	0.740
18:0....g	0.903	0.167	4	AR	1		0.768	5.853	8.572
20:0....g	0.001	0.000	4	AR	1		0.001	0.006	0.008
22:0....g									
24:0....g	0.009	0.002	4	AR	1		0.008	0.060	0.088
Fatty acids, total monounsaturated....g	3.240		0	NR	4		2.754	20.995	30.748
14:1....g	0.045	0.007	4	AR	1		0.038	0.288	0.422
15:1....g									
16:1 undifferentiated....g	0.239	0.042	4	AR	1		0.203	1.551	2.271
17:1....g	0.060	0.011	4	AR	1		0.051	0.391	0.572
18:1 undifferentiated....g	2.887		0	AS	1		2.454	18.709	27.400
18:1 c....g	2.595	0.514	4	AR	1		2.206	16.816	24.627
18:1 t....g	0.292	0.058	4	AR	1		0.248	1.893	2.773
18:1-11 t (18:1t n-7)....g	0.212	0.039	4	AR	1		0.180	1.373	2.011
20:1....g	0.008	0.001	4	AR	1		0.007	0.054	0.079
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.320		0	NR	4		0.272	2.074	3.037
18:2 undifferentiated....g	0.271		0	AS	1		0.230	1.756	2.571
18:2 n-6 c,c....g	0.249	0.052	4	AR	1		0.212	1.616	2.367
18:2 CLAs....g	0.022	0.004	4	AR	1		0.018	0.139	0.204
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.004		0	AS	1		0.003	0.026	0.038
18:3 n-3 c,c,c (ALA)....g	0.004	0.001	4	AR	1		0.003	0.026	0.038
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000	0.000	4	AR	1		0.000	0.000	0.000
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.044	0.010	4	AR	1		0.037	0.285	0.417
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001	0.000	4	AR	1		0.001	0.007	0.011
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	4	AR	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000	0.000	4	AR	1		0.000	0.000	0.000
Fatty acids, total trans....g	0.292		0	NR	4		0.248	1.892	2.771
Fatty acids, total trans-monoenoic....g	0.292		0	NR	4		0.248	1.892	2.771
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	65	1.703	4	AR	1		56	424	621
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.243		0	AR	1		0.207	1.575	2.307
Threonine....g	0.960		0	AR	1		0.816	6.219	9.108
Isoleucine....g	0.928		0	AR	1		0.789	6.013	8.806
Leucine....g	1.754		0	AR	1		1.491	11.368	16.648
Lysine....g	1.907		0	AR	1		1.621	12.356	18.096
Methionine....g	0.618		0	AR	1		0.525	4.005	5.866

NDB No. 13294

Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine g	0.226		0	AR	1		0.192	1.462	2.141
Phenylalanine g	0.826		0	AR	1		0.702	5.354	7.841
Tyrosine g	0.752		0	AR	1		0.639	4.870	7.133
Valine g	0.980		0	AR	1		0.833	6.353	9.304
Arginine g	1.425		0	AR	1		1.212	9.236	13.526
Histidine g	0.699		0	AR	1		0.594	4.530	6.635
Alanine g	1.225		0	AR	1		1.041	7.938	11.626
Aspartic acid g	1.951		0	AR	1		1.659	12.644	18.518
Glutamic acid g	3.452		0	AR	1		2.934	22.366	32.755
Glycine g	0.944		0	AR	1		0.802	6.116	8.958
Proline g	0.872		0	AR	1		0.741	5.652	8.278
Serine g	0.833		0	AR	1		0.708	5.395	7.901
Hydroxyproline g	0.107		0	AR	1		0.091	0.694	1.016
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 648g: 1 steak

Measure 3 = 949g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13349

Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw

Beef, Chuck, Under Blade Pot Roast or Steak, URMIS #1151, URMIS #1158

Refuse: 19% Connective tissue 6%, seam fat 13%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	72.30	0.813	12	AR	1		61.46	529.25	706.39
Energy kcal	134		0	NC	4		114	978	1305
Energy kJ	559		0	NC	4		475	4092	5462
Protein (N x 6.25) g	21.03	0.328	12	AR	1		17.87	153.93	205.45
Total lipid (fat) g	5.41	0.439	12	AR	1		4.60	39.64	52.90
Ash g	1.07	0.094	12	AR	1		0.91	7.80	10.41
Carbohydrate, by difference g	0.19		0	NC	4		0.16	1.39	1.86
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total g	0.00		0	Z	7		0.00	0.00	0.00
Starch g									
Minerals:									
Calcium, Ca mg	12		2	AR	1		10	85	113
Iron, Fe mg	2.43		2	AR	1		2.07	17.82	23.79
Magnesium, Mg mg	23		2	AR	1		19	167	223
Phosphorus, P mg	206		2	AR	1		175	1511	2017
Potassium, K mg	380		2	AR	1		323	2781	3712
Sodium, Na mg	81		2	AR	1		69	596	795
Zinc, Zn mg	7.74		2	AR	1		6.58	56.68	75.65
Copper, Cu mg	0.074		2	AR	1		0.063	0.539	0.720
Manganese, Mn mg	0.013		2	AR	1		0.011	0.095	0.127
Selenium, Se µg	27.6		2	AR	1		23.5	202.4	270.1
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.080		1	AR	1		0.068	0.586	0.782
Riboflavin mg	0.190		2	AR	1		0.161	1.391	1.856
Niacin mg	4.395		2	AR	1		3.736	32.171	42.939
Pantothenic acid mg	0.800		1	AR	1		0.680	5.856	7.816
Vitamin B-6 mg	0.454		2	AR	1		0.386	3.327	4.440
Folate, total µg	3		0	BFPN	4		3	25	33
Folic acid µg	0		0	BFPN	4		0	0	0
Folate, food µg	3		0	BFPN	4		3	25	33
Folate, DFE µg	3		0	NC	4		3	25	33
Choline, total mg	70.4		1	AR	1		59.9	515.7	688.3
Betaine mg	16.1		1	AR	1		13.7	117.9	157.4
Vitamin B-12 µg	2.89		2	AR	1		2.46	21.19	28.28
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	2		0	AS	1		2	16	21
Retinol µg	2		2	AR	1		2	16	21
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	7		0	AS	1		6	52	70
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.18		2	AR	1		0.15	1.33	1.78
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		2	AS	1		0.1	0.6	0.8
Vitamin D IU	3		2	AR	1		3	25	34
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	11.1	14.8
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13349

Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.572		0	NC	4		2.187	18.831	25.133
4:0....g	0.000		0	Z	7		0.000	0.000	0.000
6:0....g	0.000		0	Z	7		0.000	0.000	0.000
8:0....g	0.000		0	Z	7		0.000	0.000	0.000
10:0....g	0.000		0	Z	7		0.000	0.000	0.000
12:0....g	0.000		0	Z	7		0.000	0.000	0.000
13:0....g									
14:0....g	0.165		2	AR	1		0.140	1.205	1.608
15:0....g									
16:0....g	1.456		2	AR	1		1.238	10.657	14.224
17:0....g	0.081		2	AR	1		0.069	0.591	0.788
18:0....g	0.863		2	AR	1		0.734	6.319	8.434
20:0....g	0.000		2	AR	1		0.000	0.000	0.000
22:0....g									
24:0....g	0.008		2	AR	1		0.007	0.059	0.078
Fatty acids, total monounsaturated....g	5.868		0	NC	4		4.988	42.955	57.332
14:1....g	0.030		2	AR	1		0.026	0.220	0.294
15:1....g									
16:1 undifferentiated....g	0.220		2	AR	1		0.187	1.608	2.146
17:1....g	0.064		2	AR	1		0.055	0.470	0.627
18:1 undifferentiated....g	2.777		0	AS	1		2.361	20.328	27.132
18:1 c....g	2.470		2	AR	1		2.099	18.080	24.131
18:1 t....g	0.307		2	AR	1		0.261	2.249	3.001
18:1-11 t (18:1t n-7)....g	0.215		2	AR	1		0.183	1.575	2.102
20:1....g	0.000		2	AR	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.615		0	NC	4		0.523	4.500	6.006
18:2 undifferentiated....g	0.285		0	AS	1		0.243	2.089	2.789
18:2 n-6 c,c....g	0.263		2	AR	1		0.224	1.928	2.573
18:2 CLAs....g	0.022		2	AR	1		0.019	0.162	0.216
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.000		0	AS	1		0.000	0.000	0.000
18:3 n-3 c,c,c (ALA)....g	0.000		2	AR	1		0.000	0.000	0.000
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000		2	AR	1		0.000	0.000	0.000
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.044		2	AR	1		0.037	0.321	0.429
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		2	AR	1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		2	AR	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		2	AR	1		0.000	0.000	0.000
Fatty acids, total trans....g	0.307		0	NC	4		0.261	2.249	3.001
Fatty acids, total trans-monoenoic....g	0.307		0	NC	4		0.261	2.249	3.001
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	66		1	AR	1		56	486	649
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.241		0	AR	1		0.205	1.765	2.356
Threonine....g	0.952		0	AR	1		0.809	6.970	9.303
Isoleucine....g	0.921		0	AR	1		0.783	6.740	8.995
Leucine....g	1.741		0	AR	1		1.479	12.741	17.005
Lysine....g	1.892		0	AR	1		1.608	13.849	18.484
Methionine....g	0.613		0	AR	1		0.521	4.489	5.992

NDB No. 13349

Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine....g	0.224		0	AR	1		0.190	1.638	2.187
Phenylalanine....g	0.820		0	AR	1		0.697	6.001	8.009
Tyrosine....g	0.746		0	AR	1		0.634	5.459	7.286
Valine....g	0.973		0	AR	1		0.827	7.120	9.503
Arginine....g	1.414		0	AR	1		1.202	10.352	13.816
Histidine....g	0.694		0	AR	1		0.590	5.078	6.777
Alanine....g	1.215		0	AR	1		1.033	8.897	11.875
Aspartic acid....g	1.936		0	AR	1		1.646	14.172	18.915
Glutamic acid....g	3.425		0	AR	1		2.911	25.067	33.457
Glycine....g	0.937		0	AR	1		0.796	6.855	9.150
Proline....g	0.865		0	AR	1		0.736	6.335	8.455
Serine....g	0.826		0	AR	1		0.702	6.047	8.071
Hydroxyproline....g	0.106		0	AR	1		0.090	0.777	1.037
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 732g: 1 steak

Measure 3 = 977g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

NDB No. 23099

Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised

Beef Chuck Under Blade Pot Roast, URMIS #1151

Refuse: 4% Connective tissue 4%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	52.51	0.697	34	AR	1		44.63		
Energy kcal	291		0	NC	4		248		
Energy kJ	1219		0	NC	4		1036		
Protein (N x 6.25) g	26.70	1.349	34	AR	1		22.70		
Total lipid (fat) g	20.49	1.252	34	AR	1		17.42		
Ash g	1.22	0.259	34	AR	1		1.03		
Carbohydrate, by difference g	0.00		0	NC	4		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	14	0.167	6	AR	1		12		
Iron, Fe mg	2.68	0.040	6	AR	1		2.28		
Magnesium, Mg mg	19	0.387	6	AR	1		16		
Phosphorus, P mg	173	1.112	6	AR	1		147		
Potassium, K mg	262	2.651	6	AR	1		222		
Sodium, Na mg	62	0.341	6	AR	1		53		
Zinc, Zn mg	9.14	0.194	6	AR	1		7.77		
Copper, Cu mg	0.086	0.007	6	AR	1		0.073		
Manganese, Mn mg	0.012	0.000	6	AR	1		0.011		
Selenium, Se µg	30.8	1.597	6	AR	1		26.2		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.066		2	AR	1		0.056		
Riboflavin mg	0.213	0.006	6	AR	1		0.181		
Niacin mg	3.568	0.109	6	AR	1		3.032		
Pantothenic acid mg	0.685		2	AR	1		0.582		
Vitamin B-6 mg	0.295	0.005	6	AR	1		0.251		
Folate, total µg	6		0	BFPN	4		6		
Folic acid µg	0		0	BFPN	4		0		
Folate, food µg	6		0	BFPN	4		6		
Folate, DFE µg	6		0	NC	4		6		
Choline, total mg	83.2		2	AR	1		70.7		
Betaine mg	10.7		2	AR	1		9.1		
Vitamin B-12 µg	3.02	0.076	6	AR	1		2.56		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	8		0	AS	1		7		
Retinol µg	8	0.240	6	AR	1		7		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	26		0	AS	1		22		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.08	0.006	6	AR	1		0.07		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1		
Vitamin D IU	6	0.823	6	AR	1		5		
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23099

Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	8.261		0	NC	4		7.022		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g	0.000		0	Z	7		0.000		
12:0....g	0.000		0	Z	7		0.000		
13:0....g									
14:0....g	0.569	0.037	6	AR	1		0.484		
15:0....g									
16:0....g	4.504	0.291	6	AR	1		3.829		
17:0....g	0.241	0.015	6	AR	1		0.204		
18:0....g	2.919	0.182	6	AR	1		2.481		
20:0....g	0.014	0.001	6	AR	1		0.012		
22:0....g									
24:0....g	0.013	0.001	6	AR	1		0.011		
Fatty acids, total monounsaturated....g	9.478		0	NC	4		8.056		
14:1....g	0.119	0.009	6	AR	1		0.101		
15:1....g									
16:1 undifferentiated....g	0.599		0	AS	1		0.509		
16:1 c....g	0.599	0.042	6	AR	1		0.509		
16:1 t....g									
17:1....g	0.157	0.011	6	AR	1		0.134		
18:1 undifferentiated....g	8.551		0	AS	1		7.268		
18:1 c....g	7.364	0.518	6	AR	1		6.259		
18:1 t....g	1.187	0.071	6	AR	1		1.009		
18:1-11 t (18:1t n-7)....g	0.403	0.033	6	AR	1		0.343		
20:1....g	0.051	0.003	6	AR	1		0.044		
22:1 undifferentiated....g	0.000		0	Z	7		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.857		0	NC	4		0.728		
18:2 undifferentiated....g	0.743		0	AS	1		0.632		
18:2 n-6 c,c....g	0.645	0.048	6	AR	1		0.548		
18:2 CLAs....g	0.098	0.006	6	AR	1		0.083		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.038		0	AS	1		0.033		
18:3 n-3 c,c,c (ALA)....g	0.038	0.002	6	AR	1		0.033		
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g	0.007	0.000	6	AR	1		0.006		
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.060	0.006	6	AR	1		0.051		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003	0.000	6	AR	1		0.002		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.005	0.000	6	AR	1		0.004		
22:6 n-3 (DHA)....g	0.001	0.000	6	AR	1		0.001		
Fatty acids, total trans....g	1.187		0	NC	4		1.009		
Fatty acids, total trans-monoenoic....g	1.187		0	NC	4		1.009		
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	99	2.259	6	AR	1		84		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.301		0	AR	1		0.256		
Threonine....g	1.175		0	AR	1		0.999		
Isoleucine....g	1.135		0	AR	1		0.965		
Leucine....g	2.148		0	AR	1		1.826		

NDB No. 23099

Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	2.335		0	AR	1		1.984		
Methionine....g	0.758		0	AR	1		0.645		
Cystine....g	0.280		0	AR	1		0.238		
Phenylalanine....g	1.016		0	AR	1		0.864		
Tyrosine....g	0.921		0	AR	1		0.783		
Valine....g	1.207		0	AR	1		1.026		
Arginine....g	1.758		0	AR	1		1.494		
Histidine....g	0.865		0	AR	1		0.735		
Alanine....g	1.523		0	AR	1		1.295		
Aspartic acid....g	2.395		0	AR	1		2.035		
Glutamic acid....g	4.223		0	AR	1		3.589		
Glycine....g	1.218		0	AR	1		1.035		
Proline....g	1.097		0	AR	1		0.933		
Serine....g	1.026		0	AR	1		0.872		
Hydroxyproline....g	0.182		0	BFPN	4		0.155		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13380

Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised

URMIS #1151

Refuse: 4% Connective tissue 4%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	51.93	0.899	22	AR	1		44.14	341.68	
Energy kcal	306		0	NC	4		260	2016	
Energy kJ	1282		0	NC	4		1090	8436	
Protein (N x 6.25) g	26.39	1.400	22	AR	1		22.43	173.62	
Total lipid (fat) g	21.48	1.527	22	AR	1		18.26	141.33	
Ash g	1.14	0.260	22	AR	1		0.97	7.49	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	14	0.208	4	AR	1		12	89	
Iron, Fe mg	2.68	0.050	4	AR	1		2.28	17.65	
Magnesium, Mg mg	19	0.481	4	AR	1		16	125	
Phosphorus, P mg	174	1.381	4	AR	1		148	1143	
Potassium, K mg	262	3.293	4	AR	1		222	1722	
Sodium, Na mg	61	0.424	4	AR	1		52	402	
Zinc, Zn mg	9.05	0.241	4	AR	1		7.69	59.52	
Copper, Cu mg	0.082	0.009	4	AR	1		0.070	0.540	
Manganese, Mn mg	0.012	0.000	4	AR	1		0.011	0.082	
Selenium, Se µg	30.3	1.984	4	AR	1		25.7	199.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.066		1	AR	1		0.056	0.434	
Riboflavin mg	0.214	0.007	4	AR	1		0.182	1.405	
Niacin mg	3.636	0.136	4	AR	1		3.091	23.924	
Pantothenic acid mg	0.310		0		1		0.264	2.040	
Vitamin B-6 mg	0.296	0.006	4	AR	1		0.252	1.950	
Folate, total µg									
Folate, DFE µg									
Choline, total mg	81.1		1	AR	1		68.9	533.4	
Betaine mg	11.4		1	AR	1		9.7	75.0	
Vitamin B-12 µg	3.10	0.095	4	AR	1		2.64	20.43	
Vitamin A, RAE µg	8		0	AS	1		7	51	
Vitamin A, IU IU	26		0	AS	1		22	169	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.09	0.007	4	AR	1		0.08	0.60	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	AS	1		0.1	1.0	
Vitamin D IU	6	1.023	4	AR	1		5	41	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	10.3	
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	8.532		0	NC	4		7.252	56.139	
4:0 g	0.000		0	Z	7		0.000	0.000	
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.060		0		1		0.051	0.395	

NDB No. 13380

Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
12:0 g	0.000		0	Z	7		0.000	0.000	
13:0 g									
14:0 g	0.582	0.046	4	AR	1		0.494	3.828	
15:0 g									
16:0 g	4.650	0.362	4	AR	1		3.953	30.597	
17:0 g	0.249	0.018	4	AR	1		0.211	1.636	
18:0 g	3.024	0.226	4	AR	1		2.570	19.899	
20:0 g	0.013	0.001	4	AR	1		0.011	0.088	
22:0 g									
24:0 g	0.014	0.002	4	AR	1		0.012	0.092	
Fatty acids, total monounsaturated g	9.954		0	NC	4		8.461	65.496	
14:1 g	0.126	0.011	4	AR	1		0.107	0.828	
15:1 g									
16:1 undifferentiated g	0.625		0	AS	1		0.531	4.113	
16:1 c g	0.625	0.052	4	AR	1		0.531	4.113	
16:1 t g									
17:1 g	0.165	0.013	4	AR	1		0.141	1.088	
18:1 undifferentiated g	8.982		0	AS	1		7.635	59.104	
18:1 c g	7.789	0.643	4	AR	1		6.621	51.254	
18:1 t g	1.193	0.088	4	AR	1		1.014	7.850	
18:1-11 t (18:1t n-7) g	0.402	0.041	4	AR	1		0.341	2.643	
20:1 g	0.055	0.003	4	AR	1		0.047	0.363	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.856		0	NC	4		0.728	5.633	
18:2 undifferentiated g	0.743		0	AS	1		0.631	4.886	
18:2 n-6 c,c g	0.643	0.060	4	AR	1		0.547	4.234	
18:2 CLAs g	0.099	0.007	4	AR	1		0.084	0.653	
18:2 t,t g									
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.039		0	AS	1		0.033	0.255	
18:3 n-3 c,c,c (ALA) g	0.039	0.003	4	AR	1		0.033	0.255	
18:3 n-6 c,c,c g									
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.006	0.001	4	AR	1		0.005	0.041	
20:3 undifferentiated g									
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.060	0.008	4	AR	1		0.051	0.395	
20:4 n-6 g									
20:5 n-3 (EPA) g	0.003	0.000	4	AR	1		0.002	0.018	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.005	0.000	4	AR	1		0.004	0.030	
22:6 n-3 (DHA) g	0.001	0.000	4	AR	1		0.001	0.007	
Fatty acids, total trans g	1.193		0	NC	4		1.014	7.850	
Fatty acids, total trans-monoenoic g	1.193		0	NC	4		1.014	7.850	
Fatty acids, total trans-polyenoic g									
Cholesterol mg	100	2.806	4	AR	1		85	660	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.302		0		1		0.257	1.987	
Threonine g	1.178		0		1		1.001	7.751	
Isoleucine g	1.213		0		1		1.031	7.982	
Leucine g	2.132		0		1		1.812	14.029	
Lysine g	2.245		0		1		1.908	14.772	
Methionine g	0.691		0		1		0.587	4.547	
Cystine g	0.302		0		1		0.257	1.987	
Phenylalanine g	1.053		0		1		0.895	6.929	
Tyrosine g	0.907		0		1		0.771	5.968	
Valine g	1.312		0		1		1.115	8.633	

NDB No. 13380

Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Arginine....g	1.705		0		1		1.449	11.219	
Histidine....g	0.924		0		1		0.785	6.080	
Alanine....g	1.627		0		1		1.383	10.706	
Aspartic acid....g	2.465		0		1		2.095	16.220	
Glutamic acid....g	4.053		0		1		3.445	26.669	
Glycine....g	1.472		0		1		1.251	9.686	
Proline....g	1.191		0		1		1.012	7.837	
Serine....g	1.032		0		1		0.877	6.791	
Hydroxyproline....g	0.180		0	BFPN	4		0.153	1.186	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 658g: 1 roast

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13381

Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised

URMIS #1151

Refuse:40% Connective tissue 4%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	53.39	1.108	12	AR	1		45.38	335.80	
Energy kcal	288		0	NC	4		244	1809	
Energy kJ	1203		0	NC	4		1023	7567	
Protein (N x 6.25) g	27.17	1.459	12	AR	1		23.10	170.93	
Total lipid (fat) g	19.02	1.818	12	AR	1		16.17	119.63	
Ash g	1.33	0.262	12	AR	1		1.13	8.37	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	14		2	AR	1		12	86	
Iron, Fe mg	2.67		2	AR	1		2.27	16.80	
Magnesium, Mg mg	20		2	AR	1		17	123	
Phosphorus, P mg	171		2	AR	1		146	1078	
Potassium, K mg	261		2	AR	1		222	1645	
Sodium, Na mg	64		2	AR	1		54	403	
Zinc, Zn mg	9.28		2	AR	1		7.89	58.36	
Copper, Cu mg	0.092		2	AR	1		0.078	0.577	
Manganese, Mn mg	0.012		2	AR	1		0.011	0.078	
Selenium, Se µg	31.7		2	AR	1		26.9	199.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.066		1	AR	1		0.056	0.414	
Riboflavin mg	0.211		2	AR	1		0.180	1.329	
Niacin mg	3.465		2	AR	1		2.945	21.795	
Pantothenic acid mg	0.677		1	AR	1		0.575	4.255	
Vitamin B-6 mg	0.292		2	AR	1		0.248	1.838	
Folate, total µg	7		0	BFPN	4		6	42	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	7		0	BFPN	4		6	42	
Folate, DFE µg	7		0	NC	4		6	42	
Choline, total mg	85.4		1	AR	1		72.6	537.0	
Betaine mg	10.1		1	AR	1		8.6	63.4	
Vitamin B-12 µg	2.88		2	AR	1		2.45	18.14	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	8		0	AS	1		7	52	
Retinol µg	8		2	AR	1		7	52	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	28		0	AS	1		23	174	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.06		2	AR	1		0.05	0.36	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.8	
Vitamin D IU	5		2	AR	1		4	32	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	9.9	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13381

Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	7.854		0	NC	4		6.675	49.399	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	Z	7		0.000	0.000	
12:0....g	0.000		0	Z	7		0.000	0.000	
13:0....g									
14:0....g	0.550		2	AR	1		0.467	3.458	
15:0....g									
16:0....g	4.286		2	AR	1		3.643	26.958	
17:0....g	0.228		2	AR	1		0.194	1.435	
18:0....g	2.762		2	AR	1		2.348	17.374	
20:0....g	0.015		2	AR	1		0.013	0.096	
22:0....g									
24:0....g	0.012		2	AR	1		0.010	0.077	
Fatty acids, total monounsaturated....g	8.763		0	NC	4		7.449	55.121	
14:1....g	0.109		2	AR	1		0.093	0.687	
15:1....g									
16:1 undifferentiated....g	0.560		0	AS	1		0.476	3.521	
16:1 c....g	0.560		2	AR	1		0.476	3.521	
16:1 t....g									
17:1....g	0.145		2	AR	1		0.124	0.915	
18:1 undifferentiated....g	7.903		0	AS	1		6.718	49.712	
18:1 c....g	6.726		2	AR	1		5.717	42.303	
18:1 t....g	1.178		2	AR	1		1.001	7.408	
18:1-11 t (18:1t n-7)....g	0.406		2	AR	1		0.345	2.556	
20:1....g	0.045		2	AR	1		0.039	0.286	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.858		0	NC	4		0.729	5.395	
18:2 undifferentiated....g	0.744		0	AS	1		0.633	4.681	
18:2 n-6 c,c....g	0.648		2	AR	1		0.551	4.074	
18:2 CLAs....g	0.097		2	AR	1		0.082	0.607	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.038		0	AS	1		0.032	0.237	
18:3 n-3 c,c,c (ALA)....g	0.038		2	AR	1		0.032	0.237	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.007		2	AR	1		0.006	0.045	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.059		2	AR	1		0.050	0.373	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003		2	AR	1		0.003	0.019	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.005		2	AR	1		0.004	0.029	
22:6 n-3 (DHA)....g	0.002		2	AR	1		0.001	0.011	
Fatty acids, total trans....g	1.178		0	NC	4		1.001	7.408	
Fatty acids, total trans-monoenoic....g	1.178		0	NC	4		1.001	7.408	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	98		2	AR	1		83	616	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.306		0	AR	1		0.260	1.925	
Threonine....g	1.196		0	AR	1		1.016	7.520	
Isoleucine....g	1.156		0	AR	1		0.982	7.269	
Leucine....g	2.186		0	AR	1		1.858	13.749	

NDB No. 13381

Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.376		0	AR	1		2.020	14.945	
Methionine g	0.772		0	AR	1		0.656	4.855	
Cystine g	0.285		0	AR	1		0.242	1.794	
Phenylalanine g	1.034		0	AR	1		0.879	6.505	
Tyrosine g	0.937		0	AR	1		0.797	5.894	
Valine g	1.228		0	AR	1		1.044	7.725	
Arginine g	1.789		0	AR	1		1.521	11.253	
Histidine g	0.880		0	AR	1		0.748	5.538	
Alanine g	1.550		0	AR	1		1.317	9.749	
Aspartic acid g	2.437		0	AR	1		2.071	15.329	
Glutamic acid g	4.298		0	AR	1		3.653	27.033	
Glycine g	1.240		0	AR	1		1.054	7.797	
Proline g	1.117		0	AR	1		0.949	7.024	
Serine g	1.044		0	AR	1		0.887	6.565	
Hydroxyproline g	0.186		0	BFPN	4		0.158	1.168	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 629g: 1 roast

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13285

Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised

Beef, Chuck, Under Blade Pot Roast, URMIS #1151

Refuse: 24% Connective tissue 4%, seam fat 20%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	58.22	1.163	36	AR	1		49.49	376.70	
Energy kcal	216		0	NC	4		184	1400	
Energy kJ	905		0	NC	4		769	5857	
Protein (N x 6.25) g	30.54	0.885	36	AR	1		25.96	197.61	
Total lipid (fat) g	10.46	1.211	36	AR	1		8.89	67.70	
Ash g	1.39	0.323	36	AR	1		1.18	9.01	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	14	0.210	6	AR	1		12	90	
Iron, Fe mg	3.19	0.048	6	AR	1		2.71	20.66	
Magnesium, Mg mg	22	0.477	6	AR	1		19	142	
Phosphorus, P mg	206	2.437	6	AR	1		175	1332	
Potassium, K mg	306	3.424	6	AR	1		260	1983	
Sodium, Na mg	65	0.474	6	AR	1		55	420	
Zinc, Zn mg	11.32	0.248	6	AR	1		9.62	73.24	
Copper, Cu mg	0.101	0.009	6	AR	1		0.086	0.652	
Manganese, Mn mg	0.016	0.000	6	AR	1		0.013	0.101	
Selenium, Se µg	35.5	1.806	6	AR	1		30.2	229.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.070		2	AR	1		0.060	0.453	
Riboflavin mg	0.247	0.009	6	AR	1		0.210	1.598	
Niacin mg	3.874	0.143	6	AR	1		3.293	25.065	
Pantothenic acid mg	0.760		2	AR	1		0.646	4.917	
Vitamin B-6 mg	0.318	0.005	6	AR	1		0.270	2.057	
Folate, total µg	8		0	BFNN	4		6	49	
Folic acid µg	0		0	BFNN	4		0	0	
Folate, food µg	8		0	BFNN	4		6	49	
Folate, DFE µg	8		0	NC	4		6	49	
Choline, total mg	97.0		2	AR	1		82.4	627.3	
Betaine mg	11.4		2	AR	1		9.7	73.9	
Vitamin B-12 µg	3.39	0.111	6	AR	1		2.88	21.94	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	AS	1		2	12	
Retinol µg	2	0.130	6	AR	1		2	12	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	6		0	AS	1		5	40	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.08	0.007	6	AR	1		0.07	0.55	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		6	AS	1		0.1	0.9	
Vitamin D IU	5	1.025	6	AR	1		5	35	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	10.2	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13285

Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.002		0	NC	4		3.401	25.891	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	Z	7		0.000	0.000	
12:0....g	0.000		0	Z	7		0.000	0.000	
13:0....g									
14:0....g	0.246	0.031	6	AR	1		0.209	1.591	
15:0....g									
16:0....g	2.263	0.259	6	AR	1		1.924	14.644	
17:0....g	0.117	0.013	6	AR	1		0.099	0.754	
18:0....g	1.359	0.154	6	AR	1		1.155	8.791	
20:0....g	0.004	0.000	6	AR	1		0.004	0.029	
22:0....g									
24:0....g	0.013	0.002	6	AR	1		0.011	0.081	
Fatty acids, total monounsaturated....g	5.068		0	NC	4		4.308	32.790	
14:1....g	0.056	0.008	6	AR	1		0.048	0.364	
15:1....g									
16:1 undifferentiated....g	0.343	0.040	6	AR	1		0.291	2.217	
17:1....g	0.093	0.011	6	AR	1		0.079	0.604	
18:1 undifferentiated....g	4.552		0	AS	1		3.869	29.452	
18:1 c....g	4.123	0.498	6	AR	1		3.505	26.677	
18:1 t....g	0.429	0.053	6	AR	1		0.365	2.775	
18:1-11 t (18:1t n-7)....g	0.298	0.037	6	AR	1		0.254	1.930	
20:1....g	0.024	0.002	6	AR	1		0.020	0.154	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.519		0	NC	4		0.441	3.358	
18:2 undifferentiated....g	0.432		0	AS	1		0.367	2.794	
18:2 n-6 c,c....g	0.398	0.049	6	AR	1		0.338	2.574	
18:2 CLAs....g	0.034	0.004	6	AR	1		0.029	0.220	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.018		0	AS	1		0.015	0.116	
18:3 n-3 c,c,c (ALA)....g	0.018	0.002	6	AR	1		0.015	0.116	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.001	0.000	6	AR	1		0.001	0.008	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.063	0.008	6	AR	1		0.054	0.410	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003	0.000	6	AR	1		0.003	0.021	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	6	AR	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.001	0.000	6	AR	1		0.001	0.008	
Fatty acids, total trans....g	0.429		0	NC	4		0.365	2.775	
Fatty acids, total trans-monoenoic....g	0.429		0	NC	4		0.365	2.775	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	104	2.966	6	AR	1		88	673	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.350		0	AR	1		0.298	2.266	
Threonine....g	1.383		0	AR	1		1.176	8.948	
Isoleucine....g	1.337		0	AR	1		1.137	8.652	
Leucine....g	2.528		0	AR	1		2.149	16.356	
Lysine....g	2.748		0	AR	1		2.336	17.778	
Methionine....g	0.891		0	AR	1		0.757	5.763	

NDB No. 13285

Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine....g	0.325		0	AR	1		0.276	2.103	
Phenylalanine....g	1.191		0	AR	1		1.012	7.703	
Tyrosine....g	1.083		0	AR	1		0.921	7.008	
Valine....g	1.413		0	AR	1		1.201	9.141	
Arginine....g	2.054		0	AR	1		1.746	13.289	
Histidine....g	1.007		0	AR	1		0.856	6.519	
Alanine....g	1.765		0	AR	1		1.501	11.422	
Aspartic acid....g	2.812		0	AR	1		2.390	18.193	
Glutamic acid....g	4.974		0	AR	1		4.228	32.181	
Glycine....g	1.360		0	AR	1		1.156	8.801	
Proline....g	1.257		0	AR	1		1.068	8.133	
Serine....g	1.200		0	AR	1		1.020	7.763	
Hydroxyproline....g	0.154		0	AR	1		0.131	0.998	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 647g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13383

Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised

Beef, Chuck, Under Blade Pot Roast, URMIS #1151

Refuse: 24% Connective tissue 3%, seam fat 21%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	57.85	1.213	24	AR	1		49.17	380.62	
Energy kcal	231		0	NC	4		196	1517	
Energy kJ	965		0	NC	4		820	6347	
Protein (N x 6.25) g	30.45	0.919	24	AR	1		25.89	200.38	
Total lipid (fat) g	11.14	1.255	24	AR	1		9.47	73.33	
Ash g	1.27	0.326	24	AR	1		1.08	8.33	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	14	0.261	4	AR	1		12	91	
Iron, Fe mg	3.20	0.059	4	AR	1		2.72	21.06	
Magnesium, Mg mg	22	0.593	4	AR	1		18	143	
Phosphorus, P mg	207	3.028	4	AR	1		176	1362	
Potassium, K mg	307	4.254	4	AR	1		261	2017	
Sodium, Na mg	63	0.588	4	AR	1		54	418	
Zinc, Zn mg	11.21	0.308	4	AR	1		9.52	73.73	
Copper, Cu mg	0.096	0.012	4	AR	1		0.082	0.632	
Manganese, Mn mg	0.016	0.000	4	AR	1		0.013	0.103	
Selenium, Se µg	34.8	2.243	4	AR	1		29.5	228.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.070		1	AR	1		0.060	0.461	
Riboflavin mg	0.248	0.011	4	AR	1		0.211	1.634	
Niacin mg	3.960	0.178	4	AR	1		3.366	26.057	
Pantothenic acid mg	0.770		1	AR	1		0.654	5.067	
Vitamin B-6 mg	0.320	0.007	4	AR	1		0.272	2.106	
Folate, total µg	7		0	BFPN	4		6	49	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	7		0	BFPN	4		6	49	
Folate, DFE µg	7		0	NC	4		6	49	
Choline, total mg	94.2		1	AR	1		80.0	619.6	
Betaine mg	12.3		1	AR	1		10.4	80.6	
Vitamin B-12 µg	3.50	0.138	4	AR	1		2.98	23.04	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	AS	1		1	10	
Retinol µg	2	0.161	4	AR	1		1	10	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	5		0	AS	1		4	34	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.10	0.009	4	AR	1		0.09	0.67	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		4	AS	1		0.1	1.0	
Vitamin D IU	6	1.274	4	AR	1		5	39	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	10.3	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13383

Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.344		0	NC	4		3.693	28.586	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	Z	7		0.000	0.000	
12:0....g	0.000		0	Z	7		0.000	0.000	
13:0....g									
14:0....g	0.262	0.039	4	AR	1		0.223	1.723	
15:0....g									
16:0....g	2.448	0.322	4	AR	1		2.080	16.105	
17:0....g	0.127	0.016	4	AR	1		0.108	0.836	
18:0....g	1.491	0.191	4	AR	1		1.267	9.811	
20:0....g	0.004	0.001	4	AR	1		0.003	0.023	
22:0....g									
24:0....g	0.013	0.002	4	AR	1		0.011	0.087	
Fatty acids, total monounsaturated....g	5.670		0	NC	4		4.820	37.311	
14:1....g	0.065	0.010	4	AR	1		0.055	0.425	
15:1....g									
16:1 undifferentiated....g	0.375	0.050	4	AR	1		0.319	2.471	
17:1....g	0.103	0.013	4	AR	1		0.088	0.680	
18:1 undifferentiated....g	5.098		0	AS	1		4.334	33.547	
18:1 c....g	4.662	0.618	4	AR	1		3.963	30.676	
18:1 t....g	0.436	0.066	4	AR	1		0.371	2.871	
18:1-11 t (18:1t n-7)....g	0.296	0.046	4	AR	1		0.252	1.948	
20:1....g	0.029	0.002	4	AR	1		0.024	0.188	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.519		0	NC	4		0.441	3.412	
18:2 undifferentiated....g	0.431		0	AS	1		0.367	2.839	
18:2 n-6 c,c....g	0.396	0.061	4	AR	1		0.337	2.606	
18:2 CLAs....g	0.035	0.005	4	AR	1		0.030	0.233	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.019		0	AS	1		0.016	0.122	
18:3 n-3 c,c,c (ALA)....g	0.019	0.002	4	AR	1		0.016	0.122	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.001	0.000	4	AR	1		0.001	0.006	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.064	0.010	4	AR	1		0.054	0.420	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003	0.000	4	AR	1		0.003	0.020	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	4	AR	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.001	0.000	4	AR	1		0.001	0.006	
Fatty acids, total trans....g	0.436		0	NC	4		0.371	2.871	
Fatty acids, total trans-monoenoic....g	0.436		0	NC	4		0.371	2.871	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	105	3.685	4	AR	1		89	692	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.349		0	AR	1		0.297	2.298	
Threonine....g	1.379		0	AR	1		1.172	9.074	
Isoleucine....g	1.333		0	AR	1		1.133	8.773	
Leucine....g	2.521		0	AR	1		2.142	16.585	
Lysine....g	2.740		0	AR	1		2.329	18.028	
Methionine....g	0.888		0	AR	1		0.755	5.844	

NDB No. 13383

Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine g	0.324		0	AR	1		0.276	2.133	
Phenylalanine g	1.187		0	AR	1		1.009	7.811	
Tyrosine g	1.080		0	AR	1		0.918	7.106	
Valine g	1.409		0	AR	1		1.197	9.269	
Arginine g	2.048		0	AR	1		1.741	13.476	
Histidine g	1.005		0	AR	1		0.854	6.610	
Alanine g	1.760		0	AR	1		1.496	11.582	
Aspartic acid g	2.804		0	AR	1		2.383	18.448	
Glutamic acid g	4.959		0	AR	1		4.215	32.632	
Glycine g	1.356		0	AR	1		1.153	8.924	
Proline g	1.253		0	AR	1		1.065	8.247	
Serine g	1.196		0	AR	1		1.017	7.871	
Hydroxyproline g	0.154		0	AR	1		0.131	1.012	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 658g: 1 roast

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13384

Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised

Beef, Chuck, Under Blade Pot Roast, URMIS #1151

Refuse: 23% Connective tissue 4%, seam fat 19%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	58.79	1.312	12	AR	1		49.97	369.78	
Energy kcal	216		0	NC	4		184	1360	
Energy kJ	904		0	NC	4		769	5689	
Protein (N x 6.25) g	30.68	0.987	12	AR	1		26.08	192.96	
Total lipid (fat) g	9.44	1.340	12	AR	1		8.03	59.40	
Ash g	1.58	0.331	12	AR	1		1.34	9.94	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	14		2	AR	1		12	88	
Iron, Fe mg	3.18		2	AR	1		2.71	20.03	
Magnesium, Mg mg	22		2	AR	1		19	140	
Phosphorus, P mg	204		2	AR	1		173	1284	
Potassium, K mg	306		2	AR	1		260	1926	
Sodium, Na mg	67		2	AR	1		57	423	
Zinc, Zn mg	11.49		2	AR	1		9.77	72.29	
Copper, Cu mg	0.108		2	AR	1		0.092	0.679	
Manganese, Mn mg	0.016		2	AR	1		0.013	0.098	
Selenium, Se µg	36.5		2	AR	1		31.1	229.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.070		1	AR	1		0.060	0.440	
Riboflavin mg	0.245		2	AR	1		0.208	1.541	
Niacin mg	3.745		2	AR	1		3.183	23.556	
Pantothenic acid mg	0.750		1	AR	1		0.638	4.718	
Vitamin B-6 mg	0.315		2	AR	1		0.268	1.981	
Folate, total µg	7		0	BFPN	4		6	47	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	7		0	BFPN	4		6	47	
Folate, DFE µg	7		0	NC	4		6	47	
Choline, total mg	99.8		1	AR	1		84.8	627.5	
Betaine mg	10.6		1	AR	1		9.0	66.7	
Vitamin B-12 µg	3.22		2	AR	1		2.74	20.29	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	AS	1		2	14	
Retinol µg	2		2	AR	1		2	14	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	8		0	AS	1		7	48	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.06		2	AR	1		0.05	0.37	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		2	AS	1		0.1	0.7	
Vitamin D IU	4		2	AR	1		4	28	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	9.9	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13384

Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.487		0	NC	4		2.964	21.936	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	Z	7		0.000	0.000	
12:0....g	0.000		0	Z	7		0.000	0.000	
13:0....g									
14:0....g	0.222		2	AR	1		0.189	1.395	
15:0....g									
16:0....g	1.987		2	AR	1		1.689	12.499	
17:0....g	0.101		2	AR	1		0.086	0.635	
18:0....g	1.160		2	AR	1		0.986	7.299	
20:0....g	0.006		2	AR	1		0.005	0.037	
22:0....g									
24:0....g	0.011		2	AR	1		0.010	0.070	
Fatty acids, total monounsaturated....g	4.164		0	NC	4		3.540	26.195	
14:1....g	0.044		2	AR	1		0.037	0.276	
15:1....g									
16:1 undifferentiated....g	0.293		2	AR	1		0.249	1.844	
17:1....g	0.078		2	AR	1		0.066	0.491	
18:1 undifferentiated....g	3.733		0	AS	1		3.173	23.480	
18:1 c....g	3.315		2	AR	1		2.818	20.852	
18:1 t....g	0.418		2	AR	1		0.355	2.628	
18:1-11 t (18:1t n-7)....g	0.302		2	AR	1		0.256	1.897	
20:1....g	0.017		2	AR	1		0.014	0.104	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.520		0	NC	4		0.442	3.268	
18:2 undifferentiated....g	0.433		0	AS	1		0.368	2.720	
18:2 n-6 c,c....g	0.401		2	AR	1		0.340	2.519	
18:2 CLAs....g	0.032		2	AR	1		0.027	0.201	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.017		0	AS	1		0.015	0.108	
18:3 n-3 c,c,c (ALA)....g	0.017		2	AR	1		0.015	0.108	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.002		2	AR	1		0.002	0.012	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.063		2	AR	1		0.053	0.394	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003		2	AR	1		0.003	0.021	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		2	AR	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.002		2	AR	1		0.002	0.012	
Fatty acids, total trans....g	0.418		0	NC	4		0.355	2.628	
Fatty acids, total trans-monoenoic....g	0.418		0	NC	4		0.355	2.628	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	102		2	AR	1		87	643	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.352		0	AR	1		0.299	2.213	
Threonine....g	1.389		0	AR	1		1.181	8.737	
Isoleucine....g	1.343		0	AR	1		1.142	8.448	
Leucine....g	2.539		0	AR	1		2.158	15.971	
Lysine....g	2.760		0	AR	1		2.346	17.360	
Methionine....g	0.895		0	AR	1		0.760	5.627	

NDB No. 13384

Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine g	0.327		0	AR	1		0.278	2.054	
Phenylalanine g	1.196		0	AR	1		1.016	7.522	
Tyrosine g	1.088		0	AR	1		0.925	6.842	
Valine g	1.419		0	AR	1		1.206	8.925	
Arginine g	2.063		0	AR	1		1.754	12.976	
Histidine g	1.012		0	AR	1		0.860	6.365	
Alanine g	1.773		0	AR	1		1.507	11.153	
Aspartic acid g	2.824		0	AR	1		2.401	17.765	
Glutamic acid g	4.996		0	AR	1		4.246	31.423	
Glycine g	1.366		0	AR	1		1.161	8.593	
Proline g	1.263		0	AR	1		1.073	7.941	
Serine g	1.205		0	AR	1		1.024	7.580	
Hydroxyproline g	0.155		0	AR	1		0.132	0.974	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 629g: 1 roast

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23116

Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised

Beff, Chuck, Under Blade Steak, URMIS #1158

Refuse: 5% Connective tissue 5%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	53.80	0.482	34	AR	1		45.73	241.54	
Energy kcal	275		0	NC	4		234	1235	
Energy kJ	1150		0	NC	4		978	5165	
Protein (N x 6.25) g	28.23	0.877	34	AR	1		24.00	126.77	
Total lipid (fat) g	18.00	0.651	34	AR	1		15.30	80.83	
Ash g	1.30	0.213	34	AR	1		1.11	5.85	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	14		0	BFNN	4		12	64	
Iron, Fe mg	2.80		0	BFNN	4		2.38	12.56	
Magnesium, Mg mg	20		0	BFNN	4		17	90	
Phosphorus, P mg	181		0	BFNN	4		153	811	
Potassium, K mg	273		0	BFNN	4		232	1227	
Sodium, Na mg	65		0	BFNN	4		55	292	
Zinc, Zn mg	9.55		0	BFNN	4		8.12	42.87	
Copper, Cu mg	0.090		0	BFNN	4		0.076	0.403	
Manganese, Mn mg	0.013		0	BFNN	4		0.011	0.058	
Selenium, Se µg	32.2		0	BFNN	4		27.4	144.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.070		0	BFPN	4		0.059	0.312	
Riboflavin mg	0.225		0	BFPN	4		0.191	1.010	
Niacin mg	3.772		0	BFPN	4		3.206	16.937	
Pantothenic acid mg	0.724		0	BFPN	4		0.616	3.252	
Vitamin B-6 mg	0.312		0	BFPN	4		0.265	1.400	
Folate, total µg	7		0	BFPN	4		6	31	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	7		0	BFPN	4		6	31	
Folate, DFE µg	7		0	NC	4		6	31	
Choline, total mg	88.0		0	BFPN	4		74.8	395.1	
Betaine mg	11.4		0	BFPN	4		9.6	51.0	
Vitamin B-12 µg	3.19		0	BFPN	4		2.71	14.32	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	8		0	NC	4		7	35	
Retinol µg	8		0	BFSN	4		7	35	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	26		0	NC	4		22	116	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.08		0	BFSN	4		0.06	0.34	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.6	
Vitamin D IU	6		0	BFSN	4		5	25	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	7.1	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23116

Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	7.256		0	BFFN	4		6.167	32.578	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	Z	7		0.000	0.000	
12:0....g	0.000		0	Z	7		0.000	0.000	
13:0....g									
14:0....g	0.500		0	BFFN	4		0.425	2.244	
15:0....g									
16:0....g	3.956		0	BFFN	4		3.363	17.764	
17:0....g	0.211		0	BFFN	4		0.180	0.948	
18:0....g	2.564		0	BFFN	4		2.180	11.513	
20:0....g	0.012		0	BFFN	4		0.011	0.056	
22:0....g									
24:0....g	0.012		0	BFFN	4		0.010	0.052	
Fatty acids, total monounsaturated....g	8.325		0	BFFN	4		7.076	37.378	
14:1....g	0.105		0	BFFN	4		0.089	0.470	
15:1....g									
16:1 undifferentiated....g	0.526		0	BFFN	4		0.447	2.362	
17:1....g	0.138		0	BFFN	4		0.117	0.620	
18:1 undifferentiated....g	7.511		0	BFFN	4		6.384	33.723	
18:1 c....g	6.468		0	BFFN	4		5.498	29.042	
18:1 t....g	1.043		0	BFFN	4		0.886	4.681	
18:1-11 t (18:1t n-7)....g	0.354		0	BFFN	4		0.301	1.591	
20:1....g	0.045		0	BFFN	4		0.038	0.202	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.319		0	BFFN	4		1.121	5.922	
18:2 undifferentiated....g	1.220		0	BFFN	4		1.037	5.476	
18:2 n-6 c,c....g	0.567		0	BFFN	4		0.482	2.545	
18:2 CLAs....g	0.653		0	BFFN	4		0.555	2.931	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.034		0	BFFN	4		0.029	0.151	
18:3 n-3 c,c,c (ALA)....g	0.034		0	BFFN	4		0.029	0.151	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.006		0	BFFN	4		0.005	0.026	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.052		0	BFFN	4		0.045	0.235	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002		0	BFFN	4		0.002	0.011	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.004		0	BFFN	4		0.003	0.018	
22:6 n-3 (DHA)....g	0.001		0	BFFN	4		0.001	0.005	
Fatty acids, total trans....g	1.043		0	BFFN	4		0.886	4.681	
Fatty acids, total trans-monoenoic....g	1.043		0	BFFN	4		0.886	4.681	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	96		0	BFSN	4		82	433	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.318		0	AR	1		0.270	1.428	
Threonine....g	1.242		0	AR	1		1.056	5.577	
Isoleucine....g	1.201		0	AR	1		1.021	5.391	
Leucine....g	2.271		0	AR	1		1.930	10.197	
Lysine....g	2.469		0	AR	1		2.098	11.084	
Methionine....g	0.802		0	AR	1		0.682	3.600	

NDB No. 23116

Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine g	0.296		0	AR	1		0.252	1.331	
Phenylalanine g	1.074		0	AR	1		0.913	4.824	
Tyrosine g	0.974		0	AR	1		0.828	4.371	
Valine g	1.276		0	AR	1		1.085	5.729	
Arginine g	1.859		0	AR	1		1.580	8.346	
Histidine g	0.915		0	AR	1		0.777	4.107	
Alanine g	1.610		0	AR	1		1.369	7.230	
Aspartic acid g	2.532		0	AR	1		2.152	11.368	
Glutamic acid g	4.465		0	AR	1		3.795	20.048	
Glycine g	1.288		0	AR	1		1.095	5.783	
Proline g	1.160		0	AR	1		0.986	5.209	
Serine g	1.084		0	AR	1		0.922	4.869	
Hydroxyproline g	0.193		0	AR	1		0.164	0.866	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 449g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23117

Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised

Beef, Chuck, Under Blade Steak, URMIS #1158

Refuse: 5% Connective tissue 5%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	52.71	0.595	23	AR	1		44.80	234.55	
Energy kcal	284		0	NC	4		242	1264	
Energy kJ	1189		0	NC	4		1010	5290	
Protein (N x 6.25) g	27.60	0.911	23	AR	1		23.46	122.84	
Total lipid (fat) g	19.30	0.803	23	AR	1		16.41	85.89	
Ash g	1.40	0.219	23	AR	1		1.19	6.25	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	14		0	BFNN	4		12	64	
Iron, Fe mg	2.82		0	BFNN	4		2.40	12.56	
Magnesium, Mg mg	20		0	BFNN	4		17	89	
Phosphorus, P mg	183		0	BFNN	4		155	814	
Potassium, K mg	275		0	BFNN	4		234	1226	
Sodium, Na mg	64		0	BFNN	4		55	286	
Zinc, Zn mg	9.52		0	BFNN	4		8.09	42.37	
Copper, Cu mg	0.086		0	BFNN	4		0.073	0.384	
Manganese, Mn mg	0.013		0	BFNN	4		0.011	0.058	
Selenium, Se µg	31.9		0	BFNN	4		27.1	141.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.069		0	BFPN	4		0.059	0.307	
Riboflavin mg	0.223		0	BFPN	4		0.190	0.994	
Niacin mg	3.804		0	BFPN	4		3.233	16.927	
Pantothenic acid mg	0.725		0	BFPN	4		0.617	3.228	
Vitamin B-6 mg	0.310		0	BFPN	4		0.264	1.380	
Folate, total µg	7		0	BFPN	4		6	30	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	7		0	BFPN	4		6	30	
Folate, DFE µg	7		0	NC	4		6	30	
Choline, total mg	84.8		0	BFPN	4		72.1	377.4	
Betaine mg	11.9		0	BFPN	4		10.1	53.1	
Vitamin B-12 µg	3.25		0	BFPN	4		2.76	14.45	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	8		0	NC	4		6	34	
Retinol µg	8		0	BFSN	4		6	34	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	25		0	NC	4		21	112	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.09		0	BFSN	4		0.08	0.40	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	AS	1		0.1	0.7	
Vitamin D IU	6		0	BFSN	4		5	28	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	7.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23117

Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	7.666		0	BFFN	4		6.516	34.115	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	Z	7		0.000	0.000	
12:0....g	0.000		0	Z	7		0.000	0.000	
13:0....g									
14:0....g	0.523		0	BFFN	4		0.444	2.326	
15:0....g									
16:0....g	4.178		0	BFFN	4		3.552	18.594	
17:0....g	0.223		0	BFFN	4		0.190	0.994	
18:0....g	2.717		0	BFFN	4		2.310	12.092	
20:0....g	0.012		0	BFFN	4		0.010	0.053	
22:0....g									
24:0....g	0.013		0	BFFN	4		0.011	0.056	
Fatty acids, total monounsaturated....g	8.944		0	BFFN	4		7.603	39.802	
14:1....g	0.113		0	BFFN	4		0.096	0.503	
15:1....g									
16:1 undifferentiated....g	0.562		0	BFFN	4		0.477	2.500	
17:1....g	0.149		0	BFFN	4		0.126	0.661	
18:1 undifferentiated....g	8.071		0	BFFN	4		6.861	35.918	
18:1 c....g	6.999		0	BFFN	4		5.949	31.147	
18:1 t....g	1.072		0	BFFN	4		0.911	4.770	
18:1-11 t (18:1t n-7)....g	0.361		0	BFFN	4		0.307	1.606	
20:1....g	0.050		0	BFFN	4		0.042	0.220	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.347		0	BFFN	4		1.145	5.996	
18:2 undifferentiated....g	1.245		0	BFFN	4		1.059	5.542	
18:2 n-6 c,c....g	0.578		0	BFFN	4		0.491	2.573	
18:2 CLAs....g	0.667		0	BFFN	4		0.567	2.969	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.035		0	BFFN	4		0.030	0.155	
18:3 n-3 c,c,c (ALA)....g	0.035		0	BFFN	4		0.030	0.155	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.006		0	BFFN	4		0.005	0.025	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.054		0	BFFN	4		0.046	0.240	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002		0	BFFN	4		0.002	0.011	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.004		0	BFFN	4		0.004	0.018	
22:6 n-3 (DHA)....g	0.001		0	BFFN	4		0.001	0.004	
Fatty acids, total trans....g	1.072		0	BFFN	4		0.911	4.770	
Fatty acids, total trans-monoenoic....g	1.072		0	BFFN	4		0.911	4.770	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	98		0	BFSN	4		84	438	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.311		0	AR	1		0.264	1.384	
Threonine....g	1.215		0	AR	1		1.032	5.405	
Isoleucine....g	1.174		0	AR	1		0.998	5.224	
Leucine....g	2.220		0	AR	1		1.887	9.881	
Lysine....g	2.414		0	AR	1		2.052	10.740	
Methionine....g	0.784		0	AR	1		0.666	3.489	

NDB No. 23117

Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine....g	0.290		0	AR	1		0.246	1.289	
Phenylalanine....g	1.051		0	AR	1		0.893	4.675	
Tyrosine....g	0.952		0	AR	1		0.809	4.236	
Valine....g	1.248		0	AR	1		1.060	5.551	
Arginine....g	1.817		0	AR	1		1.545	8.087	
Histidine....g	0.894		0	AR	1		0.760	3.980	
Alanine....g	1.574		0	AR	1		1.338	7.006	
Aspartic acid....g	2.476		0	AR	1		2.104	11.016	
Glutamic acid....g	4.366		0	AR	1		3.711	19.427	
Glycine....g	1.259		0	AR	1		1.070	5.604	
Proline....g	1.134		0	AR	1		0.964	5.048	
Serine....g	1.060		0	AR	1		0.901	4.718	
Hydroxyproline....g	0.189		0	AR	1		0.160	0.839	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 445g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23118

Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised

Beff, Chuck, Under Blade Steak, URMIS #1158

Refuse: 4% Connective tissue 4%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	55.43	0.821	11	AR	1		47.11	251.63	
Energy kcal	261		0	NC	4		222	1186	
Energy kJ	1093		0	NC	4		929	4961	
Protein (N x 6.25) g	29.18	0.988	11	AR	1		24.80	132.46	
Total lipid (fat) g	16.05	1.107	11	AR	1		13.65	72.88	
Ash g	1.15	0.231	11	AR	1		0.98	5.23	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	14		0	BFNN	4		12	64	
Iron, Fe mg	2.76		0	BFNN	4		2.35	12.53	
Magnesium, Mg mg	20		0	BFNN	4		17	92	
Phosphorus, P mg	177		0	BFNN	4		151	804	
Potassium, K mg	270		0	BFNN	4		230	1227	
Sodium, Na mg	66		0	BFNN	4		56	301	
Zinc, Zn mg	9.59		0	BFNN	4		8.15	43.54	
Copper, Cu mg	0.095		0	BFNN	4		0.081	0.430	
Manganese, Mn mg	0.013		0	BFNN	4		0.011	0.058	
Selenium, Se µg	32.7		0	BFNN	4		27.8	148.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.071		0	BFPN	4		0.060	0.321	
Riboflavin mg	0.227		0	BFPN	4		0.193	1.030	
Niacin mg	3.720		0	BFPN	4		3.162	16.890	
Pantothenic acid mg	0.726		0	BFPN	4		0.617	3.298	
Vitamin B-6 mg	0.314		0	BFPN	4		0.267	1.424	
Folate, total µg	7		0	BFPN	4		6	32	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	7		0	BFPN	4		6	32	
Folate, DFE µg	7		0	NC	4		6	32	
Choline, total mg	91.7		0	BFPN	4		77.9	416.1	
Betaine mg	10.8		0	BFPN	4		9.2	49.1	
Vitamin B-12 µg	3.10		0	BFPN	4		2.63	14.06	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	8		0	NC	4		7	36	
Retinol µg	8		0	BFSN	4		7	36	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	26		0	NC	4		22	120	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.05		0	BFSN	4		0.05	0.25	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.6	
Vitamin D IU	5		0	BFSN	4		4	22	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	7.1	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23118

Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated g	6.629		0	BFFN	4		5.635	30.096	
4:0 g	0.000		0	Z	7		0.000	0.000	
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.000		0	Z	7		0.000	0.000	
12:0 g	0.000		0	Z	7		0.000	0.000	
13:0 g									
14:0 g	0.464		0	BFFN	4		0.394	2.107	
15:0 g									
16:0 g	3.618		0	BFFN	4		3.075	16.424	
17:0 g	0.193		0	BFFN	4		0.164	0.874	
18:0 g	2.332		0	BFFN	4		1.982	10.585	
20:0 g	0.013		0	BFFN	4		0.011	0.059	
22:0 g									
24:0 g	0.010		0	BFFN	4		0.009	0.047	
Fatty acids, total monounsaturated g	7.397		0	BFFN	4		6.287	33.582	
14:1 g	0.092		0	BFFN	4		0.078	0.419	
15:1 g									
16:1 undifferentiated g	0.473		0	BFFN	4		0.402	2.145	
17:1 g	0.123		0	BFFN	4		0.104	0.557	
18:1 undifferentiated g	6.671		0	BFFN	4		5.670	30.287	
18:1 c g	5.677		0	BFFN	4		4.825	25.774	
18:1 t g	0.994		0	BFFN	4		0.845	4.514	
18:1-11 t (18:1t n-7) g	0.343		0	BFFN	4		0.292	1.557	
20:1 g	0.038		0	BFFN	4		0.033	0.174	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.271		0	BFFN	4		1.080	5.768	
18:2 undifferentiated g	1.175		0	BFFN	4		0.999	5.333	
18:2 n-6 c,c g	0.547		0	BFFN	4		0.465	2.482	
18:2 CLAs g	0.628		0	BFFN	4		0.534	2.851	
18:2 t,t g									
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.032		0	BFFN	4		0.027	0.144	
18:3 n-3 c,c,c (ALA) g	0.032		0	BFFN	4		0.027	0.144	
18:3 n-6 c,c,c g									
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.006		0	BFFN	4		0.005	0.027	
20:3 undifferentiated g									
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.050		0	BFFN	4		0.043	0.227	
20:4 n-6 g									
20:5 n-3 (EPA) g	0.003		0	BFFN	4		0.002	0.012	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.004		0	BFFN	4		0.003	0.018	
22:6 n-3 (DHA) g	0.001		0	BFFN	4		0.001	0.007	
Fatty acids, total trans g	0.994		0	BFFN	4		0.845	4.514	
Fatty acids, total trans-monoenoic g	0.994		0	BFFN	4		0.845	4.514	
Fatty acids, total trans-polyenoic g									
Cholesterol mg	94		0	BFSN	4		80	425	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.329		0	AR	1		0.279	1.492	
Threonine g	1.284		0	AR	1		1.091	5.828	
Isoleucine g	1.241		0	AR	1		1.055	5.633	
Leucine g	2.347		0	AR	1		1.995	10.655	
Lysine g	2.551		0	AR	1		2.168	11.582	
Methionine g	0.829		0	AR	1		0.704	3.762	

NDB No. 23118

Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine g	0.306		0	AR	1		0.260	1.390	
Phenylalanine g	1.110		0	AR	1		0.944	5.041	
Tyrosine g	1.006		0	AR	1		0.855	4.568	
Valine g	1.319		0	AR	1		1.121	5.986	
Arginine g	1.921		0	AR	1		1.633	8.721	
Histidine g	0.945		0	AR	1		0.803	4.291	
Alanine g	1.664		0	AR	1		1.415	7.555	
Aspartic acid g	2.617		0	AR	1		2.224	11.879	
Glutamic acid g	4.614		0	AR	1		3.922	20.949	
Glycine g	1.331		0	AR	1		1.131	6.043	
Proline g	1.199		0	AR	1		1.019	5.444	
Serine g	1.121		0	AR	1		0.953	5.088	
Hydroxyproline g	0.199		0	AR	1		0.169	0.905	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 454g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23098

Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised

Beef, Chuck, Under Blade Steak, URMIS #1158

Refuse: 20% Connective tissue 5%, seam fat 15%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	58.11	1.319	36	AR	1		49.39		
Energy kcal	219		0	NC	4		186		
Energy kJ	917		0	NC	4		779		
Protein (N x 6.25) g	31.35	0.448	36	AR	1		26.65		
Total lipid (fat) g	10.41	1.221	36	AR	1		8.85		
Ash g	1.42	0.235	36	AR	1		1.20		
Carbohydrate, by difference g	0.00		0	NC	4		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	14		0	BFNN	4		12		
Iron, Fe mg	3.21		0	BFNN	4		2.73		
Magnesium, Mg mg	22		0	BFNN	4		19		
Phosphorus, P mg	207		0	BFNN	4		176		
Potassium, K mg	308		0	BFNN	4		262		
Sodium, Na mg	65		0	BFNN	4		56		
Zinc, Zn mg	11.38		0	BFNN	4		9.67		
Copper, Cu mg	0.101		0	BFNN	4		0.086		
Manganese, Mn mg	0.016		0	BFNN	4		0.013		
Selenium, Se µg	35.7		0	BFNN	4		30.3		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.072		0	BFPN	4		0.061		
Riboflavin mg	0.254		0	BFPN	4		0.215		
Niacin mg	3.976		0	BFPN	4		3.380		
Pantothenic acid mg	0.780		0	BFPN	4		0.663		
Vitamin B-6 mg	0.326		0	BFPN	4		0.277		
Folate, total µg	8		0	BFPN	4		6		
Folic acid µg	0		0	BFPN	4		0		
Folate, food µg	8		0	BFPN	4		6		
Folate, DFE µg	8		0	NC	4		6		
Choline, total mg	99.5		0	BFPN	4		84.6		
Betaine mg	11.7		0	BFPN	4		10.0		
Vitamin B-12 µg	3.48		0	BFPN	4		2.96		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	2		0	NC	4		2		
Retinol µg	2		0	BFSN	4		2		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	6		0	NC	4		5		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.09		0	BFSN	4		0.07		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1		
Vitamin D IU	5		0	BFSN	4		5		
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23098

Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.981		0	BFFN	4		3.384		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g	0.000		0	Z	7		0.000		
12:0....g	0.000		0	Z	7		0.000		
13:0....g									
14:0....g	0.245		0	BFFN	4		0.208		
15:0....g									
16:0....g	2.251		0	BFFN	4		1.914		
17:0....g	0.116		0	BFFN	4		0.099		
18:0....g	1.352		0	BFFN	4		1.149		
20:0....g	0.004		0	BFFN	4		0.004		
22:0....g									
24:0....g	0.012		0	BFFN	4		0.011		
Fatty acids, total monounsaturated....g	5.041		0	BFFN	4		4.285		
14:1....g	0.056		0	BFFN	4		0.048		
15:1....g									
16:1 undifferentiated....g	0.341		0	BFFN	4		0.290		
17:1....g	0.093		0	BFFN	4		0.079		
18:1 undifferentiated....g	4.528		0	BFFN	4		3.849		
18:1 c....g	4.101		0	BFFN	4		3.486		
18:1 t....g	0.427		0	BFFN	4		0.363		
18:1-11 t (18:1t n-7)....g	0.297		0	BFFN	4		0.252		
20:1....g	0.024		0	BFFN	4		0.020		
22:1 undifferentiated....g	0.000		0	Z	7		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.516		0	BFFN	4		0.439		
18:2 undifferentiated....g	0.430		0	BFFN	4		0.365		
18:2 n-6 c,c....g	0.396		0	BFFN	4		0.336		
18:2 CLAs....g	0.034		0	BFFN	4		0.029		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.018		0	BFFN	4		0.015		
18:3 n-3 c,c,c (ALA)....g	0.018		0	BFFN	4		0.015		
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g	0.001		0	BFFN	4		0.001		
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.063		0	BFFN	4		0.054		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003		0	BFFN	4		0.003		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA)....g	0.001		0	BFFN	4		0.001		
Fatty acids, total trans....g	0.427		0	BFFN	4		0.363		
Fatty acids, total trans-monoenoic....g	0.427		0	BFFN	4		0.363		
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	107		0	BFSN	4		91		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.360		0	AR	1		0.306		
Threonine....g	1.420		0	AR	1		1.207		
Isoleucine....g	1.373		0	AR	1		1.167		
Leucine....g	2.595		0	AR	1		2.206		
Lysine....g	2.821		0	AR	1		2.397		
Methionine....g	0.914		0	AR	1		0.777		

NDB No. 23098

Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine....g	0.334		0	AR	1		0.284		
Phenylalanine....g	1.222		0	AR	1		1.039		
Tyrosine....g	1.112		0	AR	1		0.945		
Valine....g	1.450		0	AR	1		1.233		
Arginine....g	2.108		0	AR	1		1.792		
Histidine....g	1.034		0	AR	1		0.879		
Alanine....g	1.812		0	AR	1		1.540		
Aspartic acid....g	2.886		0	AR	1		2.453		
Glutamic acid....g	5.105		0	AR	1		4.340		
Glycine....g	1.396		0	AR	1		1.187		
Proline....g	1.290		0	AR	1		1.097		
Serine....g	1.232		0	AR	1		1.047		
Hydroxyproline....g	0.158		0	AR	1		0.135		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23096

Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised

Beef, Chuck, Under Blade Steak, URMIS #1158

Refuse: 22% Connective tissue 5%, seam fat 17%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	57.56	1.345	24	AR	1		48.93	256.16	
Energy kcal	222		0	NC	4		189	987	
Energy kJ	928		0	NC	4		789	4130	
Protein (N x 6.25) g	30.91	0.506	24	AR	1		26.27	137.56	
Total lipid (fat) g	10.91	1.254	24	AR	1		9.27	48.55	
Ash g	1.56	0.245	24	AR	1		1.33	6.95	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	14		0	BFNN	4		12	63	
Iron, Fe mg	3.25		0	BFNN	4		2.77	14.48	
Magnesium, Mg mg	22		0	BFNN	4		19	98	
Phosphorus, P mg	210		0	BFNN	4		179	937	
Potassium, K mg	312		0	BFNN	4		265	1387	
Sodium, Na mg	65		0	BFNN	4		55	287	
Zinc, Zn mg	11.39		0	BFNN	4		9.68	50.69	
Copper, Cu mg	0.098		0	BFNN	4		0.083	0.435	
Manganese, Mn mg	0.016		0	BFNN	4		0.013	0.071	
Selenium, Se µg	35.3		0	BFNN	4		30.0	157.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.071		0	BFPN	4		0.060	0.316	
Riboflavin mg	0.252		0	BFPN	4		0.214	1.122	
Niacin mg	4.020		0	BFPN	4		3.417	17.887	
Pantothenic acid mg	0.782		0	BFPN	4		0.664	3.478	
Vitamin B-6 mg	0.325		0	BFPN	4		0.276	1.445	
Folate, total µg	8		0	BFPN	4		6	33	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	8		0	BFPN	4		6	33	
Folate, DFE µg	8		0	NC	4		6	33	
Choline, total mg	95.6		0	BFPN	4		81.2	425.3	
Betaine mg	12.4		0	BFPN	4		10.6	55.4	
Vitamin B-12 µg	3.55		0	BFPN	4		3.02	15.82	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		1	7	
Retinol µg	2		0	BFSN	4		1	7	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	5		0	NC	4		4	23	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.10		0	BFSN	4		0.09	0.46	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	AS	1		0.1	0.7	
Vitamin D IU	6		0	BFSN	4		5	27	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	7.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23096

Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.253		0	BFFN	4		3.615	18.925	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	Z	7		0.000	0.000	
12:0....g	0.000		0	Z	7		0.000	0.000	
13:0....g									
14:0....g	0.256		0	BFFN	4		0.218	1.141	
15:0....g									
16:0....g	2.396		0	BFFN	4		2.037	10.662	
17:0....g	0.124		0	BFFN	4		0.106	0.553	
18:0....g	1.460		0	BFFN	4		1.241	6.495	
20:0....g	0.003		0	BFFN	4		0.003	0.015	
22:0....g									
24:0....g	0.013		0	BFFN	4		0.011	0.058	
Fatty acids, total monounsaturated....g	5.551		0	BFFN	4		4.718	24.701	
14:1....g	0.063		0	BFFN	4		0.054	0.281	
15:1....g									
16:1 undifferentiated....g	0.368		0	BFFN	4		0.312	1.636	
17:1....g	0.101		0	BFFN	4		0.086	0.450	
18:1 undifferentiated....g	4.991		0	BFFN	4		4.242	22.209	
18:1 c....g	4.564		0	BFFN	4		3.879	20.308	
18:1 t....g	0.427		0	BFFN	4		0.363	1.901	
18:1-11 t (18:1t n-7)....g	0.290		0	BFFN	4		0.246	1.290	
20:1....g	0.028		0	BFFN	4		0.024	0.125	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.508		0	BFFN	4		0.432	2.259	
18:2 undifferentiated....g	0.422		0	BFFN	4		0.359	1.879	
18:2 n-6 c,c....g	0.388		0	BFFN	4		0.330	1.725	
18:2 CLAs....g	0.035		0	BFFN	4		0.029	0.154	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.018		0	BFFN	4		0.015	0.081	
18:3 n-3 c,c,c (ALA)....g	0.018		0	BFFN	4		0.015	0.081	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.001		0	BFFN	4		0.001	0.004	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.063		0	BFFN	4		0.053	0.278	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003		0	BFFN	4		0.002	0.013	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.001		0	BFFN	4		0.001	0.004	
Fatty acids, total trans....g	0.427		0	BFFN	4		0.363	1.901	
Fatty acids, total trans-monoenoic....g	0.427		0	BFFN	4		0.363	1.901	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	106		0	BFSN	4		90	471	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.355		0	AR	1		0.301	1.578	
Threonine....g	1.400		0	AR	1		1.190	6.229	
Isoleucine....g	1.353		0	AR	1		1.150	6.023	
Leucine....g	2.559		0	AR	1		2.175	11.385	
Lysine....g	2.781		0	AR	1		2.364	12.376	
Methionine....g	0.901		0	AR	1		0.766	4.012	

NDB No. 23096

Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine g	0.329		0	AR	1		0.280	1.464	
Phenylalanine g	1.205		0	AR	1		1.024	5.362	
Tyrosine g	1.096		0	AR	1		0.932	4.878	
Valine g	1.430		0	AR	1		1.215	6.363	
Arginine g	2.079		0	AR	1		1.767	9.251	
Histidine g	1.020		0	AR	1		0.867	4.538	
Alanine g	1.787		0	AR	1		1.519	7.951	
Aspartic acid g	2.846		0	AR	1		2.419	12.664	
Glutamic acid g	5.034		0	AR	1		4.279	22.401	
Glycine g	1.377		0	AR	1		1.170	6.126	
Proline g	1.272		0	AR	1		1.081	5.661	
Serine g	1.214		0	AR	1		1.032	5.404	
Hydroxyproline g	0.156		0	AR	1		0.133	0.695	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 445g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23097

Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised

Beef, Chuck, Under Blade Steak, URMIS #1158

Refuse: 17% Connective tissue 4%, seam fat 13%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	58.92	1.397	12	AR	1		50.08		
Energy kcal	215		0	NC	4		183		
Energy kJ	899		0	NC	4		764		
Protein (N x 6.25) g	32.01	0.608	12	AR	1		27.21		
Total lipid (fat) g	9.66	1.319	12	AR	1		8.21		
Ash g	1.20	0.264	12	AR	1		1.02		
Carbohydrate, by difference g	0.00		0	NC	4		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	14		0	BFNN	4		12		
Iron, Fe mg	3.15		0	BFNN	4		2.68		
Magnesium, Mg mg	22		0	BFNN	4		19		
Phosphorus, P mg	202		0	BFNN	4		172		
Potassium, K mg	303		0	BFNN	4		257		
Sodium, Na mg	66		0	BFNN	4		57		
Zinc, Zn mg	11.37		0	BFNN	4		9.66		
Copper, Cu mg	0.107		0	BFNN	4		0.091		
Manganese, Mn mg	0.015		0	BFNN	4		0.013		
Selenium, Se µg	36.1		0	BFNN	4		30.7		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.073		0	BFPN	4		0.062		
Riboflavin mg	0.256		0	BFPN	4		0.217		
Niacin mg	3.908		0	BFPN	4		3.321		
Pantothenic acid mg	0.783		0	BFPN	4		0.665		
Vitamin B-6 mg	0.329		0	BFPN	4		0.279		
Folate, total µg	8		0	BFPN	4		7		
Folic acid µg	0		0	BFPN	4		0		
Folate, food µg	8		0	BFPN	4		7		
Folate, DFE µg	8		0	NC	4		7		
Choline, total mg	104.1		0	BFPN	4		88.5		
Betaine mg	11.1		0	BFPN	4		9.4		
Vitamin B-12 µg	3.37		0	BFPN	4		2.86		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	2		0	NC	4		2		
Retinol µg	2		0	BFSN	4		2		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	8		0	NC	4		6		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.06		0	BFSN	4		0.05		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1		
Vitamin D IU	4		0	BFSN	4		4		
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23097

Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.567		0	BFFN	4		3.032		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g	0.000		0	Z	7		0.000		
12:0....g	0.000		0	Z	7		0.000		
13:0....g									
14:0....g	0.227		0	BFFN	4		0.193		
15:0....g									
16:0....g	2.032		0	BFFN	4		1.727		
17:0....g	0.103		0	BFFN	4		0.088		
18:0....g	1.187		0	BFFN	4		1.009		
20:0....g	0.006		0	BFFN	4		0.005		
22:0....g									
24:0....g	0.011		0	BFFN	4		0.010		
Fatty acids, total monounsaturated....g	4.259		0	BFFN	4		3.620		
14:1....g	0.045		0	BFFN	4		0.038		
15:1....g									
16:1 undifferentiated....g	0.300		0	BFFN	4		0.255		
17:1....g	0.080		0	BFFN	4		0.068		
18:1 undifferentiated....g	3.818		0	BFFN	4		3.245		
18:1 c....g	3.390		0	BFFN	4		2.882		
18:1 t....g	0.427		0	BFFN	4		0.363		
18:1-11 t (18:1t n-7)....g	0.308		0	BFFN	4		0.262		
20:1....g	0.017		0	BFFN	4		0.014		
22:1 undifferentiated....g	0.000		0	Z	7		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.531		0	BFFN	4		0.452		
18:2 undifferentiated....g	0.442		0	BFFN	4		0.376		
18:2 n-6 c,c....g	0.410		0	BFFN	4		0.348		
18:2 CLAs....g	0.033		0	BFFN	4		0.028		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.018		0	BFFN	4		0.015		
18:3 n-3 c,c,c (ALA)....g	0.018		0	BFFN	4		0.015		
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g	0.002		0	BFFN	4		0.002		
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.064		0	BFFN	4		0.054		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003		0	BFFN	4		0.003		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA)....g	0.002		0	BFFN	4		0.002		
Fatty acids, total trans....g	0.427		0	BFFN	4		0.363		
Fatty acids, total trans-monoenoic....g	0.427		0	BFFN	4		0.363		
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	108		0	BFSN	4		92		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.367		0	AR	1		0.312		
Threonine....g	1.449		0	AR	1		1.232		
Isoleucine....g	1.401		0	AR	1		1.191		
Leucine....g	2.649		0	AR	1		2.252		
Lysine....g	2.880		0	AR	1		2.448		
Methionine....g	0.933		0	AR	1		0.793		

NDB No. 23097

Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine....g	0.341		0	AR	1		0.290		
Phenylalanine....g	1.248		0	AR	1		1.061		
Tyrosine....g	1.135		0	AR	1		0.965		
Valine....g	1.481		0	AR	1		1.258		
Arginine....g	2.153		0	AR	1		1.830		
Histidine....g	1.056		0	AR	1		0.897		
Alanine....g	1.850		0	AR	1		1.573		
Aspartic acid....g	2.947		0	AR	1		2.505		
Glutamic acid....g	5.213		0	AR	1		4.431		
Glycine....g	1.426		0	AR	1		1.212		
Proline....g	1.317		0	AR	1		1.120		
Serine....g	1.257		0	AR	1		1.069		
Hydroxyproline....g	0.162		0	AR	1		0.137		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13361

Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked (1)

Refuse:

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	58.61		0	PIK	4		49.81		
Energy kcal	230		0	PIK	4		195		
Energy kJ	962		0	PIK	4		817		
Protein (N x 6.25) g	28.40		0	PIK	4		24.14		
Total lipid (fat) g	12.42		0	PIK	4		10.56		
Ash g	1.12		0	PIK	4		0.95		
Carbohydrate, by difference g	0.00		0	PIK	4		0.00		
Fiber, total dietary g	0.0		0	PIK	4		0.0		
Sugars, total g	0.00		0	PIK	4		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	14		0	PIK	4		12		
Iron, Fe mg	2.82		0	PIK	4		2.39		
Magnesium, Mg mg	20		0	PIK	4		17		
Phosphorus, P mg	224		0	PIK	4		191		
Potassium, K mg	323		0	PIK	4		274		
Sodium, Na mg	62		0	PIK	4		53		
Zinc, Zn mg	6.34		0	PIK	4		5.39		
Copper, Cu mg	0.088		0	PIK	4		0.074		
Manganese, Mn mg	0.009		0	PIK	4		0.007		
Selenium, Se µg	29.2		0	PIK	4		24.9		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0		
Thiamin mg	0.073		0	PIK	4		0.062		
Riboflavin mg	0.269		0	PIK	4		0.229		
Niacin mg	5.519		0	PIK	4		4.691		
Pantothenic acid mg	0.457		0	PIK	4		0.388		
Vitamin B-6 mg	0.542		0	PIK	4		0.460		
Folate, total µg	7		0	PIK	4		6		
Folic acid µg	0		0	PIK	4		0		
Folate, food µg	7		0	PIK	4		6		
Folate, DFE µg	7		0	NC	4		6		
Choline, total mg	71.5		0	PIK	4		60.8		
Betaine mg	9.5		0	PIK	4		8.1		
Vitamin B-12 µg	2.73		0	PIK	4		2.32		
Vitamin B-12, added µg	0.00		0	PIK	4		0.00		
Vitamin A, RAE µg	4		0	PIK	4		4		
Retinol µg	4		0	PIK	4		4		
Carotene, beta µg	0		0	PIK	4		0		
Carotene, alpha µg	0		0	PIK	4		0		
Cryptoxanthin, beta µg	0		0	PIK	4		0		
Vitamin A, IU IU	14		0	PIK	4		12		
Lycopene µg	0		0	PIK	4		0		
Lutein + zeaxanthin µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol) mg	0.19		0	PIK	4		0.16		
Vitamin E, added mg	0.00		0	PIK	4		0.00		
Tocopherol, beta mg	0.00		0	PIK	4		0.00		
Tocopherol, gamma mg	0.00		0	PIK	4		0.00		
Tocopherol, delta mg	0.00		0	PIK	4		0.00		
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	PAK	1		0.1		
Vitamin D IU	4		0	PIK	4		4		
Vitamin K (phylloquinone) µg	1.5		0	PIK	4		1.3		
Dihydrophylloquinone µg	0.0		0	PIK	4		0.0		
Menaquinone-4 µg									

NDB No. 13361

Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.853		0	PIK	4		4.125		
4:0....g	0.000		0	PIK	4		0.000		
6:0....g	0.000		0	PIK	4		0.000		
8:0....g	0.000		0	PIK	4		0.000		
10:0....g	0.011		0	PIK	4		0.010		
12:0....g	0.010		0	PIK	4		0.009		
13:0....g									
14:0....g	0.348		0	PIK	4		0.296		
15:0....g	0.011		0	PIK	4		0.010		
16:0....g	2.838		0	PIK	4		2.412		
17:0....g	0.074		0	PIK	4		0.063		
18:0....g	1.663		0	PIK	4		1.413		
20:0....g	0.004		0	PIK	4		0.004		
22:0....g									
24:0....g	0.004		0	PIK	4		0.003		
Fatty acids, total monounsaturated....g	5.573		0	PIK	4		4.737		
14:1....g	0.032		0	PIK	4		0.027		
15:1....g									
16:1 undifferentiated....g	0.424		0	PIK	4		0.361		
16:1 c....g	0.157		0	PIK	4		0.133		
16:1 t....g	0.008		0	PIK	4		0.006		
17:1....g	0.053		0	PIK	4		0.045		
18:1 undifferentiated....g	5.216		0	PIK	4		4.434		
18:1 c....g	2.392		0	PIK	4		2.033		
18:1 t....g	0.344		0	PIK	4		0.292		
18:1-11 t (18:1t n-7)....g	0.087		0	PIK	4		0.074		
20:1....g	0.025		0	PIK	4		0.021		
22:1 undifferentiated....g	0.000		0	PIK	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.660		0	PIK	4		0.561		
18:2 undifferentiated....g	0.563		0	PIK	4		0.478		
18:2 n-6 c,c....g	0.232		0	PIK	4		0.197		
18:2 CLAs....g	0.132		0	PIK	4		0.112		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.013		0	PIK	4		0.011		
18:3 undifferentiated....g	0.045		0	PIK	4		0.038		
18:3 n-3 c,c,c (ALA)....g	0.012		0	PIK	4		0.010		
18:3 n-6 c,c,c....g	0.000		0	PAK	1		0.000		
18:3i....g									
18:4....g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c....g	0.002		0	PIK	4		0.002		
20:3 undifferentiated....g	0.007		0	PIK	4		0.006		
20:3 n-3....g									
20:3 n-6....g	0.007		0	PIK	4		0.006		
20:4 undifferentiated....g	0.047		0	PIK	4		0.040		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002		0	PIK	4		0.002		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.007		0	PIK	4		0.006		
22:6 n-3 (DHA)....g	0.001		0	PIK	4		0.001		
Fatty acids, total trans....g	0.366		0	PIK	4		0.311		
Fatty acids, total trans-monoenoic....g	0.353		0	PIK	4		0.300		
Fatty acids, total trans-polyenoic....g	0.013		0	PIK	4		0.011		
Cholesterol....mg	89		0	PIK	4		76		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.294		0	PIK	4		0.250		
Threonine....g	1.291		0	PIK	4		1.097		
Isoleucine....g	1.311		0	PIK	4		1.115		
Leucine....g	2.404		0	PIK	4		2.043		

NDB No. 13361

Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.630		0	PIK	4		2.235		
Methionine g	0.783		0	PIK	4		0.666		
Cystine g	0.314		0	PIK	4		0.267		
Phenylalanine g	1.140		0	PIK	4		0.969		
Tyrosine g	1.020		0	PIK	4		0.867		
Valine g	1.407		0	PIK	4		1.196		
Arginine g	1.924		0	PIK	4		1.635		
Histidine g	1.006		0	PIK	4		0.855		
Alanine g	1.741		0	PIK	4		1.480		
Aspartic acid g	2.715		0	PIK	4		2.308		
Glutamic acid g	4.591		0	PIK	4		3.902		
Glycine g	1.458		0	PIK	4		1.239		
Proline g	1.279		0	PIK	4		1.087		
Serine g	1.155		0	PIK	4		0.982		
Hydroxyproline g	0.207		0	PIK	4		0.176		
Others:									
Alcohol, ethyl g	0.0		0	PIK	4		0.0		
Caffeine mg	0		0	PIK	4		0		
Theobromine mg	0		0	PIK	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Footnotes:

1 Estimation of the nutrient profile for this composite were based upon the market shares of 0" fat trim cuts.

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23482

Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, raw

Refuse: 0% No component data available

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	69.03		0	PIK	4		78.70		
Energy kcal	169		0	PIK	4		192		
Energy kJ	706		0	PIK	4		805		
Protein g	20.95		0	PIK	4		23.88		
Total lipid (fat) g	9.30		0	PIK	4		10.60		
Ash g	1.00		0	PIK	4		1.14		
Carbohydrate, by difference g	0.05		0	PIK	4		0.06		
Fiber, total dietary g	0.0		0	PIK	4		0.0		
Sugars, total g	0.00		0	PIK	4		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	13		0	PIK	4		15		
Iron, Fe mg	2.04		0	PIK	4		2.32		
Magnesium, Mg mg	17		0	PIK	4		20		
Phosphorus, P mg	194		0	PIK	4		221		
Potassium, K mg	310		0	PIK	4		353		
Sodium, Na mg	61		0	PIK	4		69		
Zinc, Zn mg	4.74		0	PIK	4		5.40		
Copper, Cu mg	0.069		0	PIK	4		0.078		
Manganese, Mn mg	0.007		0	PIK	4		0.008		
Selenium, Se µg	22.9		0	PIK	4		26.1		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0		
Thiamin mg	0.073		0	PIK	4		0.083		
Riboflavin mg	0.195		0	PIK	4		0.222		
Niacin mg	5.340		0	PIK	4		6.087		
Pantothenic acid mg	0.470		0	PIK	4		0.536		
Vitamin B-6 mg	0.527		0	PIK	4		0.601		
Folate, total µg	5		0	PIK	4		5		
Folic acid µg	0		0	PIK	4		0		
Folate, food µg	5		0	PIK	4		5		
Folate, DFE µg	5		0	NC	4		5		
Choline, total mg	59.6		0	PIK	4		68.0		
Betaine mg	10.5		0	PIK	4		12.0		
Vitamin B-12 µg	2.23		0	PIK	4		2.54		
Vitamin B-12, added µg	0.00		0	PIK	4		0.00		
Vitamin A, RAE µg	3		0	PIK	4		3		
Retinol µg	3		0	PIK	4		3		
Carotene, beta µg	0		0	PIK	4		0		
Carotene, alpha µg	0		0	PIK	4		0		
Cryptoxanthin, beta µg	0		0	PIK	4		0		
Vitamin A, IU IU	9		0	PIK	4		11		
Lycopene µg	0		0	PIK	4		0		
Lutein + zeaxanthin µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol) mg	0.18		0	PIK	4		0.20		
Vitamin E, added mg	0.00		0	PIK	4		0.00		
Tocopherol, beta mg	0.00		0	PIK	4		0.00		
Tocopherol, gamma mg	0.00		0	PIK	4		0.00		
Tocopherol, delta mg	0.00		0	PIK	4		0.00		
Tocotrienol, alpha mg	0.00		0	PAK	1		0.00		
Tocotrienol, beta mg	0.00		0	PAK	1		0.00		
Tocotrienol, gamma mg	0.00		0	PAK	1		0.00		
Tocotrienol, delta mg	0.00		0	PAK	1		0.00		
Vitamin D (D2 + D3) µg	0.1		0	PAK	1		0.1		
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	0.1		0	PIK	4		0.1		
Vitamin D IU	3		0	PIK	4		3		
Vitamin K (phylloquinone) µg	1.4		0	PIK	4		1.6		

NDB No. 23482

Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg	0.0		0	PAK	1		0.0		
Menaquinone-4....µg	0.2		0	PAK	1		0.2		
Lipids:									
Fatty acids, total saturated....g	3.845		0	PIK	4		4.383		
4:0....g	0.000		0	PIK	4		0.000		
6:0....g	0.000		0	PIK	4		0.000		
8:0....g	0.000		0	PIK	4		0.000		
10:0....g	0.007		0	PIK	4		0.008		
12:0....g	0.006		0	PIK	4		0.007		
13:0....g									
14:0....g	0.265		0	PIK	4		0.302		
15:0....g	0.018		0	PAK	1		0.020		
16:0....g	2.143		0	PIK	4		2.443		
17:0....g	0.081		0	PAK	1		0.092		
18:0....g	1.295		0	PIK	4		1.476		
20:0....g	0.003		0	PAK	1		0.004		
22:0....g	0.000		0	PAK	1		0.000		
24:0....g	0.004		0	PAK	1		0.004		
Fatty acids, total monounsaturated....g	4.365		0	PIK	4		4.976		
14:1....g	0.042		0	PAK	1		0.048		
15:1....g	0.002		0	PAK	1		0.002		
16:1 undifferentiated....g	0.319		0	PIK	4		0.364		
16:1 c....g	0.174		0	PAK	1		0.199		
16:1 t....g	0.009		0	PAK	1		0.010		
17:1....g	0.051		0	PAK	1		0.059		
18:1 undifferentiated....g	3.904		0	PIK	4		4.450		
18:1 c....g	2.499		0	PAK	1		2.849		
18:1 t....g	0.352		0	PAK	1		0.402		
18:1-11 t (18:1t n-7)....g	0.066		0	PAK	1		0.076		
20:1....g	0.016		0	PIK	4		0.018		
22:1 undifferentiated....g	0.000		0	PIK	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.532		0	PIK	4		0.607		
18:2 undifferentiated....g	0.449		0	PIK	4		0.512		
18:2 n-6 c,c....g	0.235		0	PAK	1		0.268		
18:2 CLAs....g	0.109		0	PAK	1		0.124		
18:2 t,t....g	0.005		0	PAK	1		0.006		
18:2 i....g									
18:2 t not further defined....g	0.015		0	PAK	1		0.017		
18:3 undifferentiated....g	0.026		0	PIK	4		0.029		
18:3 n-3 c,c,c (ALA)....g	0.010		0	PAK	1		0.012		
18:3 n-6 c,c,c....g	0.000		0	PAK	1		0.000		
18:3i....g									
18:4....g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c....g	0.001		0	PAK	1		0.002		
20:3 undifferentiated....g	0.006		0	PAK	1		0.007		
20:3 n-3....g									
20:3 n-6....g	0.006		0	PAK	1		0.007		
20:4 undifferentiated....g	0.040		0	PIK	4		0.046		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001		0	PIK	4		0.001		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.005		0	PIK	4		0.006		
22:6 n-3 (DHA)....g	0.000		0	PIK	4		0.000		
Fatty acids, total trans....g	0.381		0	PIK	4		0.434		
Fatty acids, total trans-monoenoic....g	0.361		0	PIK	4		0.412		
Fatty acids, total trans-polyenoic....g	0.020		0	PIK	4		0.022		
Cholesterol....mg	65		0	PIK	4		74		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.210		0	PAK	1		0.240		
Threonine....g	0.914		0	PAK	1		1.042		

NDB No. 23482

Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Isoleucine....g	0.921		0	PAK	1		1.049		
Leucine....g	1.695		0	PAK	1		1.933		
Lysine....g	1.859		0	PAK	1		2.119		
Methionine....g	0.553		0	PAK	1		0.631		
Cystine....g	0.219		0	PAK	1		0.249		
Phenylalanine....g	0.801		0	PAK	1		0.913		
Tyrosine....g	0.722		0	PAK	1		0.823		
Valine....g	0.987		0	PAK	1		1.125		
Arginine....g	1.357		0	PAK	1		1.547		
Histidine....g	0.712		0	PAK	1		0.812		
Alanine....g	1.225		0	PAK	1		1.396		
Aspartic acid....g	1.913		0	PAK	1		2.181		
Glutamic acid....g	3.244		0	PAK	1		3.698		
Glycine....g	1.015		0	PAK	1		1.157		
Proline....g	0.897		0	PAK	1		1.023		
Serine....g	0.814		0	PAK	1		0.928		
Hydroxyproline....g	0.145		0	PIK	4		0.166		
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0		
Caffeine....mg	0		0	PIK	4		0		
Theobromine....mg	0		0	PIK	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 114g: 4 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13362

Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked (1)

Refuse:

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	58.70		0	PIK	4		49.90		
Energy kcal	233		0	NC	4		198		
Energy kJ	976		0	NC	4		830		
Protein (N x 6.25) g	28.17		0	PIK	4		23.94		
Total lipid (fat) g	12.53		0	PIK	4		10.65		
Ash g	1.12		0	PIK	4		0.95		
Carbohydrate, by difference g	0.00		0	PIK	4		0.00		
Fiber, total dietary g	0.0		0	PIK	4		0.0		
Sugars, total g	0.00		0	PIK	4		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	15		0	PIK	4		12		
Iron, Fe mg	2.79		0	PIK	4		2.37		
Magnesium, Mg mg	20		0	PIK	4		17		
Phosphorus, P mg	222		0	PIK	4		188		
Potassium, K mg	321		0	PIK	4		273		
Sodium, Na mg	62		0	PIK	4		52		
Zinc, Zn mg	6.27		0	PIK	4		5.33		
Copper, Cu mg	0.086		0	PIK	4		0.073		
Manganese, Mn mg	0.008		0	PIK	4		0.007		
Selenium, Se µg	28.7		0	PIK	4		24.4		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0		
Thiamin mg	0.073		0	PIK	4		0.062		
Riboflavin mg	0.261		0	PIK	4		0.222		
Niacin mg	5.670		0	PIK	4		4.819		
Pantothenic acid mg	0.507		0	PIK	4		0.431		
Vitamin B-6 mg	0.541		0	PIK	4		0.459		
Folate, total µg	7		0	PIK	4		6		
Folic acid µg	0		0	PIK	4		0		
Folate, food µg	7		0	PIK	4		6		
Folate, DFE µg	7		0	NC	4		6		
Choline, total mg	82.3		0	PIK	4		70.0		
Betaine mg	10.4		0	PIK	4		8.8		
Vitamin B-12 µg	2.76		0	PIK	4		2.35		
Vitamin B-12, added µg	0.00		0	PIK	4		0.00		
Vitamin A, RAE µg	4		0	PIK	4		4		
Retinol µg	4		0	PIK	4		4		
Carotene, beta µg	0		0	PIK	4		0		
Carotene, alpha µg	0		0	PIK	4		0		
Cryptoxanthin, beta µg	0		0	PIK	4		0		
Vitamin A, IU IU	14		0	PIK	4		12		
Lycopene µg	0		0	PIK	4		0		
Lutein + zeaxanthin µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol) mg	0.22		0	PIK	4		0.18		
Vitamin E, added mg	0.00		0	PIK	4		0.00		
Tocopherol, beta mg	0.00		0	PIK	4		0.00		
Tocopherol, gamma mg	0.00		0	PIK	4		0.00		
Tocopherol, delta mg	0.00		0	PIK	4		0.00		
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	PAK	1		0.1		
Vitamin D IU	3		0	PIK	4		3		
Vitamin K (phylloquinone) µg	1.4		0	PIK	4		1.2		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13362

Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	5.016		0	PIK	4		4.264		
4:0....g	0.000		0	PIK	4		0.000		
6:0....g	0.000		0	PIK	4		0.000		
8:0....g	0.000		0	PIK	4		0.000		
10:0....g	0.008		0	PIK	4		0.007		
12:0....g	0.009		0	PIK	4		0.007		
13:0....g									
14:0....g	0.340		0	PIK	4		0.289		
15:0....g	0.012		0	PIK	4		0.010		
16:0....g	2.820		0	PIK	4		2.397		
17:0....g	0.077		0	PIK	4		0.066		
18:0....g	1.684		0	PIK	4		1.431		
20:0....g	0.006		0	PIK	4		0.005		
22:0....g									
24:0....g	0.004		0	PIK	4		0.003		
Fatty acids, total monounsaturated....g	5.840		0	PIK	4		4.964		
14:1....g	0.037		0	PIK	4		0.032		
15:1....g									
16:1 undifferentiated....g	0.409		0	PIK	4		0.348		
16:1 c....g	0.168		0	PIK	4		0.143		
16:1 t....g	0.008		0	PIK	4		0.007		
17:1....g	0.055		0	PIK	4		0.047		
18:1 undifferentiated....g	5.264		0	PIK	4		4.474		
18:1 c....g	2.505		0	PIK	4		2.129		
18:1 t....g	0.342		0	PIK	4		0.291		
18:1-11 t (18:1t n-7)....g	0.088		0	PIK	4		0.075		
20:1....g	0.025		0	PIK	4		0.021		
22:1 undifferentiated....g	0.000		0	PIK	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.657		0	PIK	4		0.559		
18:2 undifferentiated....g	0.552		0	PIK	4		0.470		
18:2 n-6 c,c....g	0.231		0	PIK	4		0.196		
18:2 CLAs....g	0.130		0	PIK	4		0.111		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.015		0	PIK	4		0.013		
18:3 undifferentiated....g	0.037		0	PIK	4		0.031		
18:3 n-3 c,c,c (ALA)....g	0.012		0	PIK	4		0.010		
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c....g	0.002		0	PIK	4		0.002		
20:3 undifferentiated....g	0.007		0	PIK	4		0.006		
20:3 n-3....g									
20:3 n-6....g	0.007		0	PIK	4		0.006		
20:4 undifferentiated....g	0.045		0	PIK	4		0.038		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002		0	PIK	4		0.002		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.006		0	PIK	4		0.005		
22:6 n-3 (DHA)....g	0.000		0	PIK	4		0.000		
Fatty acids, total trans....g	0.365		0	PIK	4		0.311		
Fatty acids, total trans-monoenoic....g	0.351		0	PIK	4		0.298		
Fatty acids, total trans-polyenoic....g	0.015		0	PIK	4		0.013		
Cholesterol....mg	86		0	PIK	4		73		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.291		0	PIK	4		0.248		
Threonine....g	1.278		0	PIK	4		1.086		
Isoleucine....g	1.313		0	PIK	4		1.116		
Leucine....g	2.378		0	PIK	4		2.021		

NDB No. 13362

Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	2.585		0	PIK	4		2.197		
Methionine....g	0.772		0	PIK	4		0.657		
Cystine....g	0.312		0	PIK	4		0.265		
Phenylalanine....g	1.136		0	PIK	4		0.966		
Tyrosine....g	1.007		0	PIK	4		0.856		
Valine....g	1.411		0	PIK	4		1.199		
Arginine....g	1.897		0	PIK	4		1.612		
Histidine....g	0.988		0	PIK	4		0.840		
Alanine....g	1.734		0	PIK	4		1.474		
Aspartic acid....g	2.694		0	PIK	4		2.290		
Glutamic acid....g	4.528		0	PIK	4		3.849		
Glycine....g	1.472		0	PIK	4		1.251		
Proline....g	1.272		0	PIK	4		1.082		
Serine....g	1.142		0	PIK	4		0.971		
Hydroxyproline....g	0.209		0	PIK	4		0.178		
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0		
Caffeine....mg	0		0	PIK	4		0		
Theobromine....mg	0		0	PIK	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Footnotes:

1 Estimation of the nutrient profile for this composite were based upon the market shares of 0" fat trim cuts.

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23494

Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, raw (1)

Refuse:

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	68.00		0	PIK	4		77.52		
Energy kcal	176		0	NC	4		201		
Energy kJ	738		0	NC	4		841		
Protein g	21.34		0	PIK	4		24.33		
Total lipid (fat) g	10.08		0	PIK	4		11.49		
Ash g	1.01		0	PIK	4		1.15		
Carbohydrate, by difference g	0.06		0	PIK	4		0.07		
Fiber, total dietary g	0.0		0	PIK	4		0.0		
Sugars, total g	0.00		0	PIK	4		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	13		0	PIK	4		15		
Iron, Fe mg	2.07		0	PIK	4		2.36		
Magnesium, Mg mg	17		0	PIK	4		20		
Phosphorus, P mg	194		0	PIK	4		221		
Potassium, K mg	306		0	PIK	4		349		
Sodium, Na mg	61		0	PIK	4		70		
Zinc, Zn mg	4.82		0	PIK	4		5.49		
Copper, Cu mg	0.071		0	PIK	4		0.080		
Manganese, Mn mg	0.007		0	PIK	4		0.008		
Selenium, Se µg	23.2		0	PIK	4		26.4		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0		
Thiamin mg	0.071		0	PIK	4		0.082		
Riboflavin mg	0.192		0	PIK	4		0.219		
Niacin mg	5.513		0	PIK	4		6.285		
Pantothenic acid mg	0.484		0	PIK	4		0.552		
Vitamin B-6 mg	0.524		0	PIK	4		0.597		
Folate, total µg	4		0	PIK	4		5		
Folic acid µg	0		0	PIK	4		0		
Folate, food µg	4		0	PIK	4		5		
Folate, DFE µg	4		0	NC	4		5		
Choline, total mg	62.8		0	PIK	4		71.6		
Betaine mg	12.0		0	PIK	4		13.6		
Vitamin B-12 µg	2.32		0	PIK	4		2.65		
Vitamin B-12, added µg	0.00		0	PIK	4		0.00		
Vitamin A, RAE µg	3		0	PIK	4		3		
Retinol µg	3		0	PIK	4		3		
Carotene, beta µg	0		0	PIK	4		0		
Carotene, alpha µg	0		0	PIK	4		0		
Cryptoxanthin, beta µg	0		0	PIK	4		0		
Vitamin A, IU IU	9		0	PIK	4		10		
Lycopene µg	0		0	PIK	4		0		
Lutein + zeaxanthin µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol) mg	0.20		0	PIK	4		0.23		
Vitamin E, added mg	0.00		0	PIK	4		0.00		
Tocopherol, beta mg	0.00		0	PIK	4		0.00		
Tocopherol, gamma mg	0.00		0	PIK	4		0.00		
Tocopherol, delta mg	0.00		0	PIK	4		0.00		
Tocotrienol, alpha mg	0.00		0	PAK	1		0.00		
Tocotrienol, beta mg	0.00		0	PAK	1		0.00		
Tocotrienol, gamma mg	0.00		0	PAK	1		0.00		
Tocotrienol, delta mg	0.00		0	PAK	1		0.00		
Vitamin D (D2 + D3) µg	0.1		0	PAK	1		0.1		
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	0.1		0	PIK	4		0.1		
Vitamin D IU	2		0	PIK	4		3		
Vitamin K (phylloquinone) µg	1.4		0	PIK	4		1.6		

NDB No. 23494

Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, raw (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg	0.0		0	PIK	4		0.0		
Menaquinone-4....µg	0.3		0	PAK	1		0.3		
Lipids:									
Fatty acids, total saturated....g	4.122		0	PIK	4		4.699		
4:0....g	0.000		0	PIK	4		0.000		
6:0....g	0.000		0	PIK	4		0.000		
8:0....g	0.000		0	PIK	4		0.000		
10:0....g	0.006		0	PIK	4		0.007		
12:0....g	0.006		0	PIK	4		0.007		
13:0....g									
14:0....g	0.284		0	PIK	4		0.323		
15:0....g	0.020		0	PAK	1		0.022		
16:0....g	2.302		0	PIK	4		2.624		
17:0....g	0.087		0	PAK	1		0.099		
18:0....g	1.383		0	PIK	4		1.577		
20:0....g	0.004		0	PAK	1		0.004		
22:0....g	0.000		0	PAK	1		0.000		
24:0....g	0.004		0	PAK	1		0.005		
Fatty acids, total monounsaturated....g	4.683		0	PIK	4		5.339		
14:1....g	0.048		0	PAK	1		0.055		
15:1....g	0.002		0	PAK	1		0.002		
16:1 undifferentiated....g	0.336		0	PIK	4		0.383		
16:1 c....g	0.194		0	PAK	1		0.221		
16:1 t....g	0.009		0	PAK	1		0.010		
17:1....g	0.055		0	PAK	1		0.063		
18:1 undifferentiated....g	4.205		0	PIK	4		4.794		
18:1 c....g	2.768		0	PAK	1		3.155		
18:1 t....g	0.372		0	PAK	1		0.424		
18:1-11 t (18:1t n-7)....g	0.070		0	PAK	1		0.079		
20:1....g	0.018		0	PIK	4		0.021		
22:1 undifferentiated....g	0.000		0	PIK	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.563		0	PIK	4		0.641		
18:2 undifferentiated....g	0.479		0	PIK	4		0.546		
18:2 n-6 c,c....g	0.250		0	PAK	1		0.285		
18:2 CLAs....g	0.116		0	PAK	1		0.132		
18:2 t,t....g	0.007		0	PAK	1		0.008		
18:2 i....g									
18:2 t not further defined....g	0.016		0	PAK	1		0.018		
18:3 undifferentiated....g	0.024		0	PIK	4		0.027		
18:3 n-3 c,c,c (ALA)....g	0.011		0	PAK	1		0.013		
18:3 n-6 c,c,c....g	0.000		0	PAK	1		0.000		
18:3i....g									
18:4....g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c....g	0.001		0	PAK	1		0.002		
20:3 undifferentiated....g	0.006		0	PAK	1		0.007		
20:3 n-3....g									
20:3 n-6....g	0.006		0	PAK	1		0.007		
20:4 undifferentiated....g	0.044		0	PIK	4		0.050		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001		0	PIK	4		0.001		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.005		0	PIK	4		0.006		
22:6 n-3 (DHA)....g	0.000		0	PIK	4		0.000		
Fatty acids, total trans....g	0.403		0	PIK	4		0.460		
Fatty acids, total trans-monoenoic....g	0.381		0	PIK	4		0.434		
Fatty acids, total trans-polyenoic....g	0.022		0	PIK	4		0.025		
Cholesterol....mg	66		0	PIK	4		75		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.207		0	PAK	1		0.236		
Threonine....g	0.898		0	PAK	1		1.023		

NDB No. 23494

Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, raw (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Isoleucine....g	0.908		0	PAK	1		1.035		
Leucine....g	1.665		0	PAK	1		1.898		
Lysine....g	1.819		0	PAK	1		2.074		
Methionine....g	0.547		0	PAK	1		0.624		
Cystine....g	0.217		0	PAK	1		0.247		
Phenylalanine....g	0.790		0	PAK	1		0.901		
Tyrosine....g	0.708		0	PAK	1		0.807		
Valine....g	0.975		0	PAK	1		1.112		
Arginine....g	1.336		0	PAK	1		1.523		
Histidine....g	0.694		0	PAK	1		0.791		
Alanine....g	1.210		0	PAK	1		1.380		
Aspartic acid....g	1.880		0	PAK	1		2.143		
Glutamic acid....g	3.195		0	PAK	1		3.643		
Glycine....g	1.014		0	PAK	1		1.156		
Proline....g	0.887		0	PAK	1		1.012		
Serine....g	0.801		0	PAK	1		0.913		
Hydroxyproline....g	0.156		0	PIK	4		0.178		
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0		
Caffeine....mg	0		0	PIK	4		0		
Theobromine....mg	0		0	PIK	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 114g: 4 oz

Footnotes:

1 Estimation of the nutrient profile for this composite were based upon the market shares of 0” fat trim cuts.

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13363

Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked (1)

Refuse:

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	61.79		0	PIK	4		52.52		
Energy kcal	203		0	PIK	4		172		
Energy kJ	847		0	PIK	4		720		
Protein (N x 6.25) g	28.61		0	PIK	4		24.32		
Total lipid (fat) g	9.18		0	PIK	4		7.80		
Ash g	1.16		0	PIK	4		0.99		
Carbohydrate, by difference g	0.00		0	PIK	4		0.00		
Fiber, total dietary g	0.0		0	PIK	4		0.0		
Sugars, total g	0.00		0	PIK	4		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	15		0	PIK	4		13		
Iron, Fe mg	2.69		0	PIK	4		2.29		
Magnesium, Mg mg	19		0	PIK	4		16		
Phosphorus, P mg	231		0	PIK	4		197		
Potassium, K mg	333		0	PIK	4		283		
Sodium, Na mg	62		0	PIK	4		53		
Zinc, Zn mg	6.00		0	PIK	4		5.10		
Copper, Cu mg	0.085		0	PIK	4		0.072		
Manganese, Mn mg	0.008		0	PIK	4		0.007		
Selenium, Se µg	28.7		0	PIK	4		24.4		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0		
Thiamin mg	0.080		0	PIK	4		0.068		
Riboflavin mg	0.268		0	PIK	4		0.228		
Niacin mg	5.794		0	PIK	4		4.925		
Pantothenic acid mg	0.552		0	PIK	4		0.469		
Vitamin B-6 mg	0.566		0	PIK	4		0.481		
Folate, total µg	7		0	PIK	4		6		
Folic acid µg	0		0	PIK	4		0		
Folate, food µg	7		0	PIK	4		6		
Folate, DFE µg	7		0	NC	4		6		
Choline, total mg	86.9		0	PIK	4		73.9		
Betaine mg	10.7		0	PIK	4		9.1		
Vitamin B-12 µg	2.63		0	PIK	4		2.24		
Vitamin B-12, added µg	0.00		0	PIK	4		0.00		
Vitamin A, RAE µg	4		0	PIK	4		3		
Retinol µg	4		0	PIK	4		3		
Carotene, beta µg	0		0	PIK	4		0		
Carotene, alpha µg	0		0	PIK	4		0		
Cryptoxanthin, beta µg	0		0	PIK	4		0		
Vitamin A, IU IU	13		0	PIK	4		11		
Lycopene µg	0		0	PIK	4		0		
Lutein + zeaxanthin µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol) mg	0.20		0	PIK	4		0.17		
Vitamin E, added mg	0.00		0	PIK	4		0.00		
Tocopherol, beta mg	0.00		0	PIK	4		0.00		
Tocopherol, gamma mg	0.00		0	PIK	4		0.00		
Tocopherol, delta mg	0.00		0	PIK	4		0.00		
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	PIK	4		0.0		
Vitamin D IU	2		0	PIK	4		2		
Vitamin K (phylloquinone) µg	1.4		0	PIK	4		1.2		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13363

Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.690		0	PIK	4		3.136		
4:0....g	0.000		0	PIK	4		0.000		
6:0....g	0.000		0	PIK	4		0.000		
8:0....g	0.000		0	PIK	4		0.000		
10:0....g	0.007		0	PIK	4		0.006		
12:0....g	0.006		0	PIK	4		0.005		
13:0....g									
14:0....g	0.251		0	PIK	4		0.214		
15:0....g	0.010		0	PIK	4		0.009		
16:0....g	2.085		0	PIK	4		1.772		
17:0....g	0.066		0	PIK	4		0.056		
18:0....g	1.235		0	PIK	4		1.050		
20:0....g	0.005		0	PIK	4		0.004		
22:0....g									
24:0....g	0.003		0	PIK	4		0.003		
Fatty acids, total monounsaturated....g	4.142		0	PIK	4		3.521		
14:1....g	0.030		0	PIK	4		0.026		
15:1....g									
16:1 undifferentiated....g	0.293		0	PIK	4		0.249		
16:1 c....g	0.132		0	PIK	4		0.112		
16:1 t....g	0.007		0	PIK	4		0.006		
17:1....g	0.044		0	PIK	4		0.038		
18:1 undifferentiated....g	3.741		0	PIK	4		3.180		
18:1 c....g	1.971		0	PIK	4		1.675		
18:1 t....g	0.309		0	PIK	4		0.263		
18:1-11 t (18:1t n-7)....g	0.081		0	PIK	4		0.069		
20:1....g	0.016		0	PIK	4		0.014		
22:1 undifferentiated....g	0.000		0	PIK	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.548		0	PIK	4		0.465		
18:2 undifferentiated....g	0.456		0	PIK	4		0.387		
18:2 n-6 c,c....g	0.217		0	PIK	4		0.184		
18:2 CLAs....g	0.121		0	PIK	4		0.103		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.011		0	PIK	4		0.009		
18:3 undifferentiated....g	0.030		0	PIK	4		0.025		
18:3 n-3 c,c,c (ALA)....g	0.010		0	PIK	4		0.009		
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c....g	0.002		0	PIK	4		0.002		
20:3 undifferentiated....g	0.007		0	PIK	4		0.006		
20:3 n-3....g									
20:3 n-6....g	0.007		0	PIK	4		0.006		
20:4 undifferentiated....g	0.044		0	PIK	4		0.037		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002		0	PIK	4		0.002		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.006		0	PIK	4		0.005		
22:6 n-3 (DHA)....g	0.001		0	PIK	4		0.001		
Fatty acids, total trans....g	0.327		0	PIK	4		0.278		
Fatty acids, total trans-monoenoic....g	0.316		0	PIK	4		0.269		
Fatty acids, total trans-polyenoic....g	0.011		0	PIK	4		0.009		
Cholesterol....mg	85		0	PIK	4		73		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.291		0	PIK	4		0.248		
Threonine....g	1.303		0	PIK	4		1.108		
Isoleucine....g	1.341		0	PIK	4		1.139		
Leucine....g	2.443		0	PIK	4		2.077		

NDB No. 13363

Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.666		0	PIK	4		2.266		
Methionine g	0.789		0	PIK	4		0.671		
Cystine g	0.323		0	PIK	4		0.274		
Phenylalanine g	1.161		0	PIK	4		0.987		
Tyrosine g	1.033		0	PIK	4		0.878		
Valine g	1.437		0	PIK	4		1.222		
Arginine g	1.949		0	PIK	4		1.656		
Histidine g	1.027		0	PIK	4		0.873		
Alanine g	1.769		0	PIK	4		1.503		
Aspartic acid g	2.766		0	PIK	4		2.351		
Glutamic acid g	4.627		0	PIK	4		3.933		
Glycine g	1.499		0	PIK	4		1.274		
Proline g	1.310		0	PIK	4		1.113		
Serine g	1.174		0	PIK	4		0.998		
Hydroxyproline g	0.214		0	PIK	4		0.182		
Others:									
Alcohol, ethyl g	0.0		0	PIK	4		0.0		
Caffeine mg	0		0	PIK	4		0		
Theobromine mg	0		0	PIK	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Footnotes:

1 Estimation of the nutrient profile for this composite were based upon the market shares of 0" fat trim cuts.

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23497

Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, raw (1)

Refuse:

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	70.16		0	PAK	1		79.98		
Energy kcal	157		0	NC	4		179		
Energy kJ	657		0	NC	4		749		
Protein g	21.20		0	PAK	1		24.17		
Total lipid (fat) g	8.00		0	PAK	1		9.12		
Ash g	1.02		0	PAK	1		1.16		
Carbohydrate, by difference g	0.04		0	PIK	4		0.05		
Fiber, total dietary g	0.0		0	PIK	4		0.0		
Sugars, total g	0.00		0	PIK	4		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	13		0	PIK	4		15		
Iron, Fe mg	2.06		0	PIK	4		2.35		
Magnesium, Mg mg	18		0	PIK	4		20		
Phosphorus, P mg	197		0	PIK	4		224		
Potassium, K mg	315		0	PIK	4		360		
Sodium, Na mg	61		0	PIK	4		70		
Zinc, Zn mg	4.76		0	PIK	4		5.42		
Copper, Cu mg	0.069		0	PIK	4		0.079		
Manganese, Mn mg	0.007		0	PIK	4		0.008		
Selenium, Se µg	24.0		0	PIK	4		27.3		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0		
Thiamin mg	0.077		0	PIK	4		0.088		
Riboflavin mg	0.201		0	PIK	4		0.229		
Niacin mg	5.327		0	PIK	4		6.072		
Pantothenic acid mg	0.517		0	PIK	4		0.589		
Vitamin B-6 mg	0.533		0	PIK	4		0.607		
Folate, total µg	5		0	PIK	4		5		
Folic acid µg	0		0	PIK	4		0		
Folate, food µg	5		0	PIK	4		5		
Folate, DFE µg	5		0	NC	4		5		
Choline, total mg	63.6		0	PIK	4		72.5		
Betaine mg	10.0		0	PIK	4		11.4		
Vitamin B-12 µg	2.22		0	PIK	4		2.53		
Vitamin B-12, added µg	0.00		0	PIK	4		0.00		
Vitamin A, RAE µg	3		0	PIK	4		3		
Retinol µg	3		0	PIK	4		3		
Carotene, beta µg	0		0	PIK	4		0		
Carotene, alpha µg	0		0	PIK	4		0		
Cryptoxanthin, beta µg	0		0	PIK	4		0		
Vitamin A, IU IU	9		0	PIK	4		11		
Lycopene µg	0		0	PIK	4		0		
Lutein + zeaxanthin µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol) mg	0.18		0	PIK	4		0.20		
Vitamin E, added mg	0.00		0	PIK	4		0.00		
Tocopherol, beta mg	0.00		0	PIK	4		0.00		
Tocopherol, gamma mg	0.00		0	PIK	4		0.00		
Tocopherol, delta mg	0.00		0	PIK	4		0.00		
Tocotrienol, alpha mg	0.00		0	PIK	4		0.00		
Tocotrienol, beta mg	0.00		0	PIK	4		0.00		
Tocotrienol, gamma mg	0.00		0	PIK	4		0.00		
Tocotrienol, delta mg	0.00		0	PIK	4		0.00		
Vitamin D (D2 + D3) µg	0.1		0	PAK	1		0.1		
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	0.1		0	PIK	4		0.1		
Vitamin D IU	2		0	PIK	4		3		
Vitamin K (phylloquinone) µg	1.4		0	PIK	4		1.6		

NDB No. 23497

Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, raw (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg	0.0		0	PIK	4		0.0		
Menaquinone-4....µg	0.2		0	PIK	4		0.3		
Lipids:									
Fatty acids, total saturated....g	3.351		0	PIK	4		3.820		
4:0....g	0.000		0	PIK	4		0.000		
6:0....g	0.000		0	PIK	4		0.000		
8:0....g	0.000		0	PIK	4		0.000		
10:0....g	0.005		0	PIK	4		0.006		
12:0....g	0.004		0	PIK	4		0.005		
13:0....g									
14:0....g	0.228		0	PIK	4		0.260		
15:0....g	0.016		0	PAK	1		0.019		
16:0....g	1.852		0	PIK	4		2.112		
17:0....g	0.074		0	PAK	1		0.085		
18:0....g	1.143		0	PIK	4		1.303		
20:0....g	0.003		0	PAK	1		0.003		
22:0....g	0.000		0	PAK	1		0.000		
24:0....g	0.003		0	PAK	1		0.004		
Fatty acids, total monounsaturated....g	3.788		0	PIK	4		4.318		
14:1....g	0.036		0	PAK	1		0.041		
15:1....g	0.002		0	PAK	1		0.002		
16:1 undifferentiated....g	0.267		0	PIK	4		0.305		
16:1 c....g	0.152		0	PAK	1		0.173		
16:1 t....g	0.008		0	PAK	1		0.009		
17:1....g	0.046		0	PAK	1		0.052		
18:1 undifferentiated....g	3.409		0	PIK	4		3.887		
18:1 c....g	2.221		0	PAK	1		2.532		
18:1 t....g	0.328		0	PAK	1		0.374		
18:1-11 t (18:1t n-7)....g	0.067		0	PAK	1		0.076		
20:1....g	0.013		0	PIK	4		0.015		
22:1 undifferentiated....g	0.000		0	PIK	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.495		0	PIK	4		0.564		
18:2 undifferentiated....g	0.421		0	PIK	4		0.480		
18:2 n-6 c,c....g	0.227		0	PAK	1		0.258		
18:2 CLAs....g	0.102		0	PAK	1		0.116		
18:2 t,t....g	0.005		0	PAK	1		0.006		
18:2 i....g									
18:2 t not further defined....g	0.013		0	PAK	1		0.015		
18:3 undifferentiated....g	0.020		0	PIK	4		0.022		
18:3 n-3 c,c,c (ALA)....g	0.009		0	PAK	1		0.011		
18:3 n-6 c,c,c....g	0.000		0	PAK	1		0.000		
18:3i....g									
18:4....g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c....g	0.001		0	PAK	1		0.001		
20:3 undifferentiated....g	0.006		0	PAK	1		0.007		
20:3 n-3....g									
20:3 n-6....g	0.006		0	PAK	1		0.007		
20:4 undifferentiated....g	0.040		0	PIK	4		0.046		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001		0	PIK	4		0.001		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.005		0	PIK	4		0.006		
22:6 n-3 (DHA)....g	0.000		0	PIK	4		0.000		
Fatty acids, total trans....g	0.354		0	PIK	4		0.404		
Fatty acids, total trans-monoenoic....g	0.336		0	PIK	4		0.383		
Fatty acids, total trans-polyenoic....g	0.018		0	PIK	4		0.021		
Cholesterol....mg	64		0	PIK	4		73		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.215		0	PAK	1		0.245		
Threonine....g	0.957		0	PAK	1		1.091		

NDB No. 23497

Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, raw (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Isoleucine....g	0.970		0	PAK	1		1.106		
Leucine....g	1.790		0	PAK	1		2.041		
Lysine....g	1.963		0	PAK	1		2.238		
Methionine....g	0.584		0	PAK	1		0.666		
Cystine....g	0.235		0	PAK	1		0.268		
Phenylalanine....g	0.844		0	PAK	1		0.963		
Tyrosine....g	0.760		0	PAK	1		0.866		
Valine....g	1.039		0	PAK	1		1.185		
Arginine....g	1.435		0	PAK	1		1.636		
Histidine....g	0.755		0	PAK	1		0.861		
Alanine....g	1.291		0	PAK	1		1.471		
Aspartic acid....g	2.020		0	PAK	1		2.303		
Glutamic acid....g	3.414		0	PAK	1		3.892		
Glycine....g	1.082		0	PAK	1		1.233		
Proline....g	0.957		0	PAK	1		1.090		
Serine....g	0.862		0	PAK	1		0.983		
Hydroxyproline....g	0.149		0	PIK	4		0.170		
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0		
Caffeine....mg	0		0	PIK	4		0		
Theobromine....mg	0		0	PIK	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 114g: 4 oz

Footnotes:

1 Estimation of the nutrient profile for this composite were based upon the market shares of 0” fat trim cuts

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13796

Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked (1)

Refuse:

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	56.97		0	PAK	1		48.42		
Energy kcal	259		0	PIK	4		220		
Energy kJ	1084		0	PIK	4		922		
Protein (N x 6.25) g	26.11		0	PAK	1		22.19		
Total lipid (fat) g	16.59		0	PAK	1		14.10		
Ash g	1.01		0	PAK	1		0.86		
Carbohydrate, by difference g	0.00		0	PIK	4		0.00		
Fiber, total dietary g	0.0		0	PIK	4		0.0		
Sugars, total g	0.00		0	PIK	4		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	13		0	PIK	4		11		
Iron, Fe mg	2.20		0	PIK	4		1.87		
Magnesium, Mg mg	20		0	PIK	4		17		
Phosphorus, P mg	180		0	PIK	4		153		
Potassium, K mg	271		0	PIK	4		230		
Sodium, Na mg	50		0	PIK	4		42		
Zinc, Zn mg	5.10		0	PIK	4		4.34		
Copper, Cu mg	0.075		0	PIK	4		0.063		
Manganese, Mn mg	0.028		0	PIK	4		0.023		
Selenium, Se µg	28.3		0	PIK	4		24.1		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0		
Thiamin mg	0.068		0	PIK	4		0.058		
Riboflavin mg	0.189		0	PIK	4		0.161		
Niacin mg	5.458		0	PIK	4		4.639		
Pantothenic acid mg	0.463		0	PIK	4		0.393		
Vitamin B-6 mg	0.478		0	PIK	4		0.406		
Folate, total µg	7		0	PIK	4		6		
Folic acid µg	0		0	PIK	4		0		
Folate, food µg	7		0	PIK	4		6		
Folate, DFE µg	7		0	NC	4		6		
Choline, total mg	83.3		0	PIK	4		70.8		
Betaine mg	12.5		0	PIK	4		10.6		
Vitamin B-12 µg	1.81		0	PIK	4		1.53		
Vitamin B-12, added µg	0.00		0	PIK	4		0.00		
Vitamin A, RAE µg	3		0	PIK	4		3		
Retinol µg	3		0	PIK	4		3		
Carotene, beta µg	0		0	PIK	4		0		
Carotene, alpha µg	0		0	PIK	4		0		
Cryptoxanthin, beta µg	0		0	PIK	4		0		
Vitamin A, IU IU	11		0	PIK	4		9		
Lycopene µg	0		0	PIK	4		0		
Lutein + zeaxanthin µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol) mg	0.31		0	PIK	4		0.26		
Vitamin E, added mg	0.00		0	PIK	4		0.00		
Tocopherol, beta mg	0.00		0	PIK	4		0.00		
Tocopherol, gamma mg	0.00		0	PIK	4		0.00		
Tocopherol, delta mg	0.00		0	PIK	4		0.00		
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	PAK	1		0.1		
Vitamin D IU	6		0	PIK	4		5		
Vitamin K (phylloquinone) µg	1.4		0	PIK	4		1.2		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13796

Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	6.782		0	PIK	4		5.765		
4:0....g	0.000		0	PIK	4		0.000		
6:0....g	0.000		0	PIK	4		0.000		
8:0....g	0.000		0	PIK	4		0.000		
10:0....g	0.024		0	PIK	4		0.020		
12:0....g	0.024		0	PIK	4		0.020		
13:0....g									
14:0....g	0.485		0	PIK	4		0.412		
15:0....g	0.049		0	PAK	1		0.042		
16:0....g	3.853		0	PIK	4		3.275		
17:0....g	0.119		0	PAK	1		0.101		
18:0....g	2.216		0	PIK	4		1.884		
20:0....g	0.007		0	PAK	1		0.006		
22:0....g									
24:0....g	0.005		0	PAK	1		0.004		
Fatty acids, total monounsaturated....g	7.407		0	PIK	4		6.296		
14:1....g	0.057		0	PAK	1		0.049		
15:1....g	0.011		0	PAK	1		0.009		
16:1 undifferentiated....g	0.594		0	PIK	4		0.505		
16:1 c....g	0.271		0	PAK	1		0.230		
16:1 t....g	0.024		0	PAK	1		0.021		
17:1....g	0.077		0	PAK	1		0.065		
18:1 undifferentiated....g	6.639		0	PIK	4		5.643		
18:1 c....g	3.277		0	PAK	1		2.786		
18:1 t....g	0.527		0	PAK	1		0.448		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.030		0	PIK	4		0.025		
22:1 undifferentiated....g	0.000		0	PIK	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.733		0	PIK	4		0.623		
18:2 undifferentiated....g	0.573		0	PIK	4		0.487		
18:2 n-6 c,c....g	0.296		0	PAK	1		0.252		
18:2 CLAs....g	0.042		0	PAK	1		0.036		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.041		0	PAK	1		0.035		
18:3 undifferentiated....g	0.087		0	PIK	4		0.074		
18:3 n-3 c,c,c (ALA)....g	0.016		0	PAK	1		0.014		
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c....g	0.002		0	PAK	1		0.002		
20:3 undifferentiated....g	0.010		0	PAK	1		0.009		
20:3 n-3....g									
20:3 n-6....g	0.010		0	PAK	1		0.009		
20:4 undifferentiated....g	0.045		0	PIK	4		0.038		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003		0	PIK	4		0.002		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.012		0	PIK	4		0.010		
22:6 n-3 (DHA)....g	0.001		0	PIK	4		0.001		
Fatty acids, total trans....g	0.592		0	PIK	4		0.504		
Fatty acids, total trans-monoenoic....g	0.551		0	PIK	4		0.468		
Fatty acids, total trans-polyenoic....g	0.041		0	PIK	4		0.035		
Cholesterol....mg	87		0	PIK	4		74		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.222		0	PIK	4		0.189		
Threonine....g	1.127		0	PIK	4		0.958		
Isoleucine....g	1.208		0	PIK	4		1.026		
Leucine....g	2.162		0	PIK	4		1.838		

NDB No. 13796

Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	2.342		0	PIK	4		1.991		
Methionine....g	0.695		0	PIK	4		0.591		
Cystine....g	0.310		0	PIK	4		0.264		
Phenylalanine....g	1.045		0	PIK	4		0.888		
Tyrosine....g	0.895		0	PIK	4		0.761		
Valine....g	1.308		0	PIK	4		1.112		
Arginine....g	1.737		0	PIK	4		1.476		
Histidine....g	0.899		0	PIK	4		0.764		
Alanine....g	1.611		0	PIK	4		1.369		
Aspartic acid....g	2.462		0	PIK	4		2.093		
Glutamic acid....g	4.090		0	PIK	4		3.476		
Glycine....g	1.475		0	PIK	4		1.254		
Proline....g	1.223		0	PIK	4		1.040		
Serine....g	1.055		0	PIK	4		0.896		
Hydroxyproline....g	0.236		0	PIK	4		0.201		
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0		
Caffeine....mg	0		0	PIK	4		0		
Theobromine....mg	0		0	PIK	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Footnotes:

1 Estimation of the nutrient profile for this composite were based upon the market shares of 1/8" fat trim cuts.

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13795

Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw (1)

Refuse:

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	64.81		0	PAK	1		73.88		
Energy kcal	214		0	PIK	4		244		
Energy kJ	895		0	PIK	4		1021		
Protein (N x 6.25) g	20.01		0	PAK	1		22.81		
Total lipid (fat) g	14.42		0	PAK	1		16.44		
Ash g	0.96		0	PAK	1		1.09		
Carbohydrate, by difference g	0.00		0	PIK	4		0.00		
Fiber, total dietary g	0.0		0	PIK	4		0.0		
Sugars, total g	0.00		0	PIK	4		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	17		0	PIK	4		20		
Iron, Fe mg	1.69		0	PIK	4		1.92		
Magnesium, Mg mg	19		0	PIK	4		22		
Phosphorus, P mg	174		0	PIK	4		198		
Potassium, K mg	283		0	PIK	4		323		
Sodium, Na mg	52		0	PIK	4		59		
Zinc, Zn mg	3.99		0	PIK	4		4.55		
Copper, Cu mg	0.073		0	PIK	4		0.083		
Manganese, Mn mg	0.025		0	PIK	4		0.029		
Selenium, Se µg	23.0		0	PIK	4		26.2		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0		
Thiamin mg	0.076		0	PIK	4		0.086		
Riboflavin mg	0.164		0	PIK	4		0.187		
Niacin mg	5.449		0	PIK	4		6.212		
Pantothenic acid mg	0.463		0	PIK	4		0.527		
Vitamin B-6 mg	0.529		0	PIK	4		0.603		
Folate, total µg	8		0	PIK	4		9		
Folic acid µg	0		0	PIK	4		0		
Folate, food µg	8		0	PIK	4		9		
Folate, DFE µg	8		0	NC	4		9		
Choline, total mg	68.3		0	PIK	4		77.8		
Betaine mg	11.9		0	PIK	4		13.5		
Vitamin B-12 µg	1.50		0	PIK	4		1.71		
Vitamin B-12, added µg	0.00		0	PIK	4		0.00		
Vitamin A, RAE µg	2		0	PIK	4		2		
Retinol µg	2		0	PIK	4		2		
Carotene, beta µg	0		0	PIK	4		0		
Carotene, alpha µg	0		0	PIK	4		0		
Cryptoxanthin, beta µg	0		0	PIK	4		0		
Vitamin A, IU IU	7		0	PIK	4		8		
Lycopene µg	0		0	PIK	4		0		
Lutein + zeaxanthin µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol) mg	0.28		0	PIK	4		0.32		
Vitamin E, added mg	0.00		0	PIK	4		0.00		
Tocopherol, beta mg	0.00		0	PIK	4		0.00		
Tocopherol, gamma mg	0.00		0	PIK	4		0.00		
Tocopherol, delta mg	0.00		0	PIK	4		0.00		
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	PAK	1		0.1		
Vitamin D IU	2		0	PIK	4		3		
Vitamin K (phylloquinone) µg	1.5		0	PIK	4		1.7		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13795

Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	6.036		0	PIK	4		6.882		
4:0....g	0.000		0	PIK	4		0.000		
6:0....g	0.000		0	PIK	4		0.000		
8:0....g	0.000		0	PIK	4		0.000		
10:0....g	0.028		0	PIK	4		0.032		
12:0....g	0.021		0	PIK	4		0.023		
13:0....g									
14:0....g	0.437		0	PIK	4		0.498		
15:0....g	0.042		0	PAK	1		0.047		
16:0....g	3.430		0	PIK	4		3.911		
17:0....g	0.099		0	PAK	1		0.113		
18:0....g	1.971		0	PIK	4		2.247		
20:0....g	0.006		0	PAK	1		0.006		
22:0....g									
24:0....g	0.003		0	PAK	1		0.004		
Fatty acids, total monounsaturated....g	6.497		0	PIK	4		7.407		
14:1....g	0.047		0	PAK	1		0.054		
15:1....g	0.008		0	PAK	1		0.009		
16:1 undifferentiated....g	0.585		0	PIK	4		0.666		
16:1 c....g	0.221		0	PAK	1		0.252		
16:1 t....g	0.022		0	PAK	1		0.025		
17:1....g	0.061		0	PAK	1		0.070		
18:1 undifferentiated....g	5.772		0	PIK	4		6.580		
18:1 c....g	2.765		0	PAK	1		3.152		
18:1 t....g	0.405		0	PAK	1		0.462		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.025		0	PIK	4		0.029		
22:1 undifferentiated....g	0.000		0	PIK	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.617		0	PIK	4		0.704		
18:2 undifferentiated....g	0.476		0	PIK	4		0.542		
18:2 n-6 c,c....g	0.234		0	PAK	1		0.266		
18:2 CLAs....g	0.035		0	PAK	1		0.040		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.037		0	PAK	1		0.043		
18:3 undifferentiated....g	0.092		0	PIK	4		0.105		
18:3 n-3 c,c,c (ALA)....g	0.011		0	PAK	1		0.013		
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c....g	0.002		0	PAK	1		0.002		
20:3 undifferentiated....g	0.008		0	PAK	1		0.010		
20:3 n-3....g									
20:3 n-6....g	0.008		0	PAK	1		0.010		
20:4 undifferentiated....g	0.034		0	PIK	4		0.038		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	PIK	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.005		0	PIK	4		0.006		
22:6 n-3 (DHA)....g	0.000		0	PIK	4		0.000		
Fatty acids, total trans....g	0.464		0	PIK	4		0.530		
Fatty acids, total trans-monoenoic....g	0.427		0	PIK	4		0.487		
Fatty acids, total trans-polyenoic....g	0.037		0	PIK	4		0.043		
Cholesterol....mg	72		0	PIK	4		82		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.170		0	PIK	4		0.194		
Threonine....g	0.859		0	PIK	4		0.979		
Isoleucine....g	0.918		0	PIK	4		1.047		
Leucine....g	1.646		0	PIK	4		1.876		

NDB No. 13795

Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	1.784		0	PIK	4		2.034		
Methionine....g	0.529		0	PIK	4		0.603		
Cystine....g	0.235		0	PIK	4		0.268		
Phenylalanine....g	0.794		0	PIK	4		0.905		
Tyrosine....g	0.682		0	PIK	4		0.778		
Valine....g	0.994		0	PIK	4		1.133		
Arginine....g	1.321		0	PIK	4		1.506		
Histidine....g	0.685		0	PIK	4		0.781		
Alanine....g	1.225		0	PIK	4		1.396		
Aspartic acid....g	1.874		0	PIK	4		2.136		
Glutamic acid....g	3.113		0	PIK	4		3.548		
Glycine....g	1.117		0	PIK	4		1.274		
Proline....g	0.929		0	PIK	4		1.059		
Serine....g	0.802		0	PIK	4		0.914		
Hydroxyproline....g	0.179		0	PIK	4		0.204		
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0		
Caffeine....mg	0		0	PIK	4		0		
Theobromine....mg	0		0	PIK	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 114g: 4 oz

Footnotes:

1 Estimation of the nutrient profile for this composite were based upon the market shares of 1/8" fat trim cuts.

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13798

Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked (1)

Refuse:

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	55.96		0	PAK	1		47.57		
Energy kcal	268		0	PIK	4		228		
Energy kJ	1121		0	PIK	4		953		
Protein (N x 6.25) g	25.85		0	PAK	1		21.97		
Total lipid (fat) g	17.68		0	PAK	1		15.03		
Ash g	0.99		0	PAK	1		0.84		
Carbohydrate, by difference g	0.00		0	PIK	4		0.00		
Fiber, total dietary g	0.0		0	PIK	4		0.0		
Sugars, total g	0.00		0	PIK	4		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	13		0	PIK	4		11		
Iron, Fe mg	2.24		0	PIK	4		1.90		
Magnesium, Mg mg	20		0	PIK	4		17		
Phosphorus, P mg	175		0	PIK	4		149		
Potassium, K mg	265		0	PIK	4		225		
Sodium, Na mg	49		0	PIK	4		42		
Zinc, Zn mg	5.06		0	PIK	4		4.30		
Copper, Cu mg	0.077		0	PIK	4		0.065		
Manganese, Mn mg	0.028		0	PIK	4		0.024		
Selenium, Se µg	28.4		0	PIK	4		24.1		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0		
Thiamin mg	0.067		0	PIK	4		0.057		
Riboflavin mg	0.187		0	PIK	4		0.159		
Niacin mg	5.486		0	PIK	4		4.663		
Pantothenic acid mg	0.463		0	PIK	4		0.394		
Vitamin B-6 mg	0.470		0	PIK	4		0.400		
Folate, total µg	7		0	PIK	4		6		
Folic acid µg	0		0	PIK	4		0		
Folate, food µg	7		0	PIK	4		6		
Folate, DFE µg	7		0	NC	4		6		
Choline, total mg	81.3		0	PIK	4		69.1		
Betaine mg	12.5		0	PIK	4		10.6		
Vitamin B-12 µg	1.90		0	PIK	4		1.62		
Vitamin B-12, added µg	0.00		0	PIK	4		0.00		
Vitamin A, RAE µg	3		0	PIK	4		3		
Retinol µg	3		0	PIK	4		3		
Carotene, beta µg	0		0	PIK	4		0		
Carotene, alpha µg	0		0	PIK	4		0		
Cryptoxanthin, beta µg	0		0	PIK	4		0		
Vitamin A, IU IU	11		0	PIK	4		9		
Lycopene µg	0		0	PIK	4		0		
Lutein + zeaxanthin µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol) mg	0.33		0	PIK	4		0.28		
Vitamin E, added mg	0.00		0	PIK	4		0.00		
Tocopherol, beta mg	0.00		0	PIK	4		0.00		
Tocopherol, gamma mg	0.00		0	PIK	4		0.00		
Tocopherol, delta mg	0.00		0	PIK	4		0.00		
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	PAK	1		0.1		
Vitamin D IU	4		0	PIK	4		3		
Vitamin K (phylloquinone) µg	1.6		0	PIK	4		1.4		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13798

Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated g	7.243		0	PIK	4		6.157		
4:0 g	0.000		0	PIK	4		0.000		
6:0 g	0.000		0	PIK	4		0.000		
8:0 g	0.000		0	PIK	4		0.000		
10:0 g	0.026		0	PIK	4		0.022		
12:0 g	0.026		0	PIK	4		0.022		
13:0 g									
14:0 g	0.517		0	PIK	4		0.439		
15:0 g	0.051		0	PAK	1		0.044		
16:0 g	4.122		0	PIK	4		3.503		
17:0 g	0.126		0	PAK	1		0.107		
18:0 g	2.363		0	PIK	4		2.009		
20:0 g	0.007		0	PAK	1		0.006		
22:0 g									
24:0 g	0.005		0	PAK	1		0.005		
Fatty acids, total monounsaturated g	7.944		0	PIK	4		6.753		
14:1 g	0.061		0	PAK	1		0.052		
15:1 g	0.011		0	PAK	1		0.010		
16:1 undifferentiated g	0.636		0	PIK	4		0.540		
16:1 c g	0.290		0	PAK	1		0.247		
16:1 t g	0.025		0	PAK	1		0.021		
17:1 g	0.082		0	PAK	1		0.070		
18:1 undifferentiated g	7.122		0	PIK	4		6.054		
18:1 c g	3.522		0	PAK	1		2.994		
18:1 t g	0.554		0	PAK	1		0.471		
18:1-11 t (18:1t n-7) g									
20:1 g	0.032		0	PIK	4		0.027		
22:1 undifferentiated g	0.000		0	PIK	4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.775		0	PIK	4		0.659		
18:2 undifferentiated g	0.610		0	PIK	4		0.519		
18:2 n-6 c,c g	0.316		0	PAK	1		0.268		
18:2 CLAs g	0.044		0	PAK	1		0.038		
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.043		0	PAK	1		0.036		
18:3 undifferentiated g	0.093		0	PIK	4		0.079		
18:3 n-3 c,c,c (ALA) g	0.017		0	PAK	1		0.014		
18:3 n-6 c,c,c g									
18:3i g									
18:4 g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c g	0.002		0	PAK	1		0.002		
20:3 undifferentiated g	0.011		0	PAK	1		0.009		
20:3 n-3 g									
20:3 n-6 g	0.011		0	PAK	1		0.009		
20:4 undifferentiated g	0.049		0	PIK	4		0.041		
20:4 n-6 g									
20:5 n-3 (EPA) g	0.002		0	PIK	4		0.002		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.007		0	PIK	4		0.006		
22:6 n-3 (DHA) g	0.001		0	PIK	4		0.001		
Fatty acids, total trans g	0.622		0	PIK	4		0.529		
Fatty acids, total trans-monoenoic g	0.579		0	PIK	4		0.492		
Fatty acids, total trans-polyenoic g	0.043		0	PIK	4		0.036		
Cholesterol mg	89		0	PIK	4		75		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.222		0	PIK	4		0.189		
Threonine g	1.123		0	PIK	4		0.954		
Isoleucine g	1.206		0	PIK	4		1.025		
Leucine g	2.152		0	PIK	4		1.829		

NDB No. 13798

Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	2.327		0	PIK	4		1.978		
Methionine....g	0.694		0	PIK	4		0.590		
Cystine....g	0.309		0	PIK	4		0.263		
Phenylalanine....g	1.042		0	PIK	4		0.886		
Tyrosine....g	0.891		0	PIK	4		0.758		
Valine....g	1.307		0	PIK	4		1.111		
Arginine....g	1.729		0	PIK	4		1.470		
Histidine....g	0.890		0	PIK	4		0.757		
Alanine....g	1.608		0	PIK	4		1.367		
Aspartic acid....g	2.451		0	PIK	4		2.084		
Glutamic acid....g	4.077		0	PIK	4		3.466		
Glycine....g	1.477		0	PIK	4		1.256		
Proline....g	1.220		0	PIK	4		1.037		
Serine....g	1.050		0	PIK	4		0.893		
Hydroxyproline....g	0.237		0	PIK	4		0.202		
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0		
Caffeine....mg	0		0	PIK	4		0		
Theobromine....mg	0		0	PIK	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Footnotes:

1 Estimation of the nutrient profile for this composite were based upon the market shares of 1/8" fat trim cuts.

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13797

Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw (1)

Refuse:

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	63.98		0	PAK	1		72.94		
Energy kcal	222		0	PIK	4		253		
Energy kJ	929		0	PIK	4		1059		
Protein (N x 6.25) g	19.79		0	PAK	1		22.56		
Total lipid (fat) g	15.42		0	PAK	1		17.58		
Ash g	0.94		0	PAK	1		1.07		
Carbohydrate, by difference g	0.00		0	PIK	4		0.00		
Fiber, total dietary g	0.0		0	PIK	4		0.0		
Sugars, total g	0.00		0	PIK	4		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	17		0	PIK	4		19		
Iron, Fe mg	1.73		0	PIK	4		1.97		
Magnesium, Mg mg	19		0	PIK	4		21		
Phosphorus, P mg	171		0	PIK	4		195		
Potassium, K mg	276		0	PIK	4		315		
Sodium, Na mg	50		0	PIK	4		58		
Zinc, Zn mg	3.97		0	PIK	4		4.53		
Copper, Cu mg	0.071		0	PIK	4		0.081		
Manganese, Mn mg	0.025		0	PIK	4		0.028		
Selenium, Se µg	22.8		0	PIK	4		26.0		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0		
Thiamin mg	0.075		0	PIK	4		0.086		
Riboflavin mg	0.169		0	PIK	4		0.193		
Niacin mg	5.572		0	PIK	4		6.353		
Pantothenic acid mg	0.484		0	PIK	4		0.552		
Vitamin B-6 mg	0.523		0	PIK	4		0.596		
Folate, total µg	8		0	PIK	4		9		
Folic acid µg	0		0	PIK	4		0		
Folate, food µg	8		0	PIK	4		9		
Folate, DFE µg	8		0	NC	4		9		
Choline, total mg	67.4		0	PIK	4		76.8		
Betaine mg	11.9		0	PIK	4		13.5		
Vitamin B-12 µg	1.61		0	PIK	4		1.84		
Vitamin B-12, added µg	0.00		0	PIK	4		0.00		
Vitamin A, RAE µg	2		0	PIK	4		2		
Retinol µg	2		0	PIK	4		2		
Carotene, beta µg	0		0	PIK	4		0		
Carotene, alpha µg	0		0	PIK	4		0		
Cryptoxanthin, beta µg	0		0	PIK	4		0		
Vitamin A, IU IU	6		0	PIK	4		7		
Lycopene µg	0		0	PIK	4		0		
Lutein + zeaxanthin µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol) mg	0.29		0	PIK	4		0.34		
Vitamin E, added mg	0.00		0	PIK	4		0.00		
Tocopherol, beta mg	0.00		0	PIK	4		0.00		
Tocopherol, gamma mg	0.00		0	PIK	4		0.00		
Tocopherol, delta mg	0.00		0	PIK	4		0.00		
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	PAK	1		0.1		
Vitamin D IU	2		0	PIK	4		3		
Vitamin K (phylloquinone) µg	1.5		0	PIK	4		1.7		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13797

Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	6.430		0	PIK	4		7.330		
4:0....g	0.000		0	PIK	4		0.000		
6:0....g	0.000		0	PIK	4		0.000		
8:0....g	0.000		0	PIK	4		0.000		
10:0....g	0.030		0	PIK	4		0.034		
12:0....g	0.022		0	PIK	4		0.025		
13:0....g									
14:0....g	0.464		0	PIK	4		0.529		
15:0....g	0.043		0	PAK	1		0.049		
16:0....g	3.657		0	PIK	4		4.169		
17:0....g	0.104		0	PAK	1		0.119		
18:0....g	2.100		0	PIK	4		2.394		
20:0....g	0.006		0	PAK	1		0.007		
22:0....g									
24:0....g	0.004		0	PAK	1		0.004		
Fatty acids, total monounsaturated....g	6.920		0	PIK	4		7.888		
14:1....g	0.049		0	PAK	1		0.056		
15:1....g	0.008		0	PAK	1		0.009		
16:1 undifferentiated....g	0.623		0	PIK	4		0.710		
16:1 c....g	0.232		0	PAK	1		0.264		
16:1 t....g	0.023		0	PAK	1		0.026		
17:1....g	0.064		0	PAK	1		0.073		
18:1 undifferentiated....g	6.148		0	PIK	4		7.009		
18:1 c....g	2.911		0	PAK	1		3.319		
18:1 t....g	0.426		0	PAK	1		0.486		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.027		0	PIK	4		0.031		
22:1 undifferentiated....g	0.000		0	PIK	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.655		0	PIK	4		0.747		
18:2 undifferentiated....g	0.504		0	PIK	4		0.574		
18:2 n-6 c,c....g	0.244		0	PAK	1		0.279		
18:2 CLAs....g	0.038		0	PAK	1		0.043		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.039		0	PAK	1		0.045		
18:3 undifferentiated....g	0.099		0	PIK	4		0.113		
18:3 n-3 c,c,c (ALA)....g	0.012		0	PAK	1		0.014		
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c....g	0.002		0	PAK	1		0.002		
20:3 undifferentiated....g	0.009		0	PAK	1		0.010		
20:3 n-3....g									
20:3 n-6....g	0.009		0	PAK	1		0.010		
20:4 undifferentiated....g	0.036		0	PIK	4		0.041		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	PIK	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.005		0	PIK	4		0.006		
22:6 n-3 (DHA)....g	0.000		0	PIK	4		0.000		
Fatty acids, total trans....g	0.488		0	PIK	4		0.556		
Fatty acids, total trans-monoenoic....g	0.449		0	PIK	4		0.512		
Fatty acids, total trans-polyenoic....g	0.039		0	PIK	4		0.045		
Cholesterol....mg	72		0	PIK	4		82		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.168		0	PIK	4		0.191		
Threonine....g	0.842		0	PIK	4		0.960		
Isoleucine....g	0.901		0	PIK	4		1.027		
Leucine....g	1.611		0	PIK	4		1.836		

NDB No. 13797

Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	1.743		0	PIK	4		1.987		
Methionine g	0.519		0	PIK	4		0.591		
Cystine g	0.230		0	PIK	4		0.262		
Phenylalanine g	0.779		0	PIK	4		0.888		
Tyrosine g	0.668		0	PIK	4		0.762		
Valine g	0.977		0	PIK	4		1.114		
Arginine g	1.293		0	PIK	4		1.474		
Histidine g	0.667		0	PIK	4		0.761		
Alanine g	1.202		0	PIK	4		1.370		
Aspartic acid g	1.834		0	PIK	4		2.091		
Glutamic acid g	3.052		0	PIK	4		3.479		
Glycine g	1.099		0	PIK	4		1.253		
Proline g	0.910		0	PIK	4		1.037		
Serine g	0.786		0	PIK	4		0.896		
Hydroxyproline g	0.175		0	PIK	4		0.199		
Others:									
Alcohol, ethyl g	0.0		0	PIK	4		0.0		
Caffeine mg	0		0	PIK	4		0		
Theobromine mg	0		0	PIK	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 114g: 4 oz

Footnotes:

1 Estimation of the nutrient profile for this composite were based upon the market shares of 1/8" fat trim cuts.

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13800

Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked (1)

Refuse:

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	58.68		0	PAK	1		49.88		
Energy kcal	245		0	PIK	4		208		
Energy kJ	1026		0	PIK	4		872		
Protein (N x 6.25) g	26.06		0	PAK	1		22.15		
Total lipid (fat) g	15.09		0	PAK	1		12.83		
Ash g	1.04		0	PAK	1		0.89		
Carbohydrate, by difference g	0.00		0	PIK	4		0.00		
Fiber, total dietary g	0.0		0	PIK	4		0.0		
Sugars, total g	0.00		0	PIK	4		0.00		
Sucrose g	0.00		0	PAK	1		0.00		
Glucose (dextrose) g	0.00		0	PAK	1		0.00		
Fructose g	0.00		0	PAK	1		0.00		
Lactose g	0.00		0	PAK	1		0.00		
Maltose g	0.00		0	PAK	1		0.00		
Galactose g	0.00		0	PAK	1		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	13		0	PIK	4		11		
Iron, Fe mg	2.11		0	PIK	4		1.80		
Magnesium, Mg mg	20		0	PIK	4		17		
Phosphorus, P mg	174		0	PIK	4		148		
Potassium, K mg	262		0	PIK	4		223		
Sodium, Na mg	51		0	PIK	4		43		
Zinc, Zn mg	4.89		0	PIK	4		4.16		
Copper, Cu mg	0.068		0	PIK	4		0.058		
Manganese, Mn mg	0.026		0	PIK	4		0.022		
Selenium, Se µg	26.9		0	PIK	4		22.9		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0		
Thiamin mg	0.066		0	PIK	4		0.056		
Riboflavin mg	0.179		0	PIK	4		0.152		
Niacin mg	5.124		0	PIK	4		4.356		
Pantothenic acid mg	0.461		0	PIK	4		0.392		
Vitamin B-6 mg	0.451		0	PIK	4		0.383		
Folate, total µg	7		0	PIK	4		6		
Folic acid µg	0		0	PIK	4		0		
Folate, food µg	7		0	PIK	4		6		
Folate, DFE µg	7		0	NC	4		6		
Choline, total mg	78.1		0	PIK	4		66.4		
Betaine mg	11.6		0	PIK	4		9.9		
Vitamin B-12 µg	1.58		0	PIK	4		1.34		
Vitamin B-12, added µg	0.00		0	PIK	4		0.00		
Vitamin A, RAE µg	3		0	PIK	4		3		
Retinol µg	3		0	PIK	4		3		
Carotene, beta µg	0		0	PIK	4		0		
Carotene, alpha µg	0		0	PIK	4		0		
Cryptoxanthin, beta µg	0		0	PIK	4		0		
Vitamin A, IU IU	10		0	PIK	4		9		
Lycopene µg	0		0	PIK	4		0		
Lutein + zeaxanthin µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol) mg	0.28		0	PIK	4		0.24		
Vitamin E, added mg	0.00		0	PIK	4		0.00		
Tocopherol, beta mg	0.00		0	PIK	4		0.00		
Tocopherol, gamma mg	0.00		0	PIK	4		0.00		
Tocopherol, delta mg	0.00		0	PIK	4		0.00		
Tocotrienol, alpha mg									
Tocotrienol, beta mg									

NDB No. 13800

Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.1		0	PAK	1		0.1		
Vitamin D....IU	3		0	PIK	4		3		
Vitamin K (phylloquinone)....µg	1.4		0	PIK	4		1.2		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	6.163		0	PIK	4		5.238		
4:0....g	0.000		0	PIK	4		0.000		
6:0....g	0.000		0	PIK	4		0.000		
8:0....g	0.000		0	PIK	4		0.000		
10:0....g	0.022		0	PIK	4		0.019		
12:0....g	0.022		0	PIK	4		0.019		
13:0....g									
14:0....g	0.442		0	PIK	4		0.375		
15:0....g	0.046		0	PAK	1		0.039		
16:0....g	3.503		0	PIK	4		2.978		
17:0....g	0.108		0	PAK	1		0.092		
18:0....g	2.010		0	PIK	4		1.708		
20:0....g	0.006		0	PAK	1		0.005		
22:0....g	0.000		0	PAK	1		0.000		
24:0....g	0.003		0	PAK	1		0.003		
Fatty acids, total monounsaturated....g	6.648		0	PIK	4		5.651		
14:1....g	0.049		0	PAK	1		0.042		
15:1....g	0.011		0	PAK	1		0.009		
16:1 undifferentiated....g	0.531		0	PIK	4		0.451		
17:1....g	0.061		0	PAK	1		0.052		
18:1 undifferentiated....g	5.970		0	PIK	4		5.074		
20:1....g	0.026		0	PIK	4		0.022		
22:1 undifferentiated....g	0.000		0	PIK	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.652		0	PIK	4		0.554		
18:2 undifferentiated....g	0.511		0	PIK	4		0.434		
18:3 undifferentiated....g	0.080		0	PIK	4		0.068		
18:4....g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c....g	0.002		0	PAK	1		0.002		
20:3 undifferentiated....g	0.009		0	PAK	1		0.007		
20:4 undifferentiated....g	0.041		0	PIK	4		0.035		
20:5 n-3 (EPA)....g	0.001		0	PIK	4		0.001		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.007		0	PIK	4		0.006		
22:6 n-3 (DHA)....g	0.000		0	PIK	4		0.000		
Fatty acids, total trans....g	0.521		0	PIK	4		0.442		
Cholesterol....mg	85		0	PIK	4		72		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.221		0	PIK	4		0.188		
Threonine....g	1.129		0	PIK	4		0.959		
Isoleucine....g	1.208		0	PIK	4		1.027		
Leucine....g	2.172		0	PIK	4		1.846		
Lysine....g	2.355		0	PIK	4		2.002		
Methionine....g	0.701		0	PIK	4		0.596		
Cystine....g	0.313		0	PIK	4		0.266		
Phenylalanine....g	1.046		0	PIK	4		0.889		
Tyrosine....g	0.900		0	PIK	4		0.765		
Valine....g	1.306		0	PIK	4		1.110		
Arginine....g	1.746		0	PIK	4		1.484		
Histidine....g	0.905		0	PIK	4		0.769		
Alanine....g	1.609		0	PIK	4		1.368		
Aspartic acid....g	2.471		0	PIK	4		2.100		
Glutamic acid....g	4.105		0	PIK	4		3.490		

NDB No. 13800

Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Glycine....g	1.469		0	PIK	4		1.248		
Proline....g	1.227		0	PIK	4		1.043		
Serine....g	1.060		0	PIK	4		0.901		
Hydroxyproline....g	0.234		0	PIK	4		0.199		
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0		
Caffeine....mg	0		0	PIK	4		0		
Theobromine....mg	0		0	PIK	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Footnotes:

1 Estimation of the nutrient profile for this composite were based upon the market shares of 1/8” fat trim cuts.

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13799

Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw (1)

Refuse:

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	61.88		0	PAK	1		70.54		
Energy kcal	192		0	PIK	4		219		
Energy kJ	802		0	PIK	4		915		
Protein (N x 6.25) g	19.06		0	PAK	1		21.73		
Total lipid (fat) g	12.40		0	PAK	1		14.14		
Ash g	0.92		0	PAK	1		1.04		
Carbohydrate, by difference g	0.00		0	PIK	4		0.00		
Fiber, total dietary g	0.0		0	PIK	4		0.0		
Sugars, total g	0.00		0	PIK	4		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	17		0	PIK	4		20		
Iron, Fe mg	1.52		0	PIK	4		1.74		
Magnesium, Mg mg	19		0	PIK	4		21		
Phosphorus, P mg	168		0	PIK	4		191		
Potassium, K mg	279		0	PIK	4		318		
Sodium, Na mg	51		0	PIK	4		59		
Zinc, Zn mg	3.84		0	PIK	4		4.38		
Copper, Cu mg	0.071		0	PIK	4		0.081		
Manganese, Mn mg	0.026		0	PIK	4		0.030		
Selenium, Se µg	21.9		0	PIK	4		25.0		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0		
Thiamin mg	0.074		0	PIK	4		0.084		
Riboflavin mg	0.146		0	PIK	4		0.167		
Niacin mg	5.036		0	PIK	4		5.741		
Pantothenic acid mg	0.460		0	PIK	4		0.525		
Vitamin B-6 mg	0.496		0	PIK	4		0.565		
Folate, total µg	7		0	PIK	4		8		
Folic acid µg	0		0	PIK	4		0		
Folate, food µg	7		0	PIK	4		8		
Folate, DFE µg	7		0	NC	4		8		
Choline, total mg	68.9		0	PIK	4		78.6		
Betaine mg	10.4		0	PIK	4		11.9		
Vitamin B-12 µg	1.27		0	PIK	4		1.45		
Vitamin B-12, added µg	0.00		0	PIK	4		0.00		
Vitamin A, RAE µg	2		0	PIK	4		2		
Retinol µg	2		0	PIK	4		2		
Carotene, beta µg	0		0	PIK	4		0		
Carotene, alpha µg	0		0	PIK	4		0		
Cryptoxanthin, beta µg	0		0	PIK	4		0		
Vitamin A, IU IU	6		0	PIK	4		7		
Lycopene µg	0		0	PIK	4		0		
Lutein + zeaxanthin µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol) mg	0.25		0	PIK	4		0.28		
Vitamin E, added mg	0.00		0	PIK	4		0.00		
Tocopherol, beta mg	0.00		0	PIK	4		0.00		
Tocopherol, gamma mg	0.00		0	PIK	4		0.00		
Tocopherol, delta mg	0.00		0	PIK	4		0.00		
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	PAK	1		0.1		
Vitamin D IU	2		0	PIK	4		2		
Vitamin K (phylloquinone) µg	1.3		0	PIK	4		1.5		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13799

Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	5.219		0	PIK	4		5.950		
4:0....g	0.000		0	PIK	4		0.000		
6:0....g	0.000		0	PIK	4		0.000		
8:0....g	0.000		0	PIK	4		0.000		
10:0....g	0.025		0	PIK	4		0.028		
12:0....g	0.018		0	PIK	4		0.021		
13:0....g									
14:0....g	0.380		0	PIK	4		0.433		
15:0....g	0.035		0	PAK	1		0.040		
16:0....g	2.972		0	PIK	4		3.388		
17:0....g	0.081		0	PAK	1		0.093		
18:0....g	1.701		0	PIK	4		1.939		
20:0....g	0.005		0	PAK	1		0.005		
22:0....g									
24:0....g	0.003		0	PAK	1		0.003		
Fatty acids, total monounsaturated....g	5.621		0	PIK	4		6.408		
14:1....g	0.038		0	PAK	1		0.043		
15:1....g	0.008		0	PAK	1		0.009		
16:1 undifferentiated....g	0.513		0	PIK	4		0.585		
16:1 c....g	0.181		0	PAK	1		0.206		
16:1 t....g	0.019		0	PAK	1		0.021		
17:1....g	0.050		0	PAK	1		0.057		
18:1 undifferentiated....g	4.991		0	PIK	4		5.690		
18:1 c....g	2.270		0	PAK	1		2.588		
18:1 t....g	0.332		0	PAK	1		0.379		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.022		0	PIK	4		0.025		
22:1 undifferentiated....g	0.000		0	PIK	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.535		0	PIK	4		0.610		
18:2 undifferentiated....g	0.410		0	PIK	4		0.467		
18:2 n-6 c,c....g	0.196		0	PAK	1		0.223		
18:2 CLAs....g	0.028		0	PAK	1		0.032		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.030		0	PAK	1		0.034		
18:3 undifferentiated....g	0.083		0	PIK	4		0.094		
18:3 n-3 c,c,c (ALA)....g	0.009		0	PAK	1		0.010		
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c....g	0.002		0	PAK	1		0.002		
20:3 undifferentiated....g	0.007		0	PAK	1		0.008		
20:3 n-3....g									
20:3 n-6....g	0.007		0	PAK	1		0.008		
20:4 undifferentiated....g	0.029		0	PIK	4		0.033		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	PIK	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.004		0	PIK	4		0.005		
22:6 n-3 (DHA)....g	0.000		0	PIK	4		0.000		
Fatty acids, total trans....g	0.381		0	PIK	4		0.434		
Fatty acids, total trans-monoenoic....g	0.351		0	PIK	4		0.400		
Fatty acids, total trans-polyenoic....g	0.030		0	PIK	4		0.034		
Cholesterol....mg	68		0	PIK	4		78		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.160		0	PAK	1		0.182		
Threonine....g	0.822		0	PAK	1		0.937		
Isoleucine....g	0.882		0	PAK	1		1.005		
Leucine....g	1.584		0	PAK	1		1.806		

NDB No. 13799

Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	1.718		0	PAK	1		1.959		
Methionine....g	0.508		0	PAK	1		0.579		
Cystine....g	0.228		0	PAK	1		0.260		
Phenylalanine....g	0.763		0	PAK	1		0.870		
Tyrosine....g	0.656		0	PAK	1		0.747		
Valine....g	0.954		0	PAK	1		1.088		
Arginine....g	1.272		0	PAK	1		1.450		
Histidine....g	0.662		0	PAK	1		0.755		
Alanine....g	1.175		0	PAK	1		1.339		
Aspartic acid....g	1.803		0	PAK	1		2.055		
Glutamic acid....g	2.988		0	PAK	1		3.406		
Glycine....g	1.076		0	PAK	1		1.227		
Proline....g	0.897		0	PAK	1		1.023		
Serine....g	0.773		0	PAK	1		0.881		
Hydroxyproline....g	0.170		0	PIK	4		0.194		
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0		
Caffeine....mg	0		0	PIK	4		0		
Theobromine....mg	0		0	PIK	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 114g: 4 oz

Footnotes:

1 Estimation of the nutrient profile for this composite were based upon the market shares of 1/8" fat trim cuts.

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13364

Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked (1)

Refuse:

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	61.02		0	PIK	4		51.87		
Energy kcal	203		0	NC	4		173		
Energy kJ	850		0	NC	4		723		
Protein (N x 6.25) g	29.90		0	PIK	4		25.41		
Total lipid (fat) g	8.37		0	PIK	4		7.11		
Ash g	1.16		0	PIK	4		0.99		
Carbohydrate, by difference g	0.00		0	PIK	4		0.00		
Fiber, total dietary g	0.0		0	PIK	4		0.0		
Sugars, total g	0.00		0	PIK	4		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	14		0	PIK	4		12		
Iron, Fe mg	2.98		0	PIK	4		2.53		
Magnesium, Mg mg	21		0	PIK	4		18		
Phosphorus, P mg	237		0	PIK	4		202		
Potassium, K mg	339		0	PIK	4		288		
Sodium, Na mg	64		0	PIK	4		54		
Zinc, Zn mg	6.91		0	PIK	4		5.88		
Copper, Cu mg	0.094		0	PIK	4		0.080		
Manganese, Mn mg	0.016		0	PIK	4		0.013		
Selenium, Se µg	31.3		0	PIK	4		26.6		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0		
Thiamin mg	0.077		0	PIK	4		0.066		
Riboflavin mg	0.286		0	PIK	4		0.243		
Niacin mg	5.787		0	PIK	4		4.919		
Pantothenic acid mg	0.520		0	PIK	4		0.442		
Vitamin B-6 mg	0.564		0	PIK	4		0.479		
Folate, total µg	7		0	PIK	4		6		
Folic acid µg	0		0	PIK	4		0		
Folate, food µg	7		0	PIK	4		6		
Folate, DFE µg	7		0	NC	4		6		
Choline, total mg	86.0		0	PIK	4		73.1		
Betaine mg	12.9		0	PIK	4		10.9		
Vitamin B-12 µg	2.86		0	PIK	4		2.43		
Vitamin B-12, added µg	0.00		0	PIK	4		0.00		
Vitamin A, RAE µg	1		0	PIK	4		1		
Retinol µg	1		0	PIK	4		1		
Carotene, beta µg	0		0	PIK	4		0		
Carotene, alpha µg	0		0	PIK	4		0		
Cryptoxanthin, beta µg	0		0	PIK	4		0		
Vitamin A, IU IU	5		0	PIK	4		4		
Lycopene µg	0		0	PIK	4		0		
Lutein + zeaxanthin µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol) mg	0.22		0	PIK	4		0.19		
Vitamin E, added mg	0.00		0	PIK	4		0.00		
Tocopherol, beta mg	0.00		0	PIK	4		0.00		
Tocopherol, gamma mg	0.00		0	PIK	4		0.00		
Tocopherol, delta mg	0.00		0	PIK	4		0.00		
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	PAK	1		0.1		
Vitamin D IU	4		0	PIK	4		3		
Vitamin K (phylloquinone) µg	1.5		0	PIK	4		1.3		
Dihydrophylloquinone µg	0.0		0	PIK	4		0.0		
Menaquinone-4 µg									

NDB No. 13364

Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.247		0	PIK	4		2.760		
4:0....g	0.000		0	PIK	4		0.000		
6:0....g	0.000		0	PIK	4		0.000		
8:0....g	0.000		0	PIK	4		0.000		
10:0....g	0.005		0	PIK	4		0.004		
12:0....g	0.007		0	PIK	4		0.006		
13:0....g									
14:0....g	0.213		0	PIK	4		0.181		
15:0....g	0.013		0	PIK	4		0.011		
16:0....g	1.863		0	PIK	4		1.583		
17:0....g	0.061		0	PIK	4		0.052		
18:0....g	1.062		0	PIK	4		0.902		
20:0....g	0.003		0	PIK	4		0.002		
22:0....g									
24:0....g	0.005		0	PIK	4		0.004		
Fatty acids, total monounsaturated....g	3.909		0	PIK	4		3.323		
14:1....g	0.026		0	PIK	4		0.022		
15:1....g	0.004		0	PAK	1		0.003		
16:1 undifferentiated....g	0.279		0	PIK	4		0.237		
17:1....g	0.047		0	PIK	4		0.040		
18:1 undifferentiated....g	3.527		0	PIK	4		2.998		
20:1....g	0.013		0	PIK	4		0.011		
22:1 undifferentiated....g	0.000		0	PIK	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.419		0	PIK	4		0.356		
18:2 undifferentiated....g	0.333		0	PIK	4		0.283		
18:3 undifferentiated....g	0.017		0	PIK	4		0.015		
18:4....g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c....g	0.001		0	PIK	4		0.001		
20:3 undifferentiated....g	0.008		0	PIK	4		0.006		
20:4 undifferentiated....g	0.049		0	PIK	4		0.041		
20:5 n-3 (EPA)....g	0.002		0	PIK	4		0.002		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.008		0	PIK	4		0.007		
22:6 n-3 (DHA)....g	0.001		0	PIK	4		0.001		
Fatty acids, total trans....g	0.259		0	PIK	4		0.220		
Cholesterol....mg	90		0	PIK	4		76		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.325		0	PIK	4		0.277		
Threonine....g	1.425		0	PIK	4		1.211		
Isoleucine....g	1.448		0	PIK	4		1.231		
Leucine....g	2.652		0	PIK	4		2.254		
Lysine....g	2.911		0	PIK	4		2.474		
Methionine....g	0.857		0	PIK	4		0.728		
Cystine....g	0.342		0	PIK	4		0.291		
Phenylalanine....g	1.253		0	PIK	4		1.065		
Tyrosine....g	1.128		0	PIK	4		0.959		
Valine....g	1.541		0	PIK	4		1.309		
Arginine....g	2.105		0	PIK	4		1.789		
Histidine....g	1.105		0	PIK	4		0.939		
Alanine....g	1.882		0	PIK	4		1.600		
Aspartic acid....g	2.984		0	PIK	4		2.536		
Glutamic acid....g	5.063		0	PIK	4		4.304		
Glycine....g	1.500		0	PIK	4		1.275		
Proline....g	1.361		0	PIK	4		1.157		
Serine....g	1.265		0	PIK	4		1.075		
Hydroxyproline....g	0.186		0	PIK	4		0.159		
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0		

NDB No. 13364

Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Caffeine....mg	0		0	PIK	4		0		
Theobromine....mg	0		0	PIK	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Footnotes:

1 Estimation of the nutrient profile for this composite were based upon the market shares of 0” fat trim cuts.

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate**3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23485

Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, raw (1)

Refuse: 0% No component data available

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	71.58		0	PIK	4		81.61		
Energy kcal	139		0	PIK	4		159		
Energy kJ	584		0	PIK	4		665		
Protein g	22.15		0	PIK	4		25.26		
Total lipid (fat) g	5.54		0	PIK	4		6.31		
Ash g	1.05		0	PIK	4		1.20		
Carbohydrate, by difference g	0.08		0	PIK	4		0.09		
Fiber, total dietary g	0.0		0	PIK	4		0.0		
Sugars, total g	0.00		0	PIK	4		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	13		0	PIK	4		15		
Iron, Fe mg	2.08		0	PIK	4		2.37		
Magnesium, Mg mg	18		0	PIK	4		20		
Phosphorus, P mg	202		0	PIK	4		230		
Potassium, K mg	322		0	PIK	4		367		
Sodium, Na mg	60		0	PIK	4		69		
Zinc, Zn mg	4.86		0	PIK	4		5.54		
Copper, Cu mg	0.067		0	PIK	4		0.076		
Manganese, Mn mg	0.013		0	PIK	4		0.015		
Selenium, Se µg	23.9		0	PIK	4		27.2		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0		
Thiamin mg	0.075		0	PIK	4		0.085		
Riboflavin mg	0.203		0	PIK	4		0.231		
Niacin mg	5.727		0	PIK	4		6.529		
Pantothenic acid mg	0.494		0	PIK	4		0.563		
Vitamin B-6 mg	0.558		0	PIK	4		0.637		
Folate, total µg	5		0	PIK	4		6		
Folic acid µg	0		0	PIK	4		0		
Folate, food µg	5		0	PIK	4		6		
Folate, DFE µg	5		0	NC	4		6		
Choline, total mg	60.1		0	PIK	4		68.6		
Betaine mg	11.2		0	PIK	4		12.7		
Vitamin B-12 µg	2.10		0	PIK	4		2.40		
Vitamin B-12, added µg	0.00		0	PIK	4		0.00		
Vitamin A, RAE µg	1		0	PIK	4		2		
Retinol µg	1		0	PIK	4		2		
Carotene, beta µg	0		0	PIK	4		0		
Carotene, alpha µg	0		0	PIK	4		0		
Cryptoxanthin, beta µg	0		0	PIK	4		0		
Vitamin A, IU IU	5		0	PIK	4		6		
Lycopene µg	0		0	PIK	4		0		
Lutein + zeaxanthin µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol) mg	0.19		0	PIK	4		0.22		
Vitamin E, added mg	0.00		0	PIK	4		0.00		
Tocopherol, beta mg	0.00		0	PIK	4		0.00		
Tocopherol, gamma mg	0.00		0	PIK	4		0.00		
Tocopherol, delta mg	0.00		0	PIK	4		0.00		
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	PAK	1		0.1		
Vitamin D IU	2		0	PIK	4		2		
Vitamin K (phylloquinone) µg	1.3		0	PIK	4		1.5		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23485

Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, raw (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.151		0	PIK	4		2.452		
4:0....g	0.000		0	PIK	4		0.000		
6:0....g	0.000		0	PIK	4		0.000		
8:0....g	0.000		0	PIK	4		0.000		
10:0....g	0.003		0	PIK	4		0.003		
12:0....g	0.002		0	PIK	4		0.003		
13:0....g									
14:0....g	0.137		0	PIK	4		0.156		
15:0....g	0.013		0	PAK	1		0.015		
16:0....g	1.228		0	PIK	4		1.400		
17:0....g	0.056		0	PAK	1		0.063		
18:0....g	0.707		0	PIK	4		0.806		
20:0....g	0.001		0	PAK	1		0.002		
22:0....g									
24:0....g	0.005		0	PAK	1		0.005		
Fatty acids, total monounsaturated....g	2.563		0	PIK	4		2.922		
14:1....g	0.026		0	PAK	1		0.029		
15:1....g	0.005		0	PAK	1		0.006		
16:1 undifferentiated....g	0.180		0	PIK	4		0.205		
16:1 c....g	0.085		0	PAK	1		0.097		
16:1 t....g	0.006		0	PAK	1		0.007		
17:1....g	0.042		0	PAK	1		0.047		
18:1 undifferentiated....g	2.304		0	PIK	4		2.627		
18:1 c....g	1.761		0	PAK	1		2.007		
18:1 t....g	0.218		0	PAK	1		0.248		
18:1-11 t (18:1t n-7)....g	0.056		0	PAK	1		0.064		
20:1....g	0.006		0	PIK	4		0.007		
22:1 undifferentiated....g	0.000		0	PIK	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.307		0	PIK	4		0.350		
18:2 undifferentiated....g	0.244		0	PIK	4		0.278		
18:2 n-6 c,c....g	0.191		0	PAK	1		0.218		
18:2 CLAs....g	0.016		0	PAK	1		0.018		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.009		0	PAK	1		0.010		
18:3 undifferentiated....g	0.009		0	PIK	4		0.010		
18:3 n-3 c,c,c (ALA)....g	0.006		0	PAK	1		0.006		
18:3 n-6 c,c,c....g	0.000		0	PAK	1		0.000		
18:3i....g									
18:4....g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c....g	0.001		0	PAK	1		0.001		
20:3 undifferentiated....g	0.007		0	PAK	1		0.008		
20:3 n-3....g									
20:3 n-6....g	0.007		0	PAK	1		0.008		
20:4 undifferentiated....g	0.041		0	PIK	4		0.047		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001		0	PIK	4		0.002		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.005		0	PIK	4		0.006		
22:6 n-3 (DHA)....g	0.000		0	PIK	4		0.000		
Fatty acids, total trans....g	0.233		0	PIK	4		0.266		
Fatty acids, total trans-monoenoic....g	0.224		0	PIK	4		0.256		
Fatty acids, total trans-polyenoic....g	0.009		0	PIK	4		0.010		
Cholesterol....mg	63		0	PIK	4		72		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.231		0	PIK	4		0.263		
Threonine....g	0.994		0	PIK	4		1.134		
Isoleucine....g	1.001		0	PIK	4		1.141		
Leucine....g	1.842		0	PIK	4		2.100		

NDB No. 23485

Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, raw (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	2.029		0	PIK	4		2.313		
Methionine....g	0.594		0	PIK	4		0.677		
Cystine....g	0.233		0	PIK	4		0.266		
Phenylalanine....g	0.866		0	PIK	4		0.987		
Tyrosine....g	0.787		0	PIK	4		0.898		
Valine....g	1.063		0	PIK	4		1.212		
Arginine....g	1.460		0	PIK	4		1.665		
Histidine....g	0.771		0	PIK	4		0.879		
Alanine....g	1.300		0	PIK	4		1.482		
Aspartic acid....g	2.069		0	PIK	4		2.359		
Glutamic acid....g	3.523		0	PIK	4		4.016		
Glycine....g	1.014		0	PIK	4		1.156		
Proline....g	0.934		0	PIK	4		1.065		
Serine....g	0.877		0	PIK	4		1.000		
Hydroxyproline....g	0.120		0	PIK	4		0.137		
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0		
Caffeine....mg	0		0	PIK	4		0		
Theobromine....mg	0		0	PIK	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 114g: 4 oz

Footnotes:

1 This composite was determined based on market shares of 0" fat trim cuts

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13365

Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked (1)

Refuse:

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	60.93		0	PIK	4		51.79		
Energy kcal	206		0	NC	4		175		
Energy kJ	862		0	NC	4		733		
Protein (N x 6.25) g	29.51		0	PIK	4		25.09		
Total lipid (fat) g	8.87		0	PIK	4		7.54		
Ash g	1.16		0	PIK	4		0.99		
Carbohydrate, by difference g	0.00		0	PIK	4		0.00		
Fiber, total dietary g	0.0		0	PIK	4		0.0		
Sugars, total g	0.00		0	PIK	4		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	14		0	PIK	4		12		
Iron, Fe mg	2.98		0	PIK	4		2.53		
Magnesium, Mg mg	21		0	PIK	4		18		
Phosphorus, P mg	235		0	PIK	4		200		
Potassium, K mg	338		0	PIK	4		287		
Sodium, Na mg	63		0	PIK	4		54		
Zinc, Zn mg	6.85		0	PIK	4		5.82		
Copper, Cu mg	0.092		0	PIK	4		0.078		
Manganese, Mn mg	0.014		0	PIK	4		0.012		
Selenium, Se µg	30.7		0	PIK	4		26.1		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0		
Thiamin mg	0.077		0	PIK	4		0.066		
Riboflavin mg	0.282		0	PIK	4		0.240		
Niacin mg	5.947		0	PIK	4		5.055		
Pantothenic acid mg	0.500		0	PIK	4		0.425		
Vitamin B-6 mg	0.565		0	PIK	4		0.480		
Folate, total µg	7		0	PIK	4		6		
Folic acid µg	0		0	PIK	4		0		
Folate, food µg	7		0	PIK	4		6		
Folate, DFE µg	7		0	NC	4		6		
Choline, total mg	84.4		0	PIK	4		71.7		
Betaine mg	11.5		0	PIK	4		9.8		
Vitamin B-12 µg	2.96		0	PIK	4		2.52		
Vitamin B-12, added µg	0.00		0	PIK	4		0.00		
Vitamin A, RAE µg	1		0	PIK	4		1		
Retinol µg	1		0	PIK	4		1		
Carotene, beta µg	0		0	PIK	4		0		
Carotene, alpha µg	0		0	PIK	4		0		
Cryptoxanthin, beta µg	0		0	PIK	4		0		
Vitamin A, IU IU	4		0	PIK	4		4		
Lycopene µg	0		0	PIK	4		0		
Lutein + zeaxanthin µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol) mg	0.23		0	PIK	4		0.20		
Vitamin E, added mg	0.00		0	PIK	4		0.00		
Tocopherol, beta mg	0.00		0	PIK	4		0.00		
Tocopherol, gamma mg	0.00		0	PIK	4		0.00		
Tocopherol, delta mg	0.00		0	PIK	4		0.00		
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	PAK	1		0.1		
Vitamin D IU	3		0	PIK	4		3		
Vitamin K (phylloquinone) µg	1.5		0	PIK	4		1.3		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13365

Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.374		0	PIK	4		2.868		
4:0....g	0.000		0	PIK	4		0.000		
6:0....g	0.000		0	PIK	4		0.000		
8:0....g	0.000		0	PIK	4		0.000		
10:0....g	0.004		0	PIK	4		0.003		
12:0....g	0.005		0	PIK	4		0.004		
13:0....g									
14:0....g	0.216		0	PIK	4		0.183		
15:0....g	0.014		0	PIK	4		0.012		
16:0....g	1.938		0	PIK	4		1.647		
17:0....g	0.066		0	PIK	4		0.056		
18:0....g	1.106		0	PIK	4		0.940		
20:0....g	0.005		0	PIK	4		0.004		
22:0....g									
24:0....g	0.005		0	PIK	4		0.004		
Fatty acids, total monounsaturated....g	4.220		0	PIK	4		3.587		
14:1....g	0.032		0	PIK	4		0.027		
15:1....g	0.003		0	PAK	1		0.003		
16:1 undifferentiated....g	0.289		0	PIK	4		0.245		
16:1 c....g	0.098		0	PIK	4		0.083		
16:1 t....g	0.008		0	PIK	4		0.007		
17:1....g	0.052		0	PIK	4		0.044		
18:1 undifferentiated....g	3.809		0	PIK	4		3.238		
18:1 c....g	2.273		0	PIK	4		1.932		
18:1 t....g	0.252		0	PIK	4		0.214		
18:1-11 t (18:1t n-7)....g	0.075		0	PIK	4		0.063		
20:1....g	0.015		0	PIK	4		0.012		
22:1 undifferentiated....g	0.000		0	PIK	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.423		0	PIK	4		0.359		
18:2 undifferentiated....g	0.336		0	PIK	4		0.286		
18:2 n-6 c,c....g	0.219		0	PIK	4		0.186		
18:2 CLAs....g	0.021		0	PIK	4		0.018		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.012		0	PIK	4		0.010		
18:3 undifferentiated....g	0.019		0	PIK	4		0.016		
18:3 n-3 c,c,c (ALA)....g	0.009		0	PIK	4		0.008		
18:3 n-6 c,c,c....g	0.000		0	PAK	1		0.000		
18:3i....g									
18:4....g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c....g	0.001		0	PIK	4		0.001		
20:3 undifferentiated....g	0.007		0	PIK	4		0.006		
20:3 n-3....g									
20:3 n-6....g	0.007		0	PIK	4		0.006		
20:4 undifferentiated....g	0.047		0	PIK	4		0.040		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002		0	PIK	4		0.002		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.006		0	PIK	4		0.005		
22:6 n-3 (DHA)....g	0.000		0	PIK	4		0.000		
Fatty acids, total trans....g	0.272		0	PIK	4		0.231		
Fatty acids, total trans-monoenoic....g	0.260		0	PIK	4		0.221		
Fatty acids, total trans-polyenoic....g	0.012		0	PIK	4		0.010		
Cholesterol....mg	89		0	PIK	4		76		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.320		0	PIK	4		0.272		
Threonine....g	1.382		0	PIK	4		1.175		
Isoleucine....g	1.408		0	PIK	4		1.197		
Leucine....g	2.566		0	PIK	4		2.182		

NDB No. 13365

Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	2.811		0	PIK	4		2.389		
Methionine....g	0.831		0	PIK	4		0.706		
Cystine....g	0.327		0	PIK	4		0.278		
Phenylalanine....g	1.215		0	PIK	4		1.033		
Tyrosine....g	1.094		0	PIK	4		0.930		
Valine....g	1.496		0	PIK	4		1.272		
Arginine....g	2.032		0	PIK	4		1.727		
Histidine....g	1.057		0	PIK	4		0.898		
Alanine....g	1.815		0	PIK	4		1.543		
Aspartic acid....g	2.885		0	PIK	4		2.452		
Glutamic acid....g	4.902		0	PIK	4		4.167		
Glycine....g	1.430		0	PIK	4		1.215		
Proline....g	1.303		0	PIK	4		1.107		
Serine....g	1.220		0	PIK	4		1.037		
Hydroxyproline....g	0.180		0	PIK	4		0.153		
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0		
Caffeine....mg	0		0	PIK	4		0		
Theobromine....mg	0		0	PIK	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Footnotes:

1 Estimation of the nutrient profile for this composite were based upon the market shares of 0" fat trim cuts.

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23495

Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw (1)

Refuse:

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	70.24		0	PIK	4		80.07		
Energy kcal	151		0	NC	4		173		
Energy kJ	633		0	NC	4		722		
Protein g	21.55		0	PIK	4		24.57		
Total lipid (fat) g	7.24		0	PIK	4		8.26		
Ash g	1.01		0	PIK	4		1.15		
Carbohydrate, by difference g	0.00		0	NC	4		0.00		
Fiber, total dietary g	0.0		0	PIK	4		0.0		
Sugars, total g	0.00		0	PIK	4		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	14		0	PIK	4		16		
Iron, Fe mg	2.16		0	PIK	4		2.46		
Magnesium, Mg mg	20		0	PIK	4		23		
Phosphorus, P mg	206		0	PIK	4		235		
Potassium, K mg	335		0	PIK	4		382		
Sodium, Na mg	66		0	PIK	4		76		
Zinc, Zn mg	5.36		0	PIK	4		6.11		
Copper, Cu mg	0.077		0	PIK	4		0.087		
Manganese, Mn mg	0.007		0	PIK	4		0.009		
Selenium, Se µg	23.7		0	PIK	4		27.0		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0		
Thiamin mg	0.072		0	PIK	4		0.082		
Riboflavin mg	0.205		0	PIK	4		0.233		
Niacin mg	5.519		0	PIK	4		6.291		
Pantothenic acid mg	0.518		0	PIK	4		0.590		
Vitamin B-6 mg	0.548		0	PIK	4		0.625		
Folate, total µg	5		0	PIK	4		6		
Folic acid µg	0		0	PIK	4		0		
Folate, food µg	5		0	PIK	4		6		
Folate, DFE µg	5		0	NC	4		6		
Choline, total mg	61.5		0	PIK	4		70.1		
Betaine mg	12.9		0	PIK	4		14.7		
Vitamin B-12 µg	2.60		0	PIK	4		2.97		
Vitamin B-12, added µg	0.00		0	PIK	4		0.00		
Vitamin A, RAE µg	1		0	NC	4		2		
Retinol µg	1		0	PIK	4		2		
Carotene, beta µg	0		0	PIK	4		0		
Carotene, alpha µg	0		0	PIK	4		0		
Cryptoxanthin, beta µg	0		0	PIK	4		0		
Vitamin A, IU IU	5		0	NC	4		5		
Lycopene µg	0		0	PIK	4		0		
Lutein + zeaxanthin µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol) mg	0.18		0	PIK	4		0.21		
Vitamin E, added mg	0.00		0	PIK	4		0.00		
Tocopherol, beta mg	0.00		0	PIK	4		0.00		
Tocopherol, gamma mg	0.00		0	PIK	4		0.00		
Tocopherol, delta mg	0.00		0	PIK	4		0.00		
Tocotrienol, alpha mg	0.00		0	PAK	1		0.00		
Tocotrienol, beta mg	0.00		0	PAK	1		0.00		
Tocotrienol, gamma mg	0.00		0	PAK	1		0.00		
Tocotrienol, delta mg	0.00		0	PAK	1		0.00		
Vitamin D (D2 + D3) µg	0.1		0	PAK	1		0.1		
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	0.1		0	PIK	4		0.1		
Vitamin D IU	3		0	PIK	4		4		
Vitamin K (phylloquinone) µg	1.4		0	PIK	4		1.6		

NDB No. 23495

Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg	0.0		0	PIK	4		0.0		
Menaquinone-4....µg	0.1		0	PAK	1		0.1		
Lipids:									
Fatty acids, total saturated....g	2.755		0	PIK	4		3.141		
4:0....g	0.000		0	PIK	4		0.000		
6:0....g	0.000		0	PIK	4		0.000		
8:0....g	0.000		0	PIK	4		0.000		
10:0....g	0.002		0	PIK	4		0.002		
12:0....g	0.002		0	PIK	4		0.003		
13:0....g									
14:0....g	0.176		0	PIK	4		0.201		
15:0....g	0.014		0	PAK	1		0.016		
16:0....g	1.580		0	PIK	4		1.801		
17:0....g	0.070		0	PAK	1		0.079		
18:0....g	0.903		0	PIK	4		1.030		
20:0....g	0.002		0	PAK	1		0.002		
22:0....g	0.000		0	PAK	1		0.000		
24:0....g	0.006		0	PAK	1		0.007		
Fatty acids, total monounsaturated....g	3.406		0	PIK	4		3.883		
14:1....g	0.036		0	PAK	1		0.041		
15:1....g	0.005		0	PAK	1		0.005		
16:1 undifferentiated....g	0.237		0	PIK	4		0.271		
16:1 c....g	0.075		0	PAK	1		0.085		
16:1 t....g	0.005		0	PAK	1		0.006		
17:1....g	0.051		0	PAK	1		0.059		
18:1 undifferentiated....g	3.023		0	PIK	4		3.447		
18:1 c....g	2.300		0	PAK	1		2.622		
18:1 t....g	0.261		0	PAK	1		0.297		
18:1-11 t (18:1t n-7)....g	0.078		0	PAK	1		0.089		
20:1....g	0.009		0	PIK	4		0.010		
22:1 undifferentiated....g	0.000		0	PIK	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.353		0	PIK	4		0.402		
18:2 undifferentiated....g	0.277		0	PIK	4		0.316		
18:2 n-6 c,c....g	0.214		0	PAK	1		0.244		
18:2 CLAs....g	0.018		0	PAK	1		0.021		
18:2 t,t....g	0.002		0	PAK	1		0.002		
18:2 i....g									
18:2 t not further defined....g	0.006		0	PAK	1		0.007		
18:3 undifferentiated....g	0.013		0	PIK	4		0.014		
18:3 n-3 c,c,c (ALA)....g	0.007		0	PAK	1		0.008		
18:3 n-6 c,c,c....g	0.000		0	PAK	1		0.000		
18:3i....g									
18:4....g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c....g	0.000		0	PAK	1		0.001		
20:3 undifferentiated....g	0.005		0	PAK	1		0.006		
20:3 n-3....g									
20:3 n-6....g	0.005		0	PAK	1		0.006		
20:4 undifferentiated....g	0.043		0	PIK	4		0.049		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001		0	PIK	4		0.001		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.004		0	PIK	4		0.004		
22:6 n-3 (DHA)....g	0.000		0	PIK	4		0.000		
Fatty acids, total trans....g	0.274		0	PIK	4		0.312		
Fatty acids, total trans-monoenoic....g	0.266		0	PIK	4		0.303		
Fatty acids, total trans-polyenoic....g	0.008		0	PIK	4		0.009		
Cholesterol....mg	66		0	PIK	4		75		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.218		0	PAK	1		0.248		
Threonine....g	0.929		0	PAK	1		1.059		

NDB No. 23495

Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Isoleucine....g	0.934		0	PAK	1		1.064		
Leucine....g	1.719		0	PAK	1		1.960		
Lysine....g	1.882		0	PAK	1		2.145		
Methionine....g	0.567		0	PAK	1		0.646		
Cystine....g	0.221		0	PAK	1		0.252		
Phenylalanine....g	0.812		0	PAK	1		0.926		
Tyrosine....g	0.734		0	PAK	1		0.836		
Valine....g	0.992		0	PAK	1		1.131		
Arginine....g	1.372		0	PAK	1		1.564		
Histidine....g	0.707		0	PAK	1		0.806		
Alanine....g	1.217		0	PAK	1		1.387		
Aspartic acid....g	1.929		0	PAK	1		2.199		
Glutamic acid....g	3.312		0	PAK	1		3.775		
Glycine....g	0.960		0	PAK	1		1.095		
Proline....g	0.875		0	PAK	1		0.998		
Serine....g	0.819		0	PAK	1		0.934		
Hydroxyproline....g	0.129		0	PIK	4		0.147		
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0		
Caffeine....mg	0		0	PIK	4		0		
Theobromine....mg	0		0	PIK	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 114g: 4 oz

Footnotes:

1 Estimation of the nutrient profile for this composite were based upon the market shares of 0” fat trim cuts.

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13366

Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked (1)

Refuse:

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	62.48		0	PIK	4		53.11		
Energy kcal	188		0	PIK	4		160		
Energy kJ	788		0	PIK	4		670		
Protein (N x 6.25) g	29.88		0	PIK	4		25.40		
Total lipid (fat) g	7.12		0	PIK	4		6.05		
Ash g	1.18		0	PIK	4		1.01		
Carbohydrate, by difference g	0.00		0	PIK	4		0.00		
Fiber, total dietary g	0.0		0	PIK	4		0.0		
Sugars, total g	0.00		0	PIK	4		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	14		0	PIK	4		12		
Iron, Fe mg	2.88		0	PIK	4		2.45		
Magnesium, Mg mg	20		0	PIK	4		17		
Phosphorus, P mg	237		0	PIK	4		202		
Potassium, K mg	346		0	PIK	4		294		
Sodium, Na mg	64		0	PIK	4		54		
Zinc, Zn mg	6.83		0	PIK	4		5.80		
Copper, Cu mg	0.095		0	PIK	4		0.081		
Manganese, Mn mg	0.016		0	PIK	4		0.013		
Selenium, Se µg	33.1		0	PIK	4		28.1		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0		
Thiamin mg	0.080		0	PIK	4		0.068		
Riboflavin mg	0.298		0	PIK	4		0.253		
Niacin mg	5.918		0	PIK	4		5.030		
Pantothenic acid mg	0.580		0	PIK	4		0.493		
Vitamin B-6 mg	0.571		0	PIK	4		0.485		
Folate, total µg	7		0	PIK	4		6		
Folic acid µg	0		0	PIK	4		0		
Folate, food µg	7		0	PIK	4		6		
Folate, DFE µg	7		0	NC	4		6		
Choline, total mg	87.1		0	PIK	4		74.0		
Betaine mg	11.6		0	PIK	4		9.9		
Vitamin B-12 µg	3.00		0	PIK	4		2.55		
Vitamin B-12, added µg	0.00		0	PIK	4		0.00		
Vitamin A, RAE µg	2		0	PIK	4		1		
Retinol µg	2		0	PIK	4		1		
Carotene, beta µg	0		0	PIK	4		0		
Carotene, alpha µg	0		0	PIK	4		0		
Cryptoxanthin, beta µg	0		0	PIK	4		0		
Vitamin A, IU IU	6		0	PIK	4		5		
Lycopene µg	0		0	PIK	4		0		
Lutein + zeaxanthin µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol) mg	0.20		0	PIK	4		0.17		
Vitamin E, added mg	0.00		0	PIK	4		0.00		
Tocopherol, beta mg	0.00		0	PIK	4		0.00		
Tocopherol, gamma mg	0.00		0	PIK	4		0.00		
Tocopherol, delta mg	0.00		0	PIK	4		0.00		
Tocotrienol, alpha mg	0.00		0	PIK	4		0.00		
Tocotrienol, beta mg	0.00		0	PIK	4		0.00		
Tocotrienol, gamma mg	0.00		0	PIK	4		0.00		
Tocotrienol, delta mg	0.00		0	PIK	4		0.00		
Vitamin D (D2 + D3) µg	0.1		0	PAK	1		0.0		
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	0.1		0	PIK	4		0.0		
Vitamin D IU	2		0	PIK	4		2		
Vitamin K (phylloquinone) µg	1.4		0	PIK	4		1.2		

NDB No. 13366

Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg	0.0		0	PIK	4		0.0		
Menaquinone-4....µg	0.2		0	PIK	4		0.1		
Lipids:									
Fatty acids, total saturated....g	2.700		0	PIK	4		2.295		
4:0....g	0.000		0	PIK	4		0.000		
6:0....g	0.000		0	PIK	4		0.000		
8:0....g	0.000		0	PIK	4		0.000		
10:0....g	0.003		0	PIK	4		0.003		
12:0....g	0.004		0	PIK	4		0.003		
13:0....g									
14:0....g	0.177		0	PIK	4		0.151		
15:0....g	0.014		0	PIK	4		0.012		
16:0....g	1.537		0	PIK	4		1.306		
17:0....g	0.058		0	PIK	4		0.050		
18:0....g	0.886		0	PIK	4		0.754		
20:0....g	0.002		0	PIK	4		0.002		
22:0....g	0.000		0	PAK	1		0.000		
24:0....g	0.004		0	PIK	4		0.004		
Fatty acids, total monounsaturated....g	3.186		0	PIK	4		2.708		
14:1....g	0.025		0	PIK	4		0.022		
15:1....g	0.004		0	PAK	1		0.003		
16:1 undifferentiated....g	0.221		0	PIK	4		0.188		
17:1....g	0.039		0	PIK	4		0.033		
18:1 undifferentiated....g	2.874		0	PIK	4		2.443		
18:1 c....g	1.865		0	PIK	4		1.586		
18:1 t....g	0.244		0	PIK	4		0.207		
18:1-11 t (18:1t n-7)....g	0.071		0	PIK	4		0.060		
20:1....g	0.010		0	PIK	4		0.008		
22:1 undifferentiated....g	0.000		0	PIK	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.398		0	PIK	4		0.338		
18:2 undifferentiated....g	0.316		0	PIK	4		0.269		
18:2 n-6 c,c....g	0.226		0	PIK	4		0.192		
18:2 CLAs....g	0.017		0	PIK	4		0.015		
18:2 t,t....g	0.005		0	PAK	1		0.005		
18:2 i....g									
18:2 t not further defined....g	0.009		0	PIK	4		0.007		
18:3 undifferentiated....g	0.015		0	PIK	4		0.013		
18:3 n-3 c,c,c (ALA)....g	0.010		0	PIK	4		0.008		
18:3 n-6 c,c,c....g	0.000		0	PAK	1		0.000		
18:3i....g									
18:4....g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c....g	0.001		0	PIK	4		0.001		
20:3 undifferentiated....g	0.007		0	PIK	4		0.006		
20:3 n-3....g									
20:3 n-6....g	0.007		0	PIK	4		0.006		
20:4 undifferentiated....g	0.048		0	PIK	4		0.041		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002		0	PIK	4		0.002		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.006		0	PIK	4		0.005		
22:6 n-3 (DHA)....g	0.001		0	PIK	4		0.001		
Fatty acids, total trans....g	0.263		0	PIK	4		0.224		
Fatty acids, total trans-monoenoic....g	0.249		0	PIK	4		0.211		
Fatty acids, total trans-polyenoic....g	0.014		0	PIK	4		0.012		
Cholesterol....mg	89		0	PIK	4		75		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.327		0	PIK	4		0.278		
Threonine....g	1.449		0	PIK	4		1.232		
Isoleucine....g	1.472		0	PIK	4		1.251		
Leucine....g	2.707		0	PIK	4		2.301		

NDB No. 13366

Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	2.979		0	PIK	4		2.532		
Methionine....g	0.872		0	PIK	4		0.741		
Cystine....g	0.349		0	PIK	4		0.297		
Phenylalanine....g	1.273		0	PIK	4		1.082		
Tyrosine....g	1.152		0	PIK	4		0.980		
Valine....g	1.564		0	PIK	4		1.330		
Arginine....g	2.149		0	PIK	4		1.827		
Histidine....g	1.137		0	PIK	4		0.966		
Alanine....g	1.913		0	PIK	4		1.626		
Aspartic acid....g	3.045		0	PIK	4		2.588		
Glutamic acid....g	5.154		0	PIK	4		4.381		
Glycine....g	1.523		0	PIK	4		1.294		
Proline....g	1.393		0	PIK	4		1.184		
Serine....g	1.293		0	PIK	4		1.099		
Hydroxyproline....g	0.190		0	PIK	4		0.161		
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0		
Caffeine....mg	0		0	PIK	4		0		
Theobromine....mg	0		0	PIK	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Footnotes:

1 Estimation of the nutrient profile for this composite were based upon the market shares of 0" fat trim cuts.

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23496

Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw (1)

Refuse:

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	72.30		0	PAK	1		82.43		
Energy kcal	133		0	NC	4		152		
Energy kJ	557		0	NC	4		635		
Protein g	22.03		0	PAK	1		25.12		
Total lipid (fat) g	4.99		0	PAK	1		5.69		
Ash g	1.05		0	PAK	1		1.20		
Carbohydrate, by difference g	0.05		0	PIK	4		0.05		
Fiber, total dietary g	0.0		0	PIK	4		0.0		
Sugars, total g	0.00		0	PIK	4		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	12		0	PIK	4		14		
Iron, Fe mg	2.14		0	PIK	4		2.44		
Magnesium, Mg mg	19		0	PIK	4		21		
Phosphorus, P mg	205		0	PIK	4		233		
Potassium, K mg	330		0	PIK	4		376		
Sodium, Na mg	63		0	PIK	4		72		
Zinc, Zn mg	5.08		0	PIK	4		5.79		
Copper, Cu mg	0.073		0	PIK	4		0.083		
Manganese, Mn mg	0.013		0	PIK	4		0.015		
Selenium, Se µg	25.4		0	PIK	4		28.9		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0		
Thiamin mg	0.080		0	PIK	4		0.091		
Riboflavin mg	0.214		0	PIK	4		0.244		
Niacin mg	5.558		0	PIK	4		6.337		
Pantothenic acid mg	0.551		0	PIK	4		0.628		
Vitamin B-6 mg	0.552		0	PIK	4		0.629		
Folate, total µg	5		0	PIK	4		5		
Folic acid µg	0		0	PIK	4		0		
Folate, food µg	5		0	PIK	4		5		
Folate, DFE µg	5		0	NC	4		5		
Choline, total mg	65.7		0	PIK	4		74.9		
Betaine mg	10.7		0	PIK	4		12.2		
Vitamin B-12 µg	2.33		0	PIK	4		2.66		
Vitamin B-12, added µg	0.00		0	PIK	4		0.00		
Vitamin A, RAE µg	2		0	PIK	4		2		
Retinol µg	2		0	PIK	4		2		
Carotene, beta µg	0		0	PIK	4		0		
Carotene, alpha µg	0		0	PIK	4		0		
Cryptoxanthin, beta µg	0		0	PIK	4		0		
Vitamin A, IU IU	6		0	PIK	4		7		
Lycopene µg	0		0	PIK	4		0		
Lutein + zeaxanthin µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol) mg	0.17		0	PIK	4		0.20		
Vitamin E, added mg	0.00		0	PIK	4		0.00		
Tocopherol, beta mg	0.00		0	PIK	4		0.00		
Tocopherol, gamma mg	0.00		0	PIK	4		0.00		
Tocopherol, delta mg	0.00		0	PIK	4		0.00		
Tocotrienol, alpha mg	0.00		0	PIK	4		0.00		
Tocotrienol, beta mg	0.00		0	PIK	4		0.00		
Tocotrienol, gamma mg	0.00		0	PIK	4		0.00		
Tocotrienol, delta mg	0.00		0	PIK	4		0.00		
Vitamin D (D2 + D3) µg	0.1		0	PAK	1		0.1		
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	0.1		0	PIK	4		0.1		
Vitamin D IU	2		0	PIK	4		2		
Vitamin K (phylloquinone) µg	1.4		0	PIK	4		1.5		

NDB No. 23496

Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg	0.0		0	PIK	4		0.0		
Menaquinone-4....µg	0.2		0	PIK	4		0.3		
Lipids:									
Fatty acids, total saturated....g	1.973		0	PIK	4		2.249		
4:0....g	0.000		0	PIK	4		0.000		
6:0....g	0.000		0	PIK	4		0.000		
8:0....g	0.000		0	PIK	4		0.000		
10:0....g	0.002		0	PIK	4		0.002		
12:0....g	0.002		0	PIK	4		0.002		
13:0....g									
14:0....g	0.127		0	PIK	4		0.144		
15:0....g	0.013		0	PAK	1		0.015		
16:0....g	1.115		0	PIK	4		1.271		
17:0....g	0.055		0	PAK	1		0.062		
18:0....g	0.655		0	PIK	4		0.746		
20:0....g	0.001		0	PAK	1		0.001		
22:0....g	0.000		0	PAK	1		0.000		
24:0....g	0.004		0	PAK	1		0.005		
Fatty acids, total monounsaturated....g	2.644		0	PIK	4		3.015		
14:1....g	0.024		0	PAK	1		0.027		
15:1....g	0.004		0	PAK	1		0.005		
16:1 undifferentiated....g	0.158		0	PIK	4		0.180		
16:1 c....g	0.061		0	PAK	1		0.070		
16:1 t....g	0.005		0	PAK	1		0.006		
17:1....g	0.035		0	PAK	1		0.040		
18:1 undifferentiated....g	2.077		0	PIK	4		2.368		
18:1 c....g	1.685		0	PAK	1		1.921		
18:1 t....g	0.212		0	PAK	1		0.241		
18:1-11 t (18:1t n-7)....g	0.057		0	PAK	1		0.065		
20:1....g	0.005		0	PIK	4		0.005		
22:1 undifferentiated....g	0.000		0	PIK	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.337		0	PIK	4		0.384		
18:2 undifferentiated....g	0.241		0	PIK	4		0.275		
18:2 n-6 c,c....g	0.199		0	PAK	1		0.227		
18:2 CLAs....g	0.014		0	PAK	1		0.016		
18:2 t,t....g	0.005		0	PAK	1		0.006		
18:2 i....g									
18:2 t not further defined....g	0.007		0	PAK	1		0.008		
18:3 undifferentiated....g	0.007		0	PIK	4		0.009		
18:3 n-3 c,c,c (ALA)....g	0.005		0	PAK	1		0.006		
18:3 n-6 c,c,c....g	0.000		0	PAK	1		0.000		
18:3i....g									
18:4....g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c....g	0.000		0	PAK	1		0.000		
20:3 undifferentiated....g	0.006		0	PAK	1		0.007		
20:3 n-3....g									
20:3 n-6....g	0.006		0	PAK	1		0.007		
20:4 undifferentiated....g	0.041		0	PIK	4		0.046		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001		0	PIK	4		0.001		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.005		0	PIK	4		0.005		
22:6 n-3 (DHA)....g	0.000		0	PIK	4		0.000		
Fatty acids, total trans....g	0.228		0	PIK	4		0.260		
Fatty acids, total trans-monoenoic....g	0.217		0	PIK	4		0.247		
Fatty acids, total trans-polyenoic....g	0.012		0	PIK	4		0.014		
Cholesterol....mg	64		0	PIK	4		73		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.249		0	PAK	1		0.283		
Threonine....g	1.091		0	PAK	1		1.244		

NDB No. 23496

Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Isoleucine....g	1.100		0	PAK	1		1.254		
Leucine....g	2.035		0	PAK	1		2.319		
Lysine....g	2.244		0	PAK	1		2.558		
Methionine....g	0.655		0	PAK	1		0.747		
Cystine....g	0.260		0	PAK	1		0.296		
Phenylalanine....g	0.953		0	PAK	1		1.086		
Tyrosine....g	0.869		0	PAK	1		0.990		
Valine....g	1.168		0	PAK	1		1.332		
Arginine....g	1.616		0	PAK	1		1.842		
Histidine....g	0.860		0	PAK	1		0.980		
Alanine....g	1.432		0	PAK	1		1.633		
Aspartic acid....g	2.286		0	PAK	1		2.606		
Glutamic acid....g	3.876		0	PAK	1		4.418		
Glycine....g	1.128		0	PAK	1		1.286		
Proline....g	1.043		0	PAK	1		1.189		
Serine....g	0.971		0	PAK	1		1.107		
Hydroxyproline....g	0.129		0	PIK	4		0.147		
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0		
Caffeine....mg	0		0	PIK	4		0		
Theobromine....mg	0		0	PIK	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 114g: 4 oz

Footnotes:

1 Estimation of the nutrient profile for this composite were based upon the market shares of 0” fat trim cuts

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23484

Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, cooked

Refuse: 0% No component data available

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	62.48		0	PAK	1		71.23		
Energy kcal	194		0	PIK	4		221		
Energy kJ	810		0	PIK	4		923		
Protein g	28.95		0	PAK	1		33.00		
Total lipid (fat) g	8.15		0	PAK	1		9.29		
Ash g	1.10		0	PAK	1		1.26		
Carbohydrate, by difference g	0.00		0	PIK	4		0.00		
Fiber, total dietary g	0.0		0	PIK	4		0.0		
Sugars, total g	0.00		0	PIK	4		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	12		0	PIK	4		14		
Iron, Fe mg	2.40		0	PIK	4		2.74		
Magnesium, Mg mg	23		0	PIK	4		26		
Phosphorus, P mg	200		0	PIK	4		228		
Potassium, K mg	303		0	PIK	4		345		
Sodium, Na mg	54		0	PIK	4		61		
Zinc, Zn mg	5.80		0	PIK	4		6.61		
Copper, Cu mg	0.083		0	PIK	4		0.094		
Manganese, Mn mg	0.031		0	PIK	4		0.035		
Selenium, Se µg	33.2		0	PIK	4		37.9		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0		
Thiamin mg	0.074		0	PIK	4		0.085		
Riboflavin mg	0.213		0	PIK	4		0.243		
Niacin mg	6.222		0	PIK	4		7.093		
Pantothenic acid mg	0.549		0	PIK	4		0.625		
Vitamin B-6 mg	0.536		0	PIK	4		0.611		
Folate, total µg	9		0	PIK	4		10		
Folic acid µg	0		0	PIK	4		0		
Folate, food µg	9		0	PIK	4		10		
Folate, DFE µg	9		0	NC	4		10		
Choline, total mg	89.2		0	PIK	4		101.7		
Betaine mg	13.4		0	PIK	4		15.3		
Vitamin B-12 µg	1.94		0	PIK	4		2.21		
Vitamin B-12, added µg	0.00		0	PIK	4		0.00		
Vitamin A, RAE µg	1		0	PIK	4		1		
Retinol µg	1		0	PIK	4		1		
Carotene, beta µg	0		0	PIK	4		0		
Carotene, alpha µg	0		0	PIK	4		0		
Cryptoxanthin, beta µg	0		0	PIK	4		0		
Vitamin A, IU IU	4		0	PIK	4		4		
Lycopene µg	0		0	PIK	4		0		
Lutein + zeaxanthin µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol) mg	0.28		0	PIK	4		0.32		
Vitamin E, added mg	0.00		0	PIK	4		0.00		
Tocopherol, beta mg	0.00		0	PIK	4		0.00		
Tocopherol, gamma mg	0.00		0	PIK	4		0.00		
Tocopherol, delta mg	0.00		0	PIK	4		0.00		
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	PIK	4		0.1		
Vitamin D IU	3		0	PIK	4		4		
Vitamin K (phylloquinone) µg	1.6		0	PIK	4		1.9		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23484

Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, cooked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.108		0	PIK	4		3.543		
4:0....g	0.000		0	PIK	4		0.000		
6:0....g	0.000		0	PIK	4		0.000		
8:0....g	0.000		0	PIK	4		0.000		
10:0....g	0.004		0	PIK	4		0.004		
12:0....g	0.005		0	PIK	4		0.006		
13:0....g									
14:0....g	0.205		0	PIK	4		0.234		
15:0....g	0.024		0	PAK	1		0.027		
16:0....g	1.779		0	PIK	4		2.028		
17:0....g	0.060		0	PAK	1		0.068		
18:0....g	1.024		0	PIK	4		1.168		
20:0....g	0.002		0	PAK	1		0.002		
22:0....g									
24:0....g	0.005		0	PAK	1		0.005		
Fatty acids, total monounsaturated....g	3.533		0	PIK	4		4.028		
14:1....g	0.026		0	PAK	1		0.030		
15:1....g	0.013		0	PAK	1		0.015		
16:1 undifferentiated....g	0.262		0	PIK	4		0.299		
16:1 c....g	0.141		0	PAK	1		0.161		
16:1 t....g	0.007		0	PAK	1		0.008		
17:1....g	0.043		0	PAK	1		0.049		
18:1 undifferentiated....g	3.181		0	PIK	4		3.626		
18:1 c....g	1.722		0	PAK	1		1.963		
18:1 t....g	0.233		0	PAK	1		0.265		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.007		0	PIK	4		0.008		
22:1 undifferentiated....g	0.000		0	PIK	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.408		0	PIK	4		0.465		
18:2 undifferentiated....g	0.318		0	PIK	4		0.363		
18:2 n-6 c,c....g	0.192		0	PAK	1		0.219		
18:2 CLAs....g	0.017		0	PAK	1		0.020		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.011		0	PAK	1		0.013		
18:3 undifferentiated....g	0.017		0	PIK	4		0.019		
18:3 n-3 c,c,c (ALA)....g	0.008		0	PAK	1		0.009		
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c....g	0.000		0	PAK	1		0.000		
20:3 undifferentiated....g	0.008		0	PAK	1		0.009		
20:3 n-3....g									
20:3 n-6....g	0.008		0	PAK	1		0.009		
20:4 undifferentiated....g	0.048		0	PIK	4		0.055		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003		0	PIK	4		0.003		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.012		0	PIK	4		0.013		
22:6 n-3 (DHA)....g	0.001		0	PIK	4		0.001		
Fatty acids, total trans....g	0.251		0	PIK	4		0.286		
Fatty acids, total trans-monoenoic....g	0.239		0	PIK	4		0.273		
Fatty acids, total trans-polyenoic....g	0.011		0	PIK	4		0.013		
Cholesterol....mg	80		0	PIK	4		92		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.259		0	PAK	1		0.295		
Threonine....g	1.292		0	PAK	1		1.473		
Isoleucine....g	1.380		0	PAK	1		1.573		
Leucine....g	2.473		0	PAK	1		2.819		

NDB No. 23484

Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, cooked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.690		0	PAK	1		3.067		
Methionine g	0.788		0	PAK	1		0.898		
Cystine g	0.349		0	PAK	1		0.398		
Phenylalanine g	1.189		0	PAK	1		1.356		
Tyrosine g	1.029		0	PAK	1		1.173		
Valine g	1.484		0	PAK	1		1.692		
Arginine g	1.972		0	PAK	1		2.248		
Histidine g	1.027		0	PAK	1		1.170		
Alanine g	1.809		0	PAK	1		2.062		
Aspartic acid g	2.806		0	PAK	1		3.198		
Glutamic acid g	4.676		0	PAK	1		5.331		
Glycine g	1.589		0	PAK	1		1.811		
Proline g	1.354		0	PAK	1		1.544		
Serine g	1.198		0	PAK	1		1.365		
Hydroxyproline g	0.237		0	PIK	4		0.270		
Others:									
Alcohol, ethyl g	0.0		0	PIK	4		0.0		
Caffeine mg	0		0	PIK	4		0		
Theobromine mg	0		0	PIK	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 114g: 4 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23483

Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw

Refuse: 0% No component data available

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	71.78		0	PAK	1		61.01		
Energy kcal	140		0	PIK	4		119		
Energy kJ	587		0	PIK	4		499		
Protein g	22.15		0	PAK	1		18.83		
Total lipid (fat) g	5.38		0	PAK	1		4.58		
Ash g	1.06		0	PAK	1		0.90		
Carbohydrate, by difference g	0.00		0	PIK	4		0.00		
Fiber, total dietary g	0.0		0	PIK	4		0.0		
Sugars, total g	0.00		0	PIK	4		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	17		0	PIK	4		14		
Iron, Fe mg	1.84		0	PIK	4		1.57		
Magnesium, Mg mg	21		0	PIK	4		18		
Phosphorus, P mg	194		0	PIK	4		165		
Potassium, K mg	316		0	PIK	4		269		
Sodium, Na mg	56		0	PIK	4		48		
Zinc, Zn mg	4.59		0	PIK	4		3.90		
Copper, Cu mg	0.081		0	PIK	4		0.069		
Manganese, Mn mg	0.029		0	PIK	4		0.024		
Selenium, Se µg	26.6		0	PIK	4		22.6		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0		
Thiamin mg	0.085		0	PIK	4		0.073		
Riboflavin mg	0.187		0	PIK	4		0.159		
Niacin mg	6.139		0	PIK	4		5.218		
Pantothenic acid mg	0.552		0	PIK	4		0.469		
Vitamin B-6 mg	0.589		0	PIK	4		0.500		
Folate, total µg	9		0	PIK	4		8		
Folic acid µg	0		0	PIK	4		0		
Folate, food µg	9		0	PIK	4		8		
Folate, DFE µg	9		0	NC	4		8		
Choline, total mg	74.7		0	PIK	4		63.5		
Betaine mg	13.1		0	PIK	4		11.1		
Vitamin B-12 µg	1.61		0	PIK	4		1.37		
Vitamin B-12, added µg	0.00		0	PIK	4		0.00		
Vitamin A, RAE µg	1		0	PIK	4		1		
Retinol µg	1		0	PIK	4		1		
Carotene, beta µg	0		0	PIK	4		0		
Carotene, alpha µg	0		0	PIK	4		0		
Cryptoxanthin, beta µg	0		0	PIK	4		0		
Vitamin A, IU IU	3		0	PIK	4		3		
Lycopene µg	0		0	PIK	4		0		
Lutein + zeaxanthin µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol) mg	0.25		0	PIK	4		0.21		
Vitamin E, added mg	0.00		0	PIK	4		0.00		
Tocopherol, beta mg	0.00		0	PIK	4		0.00		
Tocopherol, gamma mg	0.00		0	PIK	4		0.00		
Tocopherol, delta mg	0.00		0	PIK	4		0.00		
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	PAK	1		0.0		
Vitamin D IU	2		0	PIK	4		2		
Vitamin K (phylloquinone) µg	1.3		0	PIK	4		1.1		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23483

Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.974		0	PIK	4		1.678		
4:0....g	0.000		0	PIK	4		0.000		
6:0....g	0.000		0	PIK	4		0.000		
8:0....g	0.000		0	PIK	4		0.000		
10:0....g	0.002		0	PIK	4		0.002		
12:0....g	0.002		0	PIK	4		0.002		
13:0....g									
14:0....g	0.128		0	PIK	4		0.109		
15:0....g	0.014		0	PAK	1		0.012		
16:0....g	1.152		0	PIK	4		0.979		
17:0....g	0.036		0	PAK	1		0.030		
18:0....g	0.638		0	PIK	4		0.542		
20:0....g	0.001		0	PAK	1		0.001		
22:0....g									
24:0....g	0.003		0	PAK	1		0.003		
Fatty acids, total monounsaturated....g	2.285		0	PIK	4		1.942		
14:1....g	0.016		0	PAK	1		0.014		
15:1....g	0.009		0	PAK	1		0.008		
16:1 undifferentiated....g	0.169		0	PIK	4		0.144		
16:1 c....g	0.083		0	PAK	1		0.070		
16:1 t....g	0.004		0	PAK	1		0.004		
17:1....g	0.026		0	PAK	1		0.022		
18:1 undifferentiated....g	2.059		0	PIK	4		1.750		
18:1 c....g	1.087		0	PAK	1		0.924		
18:1 t....g	0.125		0	PAK	1		0.107		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.005		0	PIK	4		0.004		
22:1 undifferentiated....g	0.000		0	PIK	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.277		0	PIK	4		0.236		
18:2 undifferentiated....g	0.217		0	PIK	4		0.184		
18:2 n-6 c,c....g	0.125		0	PAK	1		0.106		
18:2 CLAs....g	0.009		0	PAK	1		0.008		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.006		0	PAK	1		0.005		
18:3 undifferentiated....g	0.009		0	PIK	4		0.007		
18:3 n-3 c,c,c (ALA)....g	0.003		0	PAK	1		0.003		
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c....g	0.000		0	PAK	1		0.000		
20:3 undifferentiated....g	0.006		0	PAK	1		0.005		
20:3 n-3....g									
20:3 n-6....g	0.006		0	PAK	1		0.005		
20:4 undifferentiated....g	0.038		0	PIK	4		0.032		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001		0	PIK	4		0.001		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.007		0	PIK	4		0.006		
22:6 n-3 (DHA)....g	0.000		0	PIK	4		0.000		
Fatty acids, total trans....g	0.136		0	PIK	4		0.115		
Fatty acids, total trans-monoenoic....g	0.130		0	PIK	4		0.110		
Fatty acids, total trans-polyenoic....g	0.006		0	PIK	4		0.005		
Cholesterol....mg	62		0	PIK	4		53		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.200		0	PAK	1		0.170		
Threonine....g	0.995		0	PAK	1		0.846		
Isoleucine....g	1.061		0	PAK	1		0.902		
Leucine....g	1.902		0	PAK	1		1.617		

NDB No. 23483

Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.071		0	PAK	1		1.760		
Methionine g	0.606		0	PAK	1		0.515		
Cystine g	0.267		0	PAK	1		0.227		
Phenylalanine g	0.914		0	PAK	1		0.777		
Tyrosine g	0.792		0	PAK	1		0.673		
Valine g	1.141		0	PAK	1		0.969		
Arginine g	1.516		0	PAK	1		1.289		
Histidine g	0.790		0	PAK	1		0.672		
Alanine g	1.390		0	PAK	1		1.182		
Aspartic acid g	2.158		0	PAK	1		1.834		
Glutamic acid g	3.597		0	PAK	1		3.058		
Glycine g	1.217		0	PAK	1		1.035		
Proline g	1.040		0	PAK	1		0.884		
Serine g	0.921		0	PAK	1		0.783		
Hydroxyproline g	0.180		0	PIK	4		0.153		
Others:									
Alcohol, ethyl g	0.0		0	PIK	4		0.0		
Caffeine mg	0		0	PIK	4		0		
Theobromine mg	0		0	PIK	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23490

Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, choice, raw (1)

Refuse:

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	71.22		0	PAK	1		81.19		
Energy kcal	147		0	PIK	4		167		
Energy kJ	615		0	PIK	4		701		
Protein g	22.01		0	PAK	1		25.09		
Total lipid (fat) g	6.05		0	PAK	1		6.90		
Ash g	1.04		0	PAK	1		1.19		
Carbohydrate, by difference g	0.00		0	PIK	4		0.00		
Fiber, total dietary g	0.0		0	PIK	4		0.0		
Sugars, total g	0.00		0	PIK	4		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	18		0	PIK	4		20		
Iron, Fe mg	1.91		0	PIK	4		2.18		
Magnesium, Mg mg	21		0	PIK	4		24		
Phosphorus, P mg	193		0	PIK	4		220		
Potassium, K mg	308		0	PIK	4		351		
Sodium, Na mg	55		0	PIK	4		63		
Zinc, Zn mg	4.59		0	PIK	4		5.23		
Copper, Cu mg	0.078		0	PIK	4		0.089		
Manganese, Mn mg	0.028		0	PIK	4		0.032		
Selenium, Se µg	26.2		0	PIK	4		29.9		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0		
Thiamin mg	0.088		0	PIK	4		0.100		
Riboflavin mg	0.195		0	PIK	4		0.222		
Niacin mg	6.310		0	PIK	4		7.194		
Pantothenic acid mg	0.511		0	PIK	4		0.582		
Vitamin B-6 mg	0.582		0	PIK	4		0.664		
Folate, total µg	9		0	PIK	4		10		
Folic acid µg	0		0	PIK	4		0		
Folate, food µg	9		0	PIK	4		10		
Folate, DFE µg	9		0	NC	4		10		
Choline, total mg	74.0		0	PIK	4		84.4		
Betaine mg	11.9		0	PIK	4		13.5		
Vitamin B-12 µg	1.75		0	PIK	4		1.99		
Vitamin B-12, added µg	0.00		0	PIK	4		0.00		
Vitamin A, RAE µg	1		0	PIK	4		1		
Retinol µg	1		0	PIK	4		1		
Carotene, beta µg	0		0	PIK	4		0		
Carotene, alpha µg	0		0	PIK	4		0		
Cryptoxanthin, beta µg	0		0	PIK	4		0		
Vitamin A, IU IU	2		0	PIK	4		2		
Lycopene µg	0		0	PIK	4		0		
Lutein + zeaxanthin µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol) mg	0.26		0	PIK	4		0.30		
Vitamin E, added mg	0.00		0	PIK	4		0.00		
Tocopherol, beta mg	0.00		0	PIK	4		0.00		
Tocopherol, gamma mg	0.00		0	PIK	4		0.00		
Tocopherol, delta mg	0.00		0	PIK	4		0.00		
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	PIK	4		0.1		
Vitamin D IU	2		0	PIK	4		3		
Vitamin K (phylloquinone) µg	1.3		0	PIK	4		1.5		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23490

Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, choice, raw (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.222		0	PIK	4		2.533		
4:0....g	0.000		0	PIK	4		0.000		
6:0....g	0.000		0	PIK	4		0.000		
8:0....g	0.000		0	PIK	4		0.000		
10:0....g	0.002		0	PIK	4		0.002		
12:0....g	0.002		0	PIK	4		0.003		
13:0....g									
14:0....g	0.143		0	PIK	4		0.163		
15:0....g	0.015		0	PAK	1		0.017		
16:0....g	1.295		0	PIK	4		1.476		
17:0....g	0.040		0	PAK	1		0.045		
18:0....g	0.720		0	PIK	4		0.821		
20:0....g	0.001		0	PAK	1		0.001		
22:0....g									
24:0....g	0.004		0	PAK	1		0.004		
Fatty acids, total monounsaturated....g	2.566		0	PIK	4		2.925		
14:1....g	0.018		0	PAK	1		0.020		
15:1....g	0.010		0	PAK	1		0.011		
16:1 undifferentiated....g	0.189		0	PIK	4		0.216		
16:1 c....g	0.091		0	PAK	1		0.103		
16:1 t....g	0.005		0	PAK	1		0.005		
17:1....g	0.029		0	PAK	1		0.033		
18:1 undifferentiated....g	2.315		0	PIK	4		2.639		
18:1 c....g	1.204		0	PAK	1		1.373		
18:1 t....g	0.140		0	PAK	1		0.160		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.006		0	PIK	4		0.006		
22:1 undifferentiated....g	0.000		0	PIK	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.307		0	PIK	4		0.350		
18:2 undifferentiated....g	0.240		0	PIK	4		0.273		
18:2 n-6 c,c....g	0.134		0	PAK	1		0.153		
18:2 CLAs....g	0.011		0	PAK	1		0.012		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.007		0	PAK	1		0.008		
18:3 undifferentiated....g	0.010		0	PIK	4		0.012		
18:3 n-3 c,c,c (ALA)....g	0.004		0	PAK	1		0.004		
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c....g	0.000		0	PAK	1		0.000		
20:3 undifferentiated....g	0.006		0	PAK	1		0.007		
20:3 n-3....g									
20:3 n-6....g	0.006		0	PAK	1		0.007		
20:4 undifferentiated....g	0.041		0	PIK	4		0.047		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001		0	PIK	4		0.001		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.009		0	PIK	4		0.010		
22:6 n-3 (DHA)....g	0.001		0	PIK	4		0.001		
Fatty acids, total trans....g	0.152		0	PIK	4		0.173		
Fatty acids, total trans-monoenoic....g	0.145		0	PIK	4		0.166		
Fatty acids, total trans-polyenoic....g	0.007		0	PIK	4		0.008		
Cholesterol....mg	62		0	PIK	4		70		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.194		0	PAK	1		0.221		
Threonine....g	0.961		0	PAK	1		1.096		
Isoleucine....g	1.028		0	PAK	1		1.172		
Leucine....g	1.836		0	PAK	1		2.093		

NDB No. 23490

Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, choice, raw (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	1.994		0	PAK	1		2.273		
Methionine g	0.586		0	PAK	1		0.668		
Cystine g	0.259		0	PAK	1		0.295		
Phenylalanine g	0.885		0	PAK	1		1.009		
Tyrosine g	0.765		0	PAK	1		0.872		
Valine g	1.106		0	PAK	1		1.261		
Arginine g	1.464		0	PAK	1		1.669		
Histidine g	0.759		0	PAK	1		0.865		
Alanine g	1.346		0	PAK	1		1.534		
Aspartic acid g	2.084		0	PAK	1		2.375		
Glutamic acid g	3.479		0	PAK	1		3.966		
Glycine g	1.183		0	PAK	1		1.348		
Proline g	1.005		0	PAK	1		1.146		
Serine g	0.890		0	PAK	1		1.014		
Hydroxyproline g	0.179		0	PIK	4		0.204		
Others:									
Alcohol, ethyl g	0.0		0	PIK	4		0.0		
Caffeine mg	0		0	PIK	4		0		
Theobromine mg	0		0	PIK	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 114g: 4 oz

Footnotes:

1 Estimation of the nutrient profile for this composite were based upon the market shares of 1/8" fat trim cuts.

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23498

Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked (1)

Refuse:

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	60.00		0	PAK	1		51.00		
Energy kcal	167		0	NC	4		142		
Energy kJ	700		0	NC	4		595		
Protein g	27.51		0	PAK	1		23.39		
Total lipid (fat) g	6.37		0	PAK	1		5.41		
Ash g	1.07		0	PAK	1		0.91		
Carbohydrate, by difference g	0.00		0	PIK	4		0.00		
Fiber, total dietary g	0.0		0	PIK	4		0.0		
Sugars, total g	0.00		0	PIK	4		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	11		0	PIK	4		10		
Iron, Fe mg	2.17		0	PIK	4		1.84		
Magnesium, Mg mg	22		0	PIK	4		19		
Phosphorus, P mg	192		0	PIK	4		163		
Potassium, K mg	294		0	PIK	4		250		
Sodium, Na mg	51		0	PIK	4		43		
Zinc, Zn mg	5.50		0	PIK	4		4.67		
Copper, Cu mg	0.076		0	PIK	4		0.065		
Manganese, Mn mg	0.029		0	PIK	4		0.025		
Selenium, Se µg	33.6		0	PIK	4		28.5		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0		
Thiamin mg	0.071		0	PIK	4		0.060		
Riboflavin mg	0.201		0	PIK	4		0.171		
Niacin mg	5.897		0	PIK	4		5.013		
Pantothenic acid mg	0.540		0	PIK	4		0.459		
Vitamin B-6 mg	0.499		0	PIK	4		0.425		
Folate, total µg	8		0	PIK	4		7		
Folic acid µg	0		0	PIK	4		0		
Folate, food µg	8		0	PIK	4		7		
Folate, DFE µg	8		0	NC	4		7		
Choline, total mg	85.1		0	PIK	4		72.3		
Betaine mg	10.0		0	PIK	4		8.5		
Vitamin B-12 µg	1.68		0	PIK	4		1.43		
Vitamin B-12, added µg	0.00		0	PIK	4		0.00		
Vitamin A, RAE µg	1		0	PIK	4		1		
Retinol µg	1		0	PIK	4		1		
Carotene, beta µg	0		0	PIK	4		0		
Carotene, alpha µg	0		0	PIK	4		0		
Cryptoxanthin, beta µg	0		0	PIK	4		0		
Vitamin A, IU IU	3		0	PIK	4		2		
Lycopene µg	0		0	PIK	4		0		
Lutein + zeaxanthin µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol) mg	0.25		0	PIK	4		0.22		
Vitamin E, added mg	0.00		0	PIK	4		0.00		
Tocopherol, beta mg	0.00		0	PIK	4		0.00		
Tocopherol, gamma mg	0.00		0	PIK	4		0.00		
Tocopherol, delta mg	0.00		0	PIK	4		0.00		
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	PIK	4		0.1		
Vitamin D IU	3		0	PIK	4		2		
Vitamin K (phylloquinone) µg	1.3		0	PIK	4		1.1		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23498

Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.354		0	PIK	4		2.001		
4:0....g	0.000		0	PIK	4		0.000		
6:0....g	0.000		0	PIK	4		0.000		
8:0....g	0.000		0	PIK	4		0.000		
10:0....g	0.003		0	PIK	4		0.002		
12:0....g	0.004		0	PIK	4		0.004		
13:0....g									
14:0....g	0.156		0	PIK	4		0.133		
15:0....g	0.018		0	PAK	1		0.015		
16:0....g	1.347		0	PIK	4		1.145		
17:0....g	0.043		0	PAK	1		0.037		
18:0....g	0.778		0	PIK	4		0.661		
20:0....g	0.001		0	PAK	1		0.001		
22:0....g									
24:0....g	0.003		0	PAK	1		0.003		
Fatty acids, total monounsaturated....g	2.629		0	PIK	4		2.234		
14:1....g	0.017		0	PAK	1		0.015		
15:1....g	0.013		0	PAK	1		0.011		
16:1 undifferentiated....g	0.197		0	PIK	4		0.168		
16:1 c....g	0.097		0	PAK	1		0.082		
16:1 t....g	0.004		0	PAK	1		0.004		
17:1....g	0.030		0	PAK	1		0.026		
18:1 undifferentiated....g	2.367		0	PIK	4		2.012		
18:1 c....g	1.163		0	PAK	1		0.988		
18:1 t....g	0.170		0	PAK	1		0.144		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.004		0	PIK	4		0.004		
22:1 undifferentiated....g	0.000		0	PIK	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.319		0	PIK	4		0.271		
18:2 undifferentiated....g	0.246		0	PIK	4		0.209		
18:2 n-6 c,c....g	0.144		0	PAK	1		0.122		
18:2 CLAs....g	0.012		0	PAK	1		0.011		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.007		0	PAK	1		0.006		
18:3 undifferentiated....g	0.013		0	PIK	4		0.011		
18:3 n-3 c,c,c (ALA)....g	0.006		0	PAK	1		0.005		
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c....g	0.000		0	PAK	1		0.000		
20:3 undifferentiated....g	0.007		0	PAK	1		0.006		
20:3 n-3....g									
20:3 n-6....g	0.007		0	PAK	1		0.006		
20:4 undifferentiated....g	0.038		0	PIK	4		0.033		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002		0	PIK	4		0.002		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.012		0	PIK	4		0.011		
22:6 n-3 (DHA)....g	0.001		0	PIK	4		0.001		
Fatty acids, total trans....g	0.181		0	PIK	4		0.154		
Fatty acids, total trans-monoenoic....g	0.174		0	PIK	4		0.148		
Fatty acids, total trans-polyenoic....g	0.007		0	PIK	4		0.006		
Cholesterol....mg	74		0	PIK	4		63		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.249		0	PAK	1		0.212		
Threonine....g	1.263		0	PAK	1		1.073		
Isoleucine....g	1.350		0	PAK	1		1.147		
Leucine....g	2.428		0	PAK	1		2.064		

NDB No. 23498

Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	2.645		0	PAK	1		2.249		
Methionine....g	0.773		0	PAK	1		0.657		
Cystine....g	0.344		0	PAK	1		0.293		
Phenylalanine....g	1.164		0	PAK	1		0.989		
Tyrosine....g	1.010		0	PAK	1		0.858		
Valine....g	1.451		0	PAK	1		1.233		
Arginine....g	1.938		0	PAK	1		1.648		
Histidine....g	1.016		0	PAK	1		0.863		
Alanine....g	1.772		0	PAK	1		1.506		
Aspartic acid....g	2.755		0	PAK	1		2.342		
Glutamic acid....g	4.578		0	PAK	1		3.891		
Glycine....g	1.564		0	PAK	1		1.330		
Proline....g	1.338		0	PAK	1		1.137		
Serine....g	1.178		0	PAK	1		1.002		
Hydroxyproline....g	0.229		0	PIK	4		0.195		
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0		
Caffeine....mg	0		0	PIK	4		0		
Theobromine....mg	0		0	PIK	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Footnotes:

1 Estimation of the nutrient profile for this composite were based upon the market shares of 1/8" fat trim cuts.

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23499

Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw (1)

Refuse:

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	72.47		0	PAK	1		82.61		
Energy kcal	130		0	NC	4		149		
Energy kJ	546		0	NC	4		622		
Protein g	22.37		0	PAK	1		25.50		
Total lipid (fat) g	4.55		0	PAK	1		5.19		
Ash g	1.07		0	PAK	1		1.22		
Carbohydrate, by difference g	0.00		0	PIK	4		0.00		
Fiber, total dietary g	0.0		0	PIK	4		0.0		
Sugars, total g	0.00		0	PIK	4		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	17		0	PIK	4		19		
Iron, Fe mg	1.81		0	PIK	4		2.07		
Magnesium, Mg mg	22		0	PIK	4		25		
Phosphorus, P mg	198		0	PIK	4		226		
Potassium, K mg	328		0	PIK	4		373		
Sodium, Na mg	58		0	PIK	4		66		
Zinc, Zn mg	4.67		0	PIK	4		5.32		
Copper, Cu mg	0.085		0	PIK	4		0.096		
Manganese, Mn mg	0.030		0	PIK	4		0.034		
Selenium, Se µg	28.1		0	PIK	4		32.0		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0		
Thiamin mg	0.080		0	PIK	4		0.092		
Riboflavin mg	0.180		0	PIK	4		0.206		
Niacin mg	6.021		0	PIK	4		6.864		
Pantothenic acid mg	0.552		0	PIK	4		0.629		
Vitamin B-6 mg	0.590		0	PIK	4		0.673		
Folate, total µg	9		0	PIK	4		10		
Folic acid µg	0		0	PIK	4		0		
Folate, food µg	9		0	PIK	4		10		
Folate, DFE µg	9		0	NC	4		10		
Choline, total mg	71.9		0	PIK	4		82.0		
Betaine mg	12.4		0	PIK	4		14.1		
Vitamin B-12 µg	1.47		0	PIK	4		1.67		
Vitamin B-12, added µg	0.00		0	PIK	4		0.00		
Vitamin A, RAE µg	1		0	PIK	4		1		
Retinol µg	1		0	PIK	4		1		
Carotene, beta µg	0		0	PIK	4		0		
Carotene, alpha µg	0		0	PIK	4		0		
Cryptoxanthin, beta µg	0		0	PIK	4		0		
Vitamin A, IU IU	4		0	PIK	4		4		
Lycopene µg	0		0	PIK	4		0		
Lutein + zeaxanthin µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol) mg	0.22		0	PIK	4		0.25		
Vitamin E, added mg	0.00		0	PIK	4		0.00		
Tocopherol, beta mg	0.00		0	PIK	4		0.00		
Tocopherol, gamma mg	0.00		0	PIK	4		0.00		
Tocopherol, delta mg	0.00		0	PIK	4		0.00		
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	PIK	4		0.0		
Vitamin D IU	2		0	PIK	4		2		
Vitamin K (phylloquinone) µg	1.2		0	PIK	4		1.4		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23499

Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.664		0	PIK	4		1.897		
4:0....g	0.000		0	PIK	4		0.000		
6:0....g	0.000		0	PIK	4		0.000		
8:0....g	0.000		0	PIK	4		0.000		
10:0....g	0.002		0	PIK	4		0.002		
12:0....g	0.002		0	PIK	4		0.002		
13:0....g									
14:0....g	0.109		0	PIK	4		0.125		
15:0....g	0.012		0	PAK	1		0.014		
16:0....g	0.973		0	PIK	4		1.110		
17:0....g	0.030		0	PAK	1		0.034		
18:0....g	0.533		0	PIK	4		0.607		
20:0....g	0.000		0	PAK	1		0.001		
22:0....g									
24:0....g	0.003		0	PAK	1		0.003		
Fatty acids, total monounsaturated....g	1.932		0	PIK	4		2.203		
14:1....g	0.013		0	PAK	1		0.015		
15:1....g	0.009		0	PAK	1		0.010		
16:1 undifferentiated....g	0.145		0	PIK	4		0.165		
16:1 c....g	0.071		0	PAK	1		0.081		
16:1 t....g	0.004		0	PAK	1		0.004		
17:1....g	0.022		0	PAK	1		0.025		
18:1 undifferentiated....g	1.739		0	PIK	4		1.983		
18:1 c....g	0.914		0	PAK	1		1.042		
18:1 t....g	0.103		0	PAK	1		0.118		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.004		0	PIK	4		0.005		
22:1 undifferentiated....g	0.000		0	PIK	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.243		0	PIK	4		0.277		
18:2 undifferentiated....g	0.188		0	PIK	4		0.214		
18:2 n-6 c,c....g	0.112		0	PAK	1		0.127		
18:2 CLAs....g	0.007		0	PAK	1		0.007		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.004		0	PAK	1		0.005		
18:3 undifferentiated....g	0.007		0	PIK	4		0.008		
18:3 n-3 c,c,c (ALA)....g	0.002		0	PAK	1		0.003		
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c....g	0.000		0	PAK	1		0.000		
20:3 undifferentiated....g	0.005		0	PAK	1		0.006		
20:3 n-3....g									
20:3 n-6....g	0.005		0	PAK	1		0.006		
20:4 undifferentiated....g	0.034		0	PIK	4		0.039		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001		0	PIK	4		0.001		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.008		0	PIK	4		0.009		
22:6 n-3 (DHA)....g	0.000		0	PIK	4		0.000		
Fatty acids, total trans....g	0.111		0	PIK	4		0.127		
Fatty acids, total trans-monoenoic....g	0.107		0	PIK	4		0.122		
Fatty acids, total trans-polyenoic....g	0.004		0	PIK	4		0.005		
Cholesterol....mg	62		0	PIK	4		71		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.211		0	PAK	1		0.240		
Threonine....g	1.049		0	PAK	1		1.196		
Isoleucine....g	1.113		0	PAK	1		1.269		
Leucine....g	2.009		0	PAK	1		2.290		

NDB No. 23499

Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	2.195		0	PAK	1		2.502		
Methionine....g	0.637		0	PAK	1		0.727		
Cystine....g	0.280		0	PAK	1		0.319		
Phenylalanine....g	0.959		0	PAK	1		1.093		
Tyrosine....g	0.839		0	PAK	1		0.956		
Valine....g	1.194		0	PAK	1		1.362		
Arginine....g	1.600		0	PAK	1		1.824		
Histidine....g	0.844		0	PAK	1		0.963		
Alanine....g	1.458		0	PAK	1		1.662		
Aspartic acid....g	2.277		0	PAK	1		2.596		
Glutamic acid....g	3.787		0	PAK	1		4.318		
Glycine....g	1.267		0	PAK	1		1.444		
Proline....g	1.096		0	PAK	1		1.250		
Serine....g	0.973		0	PAK	1		1.109		
Hydroxyproline....g	0.181		0	PIK	4		0.207		
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0		
Caffeine....mg	0		0	PIK	4		0		
Theobromine....mg	0		0	PIK	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 114g: 4 oz

Footnotes:

1 Estimation of the nutrient profile for this composite were based upon the market shares of 1/8" fat trim cuts.

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13345
Beef, cured, breakfast strips, cooked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	26.20	1.130	22		1		8.91	44.54	
Energy kcal	449		0	NC	4		153	763	
Energy kJ	1879		0		4		639	3194	
Protein (N x 6.25) g	31.30	0.853	22		1		10.64	53.21	
Total lipid (fat) g	34.40	0.640	22		1		11.70	58.48	
Ash g	6.70	0.149	22		1		2.28	11.39	
Carbohydrate, by difference g	1.40		0	NC	4		0.48	2.38	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	9		0		1		3	15	
Iron, Fe mg	3.14	0.113	22		1		1.07	5.34	
Magnesium, Mg mg	27	0.831	22		1		9	46	
Phosphorus, P mg	236	7.249	22		1		80	401	
Potassium, K mg	412	13.432	22		1		140	700	
Sodium, Na mg	2253	43.919	22		1		766	3830	
Zinc, Zn mg	6.37	0.203	22		1		2.17	10.83	
Copper, Cu mg	0.116		0		4		0.039	0.197	
Manganese, Mn mg	0.017		0		4		0.006	0.029	
Selenium, Se µg	26.8		0	BFNN	4		9.1	45.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.090	0.004	22		1		0.031	0.153	
Riboflavin mg	0.260	0.013	22		1		0.088	0.442	
Niacin mg	6.470	0.179	22		1		2.200	10.999	
Pantothenic acid mg	0.343		0		4		0.117	0.583	
Vitamin B-6 mg	0.310	0.013	22		1		0.105	0.527	
Folate, total µg	8		0		4		3	14	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	8		0		4		3	14	
Folate, DFE µg	8		0	NC	4		3	14	
Choline, total mg	119.2		0	BFPN	4		40.5	202.7	
Betaine mg	15.7		0	BFPN	4		5.3	26.6	
Vitamin B-12 µg	3.45	0.171	22		1		1.17	5.87	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	NC	4		0	0	
Retinol µg	0		0	NR	4		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0		7		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.29		0	BFSN	4		0.10	0.50	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	AS	1		0.1	0.3	
Vitamin D IU	7		0	BFNN	4		3	13	
Vitamin K (phylloquinone) µg	2.8		0	BFSN	4		1.0	4.8	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13345

Beef, cured, breakfast strips, cooked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	14.350		0		1		4.879	24.395	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.130	0.026	22		1		0.044	0.221	
12:0....g	0.100	0.017	22		1		0.034	0.170	
13:0....g									
14:0....g	1.220	0.060	22		1		0.415	2.074	
15:0....g									
16:0....g	7.660	0.171	22		1		2.604	13.022	
17:0....g									
18:0....g	4.480	0.171	22		1		1.523	7.616	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	16.850		0		1		5.729	28.645	
14:1....g									
15:1....g									
16:1 undifferentiated....g	2.270	0.084	22		1		0.772	3.859	
17:1....g									
18:1 undifferentiated....g	14.580	0.206	22		1		4.957	24.786	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.580		0		1		0.537	2.686	
18:2 undifferentiated....g	1.250	0.105	22		1		0.425	2.125	
18:3 undifferentiated....g	0.330	0.041	22		1		0.112	0.561	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	119	3.838	22		1		40	202	
Phytosterols....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan....g	0.285		0		1		0.097	0.485	
Threonine....g	1.182		0		1		0.402	2.009	
Isoleucine....g	1.352		0		1		0.460	2.298	
Leucine....g	2.299		0		1		0.782	3.908	
Lysine....g	2.399		0		1		0.816	4.078	
Methionine....g	0.726		0		1		0.247	1.234	
Cystine....g	0.401		0		1		0.136	0.682	
Phenylalanine....g	1.127		0		1		0.383	1.916	
Tyrosine....g	1.022		0		1		0.347	1.737	
Valine....g	1.377		0		1		0.468	2.341	
Arginine....g	1.933		0		1		0.657	3.286	
Histidine....g	0.997		0		1		0.339	1.695	
Alanine....g	2.254		0		1		0.766	3.832	
Aspartic acid....g	3.065		0		1		1.042	5.211	
Glutamic acid....g	5.098		0		1		1.733	8.667	
Glycine....g	2.614		0		1		0.889	4.444	
Proline....g	2.254		0		1		0.766	3.832	
Serine....g	1.262		0		1		0.429	2.145	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13345
Beef, cured, breakfast strips, cooked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 34g: 3 slices

Measure 2 = 170g: 1 package, cooked (yield from 12 oz raw product)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13344
Beef, cured, breakfast strips, raw or unheated

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	45.20	0.405	22		1		30.74	153.68	
Energy kcal	406		0	NC	4		276	1380	
Energy kJ	1699				4		1155	5776	
Protein (N x 6.25) g	12.50	0.107	22		1		8.50	42.50	
Total lipid (fat) g	38.80	0.362	22		1		26.38	131.92	
Ash g	2.80	0.021	22		1		1.90	9.52	
Carbohydrate, by difference g	0.70		0	NC	4		0.48	2.38	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	4		0		4		3	14	
Iron, Fe mg	1.23	0.055	22		1		0.84	4.18	
Magnesium, Mg mg	11	0.256	22		1		7	37	
Phosphorus, P mg	100	2.558	22		1		68	340	
Potassium, K mg	153	6.822	22		1		104	520	
Sodium, Na mg	955	14.284	22		1		649	3247	
Zinc, Zn mg	2.39	0.066	22		1		1.63	8.13	
Copper, Cu mg	0.058		0		4		0.039	0.197	
Manganese, Mn mg	0.010		0		4		0.007	0.034	
Selenium, Se µg	25.9		0	BFNN	4		17.6	88.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	24.0	1.066	22		1		16.3	81.6	
Thiamin mg	0.060	0.002	22		1		0.041	0.204	
Riboflavin mg	0.120	0.004	22		1		0.082	0.408	
Niacin mg	2.970	0.158	22		1		2.020	10.098	
Pantothenic acid mg	0.217		0		4		0.148	0.738	
Vitamin B-6 mg	0.170	0.006	22		1		0.116	0.578	
Folate, total µg	5		0		4		3	17	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	5		0		4		3	17	
Folate, DFE µg	5		0	NC	4		3	17	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	1.64	0.075	22		1		1.12	5.58	
Vitamin A, RAE µg	0		0		4		0	0	
Retinol µg	0		0		4		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0		4		0	0	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 13344

Beef, cured, breakfast strips, raw or unheated

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	15.950		0		1		10.846	54.230	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.160	0.024	22		1		0.109	0.544	
12:0....g	0.110	0.016	22		1		0.075	0.374	
13:0....g									
14:0....g	1.310	0.040	22		1		0.891	4.454	
15:0....g									
16:0....g	8.480	0.136	22		1		5.766	28.832	
17:0....g									
18:0....g	5.030	0.116	22		1		3.420	17.102	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	18.680		0		1		12.702	63.512	
14:1....g									
15:1....g									
16:1 undifferentiated....g	2.470	0.053	22		1		1.680	8.398	
17:1....g									
18:1 undifferentiated....g	16.210	0.197	22		1		11.023	55.114	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.190		0		1		1.489	7.446	
18:2 undifferentiated....g	1.670	0.146	22		1		1.136	5.678	
18:3 undifferentiated....g	0.520	0.055	22		1		0.354	1.768	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	82	2.558	22		1		56	279	
Phytosterols....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan....g	0.114		0		1		0.078	0.388	
Threonine....g	0.472		0		1		0.321	1.605	
Isoleucine....g	0.540		0		1		0.367	1.836	
Leucine....g	0.918		0		1		0.624	3.121	
Lysine....g	0.958		0		1		0.651	3.257	
Methionine....g	0.290		0		1		0.197	0.986	
Cystine....g	0.160		0		1		0.109	0.544	
Phenylalanine....g	0.450		0		1		0.306	1.530	
Tyrosine....g	0.408		0		1		0.277	1.387	
Valine....g	0.550		0		1		0.374	1.870	
Arginine....g	0.772		0		1		0.525	2.625	
Histidine....g	0.398		0		1		0.271	1.353	
Alanine....g	0.900		0		1		0.612	3.060	
Aspartic acid....g	1.224		0		1		0.832	4.162	
Glutamic acid....g	2.036		0		1		1.384	6.922	
Glycine....g	1.044		0		1		0.710	3.550	
Proline....g	0.900		0		1		0.612	3.060	
Serine....g	0.504		0		1		0.343	1.714	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13344

Beef, cured, breakfast strips, raw or unheated

Common Measures:

Measure 1 = 68g: 3 slices

Measure 2 = 340g: 1 package (net weight, 12 oz)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13347
Beef, cured, corned beef, brisket, cooked

Refuse: 1% Connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	59.79	1.152	40		1		50.82	191.33	
Energy kcal	251		0	NC	4		213	803	
Energy kJ	1050		0		4		893	3361	
Protein (N x 6.25) g	18.17	0.558	40		1		15.44	58.14	
Total lipid (fat) g	18.98	2.622	13		1		16.13	60.74	
Ash g	2.60	0.179	5		1		2.21	8.32	
Carbohydrate, by difference g	0.47		0	NC	4		0.40	1.50	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	8		0		4		7	26	
Iron, Fe mg	1.86	0.117	13		1		1.58	5.95	
Magnesium, Mg mg	12	1.029	5		1		10	38	
Phosphorus, P mg	125	3.813	13		1		106	400	
Potassium, K mg	145	21.466	5		1		123	464	
Sodium, Na mg	973		0	LC	8		827	3114	
Zinc, Zn mg	4.58	0.259	5		1		3.89	14.66	
Copper, Cu mg	0.154		0		4		0.131	0.493	
Manganese, Mn mg	0.022		0		4		0.019	0.070	
Selenium, Se µg	32.8		0	BFYN	4		27.9	105.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.026	0.004	13		1		0.022	0.083	
Riboflavin mg	0.170	0.007	13		1		0.145	0.544	
Niacin mg	3.030	0.407	5		1		2.576	9.696	
Pantothenic acid mg	0.420	0.013	5		1		0.357	1.344	
Vitamin B-6 mg	0.230	0.009	5		1		0.196	0.736	
Folate, total µg	6		0		4		5	19	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	6		0		4		5	19	
Folate, DFE µg	6		0	NC	4		5	19	
Choline, total mg	69.2		0	BFPN	4		58.8	221.5	
Betaine mg	9.1		0	BFPN	4		7.7	29.1	
Vitamin B-12 µg	1.63	0.188	5		1		1.39	5.22	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	NC	4		0	0	
Retinol µg	0		0	NR	4		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0		7		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.16		0	NR	4		0.14	0.51	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.3	
Vitamin D IU	4		0	BFNN	4		3	13	
Vitamin K (phylloquinone) µg	1.5		0	CASN	4		1.3	4.9	
Dihydrophylloquinone µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4 µg									

NDB No. 13347

Beef, cured, corned beef, brisket, cooked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	6.340		0		1		5.389	20.288	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.040	0.013	5		1		0.034	0.128	
12:0....g	0.020	0.008	5		1		0.017	0.064	
13:0....g									
14:0....g	0.500	0.102	5		1		0.425	1.600	
15:0....g									
16:0....g	3.690	0.394	5		1		3.137	11.808	
17:0....g									
18:0....g	1.740	0.358	5		1		1.479	5.568	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	9.220		0		1		7.837	29.504	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.440	0.177	5		1		1.224	4.608	
17:1....g									
18:1 undifferentiated....g	7.780	0.470	5		1		6.613	24.896	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.670		0		1		0.570	2.144	
18:2 undifferentiated....g	0.540	0.081	5		1		0.459	1.728	
18:3 undifferentiated....g	0.130	0.016	5		1		0.111	0.416	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	98	9.839	5		1		83	314	
Phytosterols....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan....g	0.119		0	A	1		0.102	0.382	
Threonine....g	0.726		0	A	1		0.617	2.323	
Isoleucine....g	0.827		0	A	1		0.703	2.645	
Leucine....g	1.445		0	A	1		1.229	4.625	
Lysine....g	1.536		0	A	1		1.305	4.914	
Methionine....g	0.473		0	A	1		0.402	1.514	
Cystine....g	0.234		0	A	1		0.199	0.750	
Phenylalanine....g	0.718		0	A	1		0.610	2.297	
Tyrosine....g	0.579		0	A	1		0.492	1.853	
Valine....g	0.901		0	A	1		0.766	2.885	
Arginine....g	1.175		0	A	1		0.999	3.760	
Histidine....g	0.580		0	A	1		0.493	1.856	
Alanine....g	1.105		0	A	1		0.939	3.535	
Aspartic acid....g	1.655		0	A	1		1.407	5.296	
Glutamic acid....g	2.728		0	A	1		2.319	8.729	
Glycine....g	1.106		0	A	1		0.940	3.540	
Proline....g	0.866		0	A	1		0.736	2.772	
Serine....g	0.716		0	A	1		0.608	2.290	
Hydroxyproline....g	0.191		0	BFPN	4		0.162	0.611	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13347
Beef, cured, corned beef, brisket, cooked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 320g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13346
Beef, cured, corned beef, brisket, raw

Refuse: 1% Connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	66.56	0.477	102		1		18.87	301.92	
Energy kcal	198		0	NC	4		56	898	
Energy kJ	828				4		235	3758	
Protein (N x 6.25) g	14.68	0.185	102		1		4.16	66.59	
Total lipid (fat) g	14.90	1.160	18		1		4.22	67.59	
Ash g	3.73	0.121	10		1		1.06	16.92	
Carbohydrate, by difference g	0.14		0	NC	4		0.04	0.64	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	7	0.812	6		1		2	32	
Iron, Fe mg	1.69	0.056	19		1		0.48	7.67	
Magnesium, Mg mg	14	0.793	11		1		4	64	
Phosphorus, P mg	117	9.839	5		1		33	531	
Potassium, K mg	297	31.236	11		1		84	1347	
Sodium, Na mg	1217	41.460	19		1		345	5520	
Zinc, Zn mg	2.85	0.180	11		1		0.81	12.93	
Copper, Cu mg	0.110	0.010	6		1		0.031	0.499	
Manganese, Mn mg	0.020		1		1		0.006	0.091	
Selenium, Se µg	19.0	0.006	3	A	1		5.4	86.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	27.0	3.578	5		1		7.7	122.5	
Thiamin mg	0.043	0.006	13		1		0.012	0.195	
Riboflavin mg	0.157	0.009	13		1		0.045	0.712	
Niacin mg	3.660	0.353	5		1		1.038	16.602	
Pantothenic acid mg	0.570		1		1		0.162	2.586	
Vitamin B-6 mg	0.290	0.018	5		1		0.082	1.315	
Folate, total µg	5		0		4		1	23	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	5		0		4		1	23	
Folate, DFE µg	5		0	NC	4		1	23	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	1.78	0.273	5		1		0.50	8.07	
Vitamin A, RAE µg	0		0		4		0	0	
Retinol µg	0		0		4		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0		4		0	0	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 13346
Beef, cured, corned beef, brisket, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	4.730		0		1		1.341	21.455	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.020	0.007	5		1		0.006	0.091	
12:0....g	0.020	0.003	5		1		0.006	0.091	
13:0....g									
14:0....g	0.360	0.044	5		1		0.102	1.633	
15:0....g									
16:0....g	2.740	0.222	5		1		0.777	12.429	
17:0....g									
18:0....g	1.340	0.185	5		1		0.380	6.078	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.180		0		1		2.036	32.568	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.100	0.155	5		1		0.312	4.990	
17:1....g									
18:1 undifferentiated....g	6.080	0.753	5		1		1.724	27.579	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.530		0		1		0.150	2.404	
18:2 undifferentiated....g	0.380	0.057	5		1		0.108	1.724	
18:3 undifferentiated....g	0.150	0.050	5		1		0.043	0.680	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	54	9.391	5		1		15	245	
Phytosterols....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan....g	0.134		0		1		0.038	0.608	
Threonine....g	0.554		0		1		0.157	2.513	
Isoleucine....g	0.634		0		1		0.180	2.876	
Leucine....g	1.078		0		1		0.306	4.890	
Lysine....g	1.125		0		1		0.319	5.103	
Methionine....g	0.341		0		1		0.097	1.547	
Cystine....g	0.188		0		1		0.053	0.853	
Phenylalanine....g	0.529		0		1		0.150	2.400	
Tyrosine....g	0.479		0		1		0.136	2.173	
Valine....g	0.646		0		1		0.183	2.930	
Arginine....g	0.907		0		1		0.257	4.114	
Histidine....g	0.467		0		1		0.132	2.118	
Alanine....g	1.057		0		1		0.300	4.795	
Aspartic acid....g	1.438		0		1		0.408	6.523	
Glutamic acid....g	2.391		0		1		0.678	10.846	
Glycine....g	1.226		0		1		0.348	5.561	
Proline....g	1.057		0		1		0.300	4.795	
Serine....g	0.592		0		1		0.168	2.685	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13346
Beef, cured, corned beef, brisket, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13948

Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	64.17	0.480	20	PAK	1		54.54	245.76	
Energy kcal	192		0	NC	4		164	737	
Energy kJ	805		0	NC	4		684	3082	
Protein (N x 6.25) g	27.66	0.326	20	PAK	1		23.51	105.95	
Total lipid (fat) g	8.23	0.453	20	PAK	1		7.00	31.52	
Ash g	1.09	0.030	20	PAK	1		0.93	4.18	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	20		0	BFFN	4		17	76	
Iron, Fe mg	1.74		0	BFFN	4		1.48	6.67	
Magnesium, Mg mg	23		0	BFFN	4		19	87	
Phosphorus, P mg	210		0	BFFN	4		179	806	
Potassium, K mg	339		0	BFFN	4		288	1297	
Sodium, Na mg	56		0	BFFN	4		48	214	
Zinc, Zn mg	4.90		0	BFFN	4		4.17	18.77	
Copper, Cu mg	0.082		0	BFFN	4		0.069	0.313	
Manganese, Mn mg	0.009		0	BFFN	4		0.008	0.036	
Selenium, Se µg	29.4		0	BFFN	4		25.0	112.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.075		0	BFPN	4		0.064	0.286	
Riboflavin mg	0.133		0	BFPN	4		0.113	0.511	
Niacin mg	7.363		0	BFPN	4		6.258	28.200	
Pantothenic acid mg	0.545		0	BFPN	4		0.464	2.088	
Vitamin B-6 mg	0.579		0	BFPN	4		0.492	2.217	
Folate, total µg	9		0	BFPN	4		7	33	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	9		0	BFPN	4		7	33	
Folate, DFE µg	9		0	NC	4		7	33	
Choline, total mg	105.4		0	BFPN	4		89.6	403.5	
Betaine mg	13.8		0	BFPN	4		11.8	53.0	
Vitamin B-12 µg	1.63		0	BFPN	4		1.38	6.23	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.38		0	BFSN	4		0.32	1.46	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.4		0	BFSN	4		1.2	5.2	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13948

Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.395		0	NC	4		2.886	13.004	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.013		0	BFFN	4		0.011	0.050	
12:0....g	0.013		0	BFFN	4		0.011	0.050	
13:0....g									
14:0....g	0.243		0	BFFN	4		0.207	0.931	
15:0....g									
16:0....g	2.174		0	BFFN	4		1.848	8.326	
17:0....g									
18:0....g	0.952		0	BFFN	4		0.809	3.647	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.317		0	NC	4		2.819	12.703	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.302		0	BFFN	4		0.257	1.157	
17:1....g									
18:1 undifferentiated....g	3.002		0	BFFN	4		2.551	11.496	
20:1....g	0.013		0	BFFN	4		0.011	0.050	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.322		0	NC	4		0.273	1.232	
18:2 undifferentiated....g	0.197		0	BFFN	4		0.167	0.755	
18:3 undifferentiated....g	0.092		0	BFFN	4		0.078	0.352	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.033		0	BFFN	4		0.028	0.126	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	79		0	BFSN	4		68	304	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.182		0	PAK	1		0.155	0.696	
Threonine....g	1.105		0	PAK	1		0.939	4.233	
Isoleucine....g	1.259		0	PAK	1		1.070	4.820	
Leucine....g	2.201		0	PAK	1		1.871	8.428	
Lysine....g	2.338		0	PAK	1		1.987	8.954	
Methionine....g	0.720		0	PAK	1		0.612	2.759	
Cystine....g	0.357		0	PAK	1		0.303	1.367	
Phenylalanine....g	1.093		0	PAK	1		0.929	4.185	
Tyrosine....g	0.882		0	PAK	1		0.749	3.376	
Valine....g	1.372		0	PAK	1		1.167	5.256	
Arginine....g	1.789		0	PAK	1		1.520	6.851	
Histidine....g	0.883		0	PAK	1		0.750	3.381	
Alanine....g	1.682		0	PAK	1		1.430	6.441	
Aspartic acid....g	2.520		0	PAK	1		2.142	9.651	
Glutamic acid....g	4.153		0	PAK	1		3.530	15.906	
Glycine....g	1.684		0	PAK	1		1.432	6.452	
Proline....g	1.319		0	PAK	1		1.121	5.051	
Serine....g	1.090		0	PAK	1		0.926	4.174	
Hydroxyproline....g	0.291		0	BFPN	4		0.247	1.113	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13948

Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 383g: 1 steak (yield from 475 g raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13970

Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	70.73	0.515	20	PAK	1		60.12	132.97	
Energy kcal	155		0	NC	4		132	292	
Energy kJ	650		0	NC	4		552	1222	
Protein (N x 6.25) g	21.22	0.204	20	PAK	1		18.04	39.89	
Total lipid (fat) g	7.17	0.494	20	PAK	1		6.10	13.49	
Ash g	1.00	0.023	20	PAK	1		0.85	1.88	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	25		0	BFFN	4		22	48	
Iron, Fe mg	1.55		0	BFFN	4		1.31	2.90	
Magnesium, Mg mg	22		0	BFFN	4		18	41	
Phosphorus, P mg	195		0	BFFN	4		166	367	
Potassium, K mg	328		0	BFFN	4		279	617	
Sodium, Na mg	54		0	BFFN	4		46	102	
Zinc, Zn mg	3.70		0	BFFN	4		3.15	6.96	
Copper, Cu mg	0.072		0	BFFN	4		0.061	0.136	
Manganese, Mn mg	0.012		0	BFFN	4		0.010	0.022	
Selenium, Se µg	23.9		0	BFFN	4		20.3	45.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.066		0	BFPN	4		0.056	0.124	
Riboflavin mg	0.102		0	BFPN	4		0.087	0.193	
Niacin mg	6.257		0	BFPN	4		5.318	11.763	
Pantothenic acid mg	0.610		0	BFPN	4		0.519	1.147	
Vitamin B-6 mg	0.579		0	BFPN	4		0.492	1.088	
Folate, total µg	11		0	BFPN	4		10	21	
Folic acid µg	0		0	NR	4		0	0	
Folate, food µg	11		0	BFPN	4		10	21	
Folate, DFE µg	11		0	NC	4		10	21	
Choline, total mg	88.6		0	BFPN	4		75.3	166.6	
Betaine mg	13.0		0	BFPN	4		11.1	24.5	
Vitamin B-12 µg	1.09		0	BFPN	4		0.93	2.06	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.31		0	BFSN	4		0.27	0.59	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.2		0	BFSN	4		1.1	2.3	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13970

Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.978		0	NC	4		2.532	5.599	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.014		0	BFFN	4		0.011	0.025	
12:0....g	0.014		0	BFFN	4		0.011	0.025	
13:0....g									
14:0....g	0.216		0	BFFN	4		0.184	0.406	
15:0....g									
16:0....g	1.878		0	BFFN	4		1.596	3.530	
17:0....g									
18:0....g	0.858		0	BFFN	4		0.729	1.612	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.924		0	NC	4		2.486	5.498	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.297		0	BFFN	4		0.253	0.559	
17:1....g									
18:1 undifferentiated....g	2.621		0	BFFN	4		2.228	4.927	
20:1....g	0.007		0	BFFN	4		0.006	0.013	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.277		0	NC	4		0.235	0.520	
18:2 undifferentiated....g	0.169		0	BFFN	4		0.143	0.317	
18:3 undifferentiated....g	0.081		0	BFFN	4		0.069	0.152	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.027		0	BFFN	4		0.023	0.051	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	65		0	BFSN	4		55	122	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.139		0	PAK	1		0.119	0.262	
Threonine....g	0.848		0	PAK	1		0.720	1.594	
Isoleucine....g	0.965		0	PAK	1		0.821	1.815	
Leucine....g	1.688		0	PAK	1		1.435	3.173	
Lysine....g	1.793		0	PAK	1		1.524	3.371	
Methionine....g	0.553		0	PAK	1		0.470	1.039	
Cystine....g	0.274		0	PAK	1		0.233	0.515	
Phenylalanine....g	0.838		0	PAK	1		0.712	1.576	
Tyrosine....g	0.676		0	PAK	1		0.575	1.271	
Valine....g	1.053		0	PAK	1		0.895	1.979	
Arginine....g	1.372		0	PAK	1		1.166	2.579	
Histidine....g	0.677		0	PAK	1		0.576	1.273	
Alanine....g	1.290		0	PAK	1		1.096	2.425	
Aspartic acid....g	1.933		0	PAK	1		1.643	3.633	
Glutamic acid....g	3.185		0	PAK	1		2.708	5.988	
Glycine....g	1.292		0	PAK	1		1.098	2.429	
Proline....g	1.012		0	PAK	1		0.860	1.902	
Serine....g	0.836		0	PAK	1		0.710	1.571	
Hydroxyproline....g	0.223		0	BFPN	4		0.189	0.419	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13970

Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 188g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13066

Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised

Refuse: 2% Connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	54.95		0		1		46.71	143.97	
Energy kcal	263		0	NC	4		224	689	
Energy kJ	1100		0		4		935	2883	
Protein (N x 6.25) g	26.98		0		1		22.93	70.69	
Total lipid (fat) g	16.44		0		1		13.97	43.07	
Ash g	2.04		0		1		1.73	5.34	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	6		0		1		5	16	
Iron, Fe mg	3.33		0		1		2.83	8.72	
Magnesium, Mg mg	23		0		1		20	60	
Phosphorus, P mg	256		0		1		218	671	
Potassium, K mg	337		0		1		286	883	
Sodium, Na mg	70		0		1		60	183	
Zinc, Zn mg	5.77		0		1		4.90	15.12	
Copper, Cu mg	0.119		0		1		0.101	0.312	
Manganese, Mn mg	0.018		0		1		0.015	0.047	
Selenium, Se µg	30.4		0	BFYN	4		25.8	79.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.140		0		1		0.119	0.367	
Riboflavin mg	0.180		0		1		0.153	0.472	
Niacin mg	4.420		0		1		3.757	11.580	
Pantothenic acid mg	0.370		0		1		0.315	0.969	
Vitamin B-6 mg	0.350		0		1		0.298	0.917	
Folate, total µg	9		0		1		8	24	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	9		0		1		8	24	
Folate, DFE µg	9		0	NC	4		8	24	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	3.30		0		1		2.81	8.65	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0		1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.69		0	BFFN	4		0.59	1.81	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	2.5		0	BFFN	4		2.1	6.4	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13066

Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	6.920		0		1		5.882	18.130	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.020		0		1		0.017	0.052	
12:0....g	0.020		0		1		0.017	0.052	
13:0....g									
14:0....g	0.540		0		1		0.459	1.415	
15:0....g									
16:0....g	4.080		0		1		3.468	10.690	
17:0....g									
18:0....g	2.080		0		1		1.768	5.450	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.940		0		1		5.899	18.183	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.640		0		1		0.544	1.677	
17:1....g									
18:1 undifferentiated....g	6.180		0		1		5.253	16.192	
20:1....g	0.020		0		1		0.017	0.052	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.530		0		1		0.451	1.389	
18:2 undifferentiated....g	0.360		0		1		0.306	0.943	
18:3 undifferentiated....g	0.150		0		1		0.128	0.393	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.020		0		1		0.017	0.052	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	72		0		1		61	189	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.302		0		1		0.257	0.791	
Threonine....g	1.178		0		1		1.001	3.086	
Isoleucine....g	1.213		0		1		1.031	3.178	
Leucine....g	2.132		0		1		1.812	5.586	
Lysine....g	2.244		0		1		1.907	5.879	
Methionine....g	0.691		0		1		0.587	1.810	
Cystine....g	0.302		0		1		0.257	0.791	
Phenylalanine....g	1.053		0		1		0.895	2.759	
Tyrosine....g	0.906		0		1		0.770	2.374	
Valine....g	1.312		0		1		1.115	3.437	
Arginine....g	1.705		0		1		1.449	4.467	
Histidine....g	0.924		0		1		0.785	2.421	
Alanine....g	1.627		0		1		1.383	4.263	
Aspartic acid....g	2.465		0		1		2.095	6.458	
Glutamic acid....g	4.053		0		1		3.445	10.619	
Glycine....g	1.472		0		1		1.251	3.857	
Proline....g	1.191		0		1		1.012	3.120	
Serine....g	1.032		0		1		0.877	2.704	
Hydroxyproline....g	0.283		0	BFPN	4		0.241	0.743	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13066

Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 262g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13067

Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled

URMIS #2399

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	63.33	0.309	10	PAK	1		53.83	245.07	
Energy kcal	202		0	NC	4		171	780	
Energy kJ	843		0	NC	4		717	3264	
Protein (N x 6.25) g	27.55	0.391	10	PAK	1		23.42	106.61	
Total lipid (fat) g	9.31	0.480	10	PAK	1		7.91	36.02	
Ash g	1.06	0.053	10	PAK	1		0.90	4.10	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	18		0	BFFN	4		15	68	
Iron, Fe mg	1.80		0	BFFN	4		1.53	6.97	
Magnesium, Mg mg	22		0	BFFN	4		18	84	
Phosphorus, P mg	201		0	BFFN	4		170	776	
Potassium, K mg	326		0	BFFN	4		277	1262	
Sodium, Na mg	53		0	BFFN	4		45	207	
Zinc, Zn mg	4.79		0	BFFN	4		4.07	18.55	
Copper, Cu mg	0.088		0	BFFN	4		0.074	0.339	
Manganese, Mn mg	0.009		0	BFFN	4		0.008	0.036	
Selenium, Se µg	28.9		0	BFFN	4		24.6	112.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.069		0	BFPN	4		0.058	0.265	
Riboflavin mg	0.121		0	BFPN	4		0.103	0.468	
Niacin mg	7.471		0	BFPN	4		6.350	28.912	
Pantothenic acid mg	0.542		0	BFPN	4		0.461	2.099	
Vitamin B-6 mg	0.549		0	BFPN	4		0.467	2.124	
Folate, total µg	9		0	BFPN	4		7	33	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	9		0	BFPN	4		7	33	
Folate, DFE µg	9		0	NC	4		7	33	
Choline, total mg	104.9		0	BFPN	4		89.2	406.0	
Betaine mg	13.8		0	BFPN	4		11.7	53.3	
Vitamin B-12 µg	1.82		0	BFPN	4		1.54	7.03	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.39		0	BFSN	4		0.33	1.51	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.4		0	BFSN	4		1.2	5.4	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13067

Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.840		0	NC	4		3.264	14.861	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.015		0	BFFN	4		0.013	0.057	
12:0....g	0.015		0	BFFN	4		0.013	0.057	
13:0....g									
14:0....g	0.275		0	BFFN	4		0.234	1.063	
15:0....g									
16:0....g	2.459		0	BFFN	4		2.090	9.515	
17:0....g									
18:0....g	1.077		0	BFFN	4		0.915	4.168	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.751		0	NC	4		3.188	14.516	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.342		0	BFFN	4		0.290	1.322	
17:1....g									
18:1 undifferentiated....g	3.395		0	BFFN	4		2.885	13.137	
20:1....g	0.015		0	BFFN	4		0.013	0.057	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.364		0	NC	4		0.309	1.408	
18:2 undifferentiated....g	0.223		0	BFFN	4		0.189	0.862	
18:3 undifferentiated....g	0.104		0	BFFN	4		0.088	0.402	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.037		0	BFFN	4		0.032	0.144	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	81		0	BFSN	4		69	315	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.181		0	PAK	1		0.154	0.701	
Threonine....g	1.100		0	PAK	1		0.935	4.259	
Isoleucine....g	1.253		0	PAK	1		1.065	4.850	
Leucine....g	2.191		0	PAK	1		1.863	8.481	
Lysine....g	2.328		0	PAK	1		1.979	9.010	
Methionine....g	0.717		0	PAK	1		0.610	2.776	
Cystine....g	0.355		0	PAK	1		0.302	1.376	
Phenylalanine....g	1.088		0	PAK	1		0.925	4.211	
Tyrosine....g	0.878		0	PAK	1		0.746	3.397	
Valine....g	1.367		0	PAK	1		1.162	5.289	
Arginine....g	1.781		0	PAK	1		1.514	6.894	
Histidine....g	0.879		0	PAK	1		0.747	3.402	
Alanine....g	1.675		0	PAK	1		1.424	6.481	
Aspartic acid....g	2.509		0	PAK	1		2.133	9.711	
Glutamic acid....g	4.136		0	PAK	1		3.515	16.005	
Glycine....g	1.677		0	PAK	1		1.426	6.491	
Proline....g	1.313		0	PAK	1		1.116	5.082	
Serine....g	1.085		0	PAK	1		0.922	4.200	
Hydroxyproline....g	0.289		0	BFPN	4		0.246	1.120	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13067

Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 387g: 1 steak (yield from 483 g raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13065

Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw

URMIS #2399

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	69.46	0.689	10	PAK	1		19.69	78.49	140.31
Energy kcal	165		0	NC	4		47	187	334
Energy kJ	692		0	NC	4		196	782	1398
Protein (N x 6.25) g	21.22	0.281	10	PAK	1		6.01	23.97	42.85
Total lipid (fat) g	8.29	0.772	10	PAK	1		2.35	9.37	16.75
Ash g	1.02	0.039	10	PAK	1		0.29	1.15	2.05
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total g	0.00		0	Z	7		0.00	0.00	0.00
Starch g									
Minerals:									
Calcium, Ca mg	27		0	BFFN	4		8	30	54
Iron, Fe mg	1.55		0	BFFN	4		0.44	1.75	3.14
Magnesium, Mg mg	22		0	BFFN	4		6	25	44
Phosphorus, P mg	193		0	BFFN	4		55	218	390
Potassium, K mg	330		0	BFFN	4		94	373	666
Sodium, Na mg	54		0	BFFN	4		15	61	109
Zinc, Zn mg	3.81		0	BFFN	4		1.08	4.30	7.69
Copper, Cu mg	0.071		0	BFFN	4		0.020	0.080	0.143
Manganese, Mn mg	0.013		0	BFFN	4		0.004	0.015	0.027
Selenium, Se µg	23.3		0	BFFN	4		6.6	26.3	47.1
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.056		0	BFPN	4		0.016	0.063	0.113
Riboflavin mg	0.090		0	BFPN	4		0.025	0.101	0.181
Niacin mg	6.842		0	BFPN	4		1.940	7.731	13.820
Pantothenic acid mg	0.619		0	BFPN	4		0.176	0.700	1.251
Vitamin B-6 mg	0.571		0	BFPN	4		0.162	0.646	1.154
Folate, total µg	12		0	BFPN	4		3	13	23
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	12		0	BFPN	4		3	13	23
Folate, DFE µg	12		0	NC	4		3	13	23
Choline, total mg	88.6		0	BFPN	4		25.1	100.1	179.0
Betaine mg	13.0		0	BFPN	4		3.7	14.7	26.3
Vitamin B-12 µg	1.18		0	BFPN	4		0.33	1.33	2.38
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	0		0	AS	1		0	0	0
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	0		0	AS	1		0	0	0
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.33		0	BFSN	4		0.09	0.37	0.66
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	0.00
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.0	0.1	0.2
Vitamin D IU	4		0	BFFN	4		1	5	9
Vitamin K (phylloquinone) µg	1.3		0	BFSN	4		0.4	1.5	2.6
Dihydrophylloquinone µg	0.0		0	Z	7		0.0	0.0	0.0
Menaquinone-4 µg									

NDB No. 13065

Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.443		0	NC	4		0.976	3.890	6.954
4:0....g	0.000		0	Z	7		0.000	0.000	0.000
6:0....g	0.000		0	Z	7		0.000	0.000	0.000
8:0....g	0.000		0	Z	7		0.000	0.000	0.000
10:0....g	0.016		0	BFFN	4		0.004	0.018	0.032
12:0....g	0.016		0	BFFN	4		0.004	0.018	0.032
13:0....g									
14:0....g	0.250		0	BFFN	4		0.071	0.282	0.505
15:0....g									
16:0....g	2.170		0	BFFN	4		0.615	2.452	4.384
17:0....g									
18:0....g	0.991		0	BFFN	4		0.281	1.120	2.003
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.380		0	NC	4		0.958	3.820	6.828
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.343		0	BFFN	4		0.097	0.388	0.694
17:1....g									
18:1 undifferentiated....g	3.029		0	BFFN	4		0.859	3.423	6.118
20:1....g	0.008		0	BFFN	4		0.002	0.009	0.016
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.335		0	NC	4		0.095	0.378	0.676
18:2 undifferentiated....g	0.195		0	BFFN	4		0.055	0.220	0.394
18:3 undifferentiated....g	0.094		0	BFFN	4		0.027	0.106	0.189
18:4....g	0.000		0	BFFN	4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.031		0	BFFN	4		0.009	0.035	0.063
20:5 n-3 (EPA)....g	0.002		15	AR	1		0.001	0.002	0.004
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.012		15	AR	1		0.003	0.014	0.024
22:6 n-3 (DHA)....g	0.001		15	AR	1		0.000	0.001	0.002
Fatty acids, total trans....g									
Cholesterol....mg	68		0	BFSN	4		19	77	137
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.139		0	PAK	1		0.040	0.158	0.282
Threonine....g	0.847		0	PAK	1		0.240	0.958	1.712
Isoleucine....g	0.965		0	PAK	1		0.274	1.091	1.950
Leucine....g	1.688		0	PAK	1		0.478	1.907	3.409
Lysine....g	1.793		0	PAK	1		0.508	2.026	3.622
Methionine....g	0.552		0	PAK	1		0.157	0.624	1.116
Cystine....g	0.274		0	PAK	1		0.078	0.309	0.553
Phenylalanine....g	0.838		0	PAK	1		0.238	0.947	1.693
Tyrosine....g	0.676		0	PAK	1		0.192	0.764	1.366
Valine....g	1.052		0	PAK	1		0.298	1.189	2.126
Arginine....g	1.372		0	PAK	1		0.389	1.550	2.771
Histidine....g	0.677		0	PAK	1		0.192	0.765	1.368
Alanine....g	1.290		0	PAK	1		0.366	1.457	2.605
Aspartic acid....g	1.932		0	PAK	1		0.548	2.184	3.904
Glutamic acid....g	3.185		0	PAK	1		0.903	3.599	6.433
Glycine....g	1.292		0	PAK	1		0.366	1.460	2.609
Proline....g	1.011		0	PAK	1		0.287	1.143	2.043
Serine....g	0.836		0	PAK	1		0.237	0.944	1.688
Hydroxyproline....g	0.223		0	BFPN	4		0.063	0.252	0.450
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 13065

Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

Measure 3 = 202g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13949

Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled

URMIS #1584

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	65.01	0.848	10	PAK	1		55.26	246.39	
Energy kcal	183		0	NC	4		156	694	
Energy kJ	766		0	NC	4		651	2904	
Protein (N x 6.25) g	27.78	0.541	10	PAK	1		23.61	105.29	
Total lipid (fat) g	7.15	0.614	10	PAK	1		6.08	27.11	
Ash g	1.13	0.025	10	PAK	1		0.96	4.27	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	22		0	BFFN	4		19	84	
Iron, Fe mg	1.68		0	BFFN	4		1.43	6.38	
Magnesium, Mg mg	24		0	BFFN	4		20	89	
Phosphorus, P mg	220		0	BFFN	4		187	835	
Potassium, K mg	351		0	BFFN	4		299	1331	
Sodium, Na mg	58		0	BFFN	4		50	221	
Zinc, Zn mg	5.01		0	BFFN	4		4.26	18.98	
Copper, Cu mg	0.076		0	BFFN	4		0.064	0.286	
Manganese, Mn mg	0.010		0	BFFN	4		0.008	0.036	
Selenium, Se µg	29.8		0	BFFN	4		25.3	113.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.081		0	BFPN	4		0.069	0.306	
Riboflavin mg	0.146		0	BFPN	4		0.124	0.551	
Niacin mg	7.256		0	BFPN	4		6.168	27.502	
Pantothenic acid mg	0.548		0	BFPN	4		0.466	2.078	
Vitamin B-6 mg	0.609		0	BFPN	4		0.517	2.307	
Folate, total µg	9		0	BFPN	4		7	33	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	9		0	BFPN	4		7	33	
Folate, DFE µg	9		0	NC	4		7	33	
Choline, total mg	105.8		0	BFPN	4		89.9	401.0	
Betaine mg	13.9		0	BFPN	4		11.8	52.7	
Vitamin B-12 µg	1.44		0	BFPN	4		1.22	5.45	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.37		0	BFSN	4		0.32	1.41	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.3		0	BFSN	4		1.1	5.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13949

Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.951		0	NC	4		2.508	11.184	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.011		0	BFFN	4		0.010	0.043	
12:0....g	0.011		0	BFFN	4		0.010	0.043	
13:0....g									
14:0....g	0.211		0	BFFN	4		0.179	0.800	
15:0....g									
16:0....g	1.889		0	BFFN	4		1.606	7.160	
17:0....g									
18:0....g	0.828		0	BFFN	4		0.703	3.137	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.882		0	NC	4		2.450	10.924	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.263		0	BFFN	4		0.223	0.995	
17:1....g									
18:1 undifferentiated....g	2.609		0	BFFN	4		2.217	9.886	
20:1....g	0.011		0	BFFN	4		0.010	0.043	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.280		0	NC	4		0.238	1.060	
18:2 undifferentiated....g	0.171		0	BFFN	4		0.146	0.649	
18:3 undifferentiated....g	0.080		0	BFFN	4		0.068	0.303	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.029		0	BFFN	4		0.024	0.108	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	78		0	BFSN	4		66	294	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.183		0	PAK	1		0.155	0.692	
Threonine....g	1.110		0	PAK	1		0.943	4.206	
Isoleucine....g	1.264		0	PAK	1		1.074	4.790	
Leucine....g	2.210		0	PAK	1		1.878	8.375	
Lysine....g	2.348		0	PAK	1		1.996	8.898	
Methionine....g	0.723		0	PAK	1		0.615	2.742	
Cystine....g	0.359		0	PAK	1		0.305	1.359	
Phenylalanine....g	1.097		0	PAK	1		0.933	4.159	
Tyrosine....g	0.885		0	PAK	1		0.752	3.355	
Valine....g	1.378		0	PAK	1		1.171	5.223	
Arginine....g	1.796		0	PAK	1		1.527	6.808	
Histidine....g	0.887		0	PAK	1		0.754	3.360	
Alanine....g	1.689		0	PAK	1		1.436	6.401	
Aspartic acid....g	2.530		0	PAK	1		2.151	9.591	
Glutamic acid....g	4.171		0	PAK	1		3.545	15.806	
Glycine....g	1.692		0	PAK	1		1.438	6.411	
Proline....g	1.324		0	PAK	1		1.126	5.019	
Serine....g	1.094		0	PAK	1		0.930	4.148	
Hydroxyproline....g	0.292		0	BFPN	4		0.248	1.106	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13949

Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 379g: 1 steak (yield from 467 g raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13971

Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, raw

URMIS #1584

Refuse: 1% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	71.99	0.537	10	PAK	1		61.19	124.55	
Energy kcal	145		0	NC	4		123	251	
Energy kJ	608		0	NC	4		517	1051	
Protein (N x 6.25) g	21.22	0.311	10	PAK	1		18.04	36.71	
Total lipid (fat) g	6.06	0.395	10	PAK	1		5.15	10.48	
Ash g	0.98	0.026	10	PAK	1		0.84	1.70	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	24		0	BFFN	4		20	42	
Iron, Fe mg	1.54		0	BFFN	4		1.31	2.66	
Magnesium, Mg mg	22		0	BFFN	4		18	38	
Phosphorus, P mg	197		0	BFFN	4		168	341	
Potassium, K mg	326		0	BFFN	4		277	565	
Sodium, Na mg	54		0	BFFN	4		46	94	
Zinc, Zn mg	3.60		0	BFFN	4		3.06	6.23	
Copper, Cu mg	0.074		0	BFFN	4		0.063	0.128	
Manganese, Mn mg	0.010		0	BFFN	4		0.008	0.017	
Selenium, Se µg	24.5		0	BFFN	4		20.9	42.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.076		0	BFPN	4		0.064	0.131	
Riboflavin mg	0.115		0	BFPN	4		0.098	0.199	
Niacin mg	5.671		0	BFPN	4		4.820	9.810	
Pantothenic acid mg	0.601		0	BFPN	4		0.511	1.040	
Vitamin B-6 mg	0.586		0	BFPN	4		0.498	1.014	
Folate, total µg	11		0	BFPN	4		10	19	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	11		0	BFPN	4		10	19	
Folate, DFE µg	11		0	NC	4		10	19	
Choline, total mg	88.6		0	BFPN	4		75.3	153.3	
Betaine mg	13.0		0	BFPN	4		11.1	22.5	
Vitamin B-12 µg	1.01		0	BFPN	4		0.86	1.74	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.30		0	BFSN	4		0.25	0.52	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.2		0	BFSN	4		1.0	2.1	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13971

Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.514		0	NC	4		2.137	4.350	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.011		0	BFFN	4		0.010	0.020	
12:0....g	0.011		0	BFFN	4		0.010	0.020	
13:0....g									
14:0....g	0.182		0	BFFN	4		0.155	0.316	
15:0....g									
16:0....g	1.585		0	BFFN	4		1.347	2.742	
17:0....g									
18:0....g	0.724		0	BFFN	4		0.615	1.253	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.469		0	NC	4		2.098	4.271	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.251		0	BFFN	4		0.213	0.434	
17:1....g									
18:1 undifferentiated....g	2.212		0	BFFN	4		1.880	3.827	
20:1....g	0.006		0	BFFN	4		0.005	0.010	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.234		0	NC	4		0.199	0.404	
18:2 undifferentiated....g	0.143		0	BFFN	4		0.121	0.247	
18:3 undifferentiated....g	0.068		0	BFFN	4		0.058	0.118	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.023		0	BFFN	4		0.019	0.039	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	62		0	BFSN	4		53	107	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.139		0	PAK	1		0.119	0.241	
Threonine....g	0.848		0	PAK	1		0.721	1.467	
Isoleucine....g	0.965		0	PAK	1		0.821	1.670	
Leucine....g	1.688		0	PAK	1		1.435	2.920	
Lysine....g	1.793		0	PAK	1		1.524	3.103	
Methionine....g	0.553		0	PAK	1		0.470	0.956	
Cystine....g	0.274		0	PAK	1		0.233	0.474	
Phenylalanine....g	0.838		0	PAK	1		0.712	1.450	
Tyrosine....g	0.676		0	PAK	1		0.575	1.170	
Valine....g	1.053		0	PAK	1		0.895	1.821	
Arginine....g	1.372		0	PAK	1		1.166	2.374	
Histidine....g	0.677		0	PAK	1		0.576	1.172	
Alanine....g	1.290		0	PAK	1		1.097	2.232	
Aspartic acid....g	1.933		0	PAK	1		1.643	3.344	
Glutamic acid....g	3.186		0	PAK	1		2.708	5.511	
Glycine....g	1.292		0	PAK	1		1.098	2.235	
Proline....g	1.012		0	PAK	1		0.860	1.750	
Serine....g	0.836		0	PAK	1		0.711	1.446	
Hydroxyproline....g	0.223		0	BFPN	4		0.190	0.386	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13971

Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 173g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23654

Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Refuse: 1% Separable fat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	64.79	0.501	20	A	1		55.07	248.13	
Energy kcal	186		0	NC	4		158	712	
Energy kJ	777		0	NC	4		661	2978	
Protein (N x 6.25) g	27.89	0.320	20	A	1		23.71	106.81	
Total lipid (fat) g	7.40	0.430	20	A	1		6.29	28.33	
Ash g	1.10	0.030	20	A	1		0.94	4.22	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	18		0	BFNN	4		15	68	
Iron, Fe mg	1.74		0	BFNN	4		1.48	6.68	
Magnesium, Mg mg	23		0	BFNN	4		20	90	
Phosphorus, P mg	217		0	BFNN	4		185	832	
Potassium, K mg	350		0	BFNN	4		298	1341	
Sodium, Na mg	57		0	BFNN	4		48	218	
Zinc, Zn mg	5.09		0	BFNN	4		4.32	19.48	
Copper, Cu mg	0.081		0	BFNN	4		0.069	0.310	
Manganese, Mn mg	0.010		0	BFNN	4		0.009	0.039	
Selenium, Se µg	31.9		0	BFNN	4		27.1	122.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.076		0	BFPN	4		0.065	0.291	
Riboflavin mg	0.141		0	BFPN	4		0.120	0.541	
Niacin mg	7.981		0	BFPN	4		6.784	30.566	
Pantothenic acid mg	0.549		0	BFPN	4		0.466	2.102	
Vitamin B-6 mg	0.599		0	BFPN	4		0.509	2.292	
Folate, total µg	9		0	BFPN	4		8	36	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	9		0	BFPN	4		8	36	
Folate, DFE µg	9		0	NC	4		8	36	
Choline, total mg	106.2		0	BFPN	4		90.3	406.8	
Betaine mg	14.0		0	BFPN	4		11.9	53.4	
Vitamin B-12 µg	1.60		0	BFPN	4		1.36	6.11	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.38		0	BFSN	4		0.32	1.44	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.3		0	BFSN	4		1.1	5.1	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23654

Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.070		0	NC	4		2.610	11.758	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.007		0	BFFN	4		0.006	0.028	
12:0....g	0.007		0	BFFN	4		0.006	0.028	
13:0....g									
14:0....g	0.212		0	BFFN	4		0.180	0.812	
15:0....g									
16:0....g	1.974		0	BFFN	4		1.678	7.559	
17:0....g									
18:0....g	0.870		0	BFFN	4		0.739	3.332	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.917		0	NC	4		2.479	11.171	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.256		0	BFFN	4		0.217	0.980	
17:1....g									
18:1 undifferentiated....g	2.654		0	BFFN	4		2.256	10.163	
20:1....g	0.007		0	BFFN	4		0.006	0.028	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.292		0	NC	4		0.248	1.120	
18:2 undifferentiated....g	0.183		0	BFFN	4		0.155	0.700	
18:3 undifferentiated....g	0.073		0	BFFN	4		0.062	0.280	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.037		0	BFFN	4		0.031	0.140	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	78		0	BFSN	4		66	299	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.183		0	A	1		0.156	0.702	
Threonine....g	1.114		0	A	1		0.947	4.267	
Isoleucine....g	1.269		0	A	1		1.078	4.860	
Leucine....g	2.218		0	A	1		1.886	8.497	
Lysine....g	2.357		0	A	1		2.003	9.027	
Methionine....g	0.726		0	A	1		0.617	2.782	
Cystine....g	0.360		0	A	1		0.306	1.378	
Phenylalanine....g	1.102		0	A	1		0.936	4.219	
Tyrosine....g	0.889		0	A	1		0.755	3.404	
Valine....g	1.384		0	A	1		1.176	5.299	
Arginine....g	1.803		0	A	1		1.533	6.907	
Histidine....g	0.890		0	A	1		0.757	3.409	
Alanine....g	1.695		0	A	1		1.441	6.494	
Aspartic acid....g	2.540		0	A	1		2.159	9.729	
Glutamic acid....g	4.187		0	A	1		3.559	16.035	
Glycine....g	1.698		0	A	1		1.443	6.504	
Proline....g	1.330		0	A	1		1.130	5.092	
Serine....g	1.099		0	A	1		0.934	4.208	
Hydroxyproline....g	0.293		0	BFPN	4		0.249	1.122	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 23654

Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 383g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23656

Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw

Refuse: 3% Separable fat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	72.08	0.435	20	A	1		61.26	135.50	
Energy kcal	141		0	NC	4		120	266	
Energy kJ	592		0	NC	4		503	1113	
Protein (N x 6.25) g	21.57	0.222	20	A	1		18.34	40.56	
Total lipid (fat) g	5.47	0.354	20	A	1		4.65	10.28	
Ash g	1.02	0.023	20	A	1		0.87	1.92	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	24		0	BFNN	4		20	45	
Iron, Fe mg	1.57		0	BFNN	4		1.34	2.96	
Magnesium, Mg mg	23		0	BFNN	4		19	43	
Phosphorus, P mg	202		0	BFNN	4		172	381	
Potassium, K mg	340		0	BFNN	4		289	640	
Sodium, Na mg	55		0	BFNN	4		46	103	
Zinc, Zn mg	3.94		0	BFNN	4		3.35	7.40	
Copper, Cu mg	0.073		0	BFNN	4		0.062	0.137	
Manganese, Mn mg	0.013		0	BFNN	4		0.011	0.024	
Selenium, Se µg	26.4		0	BFNN	4		22.5	49.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.066		0	BFPN	4		0.056	0.125	
Riboflavin mg	0.108		0	BFPN	4		0.092	0.204	
Niacin mg	6.683		0	BFPN	4		5.681	12.564	
Pantothenic acid mg	0.638		0	BFPN	4		0.542	1.199	
Vitamin B-6 mg	0.604		0	BFPN	4		0.513	1.136	
Folate, total µg	13		0	BFPN	4		11	24	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	13		0	BFPN	4		11	24	
Folate, DFE µg	13		0	NC	4		11	24	
Choline, total mg	90.1		0	BFPN	4		76.6	169.4	
Betaine mg	13.3		0	BFPN	4		11.3	24.9	
Vitamin B-12 µg	1.06		0	BFPN	4		0.90	1.99	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.30		0	BFSN	4		0.25	0.56	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.2		0	BFSN	4		1.0	2.2	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23656

Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.058		0	NC	4		1.749	3.868	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.007		0	BFFN	4		0.006	0.012	
12:0....g	0.007		0	BFFN	4		0.006	0.012	
13:0....g									
14:0....g	0.140		0	BFFN	4		0.119	0.263	
15:0....g									
16:0....g	1.325		0	BFFN	4		1.127	2.492	
17:0....g									
18:0....g	0.579		0	BFFN	4		0.492	1.089	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.951		0	NC	4		1.659	3.668	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.167		0	BFFN	4		0.142	0.313	
17:1....g									
18:1 undifferentiated....g	1.778		0	BFFN	4		1.511	3.343	
20:1....g	0.007		0	BFFN	4		0.006	0.012	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.193		0	NC	4		0.164	0.363	
18:2 undifferentiated....g	0.120		0	BFFN	4		0.102	0.225	
18:3 undifferentiated....g	0.047		0	BFFN	4		0.040	0.088	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.027		0	BFFN	4		0.023	0.050	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	62		0	BFSN	4		53	116	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.142		0	A	1		0.121	0.267	
Threonine....g	0.862		0	A	1		0.733	1.620	
Isoleucine....g	0.982		0	A	1		0.834	1.845	
Leucine....g	1.716		0	A	1		1.459	3.226	
Lysine....g	1.823		0	A	1		1.550	3.428	
Methionine....g	0.562		0	A	1		0.478	1.056	
Cystine....g	0.278		0	A	1		0.237	0.523	
Phenylalanine....g	0.852		0	A	1		0.724	1.602	
Tyrosine....g	0.687		0	A	1		0.584	1.292	
Valine....g	1.070		0	A	1		0.910	2.012	
Arginine....g	1.395		0	A	1		1.186	2.623	
Histidine....g	0.689		0	A	1		0.585	1.294	
Alanine....g	1.312		0	A	1		1.115	2.466	
Aspartic acid....g	1.965		0	A	1		1.670	3.695	
Glutamic acid....g	3.239		0	A	1		2.753	6.089	
Glycine....g	1.314		0	A	1		1.117	2.470	
Proline....g	1.029		0	A	1		0.874	1.934	
Serine....g	0.850		0	A	1		0.722	1.598	
Hydroxyproline....g	0.227		0	BFPN	4		0.193	0.426	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 23656

Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 188g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13069

Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised

URMIS #2399

Refuse: 8% Connective tissue, 2%, separable fat, 6%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	57.27	0.014	11		1		48.68	140.88	
Energy kcal	237		0	NC	4		201	583	
Energy kJ	992		0		4		843	2439	
Protein (N x 6.25) g	28.02	0.588	11		1		23.82	68.93	
Total lipid (fat) g	13.00	0.996	11		1		11.05	31.98	
Ash g	2.14	0.000	7		1		1.82	5.26	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	6		1		1		5	15	
Iron, Fe mg	3.47		1		1		2.95	8.54	
Magnesium, Mg mg	24		1		1		20	59	
Phosphorus, P mg	267		1		1		227	657	
Potassium, K mg	351		1		1		298	863	
Sodium, Na mg	72		1		1		61	177	
Zinc, Zn mg	6.05		1		1		5.14	14.88	
Copper, Cu mg	0.124		1		1		0.105	0.305	
Manganese, Mn mg	0.019		1		1		0.016	0.047	
Selenium, Se µg	30.8		0	BFYN	4		26.2	75.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.140	0.061	7		1		0.119	0.344	
Riboflavin mg	0.190	0.200	7		1		0.162	0.467	
Niacin mg	4.600	0.212	7		1		3.910	11.316	
Pantothenic acid mg	0.380		1		1		0.323	0.935	
Vitamin B-6 mg	0.360	0.049	7		1		0.306	0.886	
Folate, total µg	9		1		1		8	22	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	9		1		1		8	22	
Folate, DFE µg	9		0	NC	4		8	22	
Choline, total mg	106.7		0	BFPN	4		90.7	262.5	
Betaine mg	14.0		0	BFPN	4		11.9	34.5	
Vitamin B-12 µg	3.41		1		1		2.90	8.39	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	NR	4		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0		1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.14		0	NR	4		0.12	0.34	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	AS	1		0.2	0.5	
Vitamin D IU	8		0	BFFN	4		7	21	
Vitamin K (phylloquinone) µg	1.6		0	BFSN	4		1.4	4.0	
Dihydrophylloquinone µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4 µg									

NDB No. 13069

Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	5.540		0		1		4.709	13.628	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.010		1		1		0.009	0.025	
12:0....g	0.010		1		1		0.009	0.025	
13:0....g									
14:0....g	0.420		1		1		0.357	1.033	
15:0....g									
16:0....g	3.200		1		1		2.720	7.872	
17:0....g									
18:0....g	1.710		1		1		1.454	4.207	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.440		0		1		4.624	13.382	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.480		1		1		0.408	1.181	
17:1....g									
18:1 undifferentiated....g	4.850		1		1		4.123	11.931	
20:1....g	0.010		1		1		0.009	0.025	
22:1 undifferentiated....g	0.000		1		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.390		0		1		0.332	0.959	
18:2 undifferentiated....g	0.280		1		1		0.238	0.689	
18:3 undifferentiated....g	0.090		1		1		0.077	0.221	
18:4....g	0.000		1		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.020		1		1		0.017	0.049	
20:5 n-3 (EPA)....g	0.003		18	AR	1		0.003	0.007	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.015		18	AR	1		0.013	0.037	
22:6 n-3 (DHA)....g	0.001		18	AR	1		0.001	0.002	
Fatty acids, total trans....g									
Cholesterol....mg	71	8.185	6		1		60	175	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.184		0	NR	4		0.157	0.453	
Threonine....g	1.119		0	NR	4		0.951	2.754	
Isoleucine....g	1.275		0	NR	4		1.084	3.136	
Leucine....g	2.229		0	NR	4		1.895	5.483	
Lysine....g	2.368		0	NR	4		2.013	5.825	
Methionine....g	0.730		0	NR	4		0.620	1.795	
Cystine....g	0.362		0	NR	4		0.307	0.890	
Phenylalanine....g	1.107		0	NR	4		0.941	2.723	
Tyrosine....g	0.893		0	NR	4		0.759	2.196	
Valine....g	1.390		0	NR	4		1.182	3.420	
Arginine....g	1.812		0	NR	4		1.540	4.457	
Histidine....g	0.894		0	NR	4		0.760	2.200	
Alanine....g	1.703		0	NR	4		1.448	4.191	
Aspartic acid....g	2.552		0	NR	4		2.169	6.279	
Glutamic acid....g	4.206		0	NR	4		3.575	10.348	
Glycine....g	1.706		0	NR	4		1.450	4.197	
Proline....g	1.336		0	NR	4		1.135	3.286	
Serine....g	1.104		0	NR	4		0.938	2.715	
Hydroxyproline....g	0.294		0	BFPN	4		0.250	0.724	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13069

Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 246g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13070

Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled

URMIS #2399

Refuse: 2% Separable fat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	64.06	0.417	10	A	1		54.45	247.90	
Energy kcal	194		0	NC	4		165	750	
Energy kJ	811		0	NC	4		689	3138	
Protein (N x 6.25) g	27.82	0.387	10	A	1		23.65	107.66	
Total lipid (fat) g	8.32	0.515	10	A	1		7.07	32.19	
Ash g	1.07	0.053	10	A	1		0.91	4.13	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	15		0	BFNN	4		13	59	
Iron, Fe mg	1.84		0	BFNN	4		1.57	7.14	
Magnesium, Mg mg	23		0	BFNN	4		20	89	
Phosphorus, P mg	211		0	BFNN	4		179	817	
Potassium, K mg	338		0	BFNN	4		287	1308	
Sodium, Na mg	56		0	BFNN	4		48	217	
Zinc, Zn mg	5.11		0	BFNN	4		4.34	19.77	
Copper, Cu mg	0.086		0	BFNN	4		0.073	0.332	
Manganese, Mn mg	0.010		0	BFNN	4		0.009	0.039	
Selenium, Se µg	31.2		0	BFNN	4		26.6	120.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.074		0	BFPN	4		0.063	0.285	
Riboflavin mg	0.142		0	BFPN	4		0.121	0.551	
Niacin mg	8.208		0	BFPN	4		6.976	31.763	
Pantothenic acid mg	0.546		0	BFPN	4		0.464	2.115	
Vitamin B-6 mg	0.579		0	BFPN	4		0.492	2.241	
Folate, total µg	9		0	BFPN	4		8	36	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	9		0	BFPN	4		8	36	
Folate, DFE µg	9		0	NC	4		8	36	
Choline, total mg	106.0		0	BFPN	4		90.1	410.0	
Betaine mg	13.9		0	BFPN	4		11.8	53.9	
Vitamin B-12 µg	1.74		0	BFPN	4		1.48	6.72	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.38		0	BFSN	4		0.33	1.48	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.4		0	BFSN	4		1.2	5.3	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13070

Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.452		0	NC	4		2.934	13.359	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.008		0	BFFN	4		0.007	0.032	
12:0....g	0.008		0	BFFN	4		0.007	0.032	
13:0....g									
14:0....g	0.238		0	BFFN	4		0.203	0.922	
15:0....g									
16:0....g	2.219		0	BFFN	4		1.886	8.588	
17:0....g									
18:0....g	0.978		0	BFFN	4		0.831	3.785	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.279		0	NC	4		2.787	12.691	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.288		0	BFFN	4		0.244	1.113	
17:1....g									
18:1 undifferentiated....g	2.984		0	BFFN	4		2.536	11.547	
20:1....g	0.008		0	BFFN	4		0.007	0.032	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.329		0	NC	4		0.279	1.271	
18:2 undifferentiated....g	0.205		0	BFFN	4		0.175	0.795	
18:3 undifferentiated....g	0.082		0	BFFN	4		0.070	0.318	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.041		0	BFFN	4		0.035	0.159	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	80		0	BFSN	4		68	308	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.183		0	A	1		0.155	0.708	
Threonine....g	1.111		0	A	1		0.945	4.301	
Isoleucine....g	1.266		0	A	1		1.076	4.898	
Leucine....g	2.213		0	A	1		1.881	8.564	
Lysine....g	2.351		0	A	1		1.998	9.098	
Methionine....g	0.724		0	A	1		0.616	2.804	
Cystine....g	0.359		0	A	1		0.305	1.389	
Phenylalanine....g	1.099		0	A	1		0.934	4.252	
Tyrosine....g	0.886		0	A	1		0.753	3.431	
Valine....g	1.380		0	A	1		1.173	5.341	
Arginine....g	1.799		0	A	1		1.529	6.962	
Histidine....g	0.888		0	A	1		0.755	3.436	
Alanine....g	1.691		0	A	1		1.438	6.545	
Aspartic acid....g	2.534		0	A	1		2.154	9.806	
Glutamic acid....g	4.176		0	A	1		3.550	16.162	
Glycine....g	1.694		0	A	1		1.440	6.555	
Proline....g	1.326		0	A	1		1.127	5.132	
Serine....g	1.096		0	A	1		0.931	4.241	
Hydroxyproline....g	0.292		0	BFPN	4		0.248	1.131	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13070

Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 387g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13068

Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, raw

URMIS #2399

Refuse: 4% Bone and connective tissue, 0.2%, separable fat, 3.6%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	68.72	0.580	10	A	1		19.48	138.82	
Energy kcal	149		0	NC	4		42	302	
Energy kJ	625		0	NC	4		177	1263	
Protein (N x 6.25) g	21.72	0.327	10	A	1		6.16	43.86	
Total lipid (fat) g	6.29	0.542	10	A	1		1.78	12.71	
Ash g	0.99	0.038	10	A	1		0.28	2.01	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	28		0	BFNN	4		8	57	
Iron, Fe mg	1.62		0	BFNN	4		0.46	3.28	
Magnesium, Mg mg	23		0	BFNN	4		7	47	
Phosphorus, P mg	204		0	BFNN	4		58	411	
Potassium, K mg	340		0	BFNN	4		96	687	
Sodium, Na mg	57		0	BFNN	4		16	114	
Zinc, Zn mg	4.12		0	BFNN	4		1.17	8.33	
Copper, Cu mg	0.072		0	BFNN	4		0.020	0.146	
Manganese, Mn mg	0.014		0	BFNN	4		0.004	0.028	
Selenium, Se µg	25.4		0	BFNN	4		7.2	51.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.060		0	BFPN	4		0.017	0.121	
Riboflavin mg	0.106		0	BFPN	4		0.030	0.215	
Niacin mg	7.353		0	BFPN	4		2.085	14.853	
Pantothenic acid mg	0.647		0	BFPN	4		0.183	1.306	
Vitamin B-6 mg	0.596		0	BFPN	4		0.169	1.204	
Folate, total µg	13		0	BFPN	4		4	26	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	13		0	BFPN	4		4	26	
Folate, DFE µg	13		0	NC	4		4	26	
Choline, total mg	90.7		0	BFPN	4		25.7	183.2	
Betaine mg	13.3		0	BFPN	4		3.8	26.9	
Vitamin B-12 µg	1.18		0	BFPN	4		0.33	2.38	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.31		0	BFSN	4		0.09	0.62	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.0	0.2	
Vitamin D IU	3		0	BFFN	4		1	7	
Vitamin K (phylloquinone) µg	1.2		0	BFSN	4		0.3	2.5	
Dihydrophylloquinone µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4 µg									

NDB No. 13068

Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.612		0	NC	4		0.741	5.276	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.008		0	BFFN	4		0.002	0.017	
12:0....g	0.008		0	BFFN	4		0.002	0.017	
13:0....g									
14:0....g	0.178		0	BFFN	4		0.050	0.359	
15:0....g									
16:0....g	1.682		0	BFFN	4		0.477	3.398	
17:0....g									
18:0....g	0.736		0	BFFN	4		0.209	1.486	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.477		0	NC	4		0.702	5.003	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.211		0	BFFN	4		0.060	0.427	
17:1....g									
18:1 undifferentiated....g	2.257		0	BFFN	4		0.640	4.560	
20:1....g	0.008		0	BFFN	4		0.002	0.017	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.259		0	NC	4		0.073	0.523	
18:2 undifferentiated....g	0.152		0	BFFN	4		0.043	0.307	
18:3 undifferentiated....g	0.059		0	BFFN	4		0.017	0.119	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.034		0	BFFN	4		0.010	0.068	
20:5 n-3 (EPA)....g	0.002		15	AR	1		0.001	0.004	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.011		15	AR	1		0.003	0.022	
22:6 n-3 (DHA)....g	0.001		15	AR	1		0.000	0.002	
Fatty acids, total trans....g									
Cholesterol....mg	69		0	BFSN	4		20	140	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.143		0	A	1		0.040	0.288	
Threonine....g	0.867		0	A	1		0.246	1.752	
Isoleucine....g	0.988		0	A	1		0.280	1.996	
Leucine....g	1.727		0	A	1		0.490	3.489	
Lysine....g	1.835		0	A	1		0.520	3.707	
Methionine....g	0.565		0	A	1		0.160	1.142	
Cystine....g	0.280		0	A	1		0.079	0.566	
Phenylalanine....g	0.858		0	A	1		0.243	1.733	
Tyrosine....g	0.692		0	A	1		0.196	1.398	
Valine....g	1.077		0	A	1		0.305	2.176	
Arginine....g	1.404		0	A	1		0.398	2.836	
Histidine....g	0.693		0	A	1		0.196	1.400	
Alanine....g	1.320		0	A	1		0.374	2.667	
Aspartic acid....g	1.978		0	A	1		0.561	3.996	
Glutamic acid....g	3.260		0	A	1		0.924	6.585	
Glycine....g	1.322		0	A	1		0.375	2.671	
Proline....g	1.035		0	A	1		0.293	2.091	
Serine....g	0.855		0	A	1		0.243	1.728	
Hydroxyproline....g	0.228		0	BFPN	4		0.065	0.461	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13068

Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 202g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23655

Beef, flank, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled

URMIS #1584

Refuse: 1% Separable fat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	65.51	0.876	10	A	1		55.69	248.29	
Energy kcal	178		0	NC	4		151	674	
Energy kJ	744		0	NC	4		632	2820	
Protein (N x 6.25) g	27.96	0.530	10	A	1		23.77	105.96	
Total lipid (fat) g	6.48	0.571	10	A	1		5.51	24.55	
Ash g	1.13	0.026	10	A	1		0.96	4.30	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	20		0	BFNN	4		17	76	
Iron, Fe mg	1.71		0	BFNN	4		1.45	6.48	
Magnesium, Mg mg	24		0	BFNN	4		20	91	
Phosphorus, P mg	226		0	BFNN	4		192	856	
Potassium, K mg	365		0	BFNN	4		311	1385	
Sodium, Na mg	59		0	BFNN	4		50	223	
Zinc, Zn mg	5.09		0	BFNN	4		4.33	19.29	
Copper, Cu mg	0.076		0	BFNN	4		0.064	0.287	
Manganese, Mn mg	0.010		0	BFNN	4		0.009	0.038	
Selenium, Se µg	34.7		0	BFNN	4		29.5	131.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.080		0	BFPN	4		0.068	0.302	
Riboflavin mg	0.148		0	BFPN	4		0.126	0.561	
Niacin mg	8.171		0	BFPN	4		6.945	30.968	
Pantothenic acid mg	0.551		0	BFPN	4		0.468	2.088	
Vitamin B-6 mg	0.618		0	BFPN	4		0.525	2.341	
Folate, total µg	9		0	BFPN	4		8	36	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	9		0	BFPN	4		8	36	
Folate, DFE µg	9		0	NC	4		8	36	
Choline, total mg	106.5		0	BFPN	4		90.5	403.6	
Betaine mg	14.0		0	BFPN	4		11.9	53.0	
Vitamin B-12 µg	1.34		0	BFPN	4		1.14	5.06	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.37		0	BFSN	4		0.31	1.39	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.3		0	BFSN	4		1.1	5.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23655

Beef, flank, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.688		0	NC	4		2.285	10.189	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.006		0	BFFN	4		0.005	0.024	
12:0....g	0.006		0	BFFN	4		0.005	0.024	
13:0....g									
14:0....g	0.186		0	BFFN	4		0.158	0.703	
15:0....g									
16:0....g	1.728		0	BFFN	4		1.469	6.550	
17:0....g									
18:0....g	0.762		0	BFFN	4		0.647	2.887	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.554		0	NC	4		2.171	9.680	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.224		0	BFFN	4		0.190	0.849	
17:1....g									
18:1 undifferentiated....g	2.324		0	BFFN	4		1.975	8.806	
20:1....g	0.006		0	BFFN	4		0.005	0.024	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.256		0	NC	4		0.218	0.970	
18:2 undifferentiated....g	0.160		0	BFFN	4		0.136	0.606	
18:3 undifferentiated....g	0.064		0	BFFN	4		0.054	0.243	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.032		0	BFFN	4		0.027	0.121	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	76		0	BFSN	4		65	290	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.184		0	A	1		0.156	0.696	
Threonine....g	1.117		0	A	1		0.949	4.233	
Isoleucine....g	1.272		0	A	1		1.081	4.821	
Leucine....g	2.224		0	A	1		1.890	8.429	
Lysine....g	2.363		0	A	1		2.008	8.955	
Methionine....g	0.728		0	A	1		0.619	2.759	
Cystine....g	0.361		0	A	1		0.307	1.367	
Phenylalanine....g	1.104		0	A	1		0.939	4.185	
Tyrosine....g	0.891		0	A	1		0.757	3.377	
Valine....g	1.387		0	A	1		1.179	5.257	
Arginine....g	1.808		0	A	1		1.537	6.852	
Histidine....g	0.892		0	A	1		0.758	3.382	
Alanine....g	1.700		0	A	1		1.445	6.442	
Aspartic acid....g	2.547		0	A	1		2.165	9.652	
Glutamic acid....g	4.197		0	A	1		3.568	15.908	
Glycine....g	1.702		0	A	1		1.447	6.452	
Proline....g	1.333		0	A	1		1.133	5.052	
Serine....g	1.101		0	A	1		0.936	4.174	
Hydroxyproline....g	0.294		0	BFPN	4		0.250	1.113	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 23655

Beef, flank, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 379g: 1 steak (yield from 467 g raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23657

Beef, flank, steak, separable lean only, trimmed to 0" fat, select, raw

URMIS #1584

Refuse: 2% Bone and connective tissue 1%, sep fat 1%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	72.84	0.575	10	A	1		61.92	126.02	
Energy kcal	137		0	NC	4		116	236	
Energy kJ	571		0	NC	4		486	989	
Protein (N x 6.25) g	21.43	0.312	10	A	1		18.22	37.08	
Total lipid (fat) g	5.00	0.430	10	A	1		4.25	8.64	
Ash g	0.99	0.026	10	A	1		0.85	1.72	
Carbohydrate, by difference g	0.00		0	NR	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	21		0	BFNN	4		18	37	
Iron, Fe mg	1.54		0	BFNN	4		1.31	2.67	
Magnesium, Mg mg	22		0	BFNN	4		19	39	
Phosphorus, P mg	202		0	BFNN	4		172	350	
Potassium, K mg	341		0	BFNN	4		290	590	
Sodium, Na mg	53		0	BFNN	4		45	92	
Zinc, Zn mg	3.83		0	BFNN	4		3.25	6.62	
Copper, Cu mg	0.073		0	BFNN	4		0.062	0.127	
Manganese, Mn mg	0.011		0	BFNN	4		0.009	0.019	
Selenium, Se µg	29.5		0	BFNN	4		25.0	51.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.072		0	BFPN	4		0.061	0.125	
Riboflavin mg	0.115		0	BFPN	4		0.098	0.199	
Niacin mg	6.227		0	BFPN	4		5.293	10.773	
Pantothenic acid mg	0.630		0	BFPN	4		0.535	1.089	
Vitamin B-6 mg	0.605		0	BFPN	4		0.514	1.046	
Folate, total µg	13		0	BFPN	4		11	22	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	13		0	BFPN	4		11	22	
Folate, DFE µg	13		0	NC	4		11	22	
Choline, total mg	89.5		0	BFPN	4		76.1	154.9	
Betaine mg	13.2		0	BFPN	4		11.2	22.8	
Vitamin B-12 µg	0.91		0	BFPN	4		0.77	1.57	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.29		0	BFSN	4		0.25	0.50	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.2		0	BFSN	4		1.0	2.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23657

Beef, flank, steak, separable lean only, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.074		0	NC	4		1.763	3.589	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.007		0	BFFN	4		0.006	0.012	
12:0....g	0.007		0	BFFN	4		0.006	0.012	
13:0....g									
14:0....g	0.141		0	BFFN	4		0.120	0.244	
15:0....g									
16:0....g	1.336		0	BFFN	4		1.136	2.311	
17:0....g									
18:0....g	0.584		0	BFFN	4		0.496	1.010	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.967		0	NC	4		1.672	3.403	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.168		0	BFFN	4		0.143	0.290	
17:1....g									
18:1 undifferentiated....g	1.793		0	BFFN	4		1.524	3.101	
20:1....g	0.007		0	BFFN	4		0.006	0.012	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.195		0	NC	4		0.165	0.336	
18:2 undifferentiated....g	0.121		0	BFFN	4		0.103	0.209	
18:3 undifferentiated....g	0.047		0	BFFN	4		0.040	0.081	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.027		0	BFFN	4		0.023	0.046	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	60		0	BFSN	4		51	104	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.141		0	A	1		0.120	0.244	
Threonine....g	0.856		0	A	1		0.728	1.481	
Isoleucine....g	0.975		0	A	1		0.829	1.687	
Leucine....g	1.705		0	A	1		1.449	2.950	
Lysine....g	1.811		0	A	1		1.540	3.134	
Methionine....g	0.558		0	A	1		0.474	0.966	
Cystine....g	0.277		0	A	1		0.235	0.479	
Phenylalanine....g	0.847		0	A	1		0.720	1.465	
Tyrosine....g	0.683		0	A	1		0.581	1.182	
Valine....g	1.063		0	A	1		0.904	1.840	
Arginine....g	1.386		0	A	1		1.178	2.398	
Histidine....g	0.684		0	A	1		0.581	1.183	
Alanine....g	1.303		0	A	1		1.108	2.254	
Aspartic acid....g	1.952		0	A	1		1.659	3.378	
Glutamic acid....g	3.218		0	A	1		2.735	5.567	
Glycine....g	1.305		0	A	1		1.109	2.258	
Proline....g	1.022		0	A	1		0.869	1.768	
Serine....g	0.844		0	A	1		0.718	1.461	
Hydroxyproline....g	0.225		0	BFPN	4		0.191	0.390	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 23657

Beef, flank, steak, separable lean only, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 173g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13047
Beef, grass-fed, ground, raw

Hamburger
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	67.13	0.473	42	A	1		57.06		
Energy kcal	198		0	NC	4		168		
Energy kJ	828		0	NC	4		704		
Protein (N x 6.25) g	19.42	0.150	42	A	1		16.51		
Total lipid (fat) g	12.73	0.585	42	A	1		10.82		
Ash g	1.71	0.086	42	A	1		1.45		
Carbohydrate, by difference g	0.00		0	NC	4		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	12	1.271	11	A	1		10		
Iron, Fe mg	1.99	0.065	11	A	1		1.69		
Magnesium, Mg mg	19	0.315	11	A	1		16		
Phosphorus, P mg	175	2.927	11	A	1		149		
Potassium, K mg	289	5.059	11	A	1		245		
Sodium, Na mg	68	1.723	11	A	1		58		
Zinc, Zn mg	4.55	0.118	11	A	1		3.87		
Copper, Cu mg	0.063	0.003	11	A	1		0.054		
Manganese, Mn mg	0.010	0.001	11	A	1		0.008		
Selenium, Se µg	14.2	3.583	11	A	1		12.1		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.049	0.001	11	A	1		0.042		
Riboflavin mg	0.154		0	NR	4		0.131		
Niacin mg	4.818		0	NR	4		4.095		
Pantothenic acid mg	0.576		0	NR	4		0.490		
Vitamin B-6 mg	0.355		0	NR	4		0.302		
Folate, total µg	6		0	NR	4		5		
Folic acid µg	0		0	NR	4		0		
Folate, food µg	6		0	NR	4		5		
Folate, DFE µg	6		0	NC	4		5		
Choline, total mg	67.4	1.424	12	AS	1		57.3		
Betaine mg	8.0	0.477	12	A	1		6.8		
Vitamin B-12 µg	1.97	0.081	11	A	1		1.68		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	0		0	AS	1		0		
Retinol µg	0		0	NR	4		0		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	0		0	AS	1		0		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.35		0	NR	4		0.30		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.1		0	NR	4		0.9		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13047
Beef, grass-fed, ground, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	5.335		0	NC	4		4.535		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.001	0.000	15	A	1		0.001		
10:0....g	0.005	0.000	15	A	1		0.005		
12:0....g	0.009	0.001	15	A	1		0.008		
13:0....g									
14:0....g	0.345	0.028	15	A	1		0.294		
15:0....g	0.078	0.006	15	A	1		0.066		
16:0....g	2.747	0.205	15	A	1		2.335		
17:0....g	0.147	0.009	15	A	1		0.125		
18:0....g	1.980	0.141	15	A	1		1.683		
20:0....g	0.019	0.002	15	A	1		0.016		
22:0....g	0.003	0.000	15	A	1		0.003		
24:0....g	0.000	0.000	15	A	1		0.000		
Fatty acids, total monounsaturated....g	4.800		0	NC	4		4.080		
14:1....g	0.074	0.008	15	A	1		0.063		
15:1....g	0.002	0.000	15	A	1		0.001		
16:1 undifferentiated....g	0.347	0.030	15	A	1		0.295		
17:1....g	0.000	0.000	15	A	1		0.000		
18:1 undifferentiated....g	4.363	0.339	15	AS	1		3.708		
18:1 c....g	3.748	0.301	15	A	1		3.186		
18:1 t....g	0.615	0.050	15	A	1		0.523		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.015	0.001	15	A	1		0.013		
22:1 undifferentiated....g	0.000	0.000	15	A	1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.532		0	NC	4		0.453		
18:2 undifferentiated....g	0.426	0.029	15	AS	1		0.362		
18:2 n-6 c,c....g	0.181	0.016	15	A	1		0.154		
18:2 CLAs....g	0.109	0.008	15	A	1		0.093		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.136	0.013	15	A	1		0.116		
18:3 undifferentiated....g	0.071	0.006	15	AS	1		0.061		
18:3 n-3 c,c,c (ALA)....g	0.071	0.006	15	A	1		0.061		
18:3 n-6 c,c,c....g	0.000	0.000	15	A	1		0.000		
18:3i....g									
18:4....g	0.002	0.001	15	A	1		0.002		
20:2 n-6 c,c....g	0.001	0.001	15	A	1		0.001		
20:3 undifferentiated....g	0.001	0.000	15	A	1		0.001		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.012	0.000	15	A	1		0.011		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001	0.001	15	A	1		0.001		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.016	0.002	15	A	1		0.014		
22:6 n-3 (DHA)....g	0.000	0.000	15	A	1		0.000		
Fatty acids, total trans....g	0.751		0	NC	4		0.639		
Fatty acids, total trans-monoenoic....g	0.615		0	NC	4		0.523		
Fatty acids, total trans-polyenoic....g	0.136		0	NC	4		0.116		
Cholesterol....mg	62	0.833	15	A	1		53		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same

NDB No. 13047
Beef, grass-fed, ground, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

food, or similar food.

Common Measures:
Measure 1 = 85g: 1 serving

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate**3.87

Food Group: 13 Beef Products

NDB No. 13000
Beef, grass-fed, strip steaks, lean only, raw

Refuse: 34% 23% Bone and connective tissue, 11% Separable fat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	73.42	0.200	38	A	1		62.41	157.12	
Energy kcal	117		0	NC	4		99	249	
Energy kJ	488		0	NC	4		414	1043	
Protein g	23.07	0.124	38	A	1		19.61	49.38	
Total lipid (fat) g	2.69	0.161	36	A	1		2.29	5.76	
Ash g	1.69	0.143	38	A	1		1.44	3.62	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	9	0.704	11	A	1		7	19	
Iron, Fe mg	1.85	0.091	11	A	1		1.57	3.96	
Magnesium, Mg mg	23	0.282	11	A	1		20	49	
Phosphorus, P mg	212	1.942	11	A	1		180	453	
Potassium, K mg	342	1.723	11	A	1		291	733	
Sodium, Na mg	55	1.006	11	A	1		47	118	
Zinc, Zn mg	3.61	0.141	11	A	1		3.07	7.73	
Copper, Cu mg	0.068	0.004	11	A	1		0.057	0.145	
Manganese, Mn mg	0.009	0.000	11	A	1		0.008	0.020	
Selenium, Se µg	21.1	5.295	11	A	1		18.0	45.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.052	0.002	11	A	1		0.044	0.110	
Riboflavin mg	0.124		0	BFPN	4		0.105	0.265	
Niacin mg	6.703		0	BFPN	4		5.698	14.345	
Pantothenic acid mg	0.678		0	BFPN	4		0.576	1.450	
Vitamin B-6 mg	0.651		0	BFPN	4		0.553	1.393	
Folate, total µg	13		0	BFPN	4		11	29	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	13		0	BFPN	4		11	29	
Folate, DFE µg	13		0	NC	4		11	29	
Choline, total mg	65.1	2.140	11	AS	1		55.3	139.3	
Betaine mg	7.6	0.448	11	A	1		6.4	16.2	
Vitamin B-12 µg	1.27	0.121	11	A	1		1.08	2.72	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	BFFN	4		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.22		0	BFFN	4		0.18	0.46	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	0.9		0	BFFN	4		0.7	1.9	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13000

Beef, grass-fed, strip steaks, lean only, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.032		0	NC	4		0.877	2.208	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000	0.000	14	A	1		0.000	0.000	
10:0....g	0.001	0.000	14	A	1		0.001	0.002	
12:0....g	0.001	0.000	14	A	1		0.001	0.003	
13:0....g									
14:0....g	0.061	0.008	14	A	1		0.052	0.131	
15:0....g	0.011	0.001	14	A	1		0.009	0.024	
16:0....g	0.575	0.073	14	A	1		0.489	1.231	
17:0....g	0.026	0.003	14	A	1		0.022	0.055	
18:0....g	0.354	0.036	14	A	1		0.301	0.758	
20:0....g	0.003	0.000	14	A	1		0.002	0.005	
22:0....g	0.000	0.000	14	A	1		0.000	0.000	
24:0....g	0.000	0.000	14	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	0.995		0	NC	4		0.846	2.129	
14:1....g	0.012	0.002	14	A	1		0.010	0.026	
15:1....g	0.000	0.000	14	A	1		0.000	0.000	
16:1 undifferentiated....g	0.070	0.009	14	A	1		0.060	0.150	
17:1....g	0.000	0.000	14	A	1		0.000	0.000	
18:1 undifferentiated....g	0.910	0.110	14	AS	1		0.773	1.947	
18:1 c....g	0.819	0.099	14	A	1		0.696	1.753	
18:1 t....g	0.091	0.011	14	A	1		0.077	0.194	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.003	0.000	14	A	1		0.002	0.006	
22:1 undifferentiated....g	0.000	0.000	14	A	1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.108		0	NC	4		0.092	0.230	
18:2 undifferentiated....g	0.080	0.010	14	AS	1		0.068	0.172	
18:2 n-6 c,c....g	0.041	0.004	14	A	1		0.035	0.088	
18:2 CLAs....g	0.017	0.002	14	A	1		0.015	0.037	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.022	0.004	14	A	1		0.019	0.047	
18:3 undifferentiated....g	0.015	0.002	14	AS	1		0.013	0.032	
18:3 n-3 c,c,c (ALA)....g	0.015	0.002	14	A	1		0.013	0.032	
18:3 n-6 c,c,c....g	0.000	0.000	14	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.000	0.000	14	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.000	0.000	14	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000	0.000	14	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.006	0.001	14	A	1		0.005	0.012	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002	0.000	14	A	1		0.001	0.003	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.004	0.001	14	A	1		0.004	0.010	
22:6 n-3 (DHA)....g	0.000	0.000	14	A	1		0.000	0.000	
Fatty acids, total trans....g	0.113		0	NC	4		0.096	0.241	
Fatty acids, total trans-monoenoic....g	0.091		0	NC	4		0.077	0.194	
Fatty acids, total trans-polyenoic....g	0.022		0	NC	4		0.019	0.047	
Cholesterol....mg	55	0.904	14	A	1		47	117	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same

NDB No. 13000
Beef, grass-fed, strip steaks, lean only, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

food, or similar food.

Common Measures:
Measure 1 = 85g: 3 oz
Measure 2 = 214g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13494
Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned

Hamburger
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	55.78	1.112	36	AR	1		47.41	77.53	
Energy kcal	270		0	NC	4		230	376	
Energy kJ	1131		0	NC	4		961	1572	
Protein (N x 6.25) g	25.56	0.516	36	AR	1		21.72	35.52	
Total lipid (fat) g	17.86	1.041	36	AR	1		15.18	24.83	
Ash g	1.04	0.072	36	AR	1		0.88	1.44	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	41	7.265	12	AR	1		35	57	
Iron, Fe mg	2.48	0.212	12	AR	1		2.10	3.44	
Magnesium, Mg mg	20	0.806	12	AR	1		17	28	
Phosphorus, P mg	202	7.812	12	AR	1		171	280	
Potassium, K mg	328	17.387	12	AR	1		278	455	
Sodium, Na mg	96	4.501	12	AR	1		81	133	
Zinc, Zn mg	5.95	0.229	12	AR	1		5.06	8.27	
Copper, Cu mg	0.074	0.013	12	AR	1		0.063	0.103	
Manganese, Mn mg	0.012	0.001	12	AR	1		0.010	0.016	
Selenium, Se µg	21.6	1.216	12	AR	1		18.4	30.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.047	0.008	12	AR	1		0.040	0.066	
Riboflavin mg	0.191	0.009	12	AR	1		0.162	0.265	
Niacin mg	4.859	0.312	12	AR	1		4.130	6.754	
Pantothenic acid mg	0.807	0.036	6	AR	1		0.686	1.121	
Vitamin B-6 mg	0.428	0.019	12	AR	1		0.364	0.595	
Folate, total µg	13	2.071	6	AR	1		11	18	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	13	2.071	6	AR	1		11	18	
Folate, DFE µg	13		0	NC	4		11	18	
Choline, total mg	78.3		0	BFPN	4		66.6	108.9	
Betaine mg	10.1		0	BFPN	4		8.6	14.1	
Vitamin B-12 µg	2.80	0.337	12	AR	1		2.38	3.89	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	3		0	NC	4		2	4	
Retinol µg	3		0	NR	4		2	4	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	9		0	NC	4		8	13	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.12		0	NR	4		0.10	0.16	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	NR	4		0.0	0.1	
Vitamin D IU	2		0	NR	4		1	2	
Vitamin K (phylloquinone) µg	3.0		0	BFSN	4		2.6	4.2	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13494

Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	6.942		0	NC	4		5.901	9.649	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.012	0.003	8	AR	1		0.010	0.016	
13:0....g									
14:0....g	0.288	0.177	8	AR	1		0.245	0.400	
15:0....g	0.043	0.028	8	AR	1		0.036	0.059	
16:0....g	2.045	1.194	8	AR	1		1.739	2.843	
17:0....g	0.104	0.062	8	AR	1		0.088	0.144	
18:0....g	3.582	2.791	6	AR	1		3.045	4.979	
20:0....g	0.009	0.001	8	AR	1		0.008	0.013	
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.370		0	NC	4		7.115	11.634	
14:1....g	0.102	0.053	8	AR	1		0.087	0.142	
15:1....g									
16:1 undifferentiated....g	0.395	0.226	8	AR	1		0.336	0.549	
17:1....g	0.100	0.060	8	AR	1		0.085	0.139	
18:1 undifferentiated....g	1.147		0	AS	1		0.975	1.594	
18:1 c....g									
18:1 t....g	1.147		0	NR	4		0.975	1.594	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.020	0.041	8	AR	1		0.017	0.028	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.466		0	NC	4		0.396	0.648	
18:2 undifferentiated....g	0.311	0.411	6	AR	1		0.265	0.433	
18:3 undifferentiated....g	0.009		0	AS	1		0.007	0.012	
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.009	0.001	8	AR	1		0.007	0.012	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.046	0.004	8	AR	1		0.039	0.064	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans....g	1.147		0	NC	4		0.975	1.594	
Fatty acids, total trans-monoenoic....g	1.147		0	NC	4		0.975	1.594	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	89	2.378	12	AR	1		76	124	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.130		0	AR	1		0.110	0.180	
Threonine....g	0.989		0	AR	1		0.840	1.374	
Isoleucine....g	1.129		0	AR	1		0.960	1.570	
Leucine....g	1.992		0	AR	1		1.693	2.769	
Lysine....g	2.116		0	AR	1		1.798	2.941	
Methionine....g	0.657		0	AR	1		0.558	0.913	
Cystine....g	0.263		0	AR	1		0.224	0.366	
Phenylalanine....g	0.996		0	AR	1		0.847	1.385	
Tyrosine....g	0.786		0	AR	1		0.668	1.092	
Valine....g	1.255		0	AR	1		1.067	1.745	
Arginine....g	1.662		0	AR	1		1.413	2.311	

NDB No. 13494

Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Histidine....g	0.830		0	AR	1		0.705	1.154	
Alanine....g	1.600		0	AR	1		1.360	2.224	
Aspartic acid....g	2.300		0	AR	1		1.955	3.197	
Glutamic acid....g	3.830		0	AR	1		3.255	5.323	
Glycine....g	1.734		0	AR	1		1.474	2.410	
Proline....g	1.302		0	AR	1		1.106	1.809	
Serine....g	1.023		0	AR	1		0.869	1.421	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 139g: 1 portion (yield from 1/2 lb raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13495
Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked

Hamburger
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	58.37	2.884	12	AR	1		49.61	165.77	
Energy kcal	241		0	NC	4		205	683	
Energy kJ	1007		0	NC	4		856	2860	
Protein (N x 6.25) g	23.87	1.354	12	AR	1		20.29	67.80	
Total lipid (fat) g	15.37	2.142	12	AR	1		13.07	43.66	
Ash g	0.88	0.067	12	AR	1		0.75	2.49	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	33	6.548	12	AR	1		28	94	
Iron, Fe mg	2.27	0.189	12	AR	1		1.93	6.46	
Magnesium, Mg mg	17	0.845	12	AR	1		14	47	
Phosphorus, P mg	166	7.992	12	AR	1		141	470	
Potassium, K mg	241	14.639	12	AR	1		205	685	
Sodium, Na mg	73	2.260	12	AR	1		62	208	
Zinc, Zn mg	5.84	0.221	12	AR	1		4.96	16.57	
Copper, Cu mg	0.079	0.006	12	AR	1		0.067	0.225	
Manganese, Mn mg	0.009	0.001	12	AR	1		0.007	0.024	
Selenium, Se µg	19.1	2.072	12	AR	1		16.2	54.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.051	0.006	12	AR	1		0.043	0.143	
Riboflavin mg	0.171	0.005	12	AR	1		0.145	0.485	
Niacin mg	4.026	0.324	12	AR	1		3.422	11.434	
Pantothenic acid mg	0.512	0.072	6	AR	1		0.435	1.454	
Vitamin B-6 mg	0.311	0.027	12	AR	1		0.264	0.882	
Folate, total µg	7	2.126	6	AR	1		6	20	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	7	2.126	6	AR	1		6	20	
Folate, DFE µg	7		0	NC	4		6	20	
Choline, total mg	73.2		0	BFPN	4		62.2	207.8	
Betaine mg	9.5		0	BFPN	4		8.1	26.9	
Vitamin B-12 µg	2.49	0.115	12	AR	1		2.11	7.06	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	3		0	NC	4		2	8	
Retinol µg	3		0	NR	4		2	8	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	9		0	NC	4		8	27	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.12		0	NR	4		0.10	0.34	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	NR	4		0.0	0.1	
Vitamin D IU	2		0	NR	4		1	5	
Vitamin K (phylloquinone) µg	2.9		0	BFSN	4		2.4	8.1	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13495

Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	6.073		0	NC	4		5.162	17.247	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.006	0.004	8	AR	1		0.005	0.017	
13:0....g									
14:0....g	0.337	0.100	8	AR	1		0.286	0.957	
15:0....g	0.051	0.015	8	AR	1		0.043	0.145	
16:0....g	3.606	0.788	8	AR	1		3.065	10.242	
17:0....g	0.123	0.035	8	AR	1		0.104	0.348	
18:0....g	1.940	0.537	7	AR	1		1.649	5.509	
20:0....g	0.010	0.002	8	AR	1		0.009	0.029	
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.322		0	NC	4		6.224	20.794	
14:1....g	0.120	0.030	8	AR	1		0.102	0.342	
15:1....g									
16:1 undifferentiated....g	0.481	0.124	8	AR	1		0.409	1.367	
17:1....g	0.122	0.032	8	AR	1		0.103	0.345	
18:1 undifferentiated....g	1.173		0	AS	1		0.997	3.330	
18:1 c....g									
18:1 t....g	1.173		0	NR	4		0.997	3.330	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.060	0.014	8	AR	1		0.051	0.170	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.408		0	NC	4		0.347	1.159	
18:2 undifferentiated....g	0.364	0.060	8	AR	1		0.309	1.034	
18:3 undifferentiated....g	0.008		0	AS	1		0.007	0.022	
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.008	0.001	8	AR	1		0.007	0.022	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.036	0.004	8	AR	1		0.031	0.103	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans....g	1.173		0	NC	4		0.997	3.330	
Fatty acids, total trans-monoenoic....g	1.173		0	NC	4		0.997	3.330	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	88	2.362	12	AR	1		74	249	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.121		0	AR	1		0.103	0.344	
Threonine....g	0.923		0	AR	1		0.785	2.623	
Isoleucine....g	1.055		0	AR	1		0.897	2.996	
Leucine....g	1.861		0	AR	1		1.581	5.284	
Lysine....g	1.976		0	AR	1		1.680	5.613	
Methionine....g	0.614		0	AR	1		0.522	1.743	
Cystine....g	0.246		0	AR	1		0.209	0.698	
Phenylalanine....g	0.931		0	AR	1		0.791	2.643	
Tyrosine....g	0.734		0	AR	1		0.624	2.084	
Valine....g	1.172		0	AR	1		0.996	3.329	
Arginine....g	1.553		0	AR	1		1.320	4.410	

NDB No. 13495

Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Histidine....g	0.775		0	AR	1		0.659	2.202	
Alanine....g	1.494		0	AR	1		1.270	4.244	
Aspartic acid....g	2.148		0	AR	1		1.826	6.102	
Glutamic acid....g	3.577		0	AR	1		3.041	10.159	
Glycine....g	1.619		0	AR	1		1.377	4.599	
Proline....g	1.216		0	AR	1		1.033	3.453	
Serine....g	0.955		0	AR	1		0.812	2.713	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 284g: 1 loaf (yield from 1 lb raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13496
Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled

Hamburger
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	59.36	0.492	36	AR	1		50.46	45.71	
Energy kcal	238		0	NC	4		202	183	
Energy kJ	995		0	NC	4		846	766	
Protein (N x 6.25) g	22.86	0.778	36	AR	1		19.44	17.61	
Total lipid (fat) g	15.54	0.982	36	AR	1		13.21	11.97	
Ash g	1.04	0.041	36	AR	1		0.88	0.80	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	37	8.017	12	AR	1		32	29	
Iron, Fe mg	2.41	0.231	12	AR	1		2.05	1.86	
Magnesium, Mg mg	20	0.909	12	AR	1		17	15	
Phosphorus, P mg	194	8.617	12	AR	1		165	149	
Potassium, K mg	308	19.197	12	AR	1		262	237	
Sodium, Na mg	92	3.598	12	AR	1		78	71	
Zinc, Zn mg	5.82	0.213	12	AR	1		4.95	4.48	
Copper, Cu mg	0.066	0.007	12	AR	1		0.056	0.051	
Manganese, Mn mg	0.012	0.001	12	AR	1		0.010	0.009	
Selenium, Se µg	19.2	1.499	12	AR	1		16.3	14.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.043	0.003	12	AR	1		0.036	0.033	
Riboflavin mg	0.177	0.009	12	AR	1		0.151	0.137	
Niacin mg	5.034	0.409	12	AR	1		4.278	3.876	
Pantothenic acid mg	0.593		0	BFPN	4		0.504	0.457	
Vitamin B-6 mg	0.332	0.038	12	AR	1		0.282	0.256	
Folate, total µg	10		0	BFPN	4		9	8	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	10		0	BFPN	4		9	8	
Folate, DFE µg	10		0	NC	4		9	8	
Choline, total mg	70.1		0	BFPN	4		59.6	54.0	
Betaine mg	9.1		0	BFPN	4		7.7	7.0	
Vitamin B-12 µg	2.79	0.315	12	AR	1		2.37	2.14	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	3		0	NC	4		3	2	
Retinol µg	3		0	NR	4		3	2	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	10		0	NC	4		9	8	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.13		0	NR	4		0.11	0.10	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	NR	4		0.0	0.0	
Vitamin D IU	2		0	NR	4		2	1	
Vitamin K (phylloquinone) µg	2.8		0	BFSN	4		2.4	2.1	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13496

Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	6.075		0	NC	4		5.164	4.678	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.007	0.001	8	AR	1		0.006	0.005	
13:0....g									
14:0....g	0.494	0.106	8	AR	1		0.420	0.381	
15:0....g	0.082	0.017	8	AR	1		0.070	0.063	
16:0....g	3.498	0.796	8	AR	1		2.973	2.693	
17:0....g	0.182	0.041	8	AR	1		0.155	0.140	
18:0....g	1.776	0.494	8	AR	1		1.510	1.368	
20:0....g	0.009	0.001	8	AR	1		0.008	0.007	
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.325		0	NC	4		6.226	5.640	
14:1....g	0.153	0.026	8	AR	1		0.130	0.118	
15:1....g									
16:1 undifferentiated....g	0.607	0.113	8	AR	1		0.516	0.468	
17:1....g	0.162	0.030	8	AR	1		0.138	0.125	
18:1 undifferentiated....g	1.270		0	AS	1		1.079	0.978	
18:1 c....g									
18:1 t....g	1.270		0	NR	4		1.079	0.978	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.056	0.010	8	AR	1		0.047	0.043	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.408		0	NC	4		0.347	0.314	
18:2 undifferentiated....g	0.326	0.079	8	AR	1		0.277	0.251	
18:3 undifferentiated....g	0.009		0	AS	1		0.007	0.007	
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.009	0.001	8	AR	1		0.007	0.007	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.043	0.004	8	AR	1		0.037	0.033	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans....g	1.270		0	NC	4		1.079	0.978	
Fatty acids, total trans-monoenoic....g	1.270		0	NC	4		1.079	0.978	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	84	1.637	12	AR	1		72	65	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.116		0	AR	1		0.099	0.089	
Threonine....g	0.884		0	AR	1		0.752	0.681	
Isoleucine....g	1.010		0	AR	1		0.859	0.778	
Leucine....g	1.782		0	AR	1		1.515	1.372	
Lysine....g	1.893		0	AR	1		1.609	1.458	
Methionine....g	0.588		0	AR	1		0.500	0.453	
Cystine....g	0.235		0	AR	1		0.200	0.181	
Phenylalanine....g	0.891		0	AR	1		0.758	0.686	
Tyrosine....g	0.703		0	AR	1		0.597	0.541	
Valine....g	1.123		0	AR	1		0.954	0.865	
Arginine....g	1.487		0	AR	1		1.264	1.145	

NDB No. 13496

Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Histidine....g	0.742		0	AR	1		0.631	0.572	
Alanine....g	1.431		0	AR	1		1.217	1.102	
Aspartic acid....g	2.058		0	AR	1		1.749	1.584	
Glutamic acid....g	3.426		0	AR	1		2.912	2.638	
Glycine....g	1.551		0	AR	1		1.318	1.194	
Proline....g	1.164		0	AR	1		0.990	0.897	
Serine....g	0.915		0	AR	1		0.778	0.704	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 77g: 1 patty

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13497
Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled

Hamburger
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	55.85	0.594	107	AR	1		47.47	39.09	
Energy kcal	277		0	NC	4		235	194	
Energy kJ	1158		0	NC	4		984	811	
Protein (N x 6.25) g	25.38	0.448	72	AR	1		21.58	17.77	
Total lipid (fat) g	18.66	0.493	107	AR	1		15.86	13.06	
Ash g	0.97	0.028	72	AR	1		0.82	0.68	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	35	4.808	36	AR	1		30	25	
Iron, Fe mg	2.25	0.128	36	AR	1		1.91	1.58	
Magnesium, Mg mg	19	0.410	36	AR	1		16	13	
Phosphorus, P mg	185	4.278	36	AR	1		157	130	
Potassium, K mg	275	6.344	36	AR	1		234	192	
Sodium, Na mg	81	2.575	36	AR	1		69	57	
Zinc, Zn mg	6.14	0.234	36	AR	1		5.22	4.29	
Copper, Cu mg	0.069	0.010	36	AR	1		0.059	0.048	
Manganese, Mn mg	0.009	0.002	36	AR	1		0.008	0.007	
Selenium, Se µg	21.5	1.213	72	AR	1		18.3	15.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.051	0.006	36	AR	1		0.043	0.036	
Riboflavin mg	0.176	0.016	36	AR	1		0.150	0.123	
Niacin mg	4.537	0.246	36	AR	1		3.856	3.176	
Pantothenic acid mg	0.658	0.020	6	AR	1		0.559	0.461	
Vitamin B-6 mg	0.336	0.024	36	AR	1		0.286	0.235	
Folate, total µg	11	2.694	6	AR	1		10	8	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	11	2.694	6	AR	1		10	8	
Folate, DFE µg	11		0	NC	4		10	8	
Choline, total mg	77.8	3.791	12	AR	1		66.1	54.5	
Betaine mg	10.1	1.036	12	AR	1		8.6	7.1	
Vitamin B-12 µg	2.90	0.132	36	AR	1		2.47	2.03	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	3		0	NC	4		2	2	
Retinol µg	3		0	NR	4		2	2	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	9		0	NC	4		8	7	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.12		0	NR	4		0.10	0.08	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	NR	4		0.0	0.0	
Vitamin D IU	2		0	NR	4		1	1	
Vitamin K (phylloquinone) µg	3.0	0.983	12	AR	1		2.6	2.1	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13497

Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	7.344		0	NC	4		6.242	5.141	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		47	AR	1		0.000	0.000	
12:0....g	0.015	0.002	47	AR	1		0.013	0.011	
13:0....g									
14:0....g	0.571	0.027	47	AR	1		0.485	0.400	
15:0....g	0.090	0.005	47	AR	1		0.077	0.063	
16:0....g	4.147	0.186	47	AR	1		3.525	2.903	
17:0....g	0.218	0.011	47	AR	1		0.186	0.153	
18:0....g	2.027	0.176	47	AR	1		1.723	1.419	
20:0....g	0.013	0.001	47	AR	1		0.011	0.009	
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.855		0	AR	1		7.527	6.199	
14:1....g	0.162	0.012	47	AR	1		0.138	0.114	
15:1....g									
16:1 undifferentiated....g	0.714	0.046	47	AR	1		0.607	0.500	
17:1....g	0.182	0.016	36	AR	1		0.154	0.127	
18:1 undifferentiated....g	1.168		0	AS	1		0.993	0.818	
18:1 c....g									
18:1 t....g	1.168		0	NR	4		0.993	0.818	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.073	0.006	47	AR	1		0.062	0.051	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.493		0	NC	4		0.419	0.345	
18:2 undifferentiated....g	0.390	0.028	47	AR	1		0.331	0.273	
18:3 undifferentiated....g	0.056		0	AS	1		0.048	0.039	
18:3 n-3 c,c,c (ALA)....g	0.044	0.003	35	AR	1		0.037	0.031	
18:3 n-6 c,c,c....g	0.012	0.001	47	AR	1		0.011	0.009	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.047	0.001	47	AR	1		0.040	0.033	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans....g	1.168		0	NC	4		0.993	0.818	
Fatty acids, total trans-monoenoic....g	1.168		0	NC	4		0.993	0.818	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	88	1.583	36	AR	1		75	62	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.129		0	AR	1		0.110	0.090	
Threonine....g	0.982		0	AR	1		0.835	0.687	
Isoleucine....g	1.122		0	AR	1		0.953	0.785	
Leucine....g	1.978		0	AR	1		1.681	1.385	
Lysine....g	2.101		0	AR	1		1.786	1.471	
Methionine....g	0.653		0	AR	1		0.555	0.457	
Cystine....g	0.261		0	AR	1		0.222	0.183	
Phenylalanine....g	0.990		0	AR	1		0.841	0.693	
Tyrosine....g	0.780		0	AR	1		0.663	0.546	
Valine....g	1.246		0	AR	1		1.060	0.873	
Arginine....g	1.651		0	AR	1		1.403	1.156	

NDB No. 13497

Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Histidine....g	0.824		0	AR	1		0.701	0.577	
Alanine....g	1.589		0	AR	1		1.351	1.112	
Aspartic acid....g	2.284		0	AR	1		1.942	1.599	
Glutamic acid....g	3.804		0	AR	1		3.233	2.662	
Glycine....g	1.722		0	AR	1		1.464	1.205	
Proline....g	1.293		0	AR	1		1.099	0.905	
Serine....g	1.016		0	AR	1		0.863	0.711	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 70g: 1 patty

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13498
Beef, ground, 70% lean meat / 30% fat, raw

Hamburger
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	54.30	0.253	107	AR	1		61.36	15.39	
Energy kcal	332		0	NC	4		375	94	
Energy kJ	1389		0	NC	4		1570	394	
Protein (N x 6.25) g	14.35	0.271	72	AR	1		16.21	4.07	
Total lipid (fat) g	30.00		72	AR	1		33.90	8.51	
Ash g	0.70	0.034	72	AR	1		0.80	0.20	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	24	4.247	36	AR	1		27	7	
Iron, Fe mg	1.64	0.080	36	AR	1		1.86	0.47	
Magnesium, Mg mg	14	0.430	36	AR	1		15	4	
Phosphorus, P mg	132	3.739	36	AR	1		149	37	
Potassium, K mg	218	6.156	36	AR	1		247	62	
Sodium, Na mg	66	1.070	36	AR	1		75	19	
Zinc, Zn mg	3.57	0.131	36	AR	1		4.03	1.01	
Copper, Cu mg	0.050	0.003	36	AR	1		0.057	0.014	
Manganese, Mn mg	0.009	0.001	36	AR	1		0.010	0.003	
Selenium, Se µg	13.5	1.107	72	AR	1		15.2	3.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.044	0.003	36	AR	1		0.050	0.013	
Riboflavin mg	0.151	0.010	36	AR	1		0.171	0.043	
Niacin mg	3.382	0.184	36	AR	1		3.822	0.959	
Pantothenic acid mg	0.395	0.076	6	AR	1		0.446	0.112	
Vitamin B-6 mg	0.278	0.022	36	AR	1		0.314	0.079	
Folate, total µg	9	1.996	6	AR	1		10	2	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	9	1.996	6	AR	1		10	2	
Folate, DFE µg	9		0	NC	4		10	2	
Choline, total mg	46.8	3.336	12	AR	1		52.9	13.3	
Betaine mg	8.5	1.084	12	AR	1		9.6	2.4	
Vitamin B-12 µg	2.07	0.097	36	AR	1		2.34	0.59	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	4		0	AS	1		5	1	
Retinol µg	4	0.270	6	AR	1		5	1	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	14		0	AS	1		15	4	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.17	0.007	19	AR	1		0.20	0.05	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1	0.010	16	AR	1		0.1	0.0	
Vitamin D IU	3		16	AR	1		3	1	
Vitamin K (phylloquinone) µg	2.9	0.311	12	AR	1		3.2	0.8	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13498

Beef, ground, 70% lean meat / 30% fat, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	11.754		0	NC	4		13.282	3.332	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		47	AR	1		0.000	0.000	
12:0....g	0.020	0.001	47	AR	1		0.022	0.006	
13:0....g									
14:0....g	0.918	0.023	47	AR	1		1.037	0.260	
15:0....g	0.146	0.004	47	AR	1		0.165	0.041	
16:0....g	6.463	0.122	47	AR	1		7.303	1.832	
17:0....g	0.344	0.009	47	AR	1		0.388	0.097	
18:0....g	3.448	0.077	47	AR	1		3.897	0.978	
20:0....g	0.022	0.001	47	AR	1		0.025	0.006	
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	14.171		0	NC	4		16.013	4.017	
14:1....g	0.255	0.007	47	AR	1		0.288	0.072	
15:1....g									
16:1 undifferentiated....g	1.105	0.029	47	AR	1		1.248	0.313	
17:1....g	0.258	0.017	39	AR	1		0.292	0.073	
18:1 undifferentiated....g	1.820		0	AS	1		2.056	0.516	
18:1 c....g									
18:1 t....g	1.820	0.028	26	AR	1		2.056	0.516	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.101	0.003	47	AR	1		0.114	0.029	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.697		0	NC	4		0.788	0.198	
18:2 undifferentiated....g	0.577	0.022	47	AR	1		0.652	0.163	
18:3 undifferentiated....g	0.084		0	AS	1		0.095	0.024	
18:3 n-3 c,c,c (ALA)....g	0.065	0.005	35	AR	1		0.073	0.018	
18:3 n-6 c,c,c....g	0.019	0.001	47	AR	1		0.021	0.005	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.035	0.001	47	AR	1		0.040	0.010	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans....g	1.820		0	NC	4		2.056	0.516	
Fatty acids, total trans-monoenoic....g	1.820		0	NC	4		2.056	0.516	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	78	2.012	36	AR	1		88	22	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.073		0	AR	1		0.082	0.021	
Threonine....g	0.555		0	AR	1		0.627	0.157	
Isoleucine....g	0.634		0	AR	1		0.716	0.180	
Leucine....g	1.118		0	AR	1		1.264	0.317	
Lysine....g	1.188		0	AR	1		1.342	0.337	
Methionine....g	0.369		0	AR	1		0.417	0.105	
Cystine....g	0.148		0	AR	1		0.167	0.042	
Phenylalanine....g	0.559		0	AR	1		0.632	0.159	
Tyrosine....g	0.441		0	AR	1		0.498	0.125	
Valine....g	0.705		0	AR	1		0.796	0.200	
Arginine....g	0.933		0	AR	1		1.055	0.265	

NDB No. 13498
Beef, ground, 70% lean meat / 30% fat, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Histidine....g	0.466		0	AR	1		0.527	0.132	
Alanine....g	0.898		0	AR	1		1.015	0.255	
Aspartic acid....g	1.291		0	AR	1		1.459	0.366	
Glutamic acid....g	2.150		0	AR	1		2.430	0.610	
Glycine....g	0.973		0	AR	1		1.100	0.276	
Proline....g	0.731		0	AR	1		0.826	0.207	
Serine....g	0.574		0	AR	1		0.649	0.163	
Hydroxyproline....g	0.272	0.024	12	AR	1		0.307	0.077	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 113g: 4 oz

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23580
Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned

hamburger
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	54.50	0.576	36	AR	1		46.32		
Energy kcal	277		0	NC	4		235		
Energy kJ	1157		0	NC	4		983		
Protein (N x 6.25) g	26.28	0.368	36	AR	1		22.34		
Total lipid (fat) g	18.21	0.463	36	AR	1		15.48		
Ash g	1.10	0.055	36	AR	1		0.93		
Carbohydrate, by difference g	0.00		0	Z	7		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	34	5.197	12	AR	1		29		
Iron, Fe mg	2.63	0.149	12	AR	1		2.23		
Magnesium, Mg mg	22	0.566	12	AR	1		19		
Phosphorus, P mg	214	5.489	12	AR	1		182		
Potassium, K mg	354	12.362	12	AR	1		301		
Sodium, Na mg	93	3.162	12	AR	1		79		
Zinc, Zn mg	6.17	0.161	12	AR	1		5.25		
Copper, Cu mg	0.080	0.010	12	AR	1		0.068		
Manganese, Mn mg	0.012	0.001	12	AR	1		0.010		
Selenium, Se µg	21.6	1.216	12	AR	1		18.4		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.046	0.006	12	AR	1		0.039		
Riboflavin mg	0.191	0.009	12	AR	1		0.162		
Niacin mg	5.345	0.219	12	AR	1		4.543		
Pantothenic acid mg	0.807	0.036	6	AR	1		0.686		
Vitamin B-6 mg	0.428	0.019	12	AR	1		0.364		
Folate, total µg	12	1.465	6	AR	1		10		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	12	1.465	6	AR	1		10		
Folate, DFE µg	12		0	NC	4		10		
Choline, total mg	81.5		0	BFPN	4		69.3		
Betaine mg	9.8		0	BFPN	4		8.3		
Vitamin B-12 µg	2.80	0.337	12	AR	1		2.38		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	3		0	NC	4		2		
Retinol µg	3		0	NR	4		2		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	9		0	NC	4		8		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.12		0	NR	4		0.10		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	NR	4		0.0		
Vitamin D IU	2		0	NR	4		1		
Vitamin K (phylloquinone) µg	2.2		0	BFSN	4		1.9		
Dihydrophylloquinone µg	0.0		0	NR	4		0.0		
Menaquinone-4 µg									

NDB No. 23580

Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	6.926		0	NC	4		5.887		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g	0.000		0	BFFN	4		0.000		
12:0....g	0.010	0.001	8	AR	1		0.009		
13:0....g									
14:0....g	0.420	0.084	8	AR	1		0.357		
15:0....g	0.067	0.013	8	AR	1		0.057		
16:0....g	3.112	0.567	8	AR	1		2.645		
17:0....g	0.157	0.030	8	AR	1		0.133		
18:0....g	3.151	1.569	6	AR	1		2.678		
20:0....g	0.009	0.001	8	AR	1		0.008		
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.240		0	NC	4		7.004		
14:1....g	0.128	0.025	8	AR	1		0.109		
15:1....g									
16:1 undifferentiated....g	0.546	0.107	8	AR	1		0.464		
17:1....g	0.141	0.029	8	AR	1		0.120		
18:1 undifferentiated....g	0.950		0	AS	1		0.807		
18:1 c....g									
18:1 t....g	0.950		0	NR	4		0.807		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.045	0.021	8	AR	1		0.038		
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.497		0	NC	4		0.422		
18:2 undifferentiated....g	0.394	0.231	6	AR	1		0.335		
18:3 undifferentiated....g	0.009		0	AS	1		0.007		
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.009	0.001	8	AR	1		0.007		
18:3i....g									
18:4....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.046	0.004	8	AR	1		0.039		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans....g	0.950		0	NC	4		0.807		
Fatty acids, total trans-monoenoic....g	0.950		0	NC	4		0.807		
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	89	2.378	12	AR	1		76		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.133		0	AR	1		0.113		
Threonine....g	1.017		0	AR	1		0.864		
Isoleucine....g	1.161		0	AR	1		0.987		
Leucine....g	2.048		0	AR	1		1.741		
Lysine....g	2.176		0	AR	1		1.849		
Methionine....g	0.676		0	AR	1		0.574		
Cystine....g	0.270		0	AR	1		0.230		
Phenylalanine....g	1.024		0	AR	1		0.871		
Tyrosine....g	0.808		0	AR	1		0.687		
Valine....g	1.291		0	AR	1		1.097		
Arginine....g	1.709		0	AR	1		1.453		

NDB No. 23580

Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Histidine....g	0.853		0	AR	1		0.725		
Alanine....g	1.645		0	AR	1		1.398		
Aspartic acid....g	2.365		0	AR	1		2.010		
Glutamic acid....g	3.938		0	AR	1		3.347		
Glycine....g	1.783		0	AR	1		1.515		
Proline....g	1.338		0	AR	1		1.138		
Serine....g	1.052		0	AR	1		0.894		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23581
Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked

hamburger
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	57.50	1.095	12	AR	1		48.87		
Energy kcal	254		0	NC	4		216		
Energy kJ	1062		0	NC	4		903		
Protein (N x 6.25) g	24.56	0.989	12	AR	1		20.88		
Total lipid (fat) g	16.50	0.801	12	AR	1		14.03		
Ash g	0.89	0.048	12	AR	1		0.76		
Carbohydrate, by difference g	0.00		0	Z	7		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	28	4.600	12	AR	1		24		
Iron, Fe mg	2.43	0.134	12	AR	1		2.06		
Magnesium, Mg mg	18	0.594	12	AR	1		15		
Phosphorus, P mg	172	5.615	12	AR	1		146		
Potassium, K mg	256	10.285	12	AR	1		218		
Sodium, Na mg	70	1.588	12	AR	1		60		
Zinc, Zn mg	6.04	0.155	12	AR	1		5.13		
Copper, Cu mg	0.079	0.006	12	AR	1		0.067		
Manganese, Mn mg	0.009	0.001	12	AR	1		0.008		
Selenium, Se µg	19.7	1.561	12	AR	1		16.7		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.047	0.004	12	AR	1		0.040		
Riboflavin mg	0.171	0.005	12	AR	1		0.145		
Niacin mg	4.327	0.251	12	AR	1		3.678		
Pantothenic acid mg	0.541	0.051	6	AR	1		0.460		
Vitamin B-6 mg	0.320	0.021	12	AR	1		0.272		
Folate, total µg	7	1.504	6	AR	1		6		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	7	1.504	6	AR	1		6		
Folate, DFE µg	7		0	NC	4		6		
Choline, total mg	76.2		0	BFPN	4		64.8		
Betaine mg									
Vitamin B-12 µg	2.49	0.115	12	AR	1		2.11		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	3		0	NC	4		2		
Retinol µg	3		0	NR	4		2		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	9		0	NC	4		8		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.12		0	NR	4		0.10		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	NR	4		0.0		
Vitamin D IU	2		0	NR	4		1		
Vitamin K (phylloquinone) µg	2.1		0	BFSN	4		1.8		
Dihydrophylloquinone µg	0.0		0	NR	4		0.0		
Menaquinone-4 µg									

NDB No. 23581

Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	6.356		0	NC	4		5.403		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g	0.000		0	BFFN	4		0.000		
12:0....g	0.008	0.002	8	AR	1		0.006		
13:0....g									
14:0....g	0.407	0.048	8	AR	1		0.346		
15:0....g	0.065	0.007	8	AR	1		0.055		
16:0....g	3.682	0.403	8	AR	1		3.130		
17:0....g	0.153	0.017	8	AR	1		0.130		
18:0....g	2.031	0.271	7	AR	1		1.726		
20:0....g	0.011	0.002	8	AR	1		0.009		
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.562		0	NC	4		6.428		
14:1....g	0.130	0.014	8	AR	1		0.111		
15:1....g									
16:1 undifferentiated....g	0.558	0.059	8	AR	1		0.474		
17:1....g	0.144	0.015	8	AR	1		0.122		
18:1 undifferentiated....g	0.973		0	AS	1		0.827		
18:1 c....g									
18:1 t....g	0.973		0	NR	4		0.827		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.063	0.007	8	AR	1		0.053		
22:1 undifferentiated....g	0.000		0	Z	7		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.456		0	NC	4		0.388		
18:2 undifferentiated....g	0.408	0.031	8	AR	1		0.347		
18:3 undifferentiated....g	0.008		0	AS	1		0.007		
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.008	0.001	8	AR	1		0.007		
18:3i....g									
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.040	0.004	8	AR	1		0.034		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans....g	0.973		0	NC	4		0.827		
Fatty acids, total trans-monoenoic....g	0.973		0	NC	4		0.827		
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	88	2.362	12	AR	1		74		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.125		0	AR	1		0.106		
Threonine....g	0.950		0	AR	1		0.808		
Isoleucine....g	1.085		0	AR	1		0.922		
Leucine....g	1.914		0	AR	1		1.627		
Lysine....g	2.033		0	AR	1		1.728		
Methionine....g	0.631		0	AR	1		0.537		
Cystine....g	0.253		0	AR	1		0.215		
Phenylalanine....g	0.957		0	AR	1		0.814		
Tyrosine....g	0.755		0	AR	1		0.642		
Valine....g	1.206		0	AR	1		1.025		
Arginine....g	1.598		0	AR	1		1.358		

NDB No. 23581

Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Histidine....g	0.797		0	AR	1		0.678		
Alanine....g	1.537		0	AR	1		1.307		
Aspartic acid....g	2.210		0	AR	1		1.879		
Glutamic acid....g	3.680		0	AR	1		3.128		
Glycine....g	1.666		0	AR	1		1.416		
Proline....g	1.251		0	AR	1		1.063		
Serine....g	0.983		0	AR	1		0.835		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23578
Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled

hamburger
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	55.28	0.270	107	AR	1		46.99		
Energy kcal	279		0	NC	4		237		
Energy kJ	1169		0	NC	4		994		
Protein (N x 6.25) g	25.56	0.322	72	AR	1		21.73		
Total lipid (fat) g	18.87	0.207	107	AR	1		16.04		
Ash g	0.98	0.022	72	AR	1		0.84		
Carbohydrate, by difference g	0.00		0	Z	7		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	30	3.428	36	AR	1		25		
Iron, Fe mg	2.37	0.094	36	AR	1		2.01		
Magnesium, Mg mg	20	0.343	36	AR	1		17		
Phosphorus, P mg	189	3.398	36	AR	1		161		
Potassium, K mg	289	5.121	36	AR	1		246		
Sodium, Na mg	78	1.879	36	AR	1		66		
Zinc, Zn mg	6.19	0.171	36	AR	1		5.27		
Copper, Cu mg	0.075	0.009	36	AR	1		0.063		
Manganese, Mn mg	0.010	0.002	36	AR	1		0.009		
Selenium, Se µg	21.5	1.213	72	AR	1		18.3		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.049	0.005	36	AR	1		0.042		
Riboflavin mg	0.176	0.016	36	AR	1		0.150		
Niacin mg	4.818	0.223	36	AR	1		4.095		
Pantothenic acid mg	0.658	0.020	6	AR	1		0.559		
Vitamin B-6 mg	0.351	0.018	36	AR	1		0.299		
Folate, total µg	11	1.906	6	AR	1		9		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	11	1.906	6	AR	1		9		
Folate, DFE µg	11		0	NC	4		9		
Choline, total mg	79.3	2.663	12	AR	1		67.4		
Betaine mg	9.5	0.728	12	AR	1		8.1		
Vitamin B-12 µg	2.81	0.095	36	AR	1		2.39		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	3		0	NC	4		2		
Retinol µg	3		0	NR	4		2		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	9		0	NC	4		8		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.12		0	NR	4		0.10		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	NR	4		0.0		
Vitamin D IU	2		0	NR	4		1		
Vitamin K (phylloquinone) µg	2.2	0.445	12	AR	1		1.9		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23578

Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	7.248		0	NC	4		6.161		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g	0.000	0.000	47	AR	1		0.000		
12:0....g	0.014	0.001	47	AR	1		0.012		
13:0....g									
14:0....g	0.554	0.012	47	AR	1		0.471		
15:0....g	0.089	0.003	47	AR	1		0.075		
16:0....g	4.077	0.078	47	AR	1		3.465		
17:0....g	0.209	0.005	47	AR	1		0.178		
18:0....g	2.136	0.075	47	AR	1		1.816		
20:0....g	0.013	0.001	47	AR	1		0.011		
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.624		0	NC	4		7.330		
14:1....g	0.157	0.005	47	AR	1		0.134		
15:1....g									
16:1 undifferentiated....g	0.703	0.020	47	AR	1		0.597		
17:1....g	0.176	0.007	36	AR	1		0.150		
18:1 undifferentiated....g	0.969		0	AS	1		0.824		
18:1 c....g									
18:1 t....g	0.969		0	NR	4		0.824		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.065	0.003	47	AR	1		0.055		
22:1 undifferentiated....g	0.000		0	Z	7		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.520		0	NC	4		0.442		
18:2 undifferentiated....g	0.409	0.017	47	AR	1		0.347		
18:3 undifferentiated....g	0.057		0	AS	1		0.049		
18:3 n-3 c,c,c (ALA)....g	0.045	0.003	35	AR	1		0.038		
18:3 n-6 c,c,c....g	0.013	0.001	47	AR	1		0.011		
18:3i....g									
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.048	0.001	47	AR	1		0.041		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA)....g	0.000		0	Z	7		0.000		
Fatty acids, total trans....g	0.969		0	NC	4		0.824		
Fatty acids, total trans-monoenoic....g	0.969		0	NC	4		0.824		
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	88	1.583	36	AR	1		75		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.130		0	AR	1		0.110		
Threonine....g	0.989		0	AR	1		0.841		
Isoleucine....g	1.130		0	AR	1		0.960		
Leucine....g	1.992		0	AR	1		1.693		
Lysine....g	2.116		0	AR	1		1.799		
Methionine....g	0.657		0	AR	1		0.559		
Cystine....g	0.263		0	AR	1		0.224		
Phenylalanine....g	0.997		0	AR	1		0.847		
Tyrosine....g	0.786		0	AR	1		0.668		
Valine....g	1.255		0	AR	1		1.067		
Arginine....g	1.663		0	AR	1		1.413		

NDB No. 23578

Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Histidine....g	0.830		0	AR	1		0.706		
Alanine....g	1.600		0	AR	1		1.360		
Aspartic acid....g	2.301		0	AR	1		1.956		
Glutamic acid....g	3.831		0	AR	1		3.256		
Glycine....g	1.734		0	AR	1		1.474		
Proline....g	1.302		0	AR	1		1.107		
Serine....g	1.023		0	AR	1		0.869		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23579
Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled

hamburger
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	58.69	0.259	36	AR	1		49.88		
Energy kcal	248		0	NC	4		211		
Energy kJ	1040		0	NC	4		884		
Protein (N x 6.25) g	23.45	0.555	36	AR	1		19.93		
Total lipid (fat) g	16.44	0.418	36	AR	1		13.98		
Ash g	1.05	0.030	36	AR	1		0.89		
Carbohydrate, by difference g	0.00		0	Z	7		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	32	5.632	12	AR	1		27		
Iron, Fe mg	2.50	0.162	12	AR	1		2.13		
Magnesium, Mg mg	20	0.638	12	AR	1		17		
Phosphorus, P mg	199	6.054	12	AR	1		169		
Potassium, K mg	322	13.487	12	AR	1		274		
Sodium, Na mg	87	2.584	12	AR	1		74		
Zinc, Zn mg	5.95	0.150	12	AR	1		5.06		
Copper, Cu mg	0.071	0.005	12	AR	1		0.060		
Manganese, Mn mg	0.012	0.001	12	AR	1		0.010		
Selenium, Se µg	19.6	1.223	12	AR	1		16.6		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.043	0.003	12	AR	1		0.036		
Riboflavin mg	0.177	0.009	12	AR	1		0.151		
Niacin mg	5.282	0.310	12	AR	1		4.489		
Pantothenic acid mg	0.604		0	BFPN	4		0.513		
Vitamin B-6 mg	0.344	0.027	12	AR	1		0.292		
Folate, total µg	10		0	BFPN	4		8		
Folic acid µg	0		0	BFPN	4		0		
Folate, food µg	10		0	BFPN	4		8		
Folate, DFE µg	10		0	NC	4		8		
Choline, total mg	72.8		0	BFPN	4		61.8		
Betaine mg	8.8		0	BFPN	4		7.4		
Vitamin B-12 µg	2.79	0.315	12	AR	1		2.37		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	3		0	NC	4		3		
Retinol µg	3		0	NR	4		3		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	10		0	NC	4		9		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.13		0	NR	4		0.11		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	NR	4		0.0		
Vitamin D IU	2		0	NR	4		2		
Vitamin K (phylloquinone) µg	2.0		0	BFSN	4		1.7		
Dihydrophylloquinone µg	0.0		0	NR	4		0.0		
Menaquinone-4 µg									

NDB No. 23579

Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	6.281		0	NC	4		5.339		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g	0.000		0	BFFN	4		0.000		
12:0....g	0.007	0.001	8	AR	1		0.006		
13:0....g									
14:0....g	0.474	0.050	8	AR	1		0.403		
15:0....g	0.078	0.008	8	AR	1		0.066		
16:0....g	3.481	0.378	8	AR	1		2.959		
17:0....g	0.178	0.020	8	AR	1		0.152		
18:0....g	1.860	0.234	8	AR	1		1.581		
20:0....g	0.009	0.001	8	AR	1		0.008		
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.472		0	NC	4		6.351		
14:1....g	0.138	0.012	8	AR	1		0.117		
15:1....g									
16:1 undifferentiated....g	0.585	0.053	8	AR	1		0.497		
17:1....g	0.156	0.014	8	AR	1		0.133		
18:1 undifferentiated....g	1.052		0	AS	1		0.894		
18:1 c....g									
18:1 t....g	1.052		0	NR	4		0.894		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.054	0.005	8	AR	1		0.046		
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.451		0	NC	4		0.383		
18:2 undifferentiated....g	0.358	0.037	8	AR	1		0.304		
18:3 undifferentiated....g	0.009		0	AS	1		0.007		
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.009	0.001	8	AR	1		0.007		
18:3i....g									
18:4....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.043	0.004	8	AR	1		0.037		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans....g	1.052		0	NC	4		0.894		
Fatty acids, total trans-monoenoic....g	1.052		0	NC	4		0.894		
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	84	1.637	12	AR	1		72		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.119		0	AR	1		0.101		
Threonine....g	0.905		0	AR	1		0.770		
Isoleucine....g	1.034		0	AR	1		0.879		
Leucine....g	1.824		0	AR	1		1.551		
Lysine....g	1.938		0	AR	1		1.647		
Methionine....g	0.602		0	AR	1		0.511		
Cystine....g	0.241		0	AR	1		0.205		
Phenylalanine....g	0.912		0	AR	1		0.776		
Tyrosine....g	0.720		0	AR	1		0.612		
Valine....g	1.149		0	AR	1		0.977		
Arginine....g	1.523		0	AR	1		1.294		

NDB No. 23579

Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Histidine....g	0.760		0	AR	1		0.646		
Alanine....g	1.465		0	AR	1		1.245		
Aspartic acid....g	2.106		0	AR	1		1.791		
Glutamic acid....g	3.507		0	AR	1		2.981		
Glycine....g	1.588		0	AR	1		1.350		
Proline....g	1.192		0	AR	1		1.013		
Serine....g	0.937		0	AR	1		0.796		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23577
Beef, ground, 75% lean meat / 25% fat, raw

hamburger
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	58.09	0.186	107	AR	1		65.64	49.37	
Energy kcal	293		0	NC	4		331	249	
Energy kJ	1225		0	NC	4		1384	1041	
Protein (N x 6.25) g	15.76	0.213	72	AR	1		17.81	13.40	
Total lipid (fat) g	25.00		72	AR	1		28.25	21.25	
Ash g	0.77	0.028	72	AR	1		0.87	0.66	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	21	3.022	36	AR	1		24	18	
Iron, Fe mg	1.79	0.062	36	AR	1		2.03	1.52	
Magnesium, Mg mg	15	0.313	36	AR	1		17	13	
Phosphorus, P mg	145	2.687	36	AR	1		164	123	
Potassium, K mg	244	4.381	36	AR	1		276	207	
Sodium, Na mg	66	1.070	36	AR	1		75	57	
Zinc, Zn mg	3.87	0.094	36	AR	1		4.38	3.29	
Copper, Cu mg	0.056	0.003	36	AR	1		0.063	0.047	
Manganese, Mn mg	0.009	0.001	36	AR	1		0.011	0.008	
Selenium, Se µg	14.3	0.965	72	AR	1		16.1	12.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.044	0.003	36	AR	1		0.049	0.037	
Riboflavin mg	0.151	0.010	36	AR	1		0.171	0.128	
Niacin mg	3.804	0.148	36	AR	1		4.299	3.234	
Pantothenic acid mg	0.446	0.054	6	AR	1		0.504	0.379	
Vitamin B-6 mg	0.301	0.017	36	AR	1		0.340	0.255	
Folate, total µg	8	1.412	6	AR	1		9	7	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	8	1.412	6	AR	1		9	7	
Folate, DFE µg	8		0	NC	4		9	7	
Choline, total mg	51.6	2.853	12	AR	1		58.3	43.9	
Betaine mg	8.4	0.762	12	AR	1		9.5	7.1	
Vitamin B-12 µg	2.11	0.078	36	AR	1		2.38	1.79	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	4		0	AS	1		5	3	
Retinol µg	4	0.272	6	AR	1		5	3	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	14		0	AS	1		15	12	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.17	0.007	19	AR	1		0.20	0.15	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1	0.012	16	AR	1		0.1	0.1	
Vitamin D IU	3		16	AR	1		3	2	
Vitamin K (phylloquinone) µg	2.4	0.225	12	AR	1		2.7	2.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23577

Beef, ground, 75% lean meat / 25% fat, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	9.568		0	NC	4		10.812	8.133	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		12	AR	1		0.000	0.000	
12:0....g	0.017	0.001	47	AR	1		0.019	0.014	
13:0....g									
14:0....g	0.759	0.016	47	AR	1		0.858	0.645	
15:0....g	0.122	0.003	47	AR	1		0.137	0.103	
16:0....g	5.405	0.088	47	AR	1		6.108	4.594	
17:0....g	0.286	0.007	47	AR	1		0.323	0.243	
18:0....g	2.924	0.058	47	AR	1		3.304	2.485	
20:0....g	0.019	0.001	47	AR	1		0.022	0.016	
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	11.383		0	NC	4		12.863	9.676	
14:1....g	0.209	0.005	47	AR	1		0.236	0.177	
15:1....g									
16:1 undifferentiated....g	0.914	0.021	47	AR	1		1.033	0.777	
17:1....g	0.211	0.016	39	AR	1		0.239	0.179	
18:1 undifferentiated....g	1.500		0	AS	1		1.695	1.275	
18:1 c....g									
18:1 t....g	1.500	0.021	26	AR	1		1.695	1.275	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.084	0.002	47	AR	1		0.095	0.071	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.609		0	NC	4		0.688	0.518	
18:2 undifferentiated....g	0.498	0.019	47	AR	1		0.563	0.423	
18:3 undifferentiated....g	0.074		0	AS	1		0.084	0.063	
18:3 n-3 c,c,c (ALA)....g	0.058	0.004	35	AR	1		0.065	0.049	
18:3 n-6 c,c,c....g	0.017	0.001	47	AR	1		0.019	0.014	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.035	0.001	47	AR	1		0.040	0.030	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans....g	1.500		0	NC	4		1.695	1.275	
Fatty acids, total trans-monoenoic....g	1.500		0	NC	4		1.695	1.275	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	75	1.670	36	AR	1		84	63	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.080		0	AR	1		0.090	0.068	
Threonine....g	0.610		0	AR	1		0.689	0.518	
Isoleucine....g	0.697		0	AR	1		0.787	0.592	
Leucine....g	1.229		0	AR	1		1.389	1.044	
Lysine....g	1.305		0	AR	1		1.475	1.109	
Methionine....g	0.405		0	AR	1		0.458	0.345	
Cystine....g	0.162		0	AR	1		0.183	0.138	
Phenylalanine....g	0.615		0	AR	1		0.695	0.522	
Tyrosine....g	0.485		0	AR	1		0.548	0.412	
Valine....g	0.774		0	AR	1		0.875	0.658	
Arginine....g	1.026		0	AR	1		1.159	0.872	

NDB No. 23577
Beef, ground, 75% lean meat / 25% fat, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Histidine....g	0.512		0	AR	1		0.579	0.435	
Alanine....g	0.987		0	AR	1		1.115	0.839	
Aspartic acid....g	1.419		0	AR	1		1.603	1.206	
Glutamic acid....g	2.363		0	AR	1		2.670	2.008	
Glycine....g	1.070		0	AR	1		1.209	0.909	
Proline....g	0.803		0	AR	1		0.907	0.683	
Serine....g	0.631		0	AR	1		0.713	0.536	
Hydroxyproline....g	0.272	0.024	12	AR	1		0.307	0.231	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 113g: 4 oz

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23575
Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned

hamburger
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	54.54	0.494	36	AR	1		46.36		
Energy kcal	272		0	NC	4		231		
Energy kJ	1138		0	NC	4		967		
Protein (N x 6.25) g	27.00	0.247	36	AR	1		22.95		
Total lipid (fat) g	17.36	0.362	36	AR	1		14.76		
Ash g	1.16	0.042	36	AR	1		0.99		
Carbohydrate, by difference g	0.00		0	Z	7		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	28	3.497	12	AR	1		24		
Iron, Fe mg	2.78	0.096	12	AR	1		2.36		
Magnesium, Mg mg	23	0.363	12	AR	1		20		
Phosphorus, P mg	226	3.523	12	AR	1		192		
Potassium, K mg	380	8.193	12	AR	1		323		
Sodium, Na mg	91	2.030	12	AR	1		78		
Zinc, Zn mg	6.40	0.103	12	AR	1		5.44		
Copper, Cu mg	0.087	0.008	12	AR	1		0.074		
Manganese, Mn mg	0.012	0.001	12	AR	1		0.010		
Selenium, Se µg	21.6	1.216	12	AR	1		18.4		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.045	0.004	12	AR	1		0.038		
Riboflavin mg	0.191	0.009	12	AR	1		0.162		
Niacin mg	5.831	0.142	12	AR	1		4.957		
Pantothenic acid mg	0.807	0.036	6	AR	1		0.686		
Vitamin B-6 mg	0.428	0.019	12	AR	1		0.364		
Folate, total µg	11	0.956	6	AR	1		9		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	11	0.956	6	AR	1		9		
Folate, DFE µg	11		0	NC	4		9		
Choline, total mg	84.8		0	BFPN	4		72.1		
Betaine mg	9.5		0	BFPN	4		8.0		
Vitamin B-12 µg	2.80	0.337	12	AR	1		2.38		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	3		0	NC	4		2		
Retinol µg	3		0	NR	4		2		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	9		0	NC	4		8		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.12		0	NR	4		0.10		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	NR	4		0.0		
Vitamin D IU	2		0	NR	4		1		
Vitamin K (phylloquinone) µg	1.6		0	BFSN	4		1.4		
Dihydrophylloquinone µg	0.0		0	NR	4		0.0		
Menaquinone-4 µg									

NDB No. 23575

Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	6.546		0	NC	4		5.564		
4:0....g	0.000		0	BFFN	4		0.000		
6:0....g	0.000		0	BFFN	4		0.000		
8:0....g	0.000		0	BFFN	4		0.000		
10:0....g	0.000		0	BFFN	4		0.000		
12:0....g	0.008	0.001	8	AR	1		0.007		
13:0....g									
14:0....g	0.443	0.047	8	AR	1		0.377		
15:0....g	0.072	0.007	8	AR	1		0.061		
16:0....g	3.344	0.313	8	AR	1		2.842		
17:0....g	0.169	0.016	8	AR	1		0.143		
18:0....g	2.501	0.695	6	AR	1		2.126		
20:0....g	0.008	0.001	8	AR	1		0.007		
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.640		0	NC	4		6.494		
14:1....g	0.135	0.014	8	AR	1		0.115		
15:1....g									
16:1 undifferentiated....g	0.603	0.059	8	AR	1		0.513		
17:1....g	0.157	0.016	8	AR	1		0.133		
18:1 undifferentiated....g	0.753		0	AS	1		0.640		
18:1 c....g									
18:1 t....g	0.753		0	NR	4		0.640		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.057	0.009	8	AR	1		0.048		
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.501		0	NC	4		0.426		
18:2 undifferentiated....g	0.424	0.102	6	AR	1		0.360		
18:3 undifferentiated....g	0.009		0	AS	1		0.007		
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.009	0.001	8	AR	1		0.007		
18:3i....g									
18:4....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.046	0.004	8	AR	1		0.039		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans....g	0.753		0	NC	4		0.640		
Fatty acids, total trans-monoenoic....g	0.753		0	NC	4		0.640		
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	89	2.378	12	AR	1		76		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.137		0	AR	1		0.117		
Threonine....g	1.045		0	AR	1		0.888		
Isoleucine....g	1.193		0	AR	1		1.014		
Leucine....g	2.105		0	AR	1		1.789		
Lysine....g	2.235		0	AR	1		1.900		
Methionine....g	0.694		0	AR	1		0.590		
Cystine....g	0.278		0	AR	1		0.236		
Phenylalanine....g	1.053		0	AR	1		0.895		
Tyrosine....g	0.830		0	AR	1		0.706		
Valine....g	1.326		0	AR	1		1.127		
Arginine....g	1.756		0	AR	1		1.493		

NDB No. 23575

Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Histidine....g	0.877		0	AR	1		0.745		
Alanine....g	1.690		0	AR	1		1.437		
Aspartic acid....g	2.430		0	AR	1		2.066		
Glutamic acid....g	4.046		0	AR	1		3.439		
Glycine....g	1.832		0	AR	1		1.557		
Proline....g	1.375		0	AR	1		1.169		
Serine....g	1.080		0	AR	1		0.918		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23576
Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked

hamburger
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	57.70	0.550	12	AR	1		49.05		
Energy kcal	254		0	NC	4		216		
Energy kJ	1061		0	NC	4		902		
Protein (N x 6.25) g	25.25	0.698	12	AR	1		21.46		
Total lipid (fat) g	16.17	0.373	12	AR	1		13.74		
Ash g	0.90	0.031	12	AR	1		0.77		
Carbohydrate, by difference g	0.00		0	Z	7		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	23	2.953	12	AR	1		19		
Iron, Fe mg	2.58	0.087	12	AR	1		2.20		
Magnesium, Mg mg	19	0.381	12	AR	1		16		
Phosphorus, P mg	179	3.604	12	AR	1		152		
Potassium, K mg	271	6.602	12	AR	1		230		
Sodium, Na mg	67	1.019	12	AR	1		57		
Zinc, Zn mg	6.24	0.098	12	AR	1		5.31		
Copper, Cu mg	0.079	0.006	12	AR	1		0.067		
Manganese, Mn mg	0.009	0.001	12	AR	1		0.008		
Selenium, Se µg	20.3	1.172	12	AR	1		17.3		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.044	0.003	12	AR	1		0.037		
Riboflavin mg	0.171	0.005	12	AR	1		0.145		
Niacin mg	4.627	0.198	12	AR	1		3.933		
Pantothenic acid mg	0.569	0.033	6	AR	1		0.484		
Vitamin B-6 mg	0.329	0.017	12	AR	1		0.280		
Folate, total µg	7	0.982	6	AR	1		6		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	7	0.982	6	AR	1		6		
Folate, DFE µg	7		0	NC	4		6		
Choline, total mg	80.9		0	BFNN	4		68.8		
Betaine mg	8.0		0	BFNN	4		6.8		
Vitamin B-12 µg	2.49	0.115	12	AR	1		2.11		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	3		0	NC	4		2		
Retinol µg	3		0	NR	4		2		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	9		0	NC	4		8		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.12		0	NR	4		0.10		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	NR	4		0.0		
Vitamin D IU	2		0	NR	4		1		
Vitamin K (phylloquinone) µg	1.5		0	BFSN	4		1.3		
Dihydrophylloquinone µg	0.0		0	NR	4		0.0		
Menaquinone-4 µg									

NDB No. 23576

Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	6.159		0	NC	4		5.235		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g	0.000		0	BFFN	4		0.000		
12:0....g	0.008	0.001	8	AR	1		0.007		
13:0....g									
14:0....g	0.429	0.026	8	AR	1		0.365		
15:0....g	0.070	0.004	8	AR	1		0.059		
16:0....g	3.504	0.178	8	AR	1		2.978		
17:0....g	0.164	0.009	8	AR	1		0.139		
18:0....g	1.974	0.117	7	AR	1		1.678		
20:0....g	0.011	0.002	8	AR	1		0.009		
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.189		0	NC	4		6.111		
14:1....g	0.127	0.008	8	AR	1		0.108		
15:1....g									
16:1 undifferentiated....g	0.568	0.032	8	AR	1		0.483		
17:1....g	0.147	0.008	8	AR	1		0.125		
18:1 undifferentiated....g	0.773		0	AS	1		0.657		
18:1 c....g									
18:1 t....g	0.773		0	NR	4		0.657		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.060	0.004	8	AR	1		0.051		
22:1 undifferentiated....g	0.000		0	Z	7		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.471		0	NC	4		0.400		
18:2 undifferentiated....g	0.399	0.014	8	AR	1		0.339		
18:3 undifferentiated....g	0.009		0	AS	1		0.007		
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.009	0.001	8	AR	1		0.007		
18:3i....g									
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.041	0.004	8	AR	1		0.035		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans....g	0.773		0	NC	4		0.657		
Fatty acids, total trans-monoenoic....g	0.773		0	NC	4		0.657		
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	88	2.362	12	AR	1		74		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.128		0	AR	1		0.109		
Threonine....g	0.977		0	AR	1		0.830		
Isoleucine....g	1.116		0	AR	1		0.948		
Leucine....g	1.968		0	AR	1		1.672		
Lysine....g	2.090		0	AR	1		1.777		
Methionine....g	0.649		0	AR	1		0.552		
Cystine....g	0.260		0	AR	1		0.221		
Phenylalanine....g	0.984		0	AR	1		0.837		
Tyrosine....g	0.776		0	AR	1		0.660		
Valine....g	1.240		0	AR	1		1.054		
Arginine....g	1.642		0	AR	1		1.396		

NDB No. 23576

Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Histidine....g	0.820		0	AR	1		0.697		
Alanine....g	1.580		0	AR	1		1.343		
Aspartic acid....g	2.272		0	AR	1		1.931		
Glutamic acid....g	3.783		0	AR	1		3.216		
Glycine....g	1.713		0	AR	1		1.456		
Proline....g	1.286		0	AR	1		1.093		
Serine....g	1.010		0	AR	1		0.859		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23573
Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled

Hamburger
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	55.99	0.224	107	AR	1				
Energy kcal	270		0	NC	4				
Energy kJ	1131		0	NC	4				
Protein (N x 6.25) g	25.75	0.223	72	AR	1				
Total lipid (fat) g	17.78	0.162	107	AR	1				
Ash g	1.00	0.017	72	AR	1				
Carbohydrate, by difference g	0.00		0	Z	7				
Fiber, total dietary g	0.0		0	Z	7				
Sugars, total g	0.00		0	Z	7				
Starch g									
Minerals:									
Calcium, Ca mg	24	2.313	36	AR	1				
Iron, Fe mg	2.48	0.067	36	AR	1				
Magnesium, Mg mg	20	0.298	36	AR	1				
Phosphorus, P mg	194	2.783	36	AR	1				
Potassium, K mg	304	4.281	36	AR	1				
Sodium, Na mg	75	1.336	36	AR	1				
Zinc, Zn mg	6.25	0.122	36	AR	1				
Copper, Cu mg	0.080	0.008	36	AR	1				
Manganese, Mn mg	0.011	0.001	36	AR	1				
Selenium, Se µg	21.5	1.213	72	AR	1				
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7				
Thiamin mg	0.047	0.004	36	AR	1				
Riboflavin mg	0.176	0.016	36	AR	1				
Niacin mg	5.098	0.209	36	AR	1				
Pantothenic acid mg	0.658	0.020	6	AR	1				
Vitamin B-6 mg	0.366	0.014	36	AR	1				
Folate, total µg	10	1.244	6	AR	1				
Folic acid µg	0		0	Z	7				
Folate, food µg	10	1.244	6	AR	1				
Folate, DFE µg	10		0	NC	4				
Choline, total mg	80.8	1.709	12	AR	1				
Betaine mg	9.0	0.467	12	AR	1				
Vitamin B-12 µg	2.73	0.066	36	AR	1				
Vitamin B-12, added µg	0.00		0	Z	7				
Vitamin A, RAE µg	3		0	NC	4				
Retinol µg	3		0	NR	4				
Carotene, beta µg	0		0	Z	7				
Carotene, alpha µg	0		0	Z	7				
Cryptoxanthin, beta µg	0		0	Z	7				
Vitamin A, IU IU	9		0	NC	4				
Lycopene µg	0		0	Z	7				
Lutein + zeaxanthin µg	0		0	Z	7				
Vitamin E (alpha-tocopherol) mg	0.12		0	NR	4				
Vitamin E, added mg	0.00		0	Z	7				
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	NR	4				
Vitamin D IU	2		0	NR	4				
Vitamin K (phylloquinone) µg	1.6	0.434	12	AR	1				
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23573

Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	6.764		0	NC	4				
4:0....g	0.000		0	Z	7				
6:0....g	0.000		0	Z	7				
8:0....g	0.000		0	Z	7				
10:0....g	0.000		0	BFFN	4				
12:0....g	0.012	0.001	47	AR	1				
13:0....g									
14:0....g	0.507	0.009	47	AR	1				
15:0....g	0.082	0.002	47	AR	1				
16:0....g	3.787	0.055	47	AR	1				
17:0....g	0.191	0.004	47	AR	1				
18:0....g	2.104	0.059	47	AR	1				
20:0....g	0.013	0.001	47	AR	1				
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.895		0	NC	4				
14:1....g	0.142	0.003	47	AR	1				
15:1....g									
16:1 undifferentiated....g	0.646	0.015	47	AR	1				
17:1....g	0.161	0.004	36	AR	1				
18:1 undifferentiated....g	0.771		0	AS	1				
18:1 c....g									
18:1 t....g	0.771		0	NR	4				
18:1-11 t (18:1t n-7)....g									
20:1....g	0.056	0.002	47	AR	1				
22:1 undifferentiated....g	0.000		0	Z	7				
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.517		0	NC	4				
18:2 undifferentiated....g	0.398	0.015	47	AR	1				
18:3 undifferentiated....g	0.057		0	AS	1				
18:3 n-3 c,c,c (ALA)....g	0.045	0.003	35	AR	1				
18:3 n-6 c,c,c....g	0.013	0.001	47	AR	1				
18:3i....g									
18:4....g	0.000		0	Z	7				
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.048	0.001	47	AR	1				
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	Z	7				
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7				
22:6 n-3 (DHA)....g	0.000		0	Z	7				
Fatty acids, total trans....g	0.771		0	NC	4				
Fatty acids, total trans-monoenoic....g	0.771		0	NC	4				
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	88	1.583	36	AR	1				
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.131		0	AR	1				
Threonine....g	0.996		0	AR	1				
Isoleucine....g	1.138		0	AR	1				
Leucine....g	2.007		0	AR	1				
Lysine....g	2.131		0	AR	1				
Methionine....g	0.662		0	AR	1				
Cystine....g	0.265		0	AR	1				
Phenylalanine....g	1.004		0	AR	1				
Tyrosine....g	0.792		0	AR	1				
Valine....g	1.264		0	AR	1				
Arginine....g	1.675		0	AR	1				

NDB No. 23573

Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Histidine....g	0.836		0	AR	1				
Alanine....g	1.612		0	AR	1				
Aspartic acid....g	2.317		0	AR	1				
Glutamic acid....g	3.858		0	AR	1				
Glycine....g	1.747		0	AR	1				
Proline....g	1.311		0	AR	1				
Serine....g	1.030		0	AR	1				
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7				
Caffeine....mg	0		0	Z	7				
Theobromine....mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23574
Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled

Hamburger
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	59.11	0.224	36	AR	1		50.24		
Energy kcal	246		0	NC	4		209		
Energy kJ	1031		0	NC	4		876		
Protein (N x 6.25) g	24.04	0.376	36	AR	1		20.43		
Total lipid (fat) g	15.94	0.308	36	AR	1		13.55		
Ash g	1.06	0.021	36	AR	1		0.90		
Carbohydrate, by difference g	0.00		0	Z	7		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	26	3.615	12	AR	1		22		
Iron, Fe mg	2.59	0.104	12	AR	1		2.20		
Magnesium, Mg mg	21	0.410	12	AR	1		18		
Phosphorus, P mg	205	3.886	12	AR	1		174		
Potassium, K mg	335	8.657	12	AR	1		285		
Sodium, Na mg	83	1.756	12	AR	1		71		
Zinc, Zn mg	6.07	0.096	12	AR	1		5.16		
Copper, Cu mg	0.076	0.004	12	AR	1		0.065		
Manganese, Mn mg	0.012	0.001	12	AR	1		0.010		
Selenium, Se µg	19.9	1.031	12	AR	1		16.9		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.043	0.003	12	AR	1		0.036		
Riboflavin mg	0.177	0.009	12	AR	1		0.151		
Niacin mg	5.530	0.235	12	AR	1		4.701		
Pantothenic acid mg	0.615		0	BFPN	4		0.522		
Vitamin B-6 mg	0.356	0.018	12	AR	1		0.302		
Folate, total µg	9		0	BFPN	4		8		
Folic acid µg	0		0	BFPN	4		0		
Folate, food µg	9		0	BFPN	4		8		
Folate, DFE µg	9		0	NC	4		8		
Choline, total mg	75.5		0	BFPN	4		64.1		
Betaine mg	8.4		0	BFPN	4		7.2		
Vitamin B-12 µg	2.79	0.315	12	AR	1		2.37		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	3		0	NC	4		3		
Retinol µg	3		0	NR	4		3		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	10		0	NC	4		9		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.13		0	NR	4		0.11		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	NR	4		0.0		
Vitamin D IU	2		0	NR	4		2		
Vitamin K (phylloquinone) µg	1.5		0	BFSN	4		1.2		
Dihydrophylloquinone µg	0.0		0	NR	4		0.0		
Menaquinone-4 µg									

NDB No. 23574

Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	6.029		0	NC	4		5.125		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g	0.000		0	BFFN	4		0.000		
12:0....g	0.007	0.001	8	AR	1		0.006		
13:0....g									
14:0....g	0.431	0.028	8	AR	1		0.367		
15:0....g	0.071	0.004	8	AR	1		0.060		
16:0....g	3.265	0.209	8	AR	1		2.775		
17:0....g	0.165	0.011	8	AR	1		0.141		
18:0....g	1.815	0.129	8	AR	1		1.542		
20:0....g	0.009	0.001	8	AR	1		0.008		
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.037		0	NC	4		5.981		
14:1....g	0.120	0.007	8	AR	1		0.102		
15:1....g									
16:1 undifferentiated....g	0.534	0.030	8	AR	1		0.454		
17:1....g	0.141	0.008	8	AR	1		0.120		
18:1 undifferentiated....g	0.833		0	AS	1		0.708		
18:1 c....g									
18:1 t....g	0.833		0	NR	4		0.708		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.049	0.003	8	AR	1		0.042		
22:1 undifferentiated....g	0.000		0	Z	7		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.461		0	NC	4		0.392		
18:2 undifferentiated....g	0.359	0.021	8	AR	1		0.305		
18:3 undifferentiated....g	0.009		0	AS	1		0.007		
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.009	0.001	8	AR	1		0.007		
18:3i....g									
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.043	0.004	8	AR	1		0.037		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans....g	0.833		0	NC	4		0.708		
Fatty acids, total trans-monoenoic....g	0.833		0	NC	4		0.708		
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	84	1.637	12	AR	1		72		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.122		0	AR	1		0.104		
Threonine....g	0.930		0	AR	1		0.790		
Isoleucine....g	1.062		0	AR	1		0.903		
Leucine....g	1.873		0	AR	1		1.592		
Lysine....g	1.990		0	AR	1		1.691		
Methionine....g	0.618		0	AR	1		0.525		
Cystine....g	0.247		0	AR	1		0.210		
Phenylalanine....g	0.937		0	AR	1		0.796		
Tyrosine....g	0.739		0	AR	1		0.628		
Valine....g	1.180		0	AR	1		1.003		
Arginine....g	1.564		0	AR	1		1.329		

NDB No. 23574

Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Histidine....g	0.781		0	AR	1		0.663		
Alanine....g	1.505		0	AR	1		1.279		
Aspartic acid....g	2.163		0	AR	1		1.839		
Glutamic acid....g	3.602		0	AR	1		3.062		
Glycine....g	1.631		0	AR	1		1.386		
Proline....g	1.224		0	AR	1		1.041		
Serine....g	0.962		0	AR	1		0.818		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23572
Beef, ground, 80% lean meat / 20% fat, raw

hamburger
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	61.87	0.134	107	AR	1		69.92		
Energy kcal	254		0	NC	4		287		
Energy kJ	1062		0	NC	4		1200		
Protein (N x 6.25) g	17.17	0.172	72	AR	1		19.41		
Total lipid (fat) g	20.00		72	AR	1		22.60		
Ash g	0.84	0.024	72	AR	1		0.95		
Carbohydrate, by difference g	0.00		0	Z	7		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	18	2.031	36	AR	1		20		
Iron, Fe mg	1.94	0.049	36	AR	1		2.19		
Magnesium, Mg mg	17	0.222	36	AR	1		19		
Phosphorus, P mg	158	1.849	36	AR	1		179		
Potassium, K mg	270	2.943	36	AR	1		305		
Sodium, Na mg	66	1.070	36	AR	1		75		
Zinc, Zn mg	4.18	0.065	36	AR	1		4.72		
Copper, Cu mg	0.061	0.002	36	AR	1		0.069		
Manganese, Mn mg	0.010	0.001	36	AR	1		0.011		
Selenium, Se µg	15.0	0.877	72	AR	1		17.0		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.043	0.002	36	AR	1		0.049		
Riboflavin mg	0.151	0.010	36	AR	1		0.171		
Niacin mg	4.227	0.122	36	AR	1		4.776		
Pantothenic acid mg	0.498	0.035	6	AR	1		0.562		
Vitamin B-6 mg	0.323	0.014	36	AR	1		0.365		
Folate, total µg	7	0.922	6	AR	1		8		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	7	0.922	6	AR	1		8		
Folate, DFE µg	7		0	NC	4		8		
Choline, total mg	56.4	2.535	12	AR	1		63.8		
Betaine mg	8.2	0.489	12	AR	1		9.3		
Vitamin B-12 µg	2.14	0.065	36	AR	1		2.42		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	4		0	AS	1		5		
Retinol µg	4	0.272	6	AR	1		5		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	14		0	AS	1		15		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.17	0.007	19	AR	1		0.20		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1	0.012	16	AR	1		0.1		
Vitamin D IU	3		16	AR	1		3		
Vitamin K (phylloquinone) µg	1.8	0.161	12	AR	1		2.1		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23572
Beef, ground, 80% lean meat / 20% fat, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	7.581		0	NC	4		8.567		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g	0.000		12	AR	1		0.000		
12:0....g	0.014	0.001	47	AR	1		0.015		
13:0....g									
14:0....g	0.592	0.011	47	AR	1		0.668		
15:0....g	0.095	0.002	47	AR	1		0.108		
16:0....g	4.279	0.061	47	AR	1		4.835		
17:0....g	0.224	0.005	47	AR	1		0.253		
18:0....g	2.362	0.044	47	AR	1		2.669		
20:0....g	0.016	0.001	47	AR	1		0.018		
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.848		0	NC	4		9.998		
14:1....g	0.162	0.004	47	AR	1		0.183		
15:1....g									
16:1 undifferentiated....g	0.724	0.014	47	AR	1		0.818		
17:1....g	0.164	0.016	39	AR	1		0.185		
18:1 undifferentiated....g	1.180		0	AS	1		1.333		
18:1 c....g									
18:1 t....g	1.180	0.015	26	AR	1		1.333		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.066	0.002	47	AR	1		0.075		
22:1 undifferentiated....g	0.000		0	Z	7		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.521		0	NC	4		0.589		
18:2 undifferentiated....g	0.420	0.017	47	AR	1		0.474		
18:3 undifferentiated....g	0.065		0	AS	1		0.074		
18:3 n-3 c,c,c (ALA)....g	0.051	0.003	35	AR	1		0.057		
18:3 n-6 c,c,c....g	0.015	0.001	47	AR	1		0.016		
18:3i....g									
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.035	0.001	47	AR	1		0.040		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA)....g	0.000		0	Z	7		0.000		
Fatty acids, total trans....g	1.180		0	NC	4		1.333		
Fatty acids, total trans-monoenoic....g	1.180		0	NC	4		1.333		
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	71	1.442	36	AR	1		81		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.087		0	AR	1		0.099		
Threonine....g	0.665		0	AR	1		0.751		
Isoleucine....g	0.759		0	AR	1		0.858		
Leucine....g	1.339		0	AR	1		1.514		
Lysine....g	1.423		0	AR	1		1.608		
Methionine....g	0.442		0	AR	1		0.499		
Cystine....g	0.177		0	AR	1		0.200		
Phenylalanine....g	0.670		0	AR	1		0.757		
Tyrosine....g	0.528		0	AR	1		0.597		
Valine....g	0.844		0	AR	1		0.954		
Arginine....g	1.118		0	AR	1		1.263		

NDB No. 23572
Beef, ground, 80% lean meat / 20% fat, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Histidine....g	0.558		0	AR	1		0.631		
Alanine....g	1.076		0	AR	1		1.216		
Aspartic acid....g	1.547		0	AR	1		1.748		
Glutamic acid....g	2.575		0	AR	1		2.910		
Glycine....g	1.166		0	AR	1		1.317		
Proline....g	0.875		0	AR	1		0.989		
Serine....g	0.688		0	AR	1		0.777		
Hydroxyproline....g	0.272	0.024	12	AR	1		0.307		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 113g: 4 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23570

Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned

ground round, hamburger

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	55.90	0.496	36	AR	1		47.51		
Energy kcal	256		0	NC	4		218		
Energy kJ	1073		0	NC	4		912		
Protein (N x 6.25) g	27.73	0.211	36	AR	1		23.57		
Total lipid (fat) g	15.30	0.365	36	AR	1		13.01		
Ash g	1.22	0.039	36	AR	1		1.04		
Carbohydrate, by difference g	0.00		0	NC	4		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	22	2.909	12	AR	1		19		
Iron, Fe mg	2.93	0.076	12	AR	1		2.49		
Magnesium, Mg mg	25	0.290	12	AR	1		21		
Phosphorus, P mg	238	2.810	12	AR	1		202		
Potassium, K mg	407	6.729	12	AR	1		346		
Sodium, Na mg	89	1.619	12	AR	1		76		
Zinc, Zn mg	6.62	0.082	12	AR	1		5.63		
Copper, Cu mg	0.093	0.007	12	AR	1		0.079		
Manganese, Mn mg	0.012	0.001	12	AR	1		0.011		
Selenium, Se µg	21.6	1.216	12	AR	1		18.4		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.044	0.003	12	AR	1		0.037		
Riboflavin mg	0.191	0.009	12	AR	1		0.162		
Niacin mg	6.318	0.118	12	AR	1		5.370		
Pantothenic acid mg	0.807	0.036	6	AR	1		0.686		
Vitamin B-6 mg	0.428	0.019	12	AR	1		0.364		
Folate, total µg	10	0.771	6	AR	1		8		
Folic acid µg	0		0	BFPN	4		0		
Folate, food µg	10	0.771	6	AR	1		8		
Folate, DFE µg	10		0	NC	4		8		
Choline, total mg	91.4		0	BFPN	4		77.7		
Betaine mg	12.0		0	BFPN	4		10.2		
Vitamin B-12 µg	2.80	0.337	12	AR	1		2.38		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	3		0	NC	4		2		
Retinol µg	3		0	NR	4		2		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	9		0	NC	4		8		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.12		0	NR	4		0.10		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	NR	4		0.0		
Vitamin D IU	2		0	NR	4		1		
Vitamin K (phylloquinone) µg	1.7		0	BFSN	4		1.5		
Dihydrophylloquinone µg	0.0		0	NR	4		0.0		
Menaquinone-4 µg									

NDB No. 23570

Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	5.806		0	NC	4		4.935		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g	0.000		0	BFFN	4		0.000		
12:0....g	0.007	0.001	8	AR	1		0.006		
13:0....g									
14:0....g	0.415	0.049	8	AR	1		0.353		
15:0....g	0.069	0.008	8	AR	1		0.058		
16:0....g	3.175	0.330	8	AR	1		2.699		
17:0....g	0.160	0.017	8	AR	1		0.136		
18:0....g	1.973	0.208	6	AR	1		1.677		
20:0....g	0.008	0.001	8	AR	1		0.007		
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.572		0	NC	4		5.586		
14:1....g	0.123	0.015	8	AR	1		0.105		
15:1....g									
16:1 undifferentiated....g	0.568	0.062	8	AR	1		0.482		
17:1....g	0.147	0.017	8	AR	1		0.125		
18:1 undifferentiated....g	0.556		0	AS	1		0.473		
18:1 c....g									
18:1 t....g	0.556		0	NR	4		0.473		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.057	0.007	8	AR	1		0.048		
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.477		0	NC	4		0.405		
18:2 undifferentiated....g	0.400	0.031	6	AR	1		0.340		
18:3 undifferentiated....g	0.009		0	AS	1		0.007		
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.009	0.001	8	AR	1		0.007		
18:3i....g									
18:4....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.046	0.004	8	AR	1		0.039		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans....g	0.556		0	NC	4		0.473		
Fatty acids, total trans-monoenoic....g	0.556		0	NC	4		0.473		
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	89	2.378	12	AR	1		76		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.141		0	AR	1		0.120		
Threonine....g	1.073		0	AR	1		0.912		
Isoleucine....g	1.225		0	AR	1		1.041		
Leucine....g	2.161		0	AR	1		1.837		
Lysine....g	2.295		0	AR	1		1.951		
Methionine....g	0.713		0	AR	1		0.606		
Cystine....g	0.285		0	AR	1		0.243		
Phenylalanine....g	1.081		0	AR	1		0.919		
Tyrosine....g	0.852		0	AR	1		0.725		
Valine....g	1.362		0	AR	1		1.157		
Arginine....g	1.804		0	AR	1		1.533		

NDB No. 23570

Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Histidine....g	0.900		0	AR	1		0.765		
Alanine....g	1.736		0	AR	1		1.475		
Aspartic acid....g	2.495		0	AR	1		2.121		
Glutamic acid....g	4.155		0	AR	1		3.531		
Glycine....g	1.881		0	AR	1		1.599		
Proline....g	1.412		0	AR	1		1.200		
Serine....g	1.109		0	AR	1		0.943		
Hydroxyproline....g	0.402		0	BFPN	4		0.342		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23571
Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked

hamburger
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	58.98	0.608	12	AR	1		50.13		
Energy kcal	240		0	NC	4		204		
Energy kJ	1005		0	NC	4		854		
Protein (N x 6.25) g	25.93	0.602	12	AR	1		22.04		
Total lipid (fat) g	14.36	0.437	12	AR	1		12.21		
Ash g	0.92	0.026	12	AR	1		0.78		
Carbohydrate, by difference g	0.00		0	Z	7		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	18	2.355	12	AR	1		15		
Iron, Fe mg	2.74	0.071	12	AR	1		2.33		
Magnesium, Mg mg	20	0.304	12	AR	1		17		
Phosphorus, P mg	186	2.874	12	AR	1		158		
Potassium, K mg	286	5.265	12	AR	1		243		
Sodium, Na mg	64	0.813	12	AR	1		54		
Zinc, Zn mg	6.45	0.078	12	AR	1		5.48		
Copper, Cu mg	0.079	0.006	12	AR	1		0.067		
Manganese, Mn mg	0.010	0.001	12	AR	1		0.008		
Selenium, Se µg	21.0	1.050	12	AR	1		17.8		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.040	0.002	12	AR	1		0.034		
Riboflavin mg	0.171	0.005	12	AR	1		0.145		
Niacin mg	4.927	0.182	12	AR	1		4.188		
Pantothenic acid mg	0.598	0.027	6	AR	1		0.508		
Vitamin B-6 mg	0.338	0.016	12	AR	1		0.287		
Folate, total µg	6	0.792	6	AR	1		5		
Folic acid µg	0		0	NR	4		0		
Folate, food µg	6		0	AR	1		5		
Folate, DFE µg	6		0	NC	4		5		
Choline, total mg	85.5		0	BFPN	4		72.6		
Betaine mg	11.3		0	BFPN	4		9.6		
Vitamin B-12 µg	2.49	0.115	12	AR	1		2.11		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	3		0	NC	4		2		
Retinol µg	3		0	NR	4		2		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	9		0	NC	4		8		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.12		0	NR	4		0.10		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	NR	4		0.0		
Vitamin D IU	2		0	NR	4		1		
Vitamin K (phylloquinone) µg	1.6		0	BFSN	4		1.4		
Dihydrophylloquinone µg	0.0		0	NR	4		0.0		
Menaquinone-4 µg									

NDB No. 23571

Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	5.497		0	NC	4		4.672		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g	0.000		0	BFFN	4		0.000		
12:0....g	0.008	0.001	8	AR	1		0.007		
13:0....g									
14:0....g	0.400	0.028	8	AR	1		0.340		
15:0....g	0.066	0.004	8	AR	1		0.056		
16:0....g	3.083	0.135	8	AR	1		2.620		
17:0....g	0.155	0.010	8	AR	1		0.132		
18:0....g	1.774	0.095	7	AR	1		1.508		
20:0....g	0.011	0.002	8	AR	1		0.009		
22:0....g	0.000		0	BFFN	4		0.000		
24:0....g									
Fatty acids, total monounsaturated....g	6.222		0	NC	4		5.289		
14:1....g	0.111	0.008	8	AR	1		0.094		
15:1....g	0.000		0	BFFN	4		0.000		
16:1 undifferentiated....g	0.513	0.034	8	AR	1		0.436		
17:1....g	0.133	0.009	8	AR	1		0.113		
18:1 undifferentiated....g	0.573		0	AS	1		0.487		
18:1 c....g									
18:1 t....g	0.573		0	NR	4		0.487		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.051	0.004	8	AR	1		0.044		
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.452		0	NC	4		0.384		
18:2 undifferentiated....g	0.354	0.010	8	AR	1		0.300		
18:3 undifferentiated....g	0.009		0	AS	1		0.007		
18:3 n-3 c,c,c (ALA)....g	0.048		0	BFFN	4		0.041		
18:3 n-6 c,c,c....g	0.009	0.001	8	AR	1		0.007		
18:3i....g									
18:4....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c....g	0.000		0	BFFN	4		0.000		
20:3 undifferentiated....g	0.000		0	BFFN	4		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.041	0.004	8	AR	1		0.035		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003		18	AR	1		0.003		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.016		18	AR	1		0.014		
22:6 n-3 (DHA)....g	0.001		18	AR	1		0.001		
Fatty acids, total trans....g	0.573		0	NC	4		0.487		
Fatty acids, total trans-monoenoic....g	0.573		0	NC	4		0.487		
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	88	2.362	12	AR	1		74		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.132		0	AR	1		0.112		
Threonine....g	1.003		0	AR	1		0.853		
Isoleucine....g	1.146		0	AR	1		0.974		
Leucine....g	2.021		0	AR	1		1.718		
Lysine....g	2.147		0	AR	1		1.825		
Methionine....g	0.667		0	AR	1		0.567		
Cystine....g	0.267		0	AR	1		0.227		
Phenylalanine....g	1.011		0	AR	1		0.859		
Tyrosine....g	0.797		0	AR	1		0.678		
Valine....g	1.274		0	AR	1		1.083		
Arginine....g	1.687		0	AR	1		1.434		

NDB No. 23571

Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Histidine....g	0.842		0	AR	1		0.716		
Alanine....g	1.624		0	AR	1		1.380		
Aspartic acid....g	2.334		0	AR	1		1.984		
Glutamic acid....g	3.886		0	AR	1		3.303		
Glycine....g	1.759		0	AR	1		1.495		
Proline....g	1.321		0	AR	1		1.123		
Serine....g	1.038		0	AR	1		0.882		
Hydroxyproline....g	0.376		0	BFPN	4		0.320		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23568
Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled

ground round, hamburger
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	57.98	0.234	107	AR	1		49.28	44.64	
Energy kcal	250		0	NC	4		212	192	
Energy kJ	1045		0	NC	4		888	805	
Protein (N x 6.25) g	25.93	0.198	72	AR	1		22.04	19.96	
Total lipid (fat) g	15.41	0.171	107	AR	1		13.10	11.87	
Ash g	1.02	0.016	72	AR	1		0.87	0.78	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	18	1.980	36	AR	1		16	14	
Iron, Fe mg	2.60	0.059	36	AR	1		2.21	2.00	
Magnesium, Mg mg	21	0.287	36	AR	1		18	16	
Phosphorus, P mg	198	2.626	36	AR	1		168	152	
Potassium, K mg	318	4.069	36	AR	1		271	245	
Sodium, Na mg	72	1.181	36	AR	1		61	55	
Zinc, Zn mg	6.31	0.108	36	AR	1		5.37	4.86	
Copper, Cu mg	0.085	0.008	36	AR	1		0.072	0.066	
Manganese, Mn mg	0.012	0.001	36	AR	1		0.010	0.009	
Selenium, Se µg	21.5	1.213	72	AR	1		18.3	16.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.046	0.004	36	AR	1		0.039	0.035	
Riboflavin mg	0.176	0.016	36	AR	1		0.150	0.136	
Niacin mg	5.378	0.206	36	AR	1		4.572	4.141	
Pantothenic acid mg	0.658	0.020	6	AR	1		0.559	0.507	
Vitamin B-6 mg	0.382	0.013	36	AR	1		0.324	0.294	
Folate, total µg	9	1.003	6	AR	1		7	7	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	9	1.070	6	AR	1		7	7	
Folate, DFE µg	9		0	NC	4		7	7	
Choline, total mg	82.4	1.363	12	AR	1		70.0	63.4	
Betaine mg	8.5	0.373	12	AR	1		7.2	6.5	
Vitamin B-12 µg	2.64	0.058	36	AR	1		2.25	2.04	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	3		0	NC	4		2	2	
Retinol µg	3		0	NR	4		2	2	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	9		0	NC	4		8	7	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.12		0	NR	4		0.10	0.09	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	NR	4		0.0	0.0	
Vitamin D IU	2		0	NR	4		1	1	
Vitamin K (phylloquinone) µg	1.2	0.428	12	AR	1		1.0	0.9	
Dihydrophylloquinone µg	0.0		12	AR	1		0.0	0.0	
Menaquinone-4 µg									

NDB No. 23568

Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	5.895		0	NC	4		5.011	4.539	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000	0.000	47	AR	1		0.000	0.000	
12:0....g	0.011	0.001	47	AR	1		0.009	0.008	
13:0....g									
14:0....g	0.428	0.010	47	AR	1		0.364	0.330	
15:0....g	0.071	0.002	47	AR	1		0.060	0.055	
16:0....g	3.278	0.058	47	AR	1		2.786	2.524	
17:0....g	0.164	0.004	47	AR	1		0.139	0.126	
18:0....g	1.930	0.063	47	AR	1		1.641	1.486	
20:0....g	0.013	0.001	47	AR	1		0.011	0.010	
22:0....g	0.000	0.000	47	AR	1		0.000	0.000	
24:0....g									
Fatty acids, total monounsaturated....g	6.668		0	NC	4		5.668	5.134	
14:1....g	0.115	0.004	47	AR	1		0.098	0.089	
15:1....g	0.000	0.000	47	AR	1		0.000	0.000	
16:1 undifferentiated....g	0.544	0.016	47	AR	1		0.462	0.419	
17:1....g	0.136	0.005	36	AR	1		0.116	0.105	
18:1 undifferentiated....g	0.572		0	AS	1		0.486	0.440	
18:1 c....g									
18:1 t....g	0.572		0	NR	4		0.486	0.440	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.045	0.002	47	AR	1		0.038	0.035	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.484		0	NC	4		0.411	0.373	
18:2 undifferentiated....g	0.361	0.016	47	AR	1		0.307	0.278	
18:3 undifferentiated....g	0.056		0	AS	1		0.048	0.043	
18:3 n-3 c,c,c (ALA)....g	0.044	0.003	35	AR	1		0.037	0.034	
18:3 n-6 c,c,c....g	0.012	0.001	47	AR	1		0.011	0.010	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000	0.000	47	AR	1		0.000	0.000	
20:3 undifferentiated....g	0.000	0.000	47	AR	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.047	0.001	47	AR	1		0.040	0.036	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003		18	AR	1		0.002	0.002	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.016		18	AR	1		0.013	0.012	
22:6 n-3 (DHA)....g	0.001		18	AR	1		0.001	0.001	
Fatty acids, total trans....g	0.572		0	NC	4		0.486	0.440	
Fatty acids, total trans-monoenoic....g	0.572		0	NC	4		0.486	0.440	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	88	1.583	36	AR	1		75	68	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.094		0	AR	1		0.080	0.073	
Threonine....g	0.720		0	AR	1		0.612	0.554	
Isoleucine....g	0.822		0	AR	1		0.699	0.633	
Leucine....g	1.450		0	AR	1		1.232	1.116	
Lysine....g	1.540		0	AR	1		1.309	1.186	
Methionine....g	0.478		0	AR	1		0.407	0.368	
Cystine....g	0.191		0	AR	1		0.163	0.147	
Phenylalanine....g	0.725		0	AR	1		0.616	0.558	
Tyrosine....g	0.572		0	AR	1		0.486	0.440	
Valine....g	0.914		0	AR	1		0.777	0.703	
Arginine....g	1.210		0	AR	1		1.029	0.932	

NDB No. 23568

Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Histidine....g	0.604		0	AR	1		0.513	0.465	
Alanine....g	1.165		0	AR	1		0.990	0.897	
Aspartic acid....g	1.674		0	AR	1		1.423	1.289	
Glutamic acid....g	2.788		0	AR	1		2.370	2.147	
Glycine....g	1.262		0	AR	1		1.073	0.972	
Proline....g	0.948		0	AR	1		0.805	0.730	
Serine....g	0.744		0	AR	1		0.633	0.573	
Hydroxyproline....g	0.376		0	BFPN	4		0.320	0.290	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 77g: 1 patty (yield from 1/4 lb raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23569
Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled

hamburger
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	60.61	0.224	36	AR	1		51.52	50.31	
Energy kcal	232		0	NC	4		197	192	
Energy kJ	969		0	NC	4		824	804	
Protein (N x 6.25) g	24.62	0.323	36	AR	1		20.93	20.44	
Total lipid (fat) g	14.02	0.304	36	AR	1		11.91	11.63	
Ash g	1.07	0.019	36	AR	1		0.91	0.89	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	20	2.883	12	AR	1		17	17	
Iron, Fe mg	2.68	0.083	12	AR	1		2.28	2.22	
Magnesium, Mg mg	22	0.327	12	AR	1		19	18	
Phosphorus, P mg	211	3.099	12	AR	1		179	175	
Potassium, K mg	349	6.904	12	AR	1		297	290	
Sodium, Na mg	79	1.472	12	AR	1		67	66	
Zinc, Zn mg	6.20	0.077	12	AR	1		5.27	5.15	
Copper, Cu mg	0.081	0.003	12	AR	1		0.069	0.067	
Manganese, Mn mg	0.012	0.001	12	AR	1		0.010	0.010	
Selenium, Se µg	20.3	0.977	12	AR	1		17.3	16.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.043	0.003	12	AR	1		0.036	0.035	
Riboflavin mg	0.177	0.009	12	AR	1		0.151	0.147	
Niacin mg	5.778	0.212	12	AR	1		4.911	4.796	
Pantothenic acid mg	0.728		0	BFPN	4		0.619	0.604	
Vitamin B-6 mg	0.367	0.014	12	AR	1		0.312	0.305	
Folate, total µg	8		0	BFPN	4		7	7	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	8		0	BFPN	4		7	7	
Folate, DFE µg	8		0	NC	4		7	7	
Choline, total mg	81.1		0	BFPN	4		69.0	67.3	
Betaine mg	7.2		0	BFNN	4		6.1	6.0	
Vitamin B-12 µg	2.79	0.315	12	AR	1		2.37	2.31	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	3		0	NC	4		3	3	
Retinol µg	3		0	NR	4		3	3	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	10		0	NC	4		9	8	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.13		0	NR	4		0.11	0.11	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	NR	4		0.0	0.0	
Vitamin D IU	2		0	NR	4		2	2	
Vitamin K (phylloquinone) µg	1.5		0	BFSN	4		1.3	1.3	
Dihydrophylloquinone µg	0.0		0	NR	4		0.0	0.0	
Menaquinone-4 µg									

NDB No. 23569

Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	5.331		0	NC	4		4.531	4.425	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.007	0.001	8	AR	1		0.006	0.006	
13:0....g									
14:0....g	0.367	0.029	8	AR	1		0.312	0.305	
15:0....g	0.061	0.005	8	AR	1		0.052	0.050	
16:0....g	2.851	0.220	8	AR	1		2.424	2.366	
17:0....g	0.143	0.011	8	AR	1		0.122	0.119	
18:0....g	1.640	0.136	8	AR	1		1.394	1.362	
20:0....g	0.009	0.001	8	AR	1		0.008	0.007	
22:0....g	0.000		0	BFFN	4		0.000	0.000	
24:0....g									
Fatty acids, total monounsaturated....g	6.034		0	NC	4		5.129	5.008	
14:1....g	0.097	0.007	8	AR	1		0.083	0.081	
15:1....g	0.000		0	BFFN	4		0.000	0.000	
16:1 undifferentiated....g	0.454	0.031	8	AR	1		0.386	0.377	
17:1....g	0.119	0.008	8	AR	1		0.101	0.098	
18:1 undifferentiated....g	0.615		0	AS	1		0.523	0.511	
18:1 c....g									
18:1 t....g	0.615		0	NR	4		0.523	0.511	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.042	0.003	8	AR	1		0.036	0.035	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.438		0	NC	4		0.372	0.364	
18:2 undifferentiated....g	0.331	0.022	8	AR	1		0.282	0.275	
18:3 undifferentiated....g	0.009		0	AS	1		0.007	0.007	
18:3 n-3 c,c,c (ALA)....g	0.047		0	BFFN	4		0.040	0.039	
18:3 n-6 c,c,c....g	0.009	0.001	8	AR	1		0.007	0.007	
18:3i....g									
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g	0.000		0	BFFN	4		0.000	0.000	
20:3 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.043	0.004	8	AR	1		0.037	0.036	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003		18	AR	1		0.003	0.002	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.016		18	AR	1		0.014	0.013	
22:6 n-3 (DHA)....g	0.001		18	AR	1		0.001	0.001	
Fatty acids, total trans....g	0.615		0	NC	4		0.523	0.511	
Fatty acids, total trans-monoenoic....g	0.615		0	NC	4		0.523	0.511	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	84	1.637	12	AR	1		72	70	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.125		0	AR	1		0.106	0.104	
Threonine....g	0.952		0	AR	1		0.810	0.791	
Isoleucine....g	1.088		0	AR	1		0.925	0.903	
Leucine....g	1.919		0	AR	1		1.631	1.593	
Lysine....g	2.038		0	AR	1		1.733	1.692	
Methionine....g	0.633		0	AR	1		0.538	0.525	
Cystine....g	0.253		0	AR	1		0.215	0.210	
Phenylalanine....g	0.960		0	AR	1		0.816	0.797	
Tyrosine....g	0.757		0	AR	1		0.643	0.628	
Valine....g	1.209		0	AR	1		1.028	1.004	
Arginine....g	1.602		0	AR	1		1.361	1.329	

NDB No. 23569

Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Histidine....g	0.800		0	AR	1		0.680	0.664	
Alanine....g	1.541		0	AR	1		1.310	1.279	
Aspartic acid....g	2.216		0	AR	1		1.884	1.839	
Glutamic acid....g	3.690		0	AR	1		3.136	3.062	
Glycine....g	1.670		0	AR	1		1.420	1.386	
Proline....g	1.254		0	AR	1		1.066	1.041	
Serine....g	0.985		0	AR	1		0.837	0.818	
Hydroxyproline....g	0.357		0	BFPN	4		0.304	0.296	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 83g: 1 patty (yield from 1/4 lb raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23567
Beef, ground, 85% lean meat / 15% fat, raw

hamburger
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	65.66	0.121	107	AR	1		55.81		
Energy kcal	215		0	NC	4		182		
Energy kJ	898		0	NC	4		763		
Protein (N x 6.25) g	18.59	0.163	72	AR	1		15.80		
Total lipid (fat) g	15.00		72	AR	1		12.75		
Ash g	0.91	0.023	72	AR	1		0.77		
Carbohydrate, by difference g	0.00		0	NC	4		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	15	1.733	36	AR	1		13		
Iron, Fe mg	2.09	0.045	36	AR	1		1.78		
Magnesium, Mg mg	18	0.196	36	AR	1		16		
Phosphorus, P mg	171	1.603	36	AR	1		146		
Potassium, K mg	295	2.512	36	AR	1		251		
Sodium, Na mg	66	1.070	36	AR	1		57		
Zinc, Zn mg	4.48	0.056	36	AR	1		3.81		
Copper, Cu mg	0.067	0.002	36	AR	1		0.057		
Manganese, Mn mg	0.010	0.001	36	AR	1		0.008		
Selenium, Se µg	15.8	0.858	72	AR	1		13.4		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.042	0.002	36	AR	1		0.036		
Riboflavin mg	0.151	0.010	36	AR	1		0.128		
Niacin mg	4.649	0.116	36	AR	1		3.952		
Pantothenic acid mg	0.549	0.028	6	AR	1		0.467		
Vitamin B-6 mg	0.346	0.013	36	AR	1		0.294		
Folate, total µg	6	0.743	6	AR	1		5		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	6	0.787	5	AR	1		5		
Folate, DFE µg	6		0	NC	4		5		
Choline, total mg	61.2	2.448	12	AR	1		52.1		
Betaine mg	8.1	0.390	12	AR	1		6.9		
Vitamin B-12 µg	2.17	0.062	36	AR	1		1.85		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	4		0	AS	1		3		
Retinol µg	4	0.272	6	AR	1		3		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	14		0	AS	1		12		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.17	0.007	19	AR	1		0.15		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1	0.012	16	AR	1		0.1		
Vitamin D IU	3		16	AR	1		2		
Vitamin K (phylloquinone) µg	1.3	0.151	12	AR	1		1.1		
Dihydrophylloquinone µg	0.0		12	AR	1		0.0		
Menaquinone-4 µg									

NDB No. 23567
Beef, ground, 85% lean meat / 15% fat, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	5.715		0	NC	4		4.858		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g	0.000	0.000	47	AR	1		0.000		
12:0....g	0.011	0.001	47	AR	1		0.009		
13:0....g									
14:0....g	0.431	0.010	47	AR	1		0.366		
15:0....g	0.070	0.002	47	AR	1		0.060		
16:0....g	3.200	0.052	47	AR	1		2.720		
17:0....g	0.165	0.004	47	AR	1		0.140		
18:0....g	1.824	0.040	47	AR	1		1.551		
20:0....g	0.014	0.001	47	AR	1		0.012		
22:0....g	0.000	0.000	47	AR	1		0.000		
24:0....g									
Fatty acids, total monounsaturated....g	6.469		0	NC	4		5.499		
14:1....g	0.116	0.003	47	AR	1		0.099		
15:1....g	0.000	0.000	47	AR	1		0.000		
16:1 undifferentiated....g	0.534	0.012	47	AR	1		0.454		
17:1....g	0.117	0.016	39	AR	1		0.099		
18:1 undifferentiated....g	0.860		0	AS	1		0.731		
18:1 c....g									
18:1 t....g	0.860	0.010	26	AR	1		0.731		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.049	0.002	47	AR	1		0.042		
22:1 undifferentiated....g	0.000		0	Z	7		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.433		0	NC	4		0.368		
18:2 undifferentiated....g	0.331	0.016	47	AR	1		0.281		
18:3 undifferentiated....g	0.053		0	AS	1		0.045		
18:3 n-3 c,c,c (ALA)....g	0.042	0.003	35	AR	1		0.035		
18:3 n-6 c,c,c....g	0.012	0.001	47	AR	1		0.010		
18:3i....g									
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g	0.000	0.000	47	AR	1		0.000		
20:3 undifferentiated....g	0.000	0.000	47	AR	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.034	0.001	47	AR	1		0.029		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002		15	AR	1		0.002		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.012		15	AR	1		0.010		
22:6 n-3 (DHA)....g	0.001		15	AR	1		0.001		
Fatty acids, total trans....g	0.860		0	NC	4		0.731		
Fatty acids, total trans-monoenoic....g	0.860		0	NC	4		0.731		
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	68	1.386	36	AR	1		58		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.094		0	AR	1		0.080		
Threonine....g	0.720		0	AR	1		0.612		
Isoleucine....g	0.822		0	AR	1		0.699		
Leucine....g	1.450		0	AR	1		1.232		
Lysine....g	1.540		0	AR	1		1.309		
Methionine....g	0.478		0	AR	1		0.407		
Cystine....g	0.191		0	AR	1		0.163		
Phenylalanine....g	0.725		0	AR	1		0.616		
Tyrosine....g	0.572		0	AR	1		0.486		
Valine....g	0.914		0	AR	1		0.777		
Arginine....g	1.210		0	AR	1		1.029		

NDB No. 23567
Beef, ground, 85% lean meat / 15% fat, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Histidine....g	0.604		0	AR	1		0.513		
Alanine....g	1.165		0	AR	1		0.990		
Aspartic acid....g	1.674		0	AR	1		1.423		
Glutamic acid....g	2.788		0	AR	1		2.370		
Glycine....g	1.262		0	AR	1		1.073		
Proline....g	0.948		0	AR	1		0.805		
Serine....g	0.744		0	AR	1		0.633		
Hydroxyproline....g	0.272	0.024	12	AR	1		0.231		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23565

Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned

hamburger

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	58.58	0.491	36	AR	1		49.79	90.21	
Energy kcal	230		0	NC	4		196	354	
Energy kJ	963		0	NC	4		819	1483	
Protein (N x 6.25) g	28.45	0.292	36	AR	1		24.18	43.81	
Total lipid (fat) g	12.04	0.358	36	AR	1		10.24	18.55	
Ash g	1.28	0.047	36	AR	1		1.09	1.97	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	16	3.963	12	AR	1		13	24	
Iron, Fe mg	3.08	0.111	12	AR	1		2.62	4.74	
Magnesium, Mg mg	27	0.420	12	AR	1		23	41	
Phosphorus, P mg	250	4.071	12	AR	1		213	386	
Potassium, K mg	433	9.341	12	AR	1		368	667	
Sodium, Na mg	87	2.346	12	AR	1		74	134	
Zinc, Zn mg	6.84	0.119	12	AR	1		5.81	10.53	
Copper, Cu mg	0.099	0.009	12	AR	1		0.084	0.153	
Manganese, Mn mg	0.013	0.001	12	AR	1		0.011	0.019	
Selenium, Se µg	21.6	1.216	12	AR	1		18.4	33.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.043	0.004	12	AR	1		0.036	0.066	
Riboflavin mg	0.191	0.009	12	AR	1		0.162	0.294	
Niacin mg	6.804	0.170	12	AR	1		5.783	10.478	
Pantothenic acid mg	0.807	0.036	6	AR	1		0.686	1.242	
Vitamin B-6 mg	0.428	0.019	12	AR	1		0.364	0.659	
Folate, total µg	8	1.089	6	AR	1		7	13	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	8	1.089	6	AR	1		7	13	
Folate, DFE µg	8		0	NC	4		7	13	
Choline, total mg	91.4		0	BFPN	4		77.7	140.8	
Betaine mg	8.7		0	BFPN	4		7.4	13.3	
Vitamin B-12 µg	2.80	0.337	12	AR	1		2.38	4.31	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	3		0	NC	4		2	4	
Retinol µg	3		0	NR	4		2	4	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	9		0	NC	4		8	14	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.12		0	NR	4		0.10	0.18	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	NR	4		0.0	0.1	
Vitamin D IU	2		0	NR	4		1	3	
Vitamin K (phylloquinone) µg	1.2		0	BFFN	4		1.0	1.8	
Dihydrophylloquinone µg	0.0		0	NR	4		0.0	0.0	
Menaquinone-4 µg									

NDB No. 23565

Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.712		0	NC	4		4.005	7.256	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.006	0.000	8	AR	1		0.005	0.009	
13:0....g									
14:0....g	0.341	0.043	8	AR	1		0.290	0.526	
15:0....g	0.058	0.007	8	AR	1		0.049	0.089	
16:0....g	2.659	0.289	8	AR	1		2.260	4.095	
17:0....g	0.134	0.015	8	AR	1		0.114	0.206	
18:0....g	1.506	0.175	6	AR	1		1.280	2.319	
20:0....g	0.009	0.001	8	AR	1		0.007	0.013	
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.033		0	NC	4		4.278	7.751	
14:1....g	0.093	0.013	8	AR	1		0.079	0.143	
15:1....g									
16:1 undifferentiated....g	0.439	0.055	8	AR	1		0.373	0.676	
17:1....g	0.112	0.015	8	AR	1		0.095	0.172	
18:1 undifferentiated....g	0.359		0	AS	1		0.305	0.553	
18:1 c....g									
18:1 t....g	0.359		0	NR	4		0.305	0.553	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.045	0.006	8	AR	1		0.038	0.069	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.428		0	NC	4		0.364	0.659	
18:2 undifferentiated....g	0.323	0.026	6	AR	1		0.275	0.498	
18:3 undifferentiated....g	0.009		0	AS	1		0.007	0.013	
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.009	0.001	8	AR	1		0.007	0.013	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.046	0.004	8	AR	1		0.039	0.071	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans....g	0.359		0	NC	4		0.305	0.553	
Fatty acids, total trans-monoenoic....g	0.359		0	NC	4		0.305	0.553	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	89	2.378	12	AR	1		76	138	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.144		0	AR	1		0.123	0.222	
Threonine....g	1.100		0	AR	1		0.935	1.695	
Isoleucine....g	1.257		0	AR	1		1.068	1.936	
Leucine....g	2.217		0	AR	1		1.885	3.414	
Lysine....g	2.355		0	AR	1		2.002	3.627	
Methionine....g	0.731		0	AR	1		0.622	1.126	
Cystine....g	0.293		0	AR	1		0.249	0.451	
Phenylalanine....g	1.109		0	AR	1		0.943	1.708	
Tyrosine....g	0.875		0	AR	1		0.743	1.347	
Valine....g	1.397		0	AR	1		1.187	2.151	
Arginine....g	1.850		0	AR	1		1.573	2.850	

NDB No. 23565

Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Histidine....g	0.924		0	AR	1		0.785	1.423	
Alanine....g	1.781		0	AR	1		1.514	2.743	
Aspartic acid....g	2.560		0	AR	1		2.176	3.943	
Glutamic acid....g	4.263		0	AR	1		3.623	6.565	
Glycine....g	1.930		0	AR	1		1.640	2.972	
Proline....g	1.449		0	AR	1		1.232	2.231	
Serine....g	1.138		0	AR	1		0.968	1.753	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 154g: 1 portion (yield from 1/2 lb raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23566
Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked

hamburger
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	61.33	0.584	12	AR	1		52.13		
Energy kcal	214		0	NC	4		182		
Energy kJ	894		0	NC	4		760		
Protein (N x 6.25) g	26.62	0.776	12	AR	1		22.63		
Total lipid (fat) g	11.10	0.393	12	AR	1		9.43		
Ash g	0.93	0.036	12	AR	1		0.79		
Carbohydrate, by difference g	0.00		0	Z	7		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	13	3.412	12	AR	1		11		
Iron, Fe mg	2.89	0.100	12	AR	1		2.46		
Magnesium, Mg mg	21	0.441	12	AR	1		17		
Phosphorus, P mg	193	4.165	12	AR	1		164		
Potassium, K mg	300	7.628	12	AR	1		255		
Sodium, Na mg	61	1.178	12	AR	1		52		
Zinc, Zn mg	6.65	0.114	12	AR	1		5.66		
Copper, Cu mg	0.079	0.006	12	AR	1		0.067		
Manganese, Mn mg	0.010	0.001	12	AR	1		0.009		
Selenium, Se µg	21.6	1.274	12	AR	1		18.4		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.037	0.003	12	AR	1		0.031		
Riboflavin mg	0.171	0.005	12	AR	1		0.145		
Niacin mg	5.228	0.212	12	AR	1		4.444		
Pantothenic acid mg	0.626	0.038	6	AR	1		0.532		
Vitamin B-6 mg	0.347	0.018	12	AR	1		0.295		
Folate, total µg	6	1.118	6	AR	1		5		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	6	1.118	6	AR	1		5		
Folate, DFE µg	6		0	NC	4		5		
Choline, total mg	85.5		0	BFPN	4		72.7		
Betaine mg	8.1		0	BFPN	4		6.9		
Vitamin B-12 µg	2.49	0.115	12	AR	1		2.11		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	3		0	NC	4		2		
Retinol µg	3		0	NR	4		2		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	9		0	NC	4		8		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.12		0	NR	4		0.10		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	NR	4		0.0		
Vitamin D IU	2		0	NR	4		1		
Vitamin K (phylloquinone) µg	1.1		0	BFSN	4		1.0		
Dihydrophylloquinone µg	0.0		0	NR	4		0.0		
Menaquinone-4 µg									

NDB No. 23566

Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.375		0	NC	4		3.719		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g	0.000		0	BFFN	4		0.000		
12:0....g	0.007	0.001	8	AR	1		0.006		
13:0....g									
14:0....g	0.319	0.024	8	AR	1		0.271		
15:0....g	0.054	0.004	8	AR	1		0.046		
16:0....g	2.423	0.125	8	AR	1		2.060		
17:0....g	0.126	0.009	8	AR	1		0.107		
18:0....g	1.434	0.093	7	AR	1		1.219		
20:0....g	0.012	0.002	8	AR	1		0.010		
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.672		0	NC	4		3.971		
14:1....g	0.082	0.007	8	AR	1		0.070		
15:1....g									
16:1 undifferentiated....g	0.391	0.030	8	AR	1		0.332		
17:1....g	0.099	0.008	8	AR	1		0.084		
18:1 undifferentiated....g	0.373		0	AS	1		0.317		
18:1 c....g									
18:1 t....g	0.373		0	NR	4		0.317		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.038	0.003	8	AR	1		0.032		
22:1 undifferentiated....g	0.000		0	Z	7		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.398		0	NC	4		0.338		
18:2 undifferentiated....g	0.282	0.010	8	AR	1		0.240		
18:3 undifferentiated....g	0.009		0	AS	1		0.007		
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.009	0.001	8	AR	1		0.007		
18:3i....g									
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.041	0.004	8	AR	1		0.035		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA)....g	0.000		0	Z	7		0.000		
Fatty acids, total trans....g	0.373		0	NC	4		0.317		
Fatty acids, total trans-monoenoic....g	0.373		0	NC	4		0.317		
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	88	2.362	12	AR	1		74		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.135		0	AR	1		0.115		
Threonine....g	1.030		0	AR	1		0.875		
Isoleucine....g	1.176		0	AR	1		1.000		
Leucine....g	2.075		0	AR	1		1.763		
Lysine....g	2.204		0	AR	1		1.873		
Methionine....g	0.684		0	AR	1		0.582		
Cystine....g	0.274		0	AR	1		0.233		
Phenylalanine....g	1.038		0	AR	1		0.882		
Tyrosine....g	0.818		0	AR	1		0.696		
Valine....g	1.307		0	AR	1		1.111		
Arginine....g	1.732		0	AR	1		1.472		

NDB No. 23566

Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Histidine....g	0.864		0	AR	1		0.735		
Alanine....g	1.666		0	AR	1		1.417		
Aspartic acid....g	2.396		0	AR	1		2.036		
Glutamic acid....g	3.989		0	AR	1		3.391		
Glycine....g	1.806		0	AR	1		1.535		
Proline....g	1.356		0	AR	1		1.152		
Serine....g	1.065		0	AR	1		0.905		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23563
Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled

hamburger
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	61.24	0.217	107	AR	1		52.05		
Energy kcal	217		0	NC	4		185		
Energy kJ	910		0	NC	4		774		
Protein (N x 6.25) g	26.11	0.268	72	AR	1		22.19		
Total lipid (fat) g	11.75	0.156	107	AR	1		9.99		
Ash g	1.04	0.019	72	AR	1		0.88		
Carbohydrate, by difference g	0.00		0	Z	7		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	13	2.731	36	AR	1		11		
Iron, Fe mg	2.71	0.077	36	AR	1		2.31		
Magnesium, Mg mg	22	0.313	36	AR	1		18		
Phosphorus, P mg	202	3.000	36	AR	1		172		
Potassium, K mg	333	4.574	36	AR	1		283		
Sodium, Na mg	68	1.536	36	AR	1		58		
Zinc, Zn mg	6.37	0.140	36	AR	1		5.42		
Copper, Cu mg	0.090	0.008	36	AR	1		0.077		
Manganese, Mn mg	0.013	0.001	36	AR	1		0.011		
Selenium, Se µg	21.5	1.213	72	AR	1		18.3		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.044	0.004	36	AR	1		0.037		
Riboflavin mg	0.176	0.016	36	AR	1		0.150		
Niacin mg	5.659	0.214	36	AR	1		4.810		
Pantothenic acid mg	0.658	0.020	6	AR	1		0.559		
Vitamin B-6 mg	0.397	0.016	36	AR	1		0.337		
Folate, total µg	8	1.416	6	AR	1		7		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	8	1.416	6	AR	1		7		
Folate, DFE µg	8		0	NC	4		7		
Choline, total mg	83.9	1.975	12	AR	1		71.3		
Betaine mg	7.9	0.540	12	AR	1		6.8		
Vitamin B-12 µg	2.56	0.077	36	AR	1		2.17		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	3		0	NC	4		2		
Retinol µg	3		0	NR	4		2		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	9		0	NC	4		8		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.12		0	NR	4		0.10		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	NR	4		0.0		
Vitamin D IU	2		0	NR	4		1		
Vitamin K (phylloquinone) µg	1.1	0.398	12	AR	1		1.0		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23563

Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.628		0	NC	4		3.934		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g	0.000		0	BFFN	4		0.000		
12:0....g	0.009	0.001	47	AR	1		0.008		
13:0....g									
14:0....g	0.315	0.009	47	AR	1		0.268		
15:0....g	0.054	0.002	47	AR	1		0.046		
16:0....g	2.517	0.054	47	AR	1		2.139		
17:0....g	0.125	0.004	47	AR	1		0.106		
18:0....g	1.595	0.057	47	AR	1		1.356		
20:0....g	0.013	0.001	47	AR	1		0.011		
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.943		0	NC	4		4.202		
14:1....g	0.078	0.003	47	AR	1		0.066		
15:1....g									
16:1 undifferentiated....g	0.396	0.014	47	AR	1		0.337		
17:1....g	0.102	0.005	36	AR	1		0.087		
18:1 undifferentiated....g	0.373		0	AS	1		0.317		
18:1 c....g									
18:1 t....g	0.373		0	NR	4		0.317		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.034	0.002	47	AR	1		0.029		
22:1 undifferentiated....g	0.000		0	Z	7		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.421		0	NC	4		0.358		
18:2 undifferentiated....g	0.314	0.015	47	AR	1		0.267		
18:3 undifferentiated....g	0.057		0	AS	1		0.049		
18:3 n-3 c,c,c (ALA)....g	0.045	0.003	35	AR	1		0.038		
18:3 n-6 c,c,c....g	0.013	0.001	47	AR	1		0.011		
18:3i....g									
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.048	0.001	47	AR	1		0.041		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA)....g	0.000		0	Z	7		0.000		
Fatty acids, total trans....g	0.373		0	NC	4		0.317		
Fatty acids, total trans-monoenoic....g	0.373		0	NC	4		0.317		
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	88	1.583	36	AR	1		75		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.133		0	AR	1		0.113		
Threonine....g	1.010		0	AR	1		0.858		
Isoleucine....g	1.154		0	AR	1		0.981		
Leucine....g	2.035		0	AR	1		1.729		
Lysine....g	2.161		0	AR	1		1.837		
Methionine....g	0.671		0	AR	1		0.570		
Cystine....g	0.269		0	AR	1		0.228		
Phenylalanine....g	1.018		0	AR	1		0.865		
Tyrosine....g	0.803		0	AR	1		0.682		
Valine....g	1.282		0	AR	1		1.090		
Arginine....g	1.698		0	AR	1		1.443		

NDB No. 23563
Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Histidine....g	0.848		0	AR	1		0.721		
Alanine....g	1.634		0	AR	1		1.389		
Aspartic acid....g	2.350		0	AR	1		1.997		
Glutamic acid....g	3.912		0	AR	1		3.325		
Glycine....g	1.771		0	AR	1		1.505		
Proline....g	1.330		0	AR	1		1.130		
Serine....g	1.045		0	AR	1		0.888		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23564
Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled

hamburger
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	63.21	0.222	36	AR	1		53.73		
Energy kcal	204		0	NC	4		173		
Energy kJ	854		0	NC	4		726		
Protein (N x 6.25) g	25.21	0.443	36	AR	1		21.43		
Total lipid (fat) g	10.68	0.307	36	AR	1		9.08		
Ash g	1.08	0.024	36	AR	1		0.92		
Carbohydrate, by difference g	0.00		0	Z	7		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	15	4.178	12	AR	1		12		
Iron, Fe mg	2.77	0.120	12	AR	1		2.35		
Magnesium, Mg mg	23	0.473	12	AR	1		20		
Phosphorus, P mg	216	4.490	12	AR	1		184		
Potassium, K mg	363	10.003	12	AR	1		308		
Sodium, Na mg	75	1.981	12	AR	1		64		
Zinc, Zn mg	6.33	0.111	12	AR	1		5.38		
Copper, Cu mg	0.086	0.005	12	AR	1		0.073		
Manganese, Mn mg	0.012	0.001	12	AR	1		0.010		
Selenium, Se µg	20.7	1.079	12	AR	1		17.6		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.043	0.003	12	AR	1		0.036		
Riboflavin mg	0.177	0.009	12	AR	1		0.151		
Niacin mg	6.027	0.255	12	AR	1		5.123		
Pantothenic acid mg	0.636		0	BFPN	4		0.540		
Vitamin B-6 mg	0.379	0.020	12	AR	1		0.322		
Folate, total µg	8		0	BFPN	4		6		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	8		0	BFPN	4		6		
Folate, DFE µg	8		0	NC	4		6		
Choline, total mg	81.0		0	BFPN	4		68.8		
Betaine mg	7.7		0	BFPN	4		6.5		
Vitamin B-12 µg	2.79	0.315	12	AR	1		2.37		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	3		0	NC	4		3		
Retinol µg	3		0	NR	4		3		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	10		0	NC	4		9		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.13		0	NR	4		0.11		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	NR	4		0.0		
Vitamin D IU	2		0	NR	4		2		
Vitamin K (phylloquinone) µg	1.1		0	BFSN	4		0.9		
Dihydrophylloquinone µg	0.0		0	NR	4		0.0		
Menaquinone-4 µg									

NDB No. 23564

Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.189		0	NC	4		3.561		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g	0.000		0	BFFN	4		0.000		
12:0....g	0.007	0.001	8	AR	1		0.006		
13:0....g									
14:0....g	0.282	0.026	8	AR	1		0.239		
15:0....g	0.047	0.004	8	AR	1		0.040		
16:0....g	2.239	0.192	8	AR	1		1.903		
17:0....g	0.112	0.010	8	AR	1		0.095		
18:0....g	1.337	0.119	8	AR	1		1.137		
20:0....g	0.009	0.001	8	AR	1		0.008		
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.473		0	NC	4		3.802		
14:1....g	0.071	0.006	8	AR	1		0.060		
15:1....g									
16:1 undifferentiated....g	0.346	0.027	8	AR	1		0.294		
17:1....g	0.088	0.007	8	AR	1		0.074		
18:1 undifferentiated....g	0.397		0	AS	1		0.337		
18:1 c....g									
18:1 t....g	0.397		0	NR	4		0.337		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.032	0.002	8	AR	1		0.027		
22:1 undifferentiated....g	0.000		0	Z	7		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.381		0	NC	4		0.324		
18:2 undifferentiated....g	0.274	0.019	8	AR	1		0.233		
18:3 undifferentiated....g	0.009		0	AS	1		0.007		
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.009	0.001	8	AR	1		0.007		
18:3i....g									
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.043	0.004	8	AR	1		0.037		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA)....g	0.000		0	Z	7		0.000		
Fatty acids, total trans....g	0.397		0	NC	4		0.337		
Fatty acids, total trans-monoenoic....g	0.397		0	NC	4		0.337		
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	84	1.637	12	AR	1		72		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.128		0	AR	1		0.109		
Threonine....g	0.976		0	AR	1		0.830		
Isoleucine....g	1.115		0	AR	1		0.948		
Leucine....g	1.967		0	AR	1		1.672		
Lysine....g	2.089		0	AR	1		1.776		
Methionine....g	0.649		0	AR	1		0.551		
Cystine....g	0.260		0	AR	1		0.221		
Phenylalanine....g	0.984		0	AR	1		0.836		
Tyrosine....g	0.776		0	AR	1		0.659		
Valine....g	1.239		0	AR	1		1.053		
Arginine....g	1.641		0	AR	1		1.395		

NDB No. 23564

Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Histidine....g	0.819		0	AR	1		0.696		
Alanine....g	1.580		0	AR	1		1.343		
Aspartic acid....g	2.271		0	AR	1		1.930		
Glutamic acid....g	3.781		0	AR	1		3.214		
Glycine....g	1.712		0	AR	1		1.455		
Proline....g	1.285		0	AR	1		1.092		
Serine....g	1.010		0	AR	1		0.858		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23562
Beef, ground, 90% lean meat / 10% fat, raw

hamburger
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	69.45	0.156	107	AR	1		78.48		
Energy kcal	176		0	NC	4		198		
Energy kJ	735		0	NC	4		831		
Protein (N x 6.25) g	20.00	0.190	72	AR	1		22.60		
Total lipid (fat) g	10.00		72	AR	1		11.30		
Ash g	0.98	0.025	72	AR	1		1.10		
Carbohydrate, by difference g	0.00		0	Z	7		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	12	2.403	36	AR	1		14		
Iron, Fe mg	2.24	0.053	36	AR	1		2.53		
Magnesium, Mg mg	20	0.255	36	AR	1		23		
Phosphorus, P mg	184	2.161	36	AR	1		208		
Potassium, K mg	321	3.483	36	AR	1		363		
Sodium, Na mg	66	1.070	36	AR	1		75		
Zinc, Zn mg	4.79	0.076	36	AR	1		5.41		
Copper, Cu mg	0.072	0.002	36	AR	1		0.081		
Manganese, Mn mg	0.010	0.001	36	AR	1		0.012		
Selenium, Se µg	16.6	0.914	72	AR	1		18.8		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.042	0.002	36	AR	1		0.047		
Riboflavin mg	0.151	0.010	36	AR	1		0.171		
Niacin mg	5.072	0.131	36	AR	1		5.731		
Pantothenic acid mg	0.601	0.040	6	AR	1		0.679		
Vitamin B-6 mg	0.369	0.015	36	AR	1		0.417		
Folate, total µg	6	1.049	6	AR	1		6		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	6	1.049	6	AR	1		6		
Folate, DFE µg	6		0	NC	4		6		
Choline, total mg	66.1	2.613	12	AR	1		74.6		
Betaine mg	7.9	0.565	12	AR	1		9.0		
Vitamin B-12 µg	2.21	0.070	36	AR	1		2.50		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	4		0	AS	1		5		
Retinol µg	4	0.272	6	AR	1		5		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	14		0	AS	1		15		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.17	0.007	19	AR	1		0.20		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1	0.012	16	AR	1		0.1		
Vitamin D IU	3		16	AR	1		3		
Vitamin K (phylloquinone) µg	0.8	0.203	12	AR	1		0.9		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23562
Beef, ground, 90% lean meat / 10% fat, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.927		0	NC	4		4.438		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g	0.000		12	AR	1		0.000		
12:0....g	0.008	0.001	47	AR	1		0.009		
13:0....g									
14:0....g	0.276	0.013	47	AR	1		0.312		
15:0....g	0.046	0.002	47	AR	1		0.052		
16:0....g	2.167	0.071	47	AR	1		2.448		
17:0....g	0.108	0.006	47	AR	1		0.122		
18:0....g	1.311	0.050	47	AR	1		1.481		
20:0....g	0.011	0.001	47	AR	1		0.013		
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.194		0	NC	4		4.739		
14:1....g	0.070	0.004	47	AR	1		0.079		
15:1....g									
16:1 undifferentiated....g	0.344	0.016	47	AR	1		0.388		
17:1....g	0.069	0.016	39	AR	1		0.078		
18:1 undifferentiated....g	0.540		0	AS	1		0.610		
18:1 c....g									
18:1 t....g	0.540	0.009	26	AR	1		0.610		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.032	0.002	47	AR	1		0.036		
22:1 undifferentiated....g	0.000		0	Z	7		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.345		0	NC	4		0.390		
18:2 undifferentiated....g	0.263	0.018	47	AR	1		0.297		
18:3 undifferentiated....g	0.046		0	AS	1		0.052		
18:3 n-3 c,c,c (ALA)....g	0.036	0.004	35	AR	1		0.040		
18:3 n-6 c,c,c....g	0.010	0.001	47	AR	1		0.011		
18:3i....g									
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.035	0.001	47	AR	1		0.040		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA)....g	0.000		0	Z	7		0.000		
Fatty acids, total trans....g	0.540		0	NC	4		0.610		
Fatty acids, total trans-monoenoic....g	0.540		0	NC	4		0.610		
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	65	1.521	36	AR	1		73		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.102		0	AR	1		0.115		
Threonine....g	0.775		0	AR	1		0.875		
Isoleucine....g	0.885		0	AR	1		1.000		
Leucine....g	1.560		0	AR	1		1.763		
Lysine....g	1.658		0	AR	1		1.873		
Methionine....g	0.515		0	AR	1		0.582		
Cystine....g	0.206		0	AR	1		0.233		
Phenylalanine....g	0.781		0	AR	1		0.882		
Tyrosine....g	0.616		0	AR	1		0.696		
Valine....g	0.983		0	AR	1		1.111		
Arginine....g	1.302		0	AR	1		1.472		

NDB No. 23562
Beef, ground, 90% lean meat / 10% fat, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Histidine....g	0.650		0	AR	1		0.735		
Alanine....g	1.253		0	AR	1		1.416		
Aspartic acid....g	1.802		0	AR	1		2.036		
Glutamic acid....g	3.000		0	AR	1		3.390		
Glycine....g	1.358		0	AR	1		1.535		
Proline....g	1.020		0	AR	1		1.152		
Serine....g	0.801		0	AR	1		0.905		
Hydroxyproline....g	0.272	0.024	12	AR	1		0.307		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 113g: 4 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23476

Beef, ground, 93% lean meat / 7% fat, crumbles, cooked, pan-browned

hamburger

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	60.82	0.658	36	AR	1		51.69		
Energy kcal	209		0	NC	4		178		
Energy kJ	875		0	NC	4		744		
Protein (N x 6.25) g	28.88	0.371	36	AR	1		24.55		
Total lipid (fat) g	9.51	0.556	36	AR	1		8.08		
Ash g	1.32	0.055	36	AR	1		1.12		
Carbohydrate, by difference g	0.00		0	NC	4		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	12	5.033	12	AR	1		10		
Iron, Fe mg	3.17	0.144	12	AR	1		2.69		
Magnesium, Mg mg	28	0.547	12	AR	1		23		
Phosphorus, P mg	258	5.302	12	AR	1		219		
Potassium, K mg	449	11.962	12	AR	1		381		
Sodium, Na mg	86	3.055	12	AR	1		73		
Zinc, Zn mg	6.97	0.155	12	AR	1		5.93		
Copper, Cu mg	0.103	0.010	12	AR	1		0.088		
Manganese, Mn mg	0.013	0.001	12	AR	1		0.011		
Selenium, Se µg	21.6	1.216	12	AR	1		18.4		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.042	0.006	12	AR	1		0.036		
Riboflavin mg	0.191	0.009	12	AR	1		0.162		
Niacin mg	7.096	0.220	12	AR	1		6.031		
Pantothenic acid mg	0.807	0.036	6	AR	1		0.686		
Vitamin B-6 mg	0.428	0.019	12	AR	1		0.364		
Folate, total µg	8	1.406	6	AR	1		7		
Folic acid µg	0		0	NR	4		0		
Folate, food µg	8		0	NR	4		7		
Folate, DFE µg	8		0	NC	4		7		
Choline, total mg	93.4		0	BFPN	4		79.4		
Betaine mg	8.4		0	BFPN	4		7.1		
Vitamin B-12 µg	2.80	0.337	12	AR	1		2.38		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	3		0	NC	4		2		
Retinol µg	3		0	NR	4		2		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	9		0	NC	4		8		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.12		0	NR	4		0.10		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	NR	4		0.0		
Vitamin D IU	2		0	NR	4		1		
Vitamin K (phylloquinone) µg	1.3		0	BFSN	4		1.1		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23476

Beef, ground, 93% lean meat / 7% fat, crumbles, cooked, pan-browned

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.897		0	NC	4		3.312		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g	0.000		0	BFFN	4		0.000		
12:0....g	0.005	0.000	8	AR	1		0.005		
13:0....g									
14:0....g	0.264	0.042	8	AR	1		0.224		
15:0....g	0.045	0.007	8	AR	1		0.039		
16:0....g	2.099	0.283	8	AR	1		1.784		
17:0....g	0.105	0.015	8	AR	1		0.089		
18:0....g	1.203	0.163	6	AR	1		1.022		
20:0....g	0.009	0.001	8	AR	1		0.008		
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.881		0	NC	4		3.299		
14:1....g	0.065	0.013	8	AR	1		0.055		
15:1....g									
16:1 undifferentiated....g	0.317	0.053	8	AR	1		0.270		
17:1....g	0.079	0.014	8	AR	1		0.067		
18:1 undifferentiated....g	0.241		0	AS	1		0.205		
18:1 c....g									
18:1 t....g	0.241		0	NR	4		0.205		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.031	0.006	8	AR	1		0.026		
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.389		0	NC	4		0.331		
18:2 undifferentiated....g	0.251	0.024	6	AR	1		0.213		
18:3 undifferentiated....g	0.009		0	AS	1		0.007		
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.009	0.001	8	AR	1		0.007		
18:3i....g									
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.046	0.004	8	AR	1		0.039		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans....g	0.241		0	NC	4		0.205		
Fatty acids, total trans-monoenoic....g	0.241		0	NC	4		0.205		
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	89	2.378	12	AR	1		76		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.147		0	AR	1		0.125		
Threonine....g	1.117		0	AR	1		0.950		
Isoleucine....g	1.276		0	AR	1		1.085		
Leucine....g	2.251		0	AR	1		1.913		
Lysine....g	2.391		0	AR	1		2.032		
Methionine....g	0.742		0	AR	1		0.631		
Cystine....g	0.297		0	AR	1		0.253		
Phenylalanine....g	1.126		0	AR	1		0.957		
Tyrosine....g	0.888		0	AR	1		0.755		
Valine....g	1.418		0	AR	1		1.206		
Arginine....g	1.879		0	AR	1		1.597		

NDB No. 23476

Beef, ground, 93% lean meat / 7% fat, crumbles, cooked, pan-browned

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Histidine....g	0.938		0	AR	1		0.797		
Alanine....g	1.808		0	AR	1		1.537		
Aspartic acid....g	2.599		0	AR	1		2.209		
Glutamic acid....g	4.328		0	AR	1		3.679		
Glycine....g	1.959		0	AR	1		1.665		
Proline....g	1.471		0	AR	1		1.250		
Serine....g	1.156		0	AR	1		0.982		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23475
Beef, ground, 93% lean meat / 7% fat, loaf, cooked, baked

hamburger
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	63.26	1.188	12	AR	1		53.77		
Energy kcal	192		0	NC	4		163		
Energy kJ	801		0	NC	4		681		
Protein (N x 6.25) g	27.03	0.960	12	AR	1		22.98		
Total lipid (fat) g	8.43	0.815	12	AR	1		7.17		
Ash g	0.94	0.046	12	AR	1		0.80		
Carbohydrate, by difference g	0.00		0	NR	4		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	10	4.444	12	AR	1		8		
Iron, Fe mg	2.99	0.129	12	AR	1		2.54		
Magnesium, Mg mg	21	0.574	12	AR	1		18		
Phosphorus, P mg	197	5.424	12	AR	1		167		
Potassium, K mg	309	9.936	12	AR	1		263		
Sodium, Na mg	59	1.534	12	AR	1		50		
Zinc, Zn mg	6.78	0.149	12	AR	1		5.76		
Copper, Cu mg	0.079	0.006	12	AR	1		0.067		
Manganese, Mn mg	0.010	0.001	12	AR	1		0.009		
Selenium, Se µg	22.0	1.522	12	AR	1		18.7		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.035	0.004	12	AR	1		0.030		
Riboflavin mg	0.171	0.005	12	AR	1		0.145		
Niacin mg	5.408	0.246	12	AR	1		4.597		
Pantothenic acid mg	0.643	0.049	6	AR	1		0.547		
Vitamin B-6 mg	0.353	0.021	12	AR	1		0.300		
Folate, total µg	6	1.444	6	AR	1		5		
Folic acid µg	0		0	NR	4		0		
Folate, food µg	6		0	NR	4		5		
Folate, DFE µg	6		0	NC	4		5		
Choline, total mg	87.4		0	BFPN	4		74.3		
Betaine mg	7.9		0	BFPN	4		6.7		
Vitamin B-12 µg	2.49	0.115	12	AR	1		2.11		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	3		0	NC	4		2		
Retinol µg	3		0	NR	4		2		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	9		0	NC	4		8		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.12		0	NR	4		0.10		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	NR	4		0.0		
Vitamin D IU	2		0	NR	4		1		
Vitamin K (phylloquinone) µg	1.2		0	BFSN	4		1.0		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23475

Beef, ground, 93% lean meat / 7% fat, loaf, cooked, baked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.480		0	NC	4		2.958		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g	0.000		0	BFFN	4		0.000		
12:0....g	0.006	0.001	8	AR	1		0.005		
13:0....g									
14:0....g	0.236	0.024	8	AR	1		0.200		
15:0....g	0.041	0.004	8	AR	1		0.035		
16:0....g	1.847	0.118	8	AR	1		1.570		
17:0....g	0.095	0.008	8	AR	1		0.081		
18:0....g	1.124	0.087	7	AR	1		0.955		
20:0....g	0.012	0.002	8	AR	1		0.010		
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.465		0	NC	4		2.945		
14:1....g	0.058	0.007	8	AR	1		0.049		
15:1....g									
16:1 undifferentiated....g	0.286	0.029	8	AR	1		0.243		
17:1....g	0.071	0.008	8	AR	1		0.060		
18:1 undifferentiated....g	0.253		0	AS	1		0.215		
18:1 c....g									
18:1 t....g	0.253		0	NR	4		0.215		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.027	0.003	8	AR	1		0.023		
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.348		0	NC	4		0.296		
18:2 undifferentiated....g	0.226	0.009	8	AR	1		0.192		
18:3 undifferentiated....g	0.009		0	AS	1		0.007		
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.009	0.001	8	AR	1		0.007		
18:3i....g									
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.041	0.004	8	AR	1		0.035		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans....g	0.253		0	NC	4		0.215		
Fatty acids, total trans-monoenoic....g	0.253		0	NC	4		0.215		
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	88	2.362	12	AR	1		74		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.137		0	AR	1		0.117		
Threonine....g	1.046		0	AR	1		0.889		
Isoleucine....g	1.195		0	AR	1		1.015		
Leucine....g	2.107		0	AR	1		1.791		
Lysine....g	2.238		0	AR	1		1.902		
Methionine....g	0.695		0	AR	1		0.591		
Cystine....g	0.278		0	AR	1		0.236		
Phenylalanine....g	1.054		0	AR	1		0.896		
Tyrosine....g	0.831		0	AR	1		0.706		
Valine....g	1.328		0	AR	1		1.128		
Arginine....g	1.758		0	AR	1		1.495		

NDB No. 23475

Beef, ground, 93% lean meat / 7% fat, loaf, cooked, baked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Histidine....g	0.878		0	AR	1		0.746		
Alanine....g	1.692		0	AR	1		1.438		
Aspartic acid....g	2.433		0	AR	1		2.068		
Glutamic acid....g	4.051		0	AR	1		3.443		
Glycine....g	1.834		0	AR	1		1.559		
Proline....g	1.377		0	AR	1		1.170		
Serine....g	1.082		0	AR	1		0.919		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23473
Beef, ground, 93% lean meat / 7% fat, patty, cooked, broiled

hamburger
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	63.81	0.303	107	AR	1		54.24		
Energy kcal	193		0	NC	4		164		
Energy kJ	806		0	NC	4		685		
Protein (N x 6.25) g	26.22	0.335	72	AR	1		22.28		
Total lipid (fat) g	8.94	0.240	107	AR	1		7.60		
Ash g	1.05	0.022	72	AR	1		0.89		
Carbohydrate, by difference g	0.00		0	NC	4		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	9	3.459	36	AR	1		8		
Iron, Fe mg	2.78	0.094	36	AR	1		2.37		
Magnesium, Mg mg	22	0.344	36	AR	1		19		
Phosphorus, P mg	205	3.417	36	AR	1		174		
Potassium, K mg	342	5.147	36	AR	1		290		
Sodium, Na mg	66	1.894	36	AR	1		56		
Zinc, Zn mg	6.41	0.172	36	AR	1		5.45		
Copper, Cu mg	0.094	0.009	36	AR	1		0.080		
Manganese, Mn mg	0.014	0.002	36	AR	1		0.012		
Selenium, Se µg	21.5	1.213	72	AR	1		18.3		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.043	0.005	36	AR	1		0.036		
Riboflavin mg	0.176	0.016	36	AR	1		0.150		
Niacin mg	5.827	0.223	36	AR	1		4.953		
Pantothenic acid mg	0.658	0.020	6	AR	1		0.559		
Vitamin B-6 mg	0.406	0.018	36	AR	1		0.345		
Folate, total µg	7	1.829	6	AR	1		6		
Folic acid µg	0		0	NR	4		0		
Folate, food µg	7		0	NR	4		6		
Folate, DFE µg	7		0	NC	4		6		
Choline, total mg	84.8	2.573	12	AR	1		72.1		
Betaine mg	7.6	0.703	12	AR	1		6.5		
Vitamin B-12 µg	2.51	0.096	36	AR	1		2.13		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	3		0	NC	4		2		
Retinol µg	3		0	NR	4		2		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	9		0	NC	4		8		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.12		0	NR	4		0.10		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	NR	4		0.0		
Vitamin D IU	2		0	NR	4		1		
Vitamin K (phylloquinone) µg	1.2	0.629	12	AR	1		1.0		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23473

Beef, ground, 93% lean meat / 7% fat, patty, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.684		0	NC	4		3.131		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g	0.000		0	BFFN	4		0.000		
12:0....g	0.008	0.001	47	AR	1		0.007		
13:0....g									
14:0....g	0.233	0.013	47	AR	1		0.198		
15:0....g	0.042	0.003	47	AR	1		0.036		
16:0....g	1.961	0.086	47	AR	1		1.667		
17:0....g	0.098	0.005	47	AR	1		0.083		
18:0....g	1.328	0.085	47	AR	1		1.129		
20:0....g	0.013	0.001	47	AR	1		0.011		
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.669		0	NC	4		3.119		
14:1....g	0.050	0.005	47	AR	1		0.043		
15:1....g									
16:1 undifferentiated....g	0.286	0.022	47	AR	1		0.243		
17:1....g	0.077	0.008	36	AR	1		0.066		
18:1 undifferentiated....g	0.254		0	AS	1		0.215		
18:1 c....g									
18:1 t....g	0.254		0	NR	4		0.215		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.027	0.003	47	AR	1		0.023		
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.368		0	NC	4		0.313		
18:2 undifferentiated....g	0.266	0.018	47	AR	1		0.226		
18:3 undifferentiated....g	0.056		0	AS	1		0.047		
18:3 n-3 c,c,c (ALA)....g	0.043	0.003	35	AR	1		0.037		
18:3 n-6 c,c,c....g	0.012	0.001	47	AR	1		0.011		
18:3i....g									
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.047	0.001	47	AR	1		0.040		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans....g	0.254		0	NC	4		0.215		
Fatty acids, total trans-monoenoic....g	0.254		0	NC	4		0.215		
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	88	1.583	36	AR	1		75		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.133		0	AR	1		0.113		
Threonine....g	1.014		0	AR	1		0.862		
Isoleucine....g	1.158		0	AR	1		0.985		
Leucine....g	2.043		0	AR	1		1.737		
Lysine....g	2.170		0	AR	1		1.845		
Methionine....g	0.674		0	AR	1		0.573		
Cystine....g	0.270		0	AR	1		0.229		
Phenylalanine....g	1.022		0	AR	1		0.869		
Tyrosine....g	0.806		0	AR	1		0.685		
Valine....g	1.287		0	AR	1		1.094		
Arginine....g	1.705		0	AR	1		1.450		

NDB No. 23473

Beef, ground, 93% lean meat / 7% fat, patty, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Histidine....g	0.851		0	AR	1		0.724		
Alanine....g	1.641		0	AR	1		1.395		
Aspartic acid....g	2.359		0	AR	1		2.005		
Glutamic acid....g	3.928		0	AR	1		3.339		
Glycine....g	1.778		0	AR	1		1.512		
Proline....g	1.335		0	AR	1		1.135		
Serine....g	1.049		0	AR	1		0.892		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23472
Beef, ground, 93% lean meat / 7% fat, raw

hamburger
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	71.72	0.191	107	AR	1		81.05		
Energy kcal	152		0	NC	4		172		
Energy kJ	637		0	NC	4		720		
Protein (N x 6.25) g	20.85	0.219	72	AR	1		23.56		
Total lipid (fat) g	7.00		72	AR	1		7.91		
Ash g	1.02	0.028	72	AR	1		1.15		
Carbohydrate, by difference g	0.00		0	NC	4		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	10	3.050	36	AR	1		12		
Iron, Fe mg	2.33	0.062	36	AR	1		2.63		
Magnesium, Mg mg	21	0.316	36	AR	1		24		
Phosphorus, P mg	192	2.711	36	AR	1		217		
Potassium, K mg	336	4.421	36	AR	1		380		
Sodium, Na mg	66	1.070	36	AR	1		75		
Zinc, Zn mg	4.97	0.095	36	AR	1		5.62		
Copper, Cu mg	0.075	0.003	36	AR	1		0.085		
Manganese, Mn mg	0.010	0.001	36	AR	1		0.012		
Selenium, Se µg	17.1	0.979	72	AR	1		19.3		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.041	0.003	36	AR	1		0.047		
Riboflavin mg	0.151	0.010	36	AR	1		0.171		
Niacin mg	5.325	0.148	36	AR	1		6.018		
Pantothenic acid mg	0.632	0.052	6	AR	1		0.714		
Vitamin B-6 mg	0.383	0.017	36	AR	1		0.433		
Folate, total µg	5	1.355	6	AR	1		6		
Folic acid µg	0		0	NR	4		0		
Folate, food µg	5		0	NR	4		6		
Folate, DFE µg	5		0	NC	4		6		
Choline, total mg	69.0	2.819	12	AR	1		77.9		
Betaine mg	7.8	0.736	12	AR	1		8.9		
Vitamin B-12 µg	2.23	0.079	36	AR	1		2.52		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	4		0	AS	1		5		
Retinol µg	4	0.272	6	AR	1		5		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	14		0	AS	1		15		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.17	0.007	19	AR	1		0.20		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1	0.012	16	AR	1		0.1		
Vitamin D IU	3		16	AR	1		3		
Vitamin K (phylloquinone) µg	0.5	0.250	12	AR	1		0.6		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23472
Beef, ground, 93% lean meat / 7% fat, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.878		0	NC	4		3.252		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g	0.000		0	BFFN	4		0.000		
12:0....g	0.006	0.001	47	AR	1		0.007		
13:0....g									
14:0....g	0.185	0.016	47	AR	1		0.209		
15:0....g	0.032	0.003	47	AR	1		0.036		
16:0....g	1.559	0.089	47	AR	1		1.762		
17:0....g	0.074	0.007	47	AR	1		0.084		
18:0....g	1.011	0.060	47	AR	1		1.143		
20:0....g	0.010	0.001	47	AR	1		0.011		
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.866		0	NC	4		3.239		
14:1....g	0.042	0.005	47	AR	1		0.047		
15:1....g									
16:1 undifferentiated....g	0.230	0.021	47	AR	1		0.259		
17:1....g	0.041	0.016	39	AR	1		0.046		
18:1 undifferentiated....g	0.348		0	AS	1		0.393		
18:1 c....g									
18:1 t....g	0.348	0.011	26	AR	1		0.393		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.021	0.002	47	AR	1		0.024		
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.292		0	NC	4		0.330		
18:2 undifferentiated....g	0.216	0.019	47	AR	1		0.244		
18:3 undifferentiated....g	0.040		0	AS	1		0.045		
18:3 n-3 c,c,c (ALA)....g	0.031	0.004	35	AR	1		0.035		
18:3 n-6 c,c,c....g	0.009	0.001	47	AR	1		0.010		
18:3i....g									
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.035	0.001	47	AR	1		0.040		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans....g	0.348		0	NC	4		0.393		
Fatty acids, total trans-monoenoic....g	0.348		0	NC	4		0.393		
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	63	1.677	36	AR	1		71		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.106		0	AR	1		0.120		
Threonine....g	0.807		0	AR	1		0.912		
Isoleucine....g	0.922		0	AR	1		1.042		
Leucine....g	1.627		0	AR	1		1.838		
Lysine....g	1.728		0	AR	1		1.953		
Methionine....g	0.537		0	AR	1		0.606		
Cystine....g	0.215		0	AR	1		0.243		
Phenylalanine....g	0.814		0	AR	1		0.919		
Tyrosine....g	0.642		0	AR	1		0.725		
Valine....g	1.025		0	AR	1		1.158		
Arginine....g	1.358		0	AR	1		1.534		

NDB No. 23472
Beef, ground, 93% lean meat / 7% fat, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Histidine....g	0.678		0	AR	1		0.766		
Alanine....g	1.307		0	AR	1		1.477		
Aspartic acid....g	1.878		0	AR	1		2.123		
Glutamic acid....g	3.128		0	AR	1		3.534		
Glycine....g	1.416		0	AR	1		1.600		
Proline....g	1.063		0	AR	1		1.201		
Serine....g	0.835		0	AR	1		0.944		
Hydroxyproline....g	0.272	0.024	12	AR	1		0.307		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 113g: 4 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23474
Beef, ground, 93% lean meat /7% fat, patty, cooked, pan-broiled

hamburger
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	65.29	0.294	36	AR	1		55.50		
Energy kcal	182		0	NC	4		154		
Energy kJ	760		0	NC	4		646		
Protein (N x 6.25) g	25.56	0.560	36	AR	1		21.73		
Total lipid (fat) g	8.01	0.525	36	AR	1		6.81		
Ash g	1.08	0.030	36	AR	1		0.92		
Carbohydrate, by difference g	0.06		0	NC	4		0.05		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	11	5.441	12	AR	1		10		
Iron, Fe mg	2.82	0.157	12	AR	1		2.40		
Magnesium, Mg mg	24	0.617	12	AR	1		20		
Phosphorus, P mg	220	5.848	12	AR	1		187		
Potassium, K mg	371	13.029	12	AR	1		315		
Sodium, Na mg	72	2.503	12	AR	1		61		
Zinc, Zn mg	6.40	0.145	12	AR	1		5.44		
Copper, Cu mg	0.089	0.006	12	AR	1		0.076		
Manganese, Mn mg	0.012	0.001	12	AR	1		0.010		
Selenium, Se µg	20.9	1.202	12	AR	1		17.8		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.043	0.003	12	AR	1		0.036		
Riboflavin mg	0.177	0.009	12	AR	1		0.151		
Niacin mg	6.175	0.303	12	AR	1		5.249		
Pantothenic acid mg	0.642		0	BFPN	4		0.545		
Vitamin B-6 mg	0.386	0.026	12	AR	1		0.328		
Folate, total µg	7		0	BFPN	4		6		
Folic acid µg	0		0	BFPN	4		0		
Folate, food µg	7		0	BFPN	4		6		
Folate, DFE µg	7		0	NC	4		6		
Choline, total mg	82.7		0	BFPN	4		70.3		
Betaine mg	7.4		0	BFPN	4		6.3		
Vitamin B-12 µg	2.79	0.315	12	AR	1		2.37		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	3		0	NC	4		3		
Retinol µg	3		0	NR	4		3		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	10		0	NC	4		9		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.13		0	NR	4		0.11		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	NR	4		0.0		
Vitamin D IU	2		0	NR	4		2		
Vitamin K (phylloquinone) µg	1.1		0	BFSN	4		1.0		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23474

Beef, ground, 93% lean meat /7% fat, patty, cooked, pan-broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.286		0	NC	4		2.793		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g	0.000		0	BFFN	4		0.000		
12:0....g	0.007	0.001	8	AR	1		0.006		
13:0....g									
14:0....g	0.220	0.025	8	AR	1		0.187		
15:0....g	0.038	0.004	8	AR	1		0.032		
16:0....g	1.777	0.188	8	AR	1		1.510		
17:0....g	0.089	0.010	8	AR	1		0.075		
18:0....g	1.094	0.117	8	AR	1		0.930		
20:0....g	0.009	0.001	8	AR	1		0.008		
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.273		0	NC	4		2.782		
14:1....g	0.054	0.006	8	AR	1		0.045		
15:1....g									
16:1 undifferentiated....g	0.267	0.027	8	AR	1		0.227		
17:1....g	0.065	0.007	8	AR	1		0.055		
18:1 undifferentiated....g	0.266		0	AS	1		0.226		
18:1 c....g									
18:1 t....g	0.266		0	NR	4		0.226		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.025	0.002	8	AR	1		0.021		
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.328		0	NC	4		0.279		
18:2 undifferentiated....g	0.225	0.019	8	AR	1		0.191		
18:3 undifferentiated....g	0.009		0	AS	1		0.007		
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.009	0.001	8	AR	1		0.007		
18:3i....g									
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.043	0.004	8	AR	1		0.037		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans....g	0.266		0	NC	4		0.226		
Fatty acids, total trans-monoenoic....g	0.266		0	NC	4		0.226		
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	84	1.637	12	AR	1		72		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.130		0	AR	1		0.110		
Threonine....g	0.990		0	AR	1		0.842		
Isoleucine....g	1.131		0	AR	1		0.961		
Leucine....g	1.995		0	AR	1		1.696		
Lysine....g	2.119		0	AR	1		1.801		
Methionine....g	0.658		0	AR	1		0.559		
Cystine....g	0.263		0	AR	1		0.224		
Phenylalanine....g	0.998		0	AR	1		0.848		
Tyrosine....g	0.787		0	AR	1		0.669		
Valine....g	1.257		0	AR	1		1.068		
Arginine....g	1.665		0	AR	1		1.415		

NDB No. 23474

Beef, ground, 93% lean meat /7% fat, patty, cooked, pan-broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Histidine....g	0.831		0	AR	1		0.707		
Alanine....g	1.602		0	AR	1		1.362		
Aspartic acid....g	2.304		0	AR	1		1.958		
Glutamic acid....g	3.836		0	AR	1		3.260		
Glycine....g	1.736		0	AR	1		1.476		
Proline....g	1.304		0	AR	1		1.108		
Serine....g	1.024		0	AR	1		0.871		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23560
Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned

hamburger
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	62.58	0.876	36	AR	1		53.19		
Energy kcal	193		0	NC	4		164		
Energy kJ	807		0	NC	4		686		
Protein (N x 6.25) g	29.17	0.429	36	AR	1		24.80		
Total lipid (fat) g	7.58	0.791	36	AR	1		6.44		
Ash g	1.34	0.062	36	AR	1		1.14		
Carbohydrate, by difference g	0.00		0	Z	7		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	9	5.826	12	AR	1		8		
Iron, Fe mg	3.23	0.168	12	AR	1		2.75		
Magnesium, Mg mg	28	0.639	12	AR	1		24		
Phosphorus, P mg	263	6.201	12	AR	1		223		
Potassium, K mg	459	13.895	12	AR	1		390		
Sodium, Na mg	85	3.573	12	AR	1		72		
Zinc, Zn mg	7.06	0.182	12	AR	1		6.00		
Copper, Cu mg	0.106	0.011	12	AR	1		0.090		
Manganese, Mn mg	0.013	0.001	12	AR	1		0.011		
Selenium, Se µg	21.6	1.216	12	AR	1		18.4		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.042	0.007	12	AR	1		0.035		
Riboflavin mg	0.191	0.009	12	AR	1		0.162		
Niacin mg	7.290	0.256	12	AR	1		6.197		
Pantothenic acid mg	0.807	0.036	6	AR	1		0.686		
Vitamin B-6 mg	0.428	0.019	12	AR	1		0.364		
Folate, total µg	7	1.639	6	AR	1		6		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	7	1.639	6	AR	1		6		
Folate, DFE µg	7		0	NC	4		6		
Choline, total mg	94.8		0	BFPN	4		80.6		
Betaine mg	8.2		0	BFPN	4		7.0		
Vitamin B-12 µg	2.80	0.337	12	AR	1		2.38		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	3		0	NC	4		2		
Retinol µg	3		0	NR	4		2		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	9		0	NC	4		8		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.12		0	NR	4		0.10		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	NR	4		0.0		
Vitamin D IU	2		0	NR	4		1		
Vitamin K (phylloquinone) µg	1.4		0	BFSN	4		1.2		
Dihydrophylloquinone µg	0.0		0	NR	4		0.0		
Menaquinone-4 µg									

NDB No. 23560

Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.298		0	NC	4		2.803		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g	0.000		0	BFFN	4		0.000		
12:0....g	0.005	0.001	8	AR	1		0.004		
13:0....g									
14:0....g	0.182	0.053	8	AR	1		0.155		
15:0....g	0.032	0.008	8	AR	1		0.027		
16:0....g	1.495	0.360	8	AR	1		1.270		
17:0....g	0.075	0.019	8	AR	1		0.063		
18:0....g	0.925	0.176	6	AR	1		0.786		
20:0....g	0.009	0.001	8	AR	1		0.008		
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.014		0	NC	4		2.562		
14:1....g	0.043	0.016	8	AR	1		0.036		
15:1....g									
16:1 undifferentiated....g	0.218	0.068	8	AR	1		0.185		
17:1....g	0.051	0.018	8	AR	1		0.044		
18:1 undifferentiated....g	0.162		0	AS	1		0.138		
18:1 c....g									
18:1 t....g	0.162		0	NR	4		0.138		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.020	0.008	8	AR	1		0.017		
22:1 undifferentiated....g	0.000		0	Z	7		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.362		0	NC	4		0.308		
18:2 undifferentiated....g	0.192	0.026	6	AR	1		0.163		
18:3 undifferentiated....g	0.009		0	AS	1		0.007		
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.009	0.001	8	AR	1		0.007		
18:3i....g									
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.046	0.004	8	AR	1		0.039		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA)....g	0.000		0	Z	7		0.000		
Fatty acids, total trans....g	0.162		0	NC	4		0.138		
Fatty acids, total trans-monoenoic....g	0.162		0	NC	4		0.138		
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	89	2.378	12	AR	1		76		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.148		0	AR	1		0.126		
Threonine....g	1.128		0	AR	1		0.959		
Isoleucine....g	1.289		0	AR	1		1.096		
Leucine....g	2.273		0	AR	1		1.932		
Lysine....g	2.415		0	AR	1		2.053		
Methionine....g	0.750		0	AR	1		0.637		
Cystine....g	0.300		0	AR	1		0.255		
Phenylalanine....g	1.137		0	AR	1		0.967		
Tyrosine....g	0.897		0	AR	1		0.762		
Valine....g	1.433		0	AR	1		1.218		
Arginine....g	1.898		0	AR	1		1.613		

NDB No. 23560

Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Histidine....g	0.947		0	AR	1		0.805		
Alanine....g	1.826		0	AR	1		1.552		
Aspartic acid....g	2.625		0	AR	1		2.231		
Glutamic acid....g	4.371		0	AR	1		3.716		
Glycine....g	1.979		0	AR	1		1.682		
Proline....g	1.486		0	AR	1		1.263		
Serine....g	1.167		0	AR	1		0.992		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23561
Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked

hamburger
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	64.76	1.834	12	AR	1		55.04		
Energy kcal	174		0	NC	4		148		
Energy kJ	728		0	NC	4		619		
Protein (N x 6.25) g	27.31	1.099	12	AR	1		23.21		
Total lipid (fat) g	6.37	1.278	12	AR	1		5.41		
Ash g	0.94	0.054	12	AR	1		0.80		
Carbohydrate, by difference g	0.00		0	Z	7		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	8	5.197	12	AR	1		7		
Iron, Fe mg	3.05	0.151	12	AR	1		2.59		
Magnesium, Mg mg	22	0.671	12	AR	1		18		
Phosphorus, P mg	199	6.343	12	AR	1		169		
Potassium, K mg	315	11.619	12	AR	1		268		
Sodium, Na mg	58	1.794	12	AR	1		49		
Zinc, Zn mg	6.86	0.175	12	AR	1		5.83		
Copper, Cu mg	0.079	0.006	12	AR	1		0.067		
Manganese, Mn mg	0.010	0.001	12	AR	1		0.009		
Selenium, Se µg	22.3	1.714	12	AR	1		18.9		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.034	0.005	12	AR	1		0.028		
Riboflavin mg	0.171	0.005	12	AR	1		0.145		
Niacin mg	5.528	0.273	12	AR	1		4.699		
Pantothenic acid mg	0.654	0.057	6	AR	1		0.556		
Vitamin B-6 mg	0.357	0.023	12	AR	1		0.303		
Folate, total µg	6	1.683	6	AR	1		5		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	6	1.683	6	AR	1		5		
Folate, DFE µg	6		0	NC	4		5		
Choline, total mg	88.7		0	BFPN	4		75.4		
Betaine mg	7.7		0	BFPN	4		6.5		
Vitamin B-12 µg	2.49	0.115	12	AR	1		2.11		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	3		0	NC	4		2		
Retinol µg	3		0	NR	4		2		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	9		0	NC	4		8		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.12		0	NR	4		0.10		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	NR	4		0.0		
Vitamin D IU	2		0	NR	4		1		
Vitamin K (phylloquinone) µg	1.3		0	BFSN	4		1.1		
Dihydrophylloquinone µg	0.0		0	NR	4		0.0		
Menaquinone-4 µg									

NDB No. 23561

Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.788		0	NC	4		2.370		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g	0.000		0	BFFN	4		0.000		
12:0....g	0.005	0.001	8	AR	1		0.004		
13:0....g									
14:0....g	0.169	0.030	8	AR	1		0.144		
15:0....g	0.030	0.005	8	AR	1		0.026		
16:0....g	1.408	0.148	8	AR	1		1.197		
17:0....g	0.070	0.011	8	AR	1		0.059		
18:0....g	0.885	0.102	7	AR	1		0.752		
20:0....g	0.012	0.002	8	AR	1		0.010		
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.547		0	NC	4		2.165		
14:1....g	0.040	0.009	8	AR	1		0.034		
15:1....g									
16:1 undifferentiated....g	0.203	0.037	8	AR	1		0.173		
17:1....g	0.047	0.010	8	AR	1		0.040		
18:1 undifferentiated....g	0.173		0	AS	1		0.147		
18:1 c....g									
18:1 t....g	0.173		0	NR	4		0.147		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.019	0.004	8	AR	1		0.016		
22:1 undifferentiated....g	0.000		0	Z	7		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.306		0	NC	4		0.260		
18:2 undifferentiated....g	0.184	0.011	8	AR	1		0.156		
18:3 undifferentiated....g	0.009		0	AS	1		0.007		
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.009	0.001	8	AR	1		0.007		
18:3i....g									
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.041	0.004	8	AR	1		0.035		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA)....g	0.000		0	Z	7		0.000		
Fatty acids, total trans....g	0.173		0	NC	4		0.147		
Fatty acids, total trans-monoenoic....g	0.173		0	NC	4		0.147		
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	88	2.362	12	AR	1		74		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.139		0	AR	1		0.118		
Threonine....g	1.056		0	AR	1		0.898		
Isoleucine....g	1.207		0	AR	1		1.026		
Leucine....g	2.128		0	AR	1		1.809		
Lysine....g	2.261		0	AR	1		1.922		
Methionine....g	0.702		0	AR	1		0.597		
Cystine....g	0.281		0	AR	1		0.239		
Phenylalanine....g	1.065		0	AR	1		0.905		
Tyrosine....g	0.840		0	AR	1		0.714		
Valine....g	1.341		0	AR	1		1.140		
Arginine....g	1.776		0	AR	1		1.510		

NDB No. 23561

Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Histidine....g	0.887		0	AR	1		0.754		
Alanine....g	1.709		0	AR	1		1.453		
Aspartic acid....g	2.458		0	AR	1		2.089		
Glutamic acid....g	4.092		0	AR	1		3.478		
Glycine....g	1.852		0	AR	1		1.575		
Proline....g	1.391		0	AR	1		1.182		
Serine....g	1.093		0	AR	1		0.929		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23558
Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled

hamburger
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	65.78	0.422	107	AR	1		55.92		
Energy kcal	174		0	NC	4		148		
Energy kJ	726		0	NC	4		617		
Protein (N x 6.25) g	26.29	0.385	72	AR	1		22.35		
Total lipid (fat) g	6.80	0.348	107	AR	1		5.78		
Ash g	1.06	0.025	72	AR	1		0.90		
Carbohydrate, by difference g	0.00		0	Z	7		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	7	3.996	36	AR	1		6		
Iron, Fe mg	2.83	0.108	36	AR	1		2.41		
Magnesium, Mg mg	22	0.369	36	AR	1		19		
Phosphorus, P mg	206	3.748	36	AR	1		175		
Potassium, K mg	347	5.605	36	AR	1		295		
Sodium, Na mg	65	2.163	36	AR	1		55		
Zinc, Zn mg	6.43	0.197	36	AR	1		5.47		
Copper, Cu mg	0.096	0.009	36	AR	1		0.081		
Manganese, Mn mg	0.014	0.002	36	AR	1		0.012		
Selenium, Se µg	21.5	1.213	72	AR	1		18.3		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.042	0.005	36	AR	1		0.036		
Riboflavin mg	0.176	0.016	36	AR	1		0.150		
Niacin mg	5.939	0.232	36	AR	1		5.048		
Pantothenic acid mg	0.658	0.020	6	AR	1		0.559		
Vitamin B-6 mg	0.412	0.021	36	AR	1		0.350		
Folate, total µg	7	2.132	6	AR	1		6		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	7	2.132	6	AR	1		6		
Folate, DFE µg	7		0	NC	4		6		
Choline, total mg	85.4	3.009	12	AR	1		72.6		
Betaine mg	7.4	0.822	12	AR	1		6.3		
Vitamin B-12 µg	2.47	0.110	36	AR	1		2.10		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	3		0	NC	4		2		
Retinol µg	3		0	NR	4		2		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	9		0	NC	4		8		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.12		0	NR	4		0.10		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	NR	4		0.0		
Vitamin D IU	2		0	NR	4		1		
Vitamin K (phylloquinone) µg	1.3	0.904	12	AR	1		1.1		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23558

Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.976		0	NC	4		2.530		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g	0.000	0.000	47	AR	1		0.000		
12:0....g	0.007	0.001	47	AR	1		0.006		
13:0....g									
14:0....g	0.173	0.018	47	AR	1		0.147		
15:0....g	0.033	0.004	47	AR	1		0.028		
16:0....g	1.549	0.125	47	AR	1		1.317		
17:0....g	0.078	0.008	47	AR	1		0.066		
18:0....g	1.122	0.121	47	AR	1		0.954		
20:0....g	0.013	0.001	47	AR	1		0.011		
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.720		0	NC	4		2.312		
14:1....g	0.030	0.008	47	AR	1		0.025		
15:1....g									
16:1 undifferentiated....g	0.203	0.032	47	AR	1		0.173		
17:1....g	0.059	0.011	36	AR	1		0.050		
18:1 undifferentiated....g	0.174		0	AS	1		0.148		
18:1 c....g									
18:1 t....g	0.174		0	NR	4		0.148		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.022	0.004	47	AR	1		0.018		
22:1 undifferentiated....g	0.000		0	Z	7		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.327		0	NC	4		0.278		
18:2 undifferentiated....g	0.228	0.022	47	AR	1		0.193		
18:3 undifferentiated....g	0.054		0	AS	1		0.046		
18:3 n-3 c,c,c (ALA)....g	0.042	0.003	35	AR	1		0.036		
18:3 n-6 c,c,c....g	0.012	0.001	47	AR	1		0.010		
18:3i....g									
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.045	0.001	47	AR	1		0.038		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA)....g	0.000		0	Z	7		0.000		
Fatty acids, total trans....g	0.174		0	NC	4		0.148		
Fatty acids, total trans-monoenoic....g	0.174		0	NC	4		0.148		
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	88	1.583	36	AR	1		75		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.133		0	AR	1		0.113		
Threonine....g	1.017		0	AR	1		0.864		
Isoleucine....g	1.162		0	AR	1		0.987		
Leucine....g	2.049		0	AR	1		1.741		
Lysine....g	2.176		0	AR	1		1.850		
Methionine....g	0.676		0	AR	1		0.574		
Cystine....g	0.271		0	AR	1		0.230		
Phenylalanine....g	1.025		0	AR	1		0.871		
Tyrosine....g	0.808		0	AR	1		0.687		
Valine....g	1.291		0	AR	1		1.097		
Arginine....g	1.710		0	AR	1		1.453		

NDB No. 23558

Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Histidine....g	0.854		0	AR	1		0.726		
Alanine....g	1.646		0	AR	1		1.399		
Aspartic acid....g	2.366		0	AR	1		2.011		
Glutamic acid....g	3.939		0	AR	1		3.348		
Glycine....g	1.783		0	AR	1		1.516		
Proline....g	1.339		0	AR	1		1.138		
Serine....g	1.052		0	AR	1		0.894		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23559
Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled

hamburger
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	66.90	0.388	36	AR	1		56.86		
Energy kcal	164		0	NC	4		139		
Energy kJ	685		0	NC	4		582		
Protein (N x 6.25) g	25.80	0.647	36	AR	1		21.93		
Total lipid (fat) g	5.94	0.765	36	AR	1		5.05		
Ash g	1.09	0.034	36	AR	1		0.92		
Carbohydrate, by difference g	0.00		0	Z	7		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	9	6.363	12	AR	1		8		
Iron, Fe mg	2.85	0.183	12	AR	1		2.43		
Magnesium, Mg mg	24	0.721	12	AR	1		20		
Phosphorus, P mg	222	6.839	12	AR	1		189		
Potassium, K mg	376	15.236	12	AR	1		320		
Sodium, Na mg	71	2.892	12	AR	1		60		
Zinc, Zn mg	6.45	0.169	12	AR	1		5.49		
Copper, Cu mg	0.091	0.006	12	AR	1		0.078		
Manganese, Mn mg	0.012	0.001	12	AR	1		0.010		
Selenium, Se µg	21.1	1.303	12	AR	1		17.9		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.043	0.003	12	AR	1		0.036		
Riboflavin mg	0.177	0.009	12	AR	1		0.151		
Niacin mg	6.275	0.340	12	AR	1		5.333		
Pantothenic acid mg	0.646		0	BFPN	4		0.549		
Vitamin B-6 mg	0.391	0.031	12	AR	1		0.332		
Folate, total µg	7		0	BFPN	4		6		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	7		0	BFPN	4		6		
Folate, DFE µg	7		0	NC	4		6		
Choline, total mg	83.8		0	BFPN	4		71.2		
Betaine mg	7.3		0	BFPN	4		6.2		
Vitamin B-12 µg	2.79	0.315	12	AR	1		2.37		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	3		0	NC	4		3		
Retinol µg	3		0	NR	4		3		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	10		0	NC	4		9		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.13		0	NR	4		0.11		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	NR	4		0.0		
Vitamin D IU	2		0	NR	4		2		
Vitamin K (phylloquinone) µg	1.2		0	BFSN	4		1.1		
Dihydrophylloquinone µg	0.0		0	NR	4		0.0		
Menaquinone-4 µg									

NDB No. 23559

Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.589		0	NC	4		2.201		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g	0.000		0	BFFN	4		0.000		
12:0....g	0.007	0.001	8	AR	1		0.006		
13:0....g									
14:0....g	0.172	0.032	8	AR	1		0.146		
15:0....g	0.030	0.005	8	AR	1		0.026		
16:0....g	1.408	0.240	8	AR	1		1.197		
17:0....g	0.071	0.013	8	AR	1		0.060		
18:0....g	0.892	0.149	8	AR	1		0.758		
20:0....g	0.009	0.001	8	AR	1		0.007		
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.365		0	NC	4		2.010		
14:1....g	0.041	0.008	8	AR	1		0.035		
15:1....g									
16:1 undifferentiated....g	0.209	0.034	8	AR	1		0.177		
17:1....g	0.049	0.009	8	AR	1		0.041		
18:1 undifferentiated....g	0.179		0	AS	1		0.152		
18:1 c....g									
18:1 t....g	0.179		0	NR	4		0.152		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.020	0.003	8	AR	1		0.017		
22:1 undifferentiated....g	0.000		0	Z	7		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.284		0	NC	4		0.241		
18:2 undifferentiated....g	0.186	0.024	8	AR	1		0.158		
18:3 undifferentiated....g	0.009		0	AS	1		0.007		
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.009	0.001	8	AR	1		0.007		
18:3i....g									
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.043	0.004	8	AR	1		0.037		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA)....g	0.000		0	Z	7		0.000		
Fatty acids, total trans....g	0.179		0	NC	4		0.152		
Fatty acids, total trans-monoenoic....g	0.179		0	NC	4		0.152		
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	84	1.637	12	AR	1		72		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.131		0	AR	1		0.111		
Threonine....g	1.000		0	AR	1		0.850		
Isoleucine....g	1.142		0	AR	1		0.971		
Leucine....g	2.014		0	AR	1		1.712		
Lysine....g	2.139		0	AR	1		1.818		
Methionine....g	0.664		0	AR	1		0.565		
Cystine....g	0.266		0	AR	1		0.226		
Phenylalanine....g	1.007		0	AR	1		0.856		
Tyrosine....g	0.794		0	AR	1		0.675		
Valine....g	1.269		0	AR	1		1.079		
Arginine....g	1.681		0	AR	1		1.429		

NDB No. 23559

Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Histidine....g	0.839		0	AR	1		0.713		
Alanine....g	1.618		0	AR	1		1.375		
Aspartic acid....g	2.326		0	AR	1		1.977		
Glutamic acid....g	3.872		0	AR	1		3.291		
Glycine....g	1.753		0	AR	1		1.490		
Proline....g	1.316		0	AR	1		1.119		
Serine....g	1.034		0	AR	1		0.879		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23557
Beef, ground, 95% lean meat / 5% fat, raw

hamburger
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	73.24	0.217	107	AR	1		82.76		
Energy kcal	137		0	NC	4		154		
Energy kJ	571		0	NC	4		645		
Protein (N x 6.25) g	21.41	0.241	72	AR	1		24.20		
Total lipid (fat) g	5.00		72	AR	1		5.65		
Ash g	1.05	0.031	72	AR	1		1.18		
Carbohydrate, by difference g	0.00		0	Z	7		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	9	3.527	36	AR	1		10		
Iron, Fe mg	2.38	0.069	36	AR	1		2.69		
Magnesium, Mg mg	22	0.361	36	AR	1		24		
Phosphorus, P mg	198	3.119	36	AR	1		223		
Potassium, K mg	346	5.111	36	AR	1		391		
Sodium, Na mg	66	1.070	36	AR	1		75		
Zinc, Zn mg	5.09	0.109	36	AR	1		5.75		
Copper, Cu mg	0.078	0.003	36	AR	1		0.088		
Manganese, Mn mg	0.010	0.001	36	AR	1		0.012		
Selenium, Se µg	17.4	1.032	72	AR	1		19.6		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.041	0.003	36	AR	1		0.047		
Riboflavin mg	0.151	0.010	36	AR	1		0.171		
Niacin mg	5.494	0.162	36	AR	1		6.208		
Pantothenic acid mg	0.652	0.061	6	AR	1		0.737		
Vitamin B-6 mg	0.392	0.019	36	AR	1		0.443		
Folate, total µg	5	1.580	6	AR	1		5		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	5	1.580	6	AR	1		5		
Folate, DFE µg	5		0	NC	4		5		
Choline, total mg	70.9	2.991	12	AR	1		80.1		
Betaine mg	7.8	0.860	12	AR	1		8.8		
Vitamin B-12 µg	2.24	0.086	36	AR	1		2.54		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	4		0	AS	1		5		
Retinol µg	4	0.272	6	AR	1		5		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	14		0	AS	1		15		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.17	0.007	19	AR	1		0.20		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1	0.012	16	AR	1		0.1		
Vitamin D IU	3		16	AR	1		3		
Vitamin K (phylloquinone) µg	0.3	0.285	12	AR	1		0.3		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23557
Beef, ground, 95% lean meat / 5% fat, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.182		0	NC	4		2.466		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g	0.000		12	AR	1		0.000		
12:0....g	0.005	0.001	47	AR	1		0.006		
13:0....g									
14:0....g	0.125	0.019	47	AR	1		0.141		
15:0....g	0.023	0.003	47	AR	1		0.026		
16:0....g	1.156	0.102	47	AR	1		1.306		
17:0....g	0.052	0.008	47	AR	1		0.059		
18:0....g	0.813	0.068	47	AR	1		0.919		
20:0....g	0.009	0.001	47	AR	1		0.010		
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.994		0	NC	4		2.253		
14:1....g	0.023	0.006	47	AR	1		0.026		
15:1....g									
16:1 undifferentiated....g	0.154	0.024	47	AR	1		0.174		
17:1....g	0.022	0.016	39	AR	1		0.025		
18:1 undifferentiated....g	0.220		0	AS	1		0.248		
18:1 c....g									
18:1 t....g	0.220	0.013	26	AR	1		0.248		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.014	0.003	47	AR	1		0.016		
22:1 undifferentiated....g	0.000		0	Z	7		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.257		0	NC	4		0.290		
18:2 undifferentiated....g	0.185	0.020	47	AR	1		0.209		
18:3 undifferentiated....g	0.036		0	AS	1		0.041		
18:3 n-3 c,c,c (ALA)....g	0.029	0.005	35	AR	1		0.032		
18:3 n-6 c,c,c....g	0.008	0.001	47	AR	1		0.009		
18:3i....g									
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.035	0.001	47	AR	1		0.040		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA)....g	0.000		0	Z	7		0.000		
Fatty acids, total trans....g	0.220		0	NC	4		0.248		
Fatty acids, total trans-monoenoic....g	0.220		0	NC	4		0.248		
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	62	1.804	36	AR	1		69		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.109		0	AR	1		0.123		
Threonine....g	0.829		0	AR	1		0.937		
Isoleucine....g	0.947		0	AR	1		1.071		
Leucine....g	1.671		0	AR	1		1.888		
Lysine....g	1.775		0	AR	1		2.006		
Methionine....g	0.551		0	AR	1		0.623		
Cystine....g	0.221		0	AR	1		0.249		
Phenylalanine....g	0.836		0	AR	1		0.944		
Tyrosine....g	0.659		0	AR	1		0.745		
Valine....g	1.053		0	AR	1		1.190		
Arginine....g	1.395		0	AR	1		1.576		

NDB No. 23557
Beef, ground, 95% lean meat / 5% fat, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Histidine....g	0.696		0	AR	1		0.787		
Alanine....g	1.342		0	AR	1		1.517		
Aspartic acid....g	1.930		0	AR	1		2.180		
Glutamic acid....g	3.213		0	AR	1		3.630		
Glycine....g	1.454		0	AR	1		1.644		
Proline....g	1.092		0	AR	1		1.234		
Serine....g	0.858		0	AR	1		0.969		
Hydroxyproline....g	0.272	0.024	12	AR	1		0.307		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 113g: 4 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23481
Beef, ground, 97% lean meat / 3% fat, crumbles, cooked, pan-browned

hamburger
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	64.55	1.169	36	AR	1		54.86		
Energy kcal	175		0	NC	4		149		
Energy kJ	732		0	NC	4		622		
Protein (N x 6.25) g	29.46	0.489	36	AR	1		25.04		
Total lipid (fat) g	5.46	1.093	36	AR	1		4.64		
Ash g	1.36	0.069	36	AR	1		1.16		
Carbohydrate, by difference g	0.00		0	NC	4		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	7	6.658	12	AR	1		6		
Iron, Fe mg	3.29	0.194	12	AR	1		2.80		
Magnesium, Mg mg	29	0.736	12	AR	1		25		
Phosphorus, P mg	267	7.134	12	AR	1		227		
Potassium, K mg	470	15.914	12	AR	1		399		
Sodium, Na mg	84	4.110	12	AR	1		71		
Zinc, Zn mg	7.15	0.209	12	AR	1		6.08		
Copper, Cu mg	0.108	0.012	12	AR	1		0.092		
Manganese, Mn mg	0.013	0.001	12	AR	1		0.011		
Selenium, Se µg	21.6	1.216	12	AR	1		18.4		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.041	0.008	12	AR	1		0.035		
Riboflavin mg	0.191	0.009	12	AR	1		0.162		
Niacin mg	7.485	0.294	12	AR	1		6.362		
Pantothenic acid mg	0.807	0.036	6	AR	1		0.686		
Vitamin B-6 mg	0.428	0.019	12	AR	1		0.364		
Folate, total µg	7	1.882	6	AR	1		6		
Folic acid µg	0		0	NR	4		0		
Folate, food µg	7		0	NR	4		6		
Folate, DFE µg	7		0	NC	4		6		
Choline, total mg	96.1		0	BFPN	4		81.7		
Betaine mg	8.0		0	BFPN	4		6.8		
Vitamin B-12 µg	2.80	0.337	12	AR	1		2.38		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	3		0	NC	4		2		
Retinol µg	3		0	NR	4		2		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	9		0	NC	4		8		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.12		0	NR	4		0.10		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	NR	4		0.0		
Vitamin D IU	2		0	NR	4		1		
Vitamin K (phylloquinone) µg	1.6		0	BFSN	4		1.3		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23481

Beef, ground, 97% lean meat / 3% fat, crumbles, cooked, pan-browned

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.686		0	NC	4		2.283		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g	0.000		0	BFFN	4		0.000		
12:0....g	0.004	0.001	8	AR	1		0.004		
13:0....g									
14:0....g	0.088	0.076	8	AR	1		0.075		
15:0....g	0.017	0.012	8	AR	1		0.014		
16:0....g	0.793	0.514	8	AR	1		0.674		
17:0....g	0.039	0.027	8	AR	1		0.033		
18:0....g	0.636	0.273	6	AR	1		0.541		
20:0....g	0.009	0.001	8	AR	1		0.008		
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.058		0	NC	4		1.749		
14:1....g	0.018	0.023	8	AR	1		0.015		
15:1....g									
16:1 undifferentiated....g	0.103	0.097	8	AR	1		0.088		
17:1....g	0.020	0.026	8	AR	1		0.017		
18:1 undifferentiated....g	0.084		0	AS	1		0.071		
18:1 c....g									
18:1 t....g	0.084		0	NR	4		0.071		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.006	0.011	8	AR	1		0.005		
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.342		0	NC	4		0.291		
18:2 undifferentiated....g	0.125	0.040	6	AR	1		0.106		
18:3 undifferentiated....g	0.009		0	AS	1		0.007		
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.009	0.001	8	AR	1		0.007		
18:3i....g									
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.046	0.004	8	AR	1		0.039		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans....g	0.084		0	NC	4		0.071		
Fatty acids, total trans-monoenoic....g	0.084		0	NC	4		0.071		
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	89	2.378	12	AR	1		76		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.150		0	AR	1		0.127		
Threonine....g	1.140		0	AR	1		0.969		
Isoleucine....g	1.302		0	AR	1		1.107		
Leucine....g	2.296		0	AR	1		1.952		
Lysine....g	2.439		0	AR	1		2.073		
Methionine....g	0.757		0	AR	1		0.644		
Cystine....g	0.303		0	AR	1		0.258		
Phenylalanine....g	1.148		0	AR	1		0.976		
Tyrosine....g	0.906		0	AR	1		0.770		
Valine....g	1.447		0	AR	1		1.230		
Arginine....g	1.916		0	AR	1		1.629		

NDB No. 23481

Beef, ground, 97% lean meat / 3% fat, crumbles, cooked, pan-browned

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Histidine....g	0.957		0	AR	1		0.813		
Alanine....g	1.844		0	AR	1		1.568		
Aspartic acid....g	2.651		0	AR	1		2.254		
Glutamic acid....g	4.415		0	AR	1		3.752		
Glycine....g	1.998		0	AR	1		1.699		
Proline....g	1.500		0	AR	1		1.275		
Serine....g	1.179		0	AR	1		1.002		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23480
Beef, ground, 97% lean meat / 3% fat, loaf, cooked, baked

hamburger
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	66.43	2.632	12	AR	1		56.46		
Energy kcal	154		0	NC	4		131		
Energy kJ	646		0	NC	4		549		
Protein (N x 6.25) g	27.58	1.246	12	AR	1		23.45		
Total lipid (fat) g	4.06	1.854	12	AR	1		3.45		
Ash g	0.95	0.062	12	AR	1		0.81		
Carbohydrate, by difference g	0.00		0	NR	4		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	6	5.979	12	AR	1		5		
Iron, Fe mg	3.11	0.173	12	AR	1		2.64		
Magnesium, Mg mg	22	0.772	12	AR	1		19		
Phosphorus, P mg	202	7.298	12	AR	1		172		
Potassium, K mg	321	13.368	12	AR	1		273		
Sodium, Na mg	56	2.064	12	AR	1		48		
Zinc, Zn mg	6.94	0.201	12	AR	1		5.90		
Copper, Cu mg	0.079	0.006	12	AR	1		0.067		
Manganese, Mn mg	0.011	0.001	12	AR	1		0.009		
Selenium, Se µg	22.5	1.920	12	AR	1		19.1		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.032	0.005	12	AR	1		0.027		
Riboflavin mg	0.171	0.005	12	AR	1		0.145		
Niacin mg	5.648	0.302	12	AR	1		4.801		
Pantothenic acid mg	0.666	0.065	6	AR	1		0.566		
Vitamin B-6 mg	0.360	0.025	12	AR	1		0.306		
Folate, total µg	6	1.933	6	AR	1		5		
Folic acid µg	0		0	NR	4		0		
Folate, food µg	6		0	NR	4		5		
Folate, DFE µg	6		0	NC	4		5		
Choline, total mg	90.0		0	BFPN	4		76.5		
Betaine mg	7.5		0	BFPN	4		6.4		
Vitamin B-12 µg	2.49	0.115	12	AR	1		2.11		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	3		0	NC	4		2		
Retinol µg	3		0	NR	4		2		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	9		0	NC	4		8		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.12		0	NR	4		0.10		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	NR	4		0.0		
Vitamin D IU	2		0	NR	4		1		
Vitamin K (phylloquinone) µg	1.5		0	BFSN	4		1.3		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23480

Beef, ground, 97% lean meat / 3% fat, loaf, cooked, baked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.011		0	NC	4		1.709		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g	0.000		0	BFFN	4		0.000		
12:0....g	0.004	0.002	8	AR	1		0.003		
13:0....g									
14:0....g	0.094	0.043	8	AR	1		0.080		
15:0....g	0.018	0.007	8	AR	1		0.015		
16:0....g	0.932	0.216	8	AR	1		0.792		
17:0....g	0.041	0.015	8	AR	1		0.035		
18:0....g	0.623	0.143	7	AR	1		0.529		
20:0....g	0.012	0.002	8	AR	1		0.010		
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.541		0	NC	4		1.310		
14:1....g	0.019	0.013	8	AR	1		0.016		
15:1....g									
16:1 undifferentiated....g	0.110	0.053	8	AR	1		0.093		
17:1....g	0.022	0.014	8	AR	1		0.018		
18:1 undifferentiated....g	0.093		0	AS	1		0.079		
18:1 c....g									
18:1 t....g	0.093		0	NR	4		0.079		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.010	0.006	8	AR	1		0.008		
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.256		0	NC	4		0.218		
18:2 undifferentiated....g	0.137	0.017	8	AR	1		0.117		
18:3 undifferentiated....g	0.009		0	AS	1		0.007		
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.009	0.001	8	AR	1		0.007		
18:3i....g									
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.041	0.004	8	AR	1		0.035		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans....g	0.093		0	NC	4		0.079		
Fatty acids, total trans-monoenoic....g	0.093		0	NC	4		0.079		
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	88	2.362	12	AR	1		74		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.140		0	AR	1		0.119		
Threonine....g	1.067		0	AR	1		0.907		
Isoleucine....g	1.219		0	AR	1		1.036		
Leucine....g	2.150		0	AR	1		1.827		
Lysine....g	2.283		0	AR	1		1.941		
Methionine....g	0.709		0	AR	1		0.603		
Cystine....g	0.284		0	AR	1		0.241		
Phenylalanine....g	1.075		0	AR	1		0.914		
Tyrosine....g	0.848		0	AR	1		0.721		
Valine....g	1.354		0	AR	1		1.151		
Arginine....g	1.794		0	AR	1		1.525		

NDB No. 23480

Beef, ground, 97% lean meat / 3% fat, loaf, cooked, baked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Histidine....g	0.896		0	AR	1		0.761		
Alanine....g	1.727		0	AR	1		1.468		
Aspartic acid....g	2.482		0	AR	1		2.110		
Glutamic acid....g	4.133		0	AR	1		3.513		
Glycine....g	1.871		0	AR	1		1.590		
Proline....g	1.405		0	AR	1		1.194		
Serine....g	1.104		0	AR	1		0.938		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23478
Beef, ground, 97% lean meat / 3% fat, patty, cooked, broiled

hamburger
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	67.96	0.582	107	AR	1		57.76	47.57	
Energy kcal	153		0	NC	4		130	107	
Energy kJ	639		0	NC	4		543	447	
Protein (N x 6.25) g	26.36	0.436	72	AR	1		22.41	18.45	
Total lipid (fat) g	4.46	0.489	107	AR	1		3.79	3.12	
Ash g	1.06	0.028	72	AR	1		0.90	0.74	
Carbohydrate, by difference g	0.00		0	NR	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	5	4.556	36	AR	1		4	3	
Iron, Fe mg	2.88	0.122	36	AR	1		2.45	2.01	
Magnesium, Mg mg	23	0.397	36	AR	1		19	16	
Phosphorus, P mg	208	4.111	36	AR	1		177	146	
Potassium, K mg	353	6.110	36	AR	1		300	247	
Sodium, Na mg	64	2.447	36	AR	1		54	45	
Zinc, Zn mg	6.45	0.223	36	AR	1		5.49	4.52	
Copper, Cu mg	0.098	0.009	36	AR	1		0.083	0.069	
Manganese, Mn mg	0.015	0.002	36	AR	1		0.012	0.010	
Selenium, Se µg	21.5	1.213	72	AR	1		18.3	15.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.041	0.006	36	AR	1		0.035	0.029	
Riboflavin mg	0.176	0.016	36	AR	1		0.150	0.123	
Niacin mg	6.051	0.241	36	AR	1		5.144	4.236	
Pantothenic acid mg	0.658	0.020	6	AR	1		0.559	0.461	
Vitamin B-6 mg	0.418	0.023	36	AR	1		0.356	0.293	
Folate, total µg	7	2.448	6	AR	1		6	5	
Folic acid µg	0		0	NR	4		0	0	
Folate, food µg	7		0	NR	4		6	5	
Folate, DFE µg	7		0	NC	4		6	5	
Choline, total mg	86.0	3.462	12	AR	1		73.1	60.2	
Betaine mg	7.2	0.946	12	AR	1		6.1	5.0	
Vitamin B-12 µg	2.44	0.125	36	AR	1		2.07	1.71	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	3		0	NC	4		2	2	
Retinol µg	3		0	NR	4		2	2	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	9		0	NC	4		8	7	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.12		0	NR	4		0.10	0.08	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	NR	4		0.0	0.0	
Vitamin D IU	2		0	NR	4		1	1	
Vitamin K (phylloquinone) µg	1.4	1.252	12	AR	1		1.2	1.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23478

Beef, ground, 97% lean meat / 3% fat, patty, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.207		0	NC	4		1.876	1.545	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.007	0.002	47	AR	1		0.006	0.005	
13:0....g									
14:0....g	0.109	0.026	47	AR	1		0.093	0.076	
15:0....g	0.023	0.005	47	AR	1		0.020	0.016	
16:0....g	1.105	0.176	47	AR	1		0.939	0.773	
17:0....g	0.057	0.011	47	AR	1		0.048	0.040	
18:0....g	0.894	0.170	47	AR	1		0.760	0.626	
20:0....g	0.013	0.001	47	AR	1		0.011	0.009	
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.691		0	NC	4		1.437	1.184	
14:1....g	0.007	0.011	47	AR	1		0.006	0.005	
15:1....g									
16:1 undifferentiated....g	0.113	0.045	47	AR	1		0.096	0.079	
17:1....g	0.039	0.016	36	AR	1		0.033	0.027	
18:1 undifferentiated....g	0.094		0	AS	1		0.080	0.066	
18:1 c....g									
18:1 t....g	0.094		0	NR	4		0.080	0.066	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.016	0.006	47	AR	1		0.014	0.011	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.281		0	NC	4		0.239	0.197	
18:2 undifferentiated....g	0.186	0.028	47	AR	1		0.158	0.130	
18:3 undifferentiated....g	0.052		0	AS	1		0.044	0.036	
18:3 n-3 c,c,c (ALA)....g	0.040	0.003	35	AR	1		0.034	0.028	
18:3 n-6 c,c,c....g	0.012	0.001	47	AR	1		0.010	0.008	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.043	0.001	47	AR	1		0.037	0.030	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans....g	0.094		0	NC	4		0.080	0.066	
Fatty acids, total trans-monoenoic....g	0.094		0	NC	4		0.080	0.066	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	88	1.583	36	AR	1		75	62	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.134		0	AR	1		0.114	0.094	
Threonine....g	1.020		0	AR	1		0.867	0.714	
Isoleucine....g	1.165		0	AR	1		0.990	0.815	
Leucine....g	2.054		0	AR	1		1.746	1.438	
Lysine....g	2.182		0	AR	1		1.855	1.528	
Methionine....g	0.678		0	AR	1		0.576	0.474	
Cystine....g	0.271		0	AR	1		0.231	0.190	
Phenylalanine....g	1.028		0	AR	1		0.873	0.719	
Tyrosine....g	0.810		0	AR	1		0.689	0.567	
Valine....g	1.294		0	AR	1		1.100	0.906	
Arginine....g	1.715		0	AR	1		1.457	1.200	

NDB No. 23478

Beef, ground, 97% lean meat / 3% fat, patty, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Histidine....g	0.856		0	AR	1		0.728	0.599	
Alanine....g	1.650		0	AR	1		1.403	1.155	
Aspartic acid....g	2.372		0	AR	1		2.016	1.661	
Glutamic acid....g	3.950		0	AR	1		3.357	2.765	
Glycine....g	1.788		0	AR	1		1.520	1.252	
Proline....g	1.342		0	AR	1		1.141	0.940	
Serine....g	1.055		0	AR	1		0.897	0.738	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 70g: 1 patty

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23477
Beef, ground, 97% lean meat / 3% fat, raw

hamburger
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	74.75	0.245	107	AR	1		84.47		
Energy kcal	121		0	NC	4		137		
Energy kJ	506		0	NC	4		572		
Protein (N x 6.25) g	21.98	0.265	72	AR	1		24.84		
Total lipid (fat) g	3.00		72	AR	1		3.39		
Ash g	1.07	0.033	72	AR	1		1.21		
Carbohydrate, by difference g	0.00		0	NC	4		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	8	4.024	36	AR	1		9		
Iron, Fe mg	2.44	0.076	36	AR	1		2.76		
Magnesium, Mg mg	22	0.408	36	AR	1		25		
Phosphorus, P mg	203	3.546	36	AR	1		229		
Potassium, K mg	357	5.832	36	AR	1		403		
Sodium, Na mg	66	1.070	36	AR	1		75		
Zinc, Zn mg	5.21	0.124	36	AR	1		5.89		
Copper, Cu mg	0.080	0.003	36	AR	1		0.090		
Manganese, Mn mg	0.010	0.001	36	AR	1		0.012		
Selenium, Se µg	17.7	1.093	72	AR	1		20.0		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.041	0.003	36	AR	1		0.046		
Riboflavin mg	0.151	0.010	36	AR	1		0.171		
Niacin mg	5.663	0.177	36	AR	1		6.399		
Pantothenic acid mg	0.673	0.069	6	AR	1		0.760		
Vitamin B-6 mg	0.401	0.021	36	AR	1		0.453		
Folate, total µg	4	1.814	6	AR	1		5		
Folic acid µg	0		0	NR	4		0		
Folate, food µg	4		0	NR	4		5		
Folate, DFE µg	4		0	NC	4		5		
Choline, total mg	72.8	3.185	12	AR	1		82.3		
Betaine mg	7.7	0.990	12	AR	1		8.7		
Vitamin B-12 µg	2.26	0.094	36	AR	1		2.55		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	4		0	AS	1		5		
Retinol µg	4	0.272	6	AR	1		5		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	14		0	AS	1		15		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.17	0.007	19	AR	1		0.20		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1	0.012	16	AR	1		0.1		
Vitamin D IU	3		16	AR	1		3		
Vitamin K (phylloquinone) µg	0.1	0.321	12	AR	1		0.1		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23477
Beef, ground, 97% lean meat / 3% fat, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.480		0	NC	4		1.672		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g	0.000		0	BFFN	4		0.000		
12:0....g	0.004	0.001	47	AR	1		0.005		
13:0....g									
14:0....g	0.063	0.021	47	AR	1		0.071		
15:0....g	0.013	0.004	47	AR	1		0.015		
16:0....g	0.748	0.116	47	AR	1		0.846		
17:0....g	0.029	0.009	47	AR	1		0.033		
18:0....g	0.614	0.076	47	AR	1		0.694		
20:0....g	0.008	0.001	47	AR	1		0.009		
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.134		0	NC	4		1.281		
14:1....g	0.005	0.007	47	AR	1		0.005		
15:1....g									
16:1 undifferentiated....g	0.078	0.027	47	AR	1		0.088		
17:1....g	0.003	0.017	39	AR	1		0.004		
18:1 undifferentiated....g	0.092		0	AS	1		0.104		
18:1 c....g									
18:1 t....g	0.092	0.015	26	AR	1		0.104		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.007	0.003	47	AR	1		0.008		
22:1 undifferentiated....g	0.000		0	Z	7		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.222		0	NC	4		0.251		
18:2 undifferentiated....g	0.154	0.022	47	AR	1		0.174		
18:3 undifferentiated....g	0.033		0	AS	1		0.037		
18:3 n-3 c,c,c (ALA)....g	0.025	0.005	35	AR	1		0.029		
18:3 n-6 c,c,c....g	0.007	0.001	47	AR	1		0.008		
18:3i....g									
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.035	0.001	47	AR	1		0.040		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA)....g	0.000		0	Z	7		0.000		
Fatty acids, total trans....g	0.092		0	NC	4		0.104		
Fatty acids, total trans-monoenoic....g	0.092		0	NC	4		0.104		
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	60	1.946	36	AR	1		68		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.112		0	AR	1		0.126		
Threonine....g	0.851		0	AR	1		0.962		
Isoleucine....g	0.972		0	AR	1		1.099		
Leucine....g	1.715		0	AR	1		1.938		
Lysine....g	1.822		0	AR	1		2.059		
Methionine....g	0.566		0	AR	1		0.639		
Cystine....g	0.226		0	AR	1		0.256		
Phenylalanine....g	0.858		0	AR	1		0.969		
Tyrosine....g	0.677		0	AR	1		0.765		
Valine....g	1.081		0	AR	1		1.221		
Arginine....g	1.432		0	AR	1		1.618		

NDB No. 23477
Beef, ground, 97% lean meat / 3% fat, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Histidine....g	0.715		0	AR	1		0.808		
Alanine....g	1.378		0	AR	1		1.557		
Aspartic acid....g	1.981		0	AR	1		2.238		
Glutamic acid....g	3.298		0	AR	1		3.727		
Glycine....g	1.493		0	AR	1		1.687		
Proline....g	1.121		0	AR	1		1.267		
Serine....g	0.881		0	AR	1		0.995		
Hydroxyproline....g	0.272	0.024	12	AR	1		0.307		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 113g: 4 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23479
Beef, ground, 97% lean meat /3% fat, patty, cooked, pan-broiled

hamburger
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	68.68	0.515	36	AR	1		58.37	95.46	
Energy kcal	144		0	NC	4		122	200	
Energy kJ	603		0	NC	4		513	838	
Protein (N x 6.25) g	26.03	0.737	36	AR	1		22.13	36.18	
Total lipid (fat) g	3.65	1.065	36	AR	1		3.10	5.07	
Ash g	1.09	0.039	36	AR	1		0.93	1.52	
Carbohydrate, by difference g	0.00		0	NR	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	7	7.321	12	AR	1		6	9	
Iron, Fe mg	2.89	0.211	12	AR	1		2.46	4.02	
Magnesium, Mg mg	24	0.830	12	AR	1		21	34	
Phosphorus, P mg	224	7.869	12	AR	1		191	312	
Potassium, K mg	382	17.530	12	AR	1		324	530	
Sodium, Na mg	69	3.300	12	AR	1		59	96	
Zinc, Zn mg	6.50	0.195	12	AR	1		5.53	9.04	
Copper, Cu mg	0.093	0.007	12	AR	1		0.079	0.130	
Manganese, Mn mg	0.012	0.001	12	AR	1		0.010	0.017	
Selenium, Se µg	21.2	1.414	12	AR	1		18.1	29.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.043	0.003	12	AR	1		0.036	0.059	
Riboflavin mg	0.177	0.009	12	AR	1		0.151	0.247	
Niacin mg	6.374	0.380	12	AR	1		5.418	8.860	
Pantothenic acid mg	0.650		0	BFPN	4		0.552	0.903	
Vitamin B-6 mg	0.396	0.035	12	AR	1		0.336	0.550	
Folate, total µg	7		0	BFPN	4		6	9	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	7		0	BFPN	4		6	9	
Folate, DFE µg	7		0	NC	4		6	9	
Choline, total mg	84.9		0	BFPN	4		72.2	118.0	
Betaine mg	7.1		0	BFPN	4		6.0	9.9	
Vitamin B-12 µg	2.79	0.315	12	AR	1		2.37	3.87	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	3		0	NC	4		3	4	
Retinol µg	3		0	NR	4		3	4	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	10		0	NC	4		9	14	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.13		0	NR	4		0.11	0.18	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	NR	4		0.0	0.1	
Vitamin D IU	2		0	NR	4		2	3	
Vitamin K (phylloquinone) µg	1.4		0	BFSN	4		1.2	1.9	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23479

Beef, ground, 97% lean meat /3% fat, patty, cooked, pan-broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.797		0	NC	4		1.527	2.498	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.006	0.001	8	AR	1		0.005	0.009	
13:0....g									
14:0....g	0.115	0.046	8	AR	1		0.098	0.160	
15:0....g	0.021	0.007	8	AR	1		0.018	0.030	
16:0....g	0.960	0.342	8	AR	1		0.816	1.335	
17:0....g	0.048	0.018	8	AR	1		0.041	0.067	
18:0....g	0.638	0.213	8	AR	1		0.542	0.886	
20:0....g	0.008	0.001	8	AR	1		0.007	0.011	
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.377		0	NC	4		1.170	1.914	
14:1....g	0.028	0.011	8	AR	1		0.024	0.039	
15:1....g									
16:1 undifferentiated....g	0.146	0.048	8	AR	1		0.124	0.202	
17:1....g	0.031	0.013	8	AR	1		0.026	0.043	
18:1 undifferentiated....g	0.092		0	AS	1		0.078	0.127	
18:1 c....g									
18:1 t....g	0.092		0	NR	4		0.078	0.127	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.014	0.004	8	AR	1		0.012	0.019	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.229		0	NC	4		0.195	0.318	
18:2 undifferentiated....g	0.142	0.034	8	AR	1		0.121	0.198	
18:3 undifferentiated....g	0.009		0	AS	1		0.007	0.012	
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.009	0.001	8	AR	1		0.007	0.012	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.043	0.004	8	AR	1		0.037	0.060	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans....g	0.092		0	NC	4		0.078	0.127	
Fatty acids, total trans-monoenoic....g	0.092		0	NC	4		0.078	0.127	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	84	1.637	12	AR	1		72	117	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.132		0	AR	1		0.113	0.184	
Threonine....g	1.009		0	AR	1		0.858	1.403	
Isoleucine....g	1.153		0	AR	1		0.980	1.602	
Leucine....g	2.033		0	AR	1		1.728	2.826	
Lysine....g	2.160		0	AR	1		1.836	3.002	
Methionine....g	0.671		0	AR	1		0.570	0.932	
Cystine....g	0.268		0	AR	1		0.228	0.373	
Phenylalanine....g	1.017		0	AR	1		0.864	1.413	
Tyrosine....g	0.802		0	AR	1		0.682	1.115	
Valine....g	1.281		0	AR	1		1.089	1.781	
Arginine....g	1.697		0	AR	1		1.442	2.359	

NDB No. 23479

Beef, ground, 97% lean meat /3% fat, patty, cooked, pan-broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Histidine....g	0.847		0	AR	1		0.720	1.177	
Alanine....g	1.633		0	AR	1		1.388	2.270	
Aspartic acid....g	2.348		0	AR	1		1.995	3.263	
Glutamic acid....g	3.909		0	AR	1		3.323	5.433	
Glycine....g	1.770		0	AR	1		1.504	2.460	
Proline....g	1.329		0	AR	1		1.129	1.847	
Serine....g	1.044		0	AR	1		0.887	1.451	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 139g: 1 portion (yield from 1/2 lb raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13317
Beef, ground, patties, frozen, cooked, broiled

hamburger
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	53.91		2	A	1		45.82	168.74	
Energy kcal	295		0	NC	4		251	924	
Energy kJ	1236		0	NC	4		1051	3869	
Protein (N x 6.25) g	23.05		2	A	1		19.59	72.13	
Total lipid (fat) g	21.83		2	A	1		18.56	68.33	
Ash g	0.90		2	A	1		0.77	2.82	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		2	A	1		0.00	0.00	
Sucrose g	0.00		2	A	1		0.00	0.00	
Glucose (dextrose) g	0.00		2	A	1		0.00	0.00	
Fructose g	0.00		2	A	1		0.00	0.00	
Lactose g	0.00		2	A	1		0.00	0.00	
Maltose g	0.00		2	A	1		0.00	0.00	
Galactose g	0.00		2	A	1		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	11		2	A	1		9	33	
Iron, Fe mg	2.42		2	A	1		2.06	7.57	
Magnesium, Mg mg	19		2	A	1		16	58	
Phosphorus, P mg	174		2	A	1		148	545	
Potassium, K mg	305		2	A	1		259	955	
Sodium, Na mg	77		2	A	1		65	239	
Zinc, Zn mg	4.84		2	A	1		4.11	15.15	
Copper, Cu mg	0.077		2	A	1		0.065	0.241	
Manganese, Mn mg	0.022		2	A	1		0.019	0.069	
Selenium, Se µg	21.5		0	BFYN	4		18.3	67.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.030		2	A	1		0.026	0.094	
Riboflavin mg	0.176		2	A	1		0.150	0.551	
Niacin mg	5.305		2	A	1		4.509	16.605	
Pantothenic acid mg	0.545		2	A	1		0.463	1.706	
Vitamin B-6 mg	0.435		2	A	1		0.369	1.360	
Folate, total µg	21		2	A	1		17	64	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	21		2	A	1		17	64	
Folate, DFE µg	21		0	NC	4		17	64	
Choline, total mg	74.6		0	BFNN	4		63.4	233.5	
Betaine mg									
Vitamin B-12 µg	2.65		2	A	1		2.25	8.29	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	BFSN	4		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	NC	4		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.00		2	A	1		0.00	0.00	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									

NDB No. 13317
Beef, ground, patties, frozen, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.2		0	AS	1		0.2	0.6	
Vitamin D....IU	8		0	PAK	1		7	25	
Vitamin K (phylloquinone)....µg	2.3		0	BFSN	4		1.9	7.1	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	8.805		0	NC	4		7.484	27.558	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		2	A	1		0.000	0.000	
10:0....g	0.000		2	A	1		0.000	0.000	
12:0....g	0.000		2	A	1		0.000	0.000	
13:0....g									
14:0....g	0.690		2	A	1		0.587	2.160	
15:0....g	0.111		2	A	1		0.094	0.346	
16:0....g	4.939		2	A	1		4.198	15.459	
17:0....g	0.261		2	A	1		0.222	0.817	
18:0....g	2.782		2	A	1		2.365	8.708	
20:0....g	0.022		2	A	1		0.019	0.069	
22:0....g	0.000		2	A	1		0.000	0.000	
24:0....g									
Fatty acids, total monounsaturated....g	9.358		0	NC	4		7.954	29.291	
14:1....g	0.179		2	A	1		0.152	0.560	
15:1....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated....g	0.688		2	A	1		0.585	2.153	
17:1....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated....g	8.452		2	A	1		7.184	26.455	
18:1 c....g	7.255		2	A	1		6.166	22.707	
18:1 t....g	1.198		2	A	1		1.018	3.748	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.039		2	A	1		0.033	0.122	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.656		0	NC	4		0.558	2.053	
18:2 undifferentiated....g	0.592		2	A	1		0.503	1.851	
18:2 n-6 c,c....g	0.335		2	A	1		0.284	1.047	
18:2 CLAs....g									
18:2 t,t....g	0.257		2	A	1		0.218	0.803	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.044		2	A	1		0.037	0.138	
18:3 n-3 c,c,c (ALA)....g	0.044		2	A	1		0.037	0.138	
18:3 n-6 c,c,c....g	0.000		2	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g	0.000		2	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000		2	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		2	A	1		0.000	0.000	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003		18	AR	1		0.003	0.009	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.016		18	AR	1		0.014	0.050	
22:6 n-3 (DHA)....g	0.001		18	AR	1		0.001	0.003	
Fatty acids, total trans....g									
Cholesterol....mg	84		2	A	1		71	263	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13317
Beef, ground, patties, frozen, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 313g: 1 unit, cooked (yield from 1 lb raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23220
Beef, ground, unspecified fat content, cooked

Hamburger
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	58.69		0	PAE	4		49.89		
Energy kcal	240		0	NC	4		204		
Energy kJ	1006		0	NC	4		855		
Protein (N x 6.25) g	25.07		0	PAE	4		21.31		
Total lipid (fat) g	14.53		0	PAE	4		12.35		
Ash g	1.09		0	PAE	4		0.93		
Carbohydrate, by difference g	0.62		0	NC	4		0.52		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	25		0	PAE	4		21		
Iron, Fe mg	2.67		0	PAE	4		2.27		
Magnesium, Mg mg	22		0	PAE	4		19		
Phosphorus, P mg	213		0	PAE	4		181		
Potassium, K mg	353		0	PAE	4		300		
Sodium, Na mg	85		0	PAE	4		72		
Zinc, Zn mg	6.19		0	PAE	4		5.26		
Copper, Cu mg	0.081		0	PAE	4		0.069		
Manganese, Mn mg	0.012		0	PAE	4		0.010		
Selenium, Se µg	20.5		0	PAE	4		17.4		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.043		0	PAE	4		0.037		
Riboflavin mg	0.180		0	PAE	4		0.153		
Niacin mg	5.682		0	PAE	4		4.830		
Pantothenic acid mg	0.681		0	PIE	4		0.579		
Vitamin B-6 mg	0.380		0	PAE	4		0.323		
Folate, total µg	9		0	PIE	4		8		
Folic acid µg	0		0	PIE	4		0		
Folate, food µg	9		0	PIE	4		8		
Folate, DFE µg	9		0	NC	4		8		
Choline, total mg	81.0		0	PIE	4		68.8		
Betaine mg	8.0		0	PIE	4		6.8		
Vitamin B-12 µg	2.73		0	PAE	4		2.32		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	7		0	NC	4		6		
Retinol µg	7		0	BFSN	4		6		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	22		0	NC	4		19		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.43		0	PIE	4		0.37		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	PAE	4		0.2		
Vitamin D IU	8		0	PAE	4		7		
Vitamin K (phylloquinone) µg	1.7		0	PIE	4		1.4		
Dihydrophylloquinone µg	0.0		0	PIE	4		0.0		
Menaquinone-4 µg									

NDB No. 23220

Beef, ground, unspecified fat content, cooked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	5.600		0	NC	4		4.760		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g	0.000		0	PAE	4		0.000		
12:0....g	0.011		0	PIE	4		0.009		
13:0....g									
14:0....g	0.419		0	PIE	4		0.356		
15:0....g	0.069		0	PIE	4		0.058		
16:0....g	3.162		0	PIE	4		2.688		
17:0....g	0.160		0	PIE	4		0.136		
18:0....g	1.768		0	PIE	4		1.503		
20:0....g	0.012		0	PIE	4		0.010		
22:0....g	0.000		0	PIE	4		0.000		
24:0....g									
Fatty acids, total monounsaturated....g	6.398		0	NC	4		5.439		
14:1....g	0.114		0	PIE	4		0.097		
15:1....g	0.000		0	PIE	4		0.000		
16:1 undifferentiated....g	0.528		0	PIE	4		0.449		
17:1....g	0.097		0	PIE	4		0.082		
18:1 undifferentiated....g	5.612		0	PIE	4		4.770		
20:1....g	0.048		0	PIE	4		0.040		
22:1 undifferentiated....g	0.000		0	Z	7		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.486		0	NC	4		0.413		
18:2 undifferentiated....g	0.340		0	PIE	4		0.289		
18:3 undifferentiated....g	0.049		0	PIE	4		0.041		
18:3 n-3 c,c,c (ALA)....g	0.041		0	PIE	4		0.035		
18:3 n-6 c,c,c....g	0.012		0	PIE	4		0.010		
18:3i....g									
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g	0.000		0	PIE	4		0.000		
20:3 undifferentiated....g	0.000		0	PIE	4		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.044		0	PIE	4		0.037		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003		18	AR	1		0.003		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.016		18	AR	1		0.014		
22:6 n-3 (DHA)....g	0.001		18	AR	1		0.001		
Fatty acids, total trans....g									
Cholesterol....mg	84		0	PAE	4		72		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.281		0	PAE	4		0.239		
Threonine....g	1.175		0	PAE	4		0.999		
Isoleucine....g	1.165		0	PAE	4		0.990		
Leucine....g	2.141		0	PAE	4		1.820		
Lysine....g	2.371		0	PAE	4		2.015		
Methionine....g	0.676		0	PAE	4		0.574		
Cystine....g	0.252		0	PAE	4		0.215		
Phenylalanine....g	1.000		0	PAE	4		0.850		
Tyrosine....g	0.927		0	PAE	4		0.788		
Valine....g	1.252		0	PAE	4		1.064		
Arginine....g	1.692		0	PAE	4		1.439		
Histidine....g	0.923		0	PAE	4		0.784		
Alanine....g	1.550		0	PAE	4		1.317		
Aspartic acid....g	2.421		0	PAE	4		2.058		
Glutamic acid....g	4.078		0	PAE	4		3.466		
Glycine....g	1.236		0	PAE	4		1.051		

NDB No. 23220
Beef, ground, unspecified fat content, cooked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proline....g	1.117		0	PAE	4		0.950		
Serine....g	1.024		0	PAE	4		0.871		
Hydroxyproline....g	0.402		0	PIE	4		0.342		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13985

Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted

Refuse: 6% Bone and connective tissue 1.58%, separable fat 4.34%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	64.67	0.505	20	A	1		54.97	367.97	
Energy kcal	182		0	NC	4		155	1036	
Energy kJ	762		0	NC	4		648	4335	
Protein (N x 6.25) g	26.75	0.319	20	A	1		22.74	152.22	
Total lipid (fat) g	8.34	0.586	20	A	1		7.09	47.46	
Ash g	1.08	0.026	20	A	1		0.91	6.12	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	17		0	BFNN	4		15	98	
Iron, Fe mg	1.69		0	BFNN	4		1.44	9.63	
Magnesium, Mg mg	23		0	BFNN	4		19	129	
Phosphorus, P mg	211		0	BFNN	4		179	1200	
Potassium, K mg	340		0	BFNN	4		289	1933	
Sodium, Na mg	55		0	BFNN	4		47	315	
Zinc, Zn mg	4.93		0	BFNN	4		4.19	28.08	
Copper, Cu mg	0.079		0	BFNN	4		0.067	0.447	
Manganese, Mn mg	0.010		0	BFNN	4		0.008	0.056	
Selenium, Se µg	30.9		0	BFNN	4		26.3	176.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.073		0	BFPN	4		0.062	0.415	
Riboflavin mg	0.136		0	BFPN	4		0.115	0.771	
Niacin mg	7.655		0	BFPN	4		6.507	43.558	
Pantothenic acid mg	0.526		0	BFPN	4		0.447	2.995	
Vitamin B-6 mg	0.574		0	BFPN	4		0.488	3.267	
Folate, total µg	9		0	BFPN	4		8	51	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	9		0	BFPN	4		8	51	
Folate, DFE µg	9		0	NC	4		8	51	
Choline, total mg	101.9		0	BFPN	4		86.6	579.7	
Betaine mg	13.4		0	BFPN	4		11.4	76.2	
Vitamin B-12 µg	1.53		0	BFPN	4		1.30	8.71	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.38		0	BFSN	4		0.32	2.14	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.3		0	BFSN	4		1.1	7.6	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13985

Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.108		0	NC	4		2.642	17.685	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.009		0	BFFN	4		0.007	0.049	
12:0....g	0.086		0	BFFN	4		0.073	0.491	
13:0....g									
14:0....g	0.173		0	BFFN	4		0.147	0.982	
15:0....g									
16:0....g	1.925		0	BFFN	4		1.637	10.955	
17:0....g									
18:0....g	0.915		0	BFFN	4		0.778	5.207	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.205		0	NC	4		3.574	23.924	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.250		0	BFFN	4		0.213	1.424	
17:1....g									
18:1 undifferentiated....g	3.954		0	BFFN	4		3.361	22.500	
20:1....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.268		0	NC	4		0.227	1.523	
18:2 undifferentiated....g	0.207		0	BFFN	4		0.176	1.179	
18:3 undifferentiated....g	0.026		0	BFFN	4		0.022	0.147	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.035		0	BFFN	4		0.029	0.196	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	78		0	BFSN	4		67	446	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.176		0	A	1		0.149	1.000	
Threonine....g	1.069		0	A	1		0.908	6.081	
Isoleucine....g	1.217		0	A	1		1.035	6.925	
Leucine....g	2.128		0	A	1		1.809	12.108	
Lysine....g	2.261		0	A	1		1.922	12.864	
Methionine....g	0.697		0	A	1		0.592	3.964	
Cystine....g	0.345		0	A	1		0.293	1.964	
Phenylalanine....g	1.057		0	A	1		0.898	6.012	
Tyrosine....g	0.852		0	A	1		0.725	4.850	
Valine....g	1.327		0	A	1		1.128	7.551	
Arginine....g	1.730		0	A	1		1.470	9.843	
Histidine....g	0.854		0	A	1		0.726	4.858	
Alanine....g	1.626		0	A	1		1.382	9.254	
Aspartic acid....g	2.437		0	A	1		2.071	13.865	
Glutamic acid....g	4.016		0	A	1		3.414	22.851	
Glycine....g	1.629		0	A	1		1.385	9.268	
Proline....g	1.275		0	A	1		1.084	7.257	
Serine....g	1.054		0	A	1		0.896	5.996	
Hydroxyproline....g	0.281		0	BFPN	4		0.239	1.599	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13985

Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 1 serving

Measure 2 = 569g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23545

Beef, loin, bottom sirloin butt, tri-tip steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	50.50		0	PAK	1		42.92	229.06	
Energy kcal	265		0	NC	4		225	1202	
Energy kJ	1108		0	NC	4		942	5026	
Protein (N x 6.25) g	29.97		0	PAK	1		25.48	135.95	
Total lipid (fat) g	15.18		0	PAK	1		12.91	68.87	
Ash g	1.45		0	PAK	1		1.24	6.59	
Carbohydrate, by difference g	0.00		0	PIK	4		0.00	0.00	
Fiber, total dietary g	0.0		0	PIK	4		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	12		0	PIK	4		10	56	
Iron, Fe mg	3.64		0	PIK	4		3.10	16.53	
Magnesium, Mg mg	26		0	PAK	1		22	116	
Phosphorus, P mg	265		0	PIK	4		225	1200	
Potassium, K mg	437		0	PIK	4		371	1982	
Sodium, Na mg	72		0	PIK	4		61	328	
Zinc, Zn mg	7.05		0	PIK	4		5.99	31.98	
Copper, Cu mg	0.158		0	PIK	4		0.135	0.718	
Manganese, Mn mg	0.000		0	PAK	1		0.000	0.001	
Selenium, Se µg	10.3		0	PIK	4		8.7	46.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0	0.0	
Thiamin mg	0.128		0	PIK	4		0.109	0.579	
Riboflavin mg	0.286		0	PIK	4		0.243	1.296	
Niacin mg	4.225		0	PIK	4		3.592	19.167	
Pantothenic acid mg	0.590		0	BFPN	4		0.502	2.677	
Vitamin B-6 mg	0.443		0	PIK	4		0.377	2.012	
Folate, total µg	10		0	PIK	4		8	45	
Folic acid µg	0		0	PIK	4		0	0	
Folate, food µg	10		0	PIK	4		8	45	
Folate, DFE µg	10		0	NC	4		8	45	
Choline, total mg	114.2		0	BFPN	4		97.0	517.8	
Betaine mg	15.0		0	BFPN	4		12.7	68.0	
Vitamin B-12 µg	2.83		0	PIK	4		2.41	12.86	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	PIK	4		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.17		0	PIK	4		0.14	0.77	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23545

Beef, loin, bottom sirloin butt, tri-tip steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	5.707		0	PIK	4		4.851	25.885	
4:0....g	0.000		0	PAK	1		0.000	0.000	
6:0....g	0.000		0	PAK	1		0.000	0.000	
8:0....g	0.000		0	PAK	1		0.000	0.000	
10:0....g	0.010		0	PAK	1		0.008	0.043	
12:0....g	0.018		0	PAK	1		0.016	0.084	
13:0....g									
14:0....g	0.363		0	PAK	1		0.308	1.646	
15:0....g									
16:0....g	3.610		0	PAK	1		3.068	16.373	
17:0....g									
18:0....g	1.687		0	PAK	1		1.434	7.650	
20:0....g	0.019		0	PAK	1		0.016	0.088	
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.763		0	PIK	4		6.598	35.211	
14:1....g	0.125		0	PAK	1		0.107	0.569	
15:1....g									
16:1 undifferentiated....g	0.516		0	PAK	1		0.439	2.342	
17:1....g									
18:1 undifferentiated....g	7.115		0	PAK	1		6.048	32.273	
20:1....g	0.006		0	PAK	1		0.005	0.027	
22:1 undifferentiated....g	0.000		0	PAK	1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.538		0	PIK	4		0.457	2.440	
18:2 undifferentiated....g	0.395		0	PAK	1		0.336	1.792	
18:3 undifferentiated....g	0.085		0	PAK	1		0.072	0.386	
18:4....g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.058		0	PAK	1		0.049	0.263	
20:5 n-3 (EPA)....g	0.000		0	PAK	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	PAK	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	68		0	PAK	1		58	309	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.324		0	PAK	1		0.275	1.468	
Threonine....g	1.384		0	PAK	1		1.177	6.279	
Isoleucine....g	1.545		0	PAK	1		1.313	7.009	
Leucine....g	2.646		0	PAK	1		2.249	12.003	
Lysine....g	2.809		0	PAK	1		2.387	12.741	
Methionine....g	0.849		0	PAK	1		0.722	3.852	
Cystine....g	0.322		0	PAK	1		0.274	1.461	
Phenylalanine....g	1.298		0	PAK	1		1.103	5.887	
Tyrosine....g	1.097		0	PAK	1		0.933	4.977	
Valine....g	1.619		0	PAK	1		1.376	7.342	
Arginine....g	2.018		0	PAK	1		1.715	9.153	
Histidine....g	0.967		0	PAK	1		0.822	4.386	
Alanine....g	1.811		0	PAK	1		1.540	8.217	
Aspartic acid....g	2.985		0	PAK	1		2.537	13.538	
Glutamic acid....g	4.801		0	PAK	1		4.080	21.775	
Glycine....g	1.428		0	PAK	1		1.213	6.475	
Proline....g	1.268		0	PAK	1		1.078	5.751	
Serine....g	1.202		0	PAK	1		1.022	5.452	
Hydroxyproline....g	0.137		0	PAK	1		0.116	0.620	
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	
Caffeine....mg	0		0	PIK	4		0	0	

NDB No. 23545

Beef, loin, bottom sirloin butt, tri-tip steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23345

Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted

Tenderloin Roast

Refuse: 1% Connective tissue 1%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	64.35	0.297	36	AR	1		54.70	309.54	
Energy kcal	183		0	NC	4		155	878	
Energy kJ	764		0	NC	4		649	3675	
Protein (N x 6.25) g	27.31	0.470	36	AR	1		23.21	131.35	
Total lipid (fat) g	8.14	0.869	36	AR	1		6.92	39.16	
Ash g	1.24	0.065	36	AR	1		1.05	5.96	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	13		3	AR	1		11	64	
Iron, Fe mg	3.20		3	AR	1		2.72	15.41	
Magnesium, Mg mg	18		3	AR	1		15	87	
Phosphorus, P mg	254		3	AR	1		216	1221	
Potassium, K mg	346		3	AR	1		295	1667	
Sodium, Na mg	56		3	AR	1		48	270	
Zinc, Zn mg	4.16		3	AR	1		3.54	20.01	
Copper, Cu mg	0.091		3	AR	1		0.077	0.436	
Manganese, Mn mg	0.009		3	AR	1		0.007	0.042	
Selenium, Se µg	24.9		3	AR	1		21.2	119.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.061		0	BFPN	4		0.052	0.293	
Riboflavin mg	0.391	0.012	6	AR	1		0.333	1.883	
Niacin mg	5.556	0.216	6	AR	1		4.722	26.722	
Pantothenic acid mg	0.353		0	BFPN	4		0.300	1.697	
Vitamin B-6 mg	0.681	0.011	6	AR	1		0.578	3.273	
Folate, total µg	7		0	BFPN	4		6	32	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	7		0	BFPN	4		6	32	
Folate, DFE µg	7		0	NC	4		6	32	
Choline, total mg	64.4		0	BFPN	4		54.7	309.8	
Betaine mg	9.2		0	BFPN	4		7.8	44.4	
Vitamin B-12 µg	4.06	0.137	6	AR	1		3.45	19.52	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	6		0	NC	4		5	29	
Retinol µg	6		0	BFSN	4		5	29	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	20		0	NC	4		17	96	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.10		0	BFFN	4		0.09	0.50	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.3	
Vitamin D IU	2		0	BFFN	4		2	12	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	7.6	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23345

Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.245		0	NC	4		2.758	15.607	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.007	0.001	6	AR	1		0.006	0.034	
12:0....g	0.008	0.001	6	AR	1		0.007	0.037	
13:0....g									
14:0....g	0.207	0.005	6	AR	1		0.176	0.996	
15:0....g	0.037	0.002	6	AR	1		0.032	0.179	
16:0....g	1.791	0.059	6	AR	1		1.523	8.616	
17:0....g	0.095	0.004	6	AR	1		0.080	0.455	
18:0....g	1.087	0.044	6	AR	1		0.924	5.227	
20:0....g	0.006	0.001	6	AR	1		0.005	0.030	
22:0....g									
24:0....g	0.007	0.002	6	AR	1		0.006	0.034	
Fatty acids, total monounsaturated....g	3.550		0	NC	4		3.017	17.074	
14:1....g	0.049	0.003	6	AR	1		0.041	0.233	
15:1....g									
16:1 undifferentiated....g	0.242		0	AS	1		0.205	1.162	
16:1 c....g	0.214	0.018	6	AR	1		0.182	1.028	
16:1 t....g	0.028	0.001	6	AR	1		0.024	0.134	
17:1....g	0.065	0.005	6	AR	1		0.056	0.314	
18:1 undifferentiated....g	3.179		0	AS	1		2.702	15.290	
18:1 c....g	2.805	0.171	6	AR	1		2.384	13.491	
18:1 t....g	0.374	0.011	6	AR	1		0.318	1.799	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.016	0.002	6	AR	1		0.013	0.075	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.590		0	NC	4		0.502	2.838	
18:2 undifferentiated....g	0.469		0	AS	1		0.399	2.255	
18:2 n-6 c,c....g	0.385	0.010	6	AR	1		0.327	1.851	
18:2 CLAs....g	0.040	0.003	6	AR	1		0.034	0.190	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.045	0.001	6	AR	1		0.038	0.214	
18:3 undifferentiated....g	0.016		0	AS	1		0.013	0.076	
18:3 n-3 c,c,c (ALA)....g	0.016	0.001	6	AR	1		0.013	0.076	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.003	0.001	6	AR	1		0.002	0.013	
20:3 undifferentiated....g	0.018		0	AS	1		0.016	0.088	
20:3 n-3....g									
20:3 n-6....g	0.018	0.001	6	AR	1		0.016	0.088	
20:4 undifferentiated....g	0.069	0.005	6	AR	1		0.059	0.333	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003	0.001	6	AR	1		0.002	0.013	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.011	0.001	6	AR	1		0.009	0.052	
22:6 n-3 (DHA)....g	0.002	0.000	6	AR	1		0.001	0.007	
Fatty acids, total trans....g	0.446		0	NC	4		0.379	2.147	
Fatty acids, total trans-monoenoic....g	0.402		0	NC	4		0.342	1.933	
Fatty acids, total trans-polyenoic....g	0.045		0	NC	4		0.038	0.214	
Cholesterol....mg	84	1.408	6	AR	1		71	402	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.306		0	AR	1		0.260	1.470	
Threonine....g	1.287		0	AR	1		1.094	6.191	
Isoleucine....g	1.272		0	AR	1		1.081	6.119	
Leucine....g	2.354		0	AR	1		2.001	11.322	

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Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	2.616		0	AR	1		2.223	12.582	
Methionine....g	0.739		0	AR	1		0.628	3.554	
Cystine....g	0.278		0	AR	1		0.236	1.338	
Phenylalanine....g	1.095		0	AR	1		0.931	5.268	
Tyrosine....g	1.018		0	AR	1		0.865	4.894	
Valine....g	1.365		0	AR	1		1.160	6.565	
Arginine....g	1.860		0	AR	1		1.581	8.944	
Histidine....g	1.024		0	AR	1		0.870	4.923	
Alanine....g	1.693		0	AR	1		1.439	8.144	
Aspartic acid....g	2.661		0	AR	1		2.262	12.798	
Glutamic acid....g	4.465		0	AR	1		3.795	21.477	
Glycine....g	1.344		0	AR	1		1.142	6.463	
Proline....g	1.225		0	AR	1		1.041	5.893	
Serine....g	1.124		0	AR	1		0.956	5.408	
Hydroxyproline....g	0.187		0	AR	1		0.159	0.898	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 481g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23336

Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw

Tenderloin Roast

Refuse: 1% Connective tissue 1%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	71.50	0.178	36	AR	1		60.77	460.44	
Energy kcal	149		0	NC	4		127	960	
Energy kJ	623		0	NC	4		530	4012	
Protein (N x 6.25) g	21.67	0.421	36	AR	1		18.42	139.52	
Total lipid (fat) g	6.93	0.720	36	AR	1		5.89	44.61	
Ash g	1.09	0.052	36	AR	1		0.93	7.04	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	14		3	AR	1		12	88	
Iron, Fe mg	2.48		3	AR	1		2.11	15.97	
Magnesium, Mg mg	12		3	AR	1		10	76	
Phosphorus, P mg	211		3	AR	1		180	1362	
Potassium, K mg	284		3	AR	1		241	1827	
Sodium, Na mg	44		3	AR	1		38	285	
Zinc, Zn mg	3.20		3	AR	1		2.72	20.62	
Copper, Cu mg	0.062		3	AR	1		0.053	0.400	
Manganese, Mn mg	0.007		3	AR	1		0.006	0.044	
Selenium, Se µg	20.1		3	AR	1		17.1	129.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.053		0	BFPN	4		0.045	0.339	
Riboflavin mg	0.312	0.010	6	AR	1		0.265	2.008	
Niacin mg	4.705	0.101	6	AR	1		4.000	30.302	
Pantothenic acid mg	0.361		0	BFPN	4		0.306	2.322	
Vitamin B-6 mg	0.607	0.015	6	AR	1		0.516	3.906	
Folate, total µg	3		0	BFPN	4		3	22	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	3		0	BFPN	4		3	22	
Folate, DFE µg	3		0	NC	4		3	22	
Choline, total mg	56.0		0	BFPN	4		47.6	360.6	
Betaine mg	9.5		0	BFPN	4		8.1	61.2	
Vitamin B-12 µg	3.47	0.131	6	AR	1		2.95	22.36	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	5		0	NC	4		4	29	
Retinol µg	5		0	BFPN	4		4	29	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	15		0	NC	4		13	98	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.19		0	BFFN	4		0.16	1.21	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.0	0.3	
Vitamin D IU	2		0	BFFN	4		2	14	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	9.7	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23336

Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated g	2.479		0	NC	4		2.107	15.962	
4:0 g	0.000		0	Z	7		0.000	0.000	
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.006	0.001	6	AR	1		0.005	0.035	
12:0 g	0.005	0.000	6	AR	1		0.004	0.032	
13:0 g									
14:0 g	0.163	0.008	6	AR	1		0.138	1.049	
15:0 g	0.030	0.002	6	AR	1		0.025	0.191	
16:0 g	1.362	0.084	6	AR	1		1.158	8.773	
17:0 g	0.072	0.006	6	AR	1		0.061	0.462	
18:0 g	0.832	0.059	6	AR	1		0.707	5.358	
20:0 g	0.005	0.000	6	AR	1		0.004	0.032	
22:0 g									
24:0 g	0.005	0.001	6	AR	1		0.004	0.030	
Fatty acids, total monounsaturated g	2.695		0	NC	4		2.290	17.353	
14:1 g	0.039	0.002	6	AR	1		0.033	0.250	
15:1 g									
16:1 undifferentiated g	0.190		0	AS	1		0.162	1.226	
16:1 c g	0.169	0.016	6	AR	1		0.143	1.085	
16:1 t g	0.022	0.001	6	AR	1		0.019	0.141	
17:1 g	0.049	0.006	6	AR	1		0.042	0.318	
18:1 undifferentiated g	2.402		0	AS	1		2.042	15.471	
18:1 c g	2.110	0.175	6	AR	1		1.793	13.587	
18:1 t g	0.293	0.025	6	AR	1		0.249	1.884	
18:1-11 t (18:1t n-7) g									
20:1 g	0.014	0.001	6	AR	1		0.012	0.088	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.463		0	NC	4		0.394	2.984	
18:2 undifferentiated g	0.362		0	AS	1		0.307	2.329	
18:2 n-6 c,c g	0.295	0.015	6	AR	1		0.250	1.897	
18:2 CLAs g	0.031	0.001	6	AR	1		0.027	0.202	
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.036	0.002	6	AR	1		0.030	0.230	
18:3 undifferentiated g	0.014		0	AS	1		0.012	0.088	
18:3 n-3 c,c,c (ALA) g	0.014	0.000	6	AR	1		0.012	0.088	
18:3 n-6 c,c,c g									
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.003	0.000	6	AR	1		0.002	0.017	
20:3 undifferentiated g	0.017		0	AS	1		0.014	0.108	
20:3 n-3 g									
20:3 n-6 g	0.017	0.000	6	AR	1		0.014	0.108	
20:4 undifferentiated g	0.056	0.001	6	AR	1		0.047	0.359	
20:4 n-6 g									
20:5 n-3 (EPA) g	0.003	0.001	6	AR	1		0.002	0.017	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.010	0.001	6	AR	1		0.008	0.062	
22:6 n-3 (DHA) g	0.001	0.000	6	AR	1		0.001	0.005	
Fatty acids, total trans g	0.350		0	NC	4		0.298	2.255	
Fatty acids, total trans-monoenoic g	0.315		0	NC	4		0.267	2.025	
Fatty acids, total trans-polyenoic g	0.036		0	NC	4		0.030	0.230	
Cholesterol mg	61	1.160	6	AR	1		52	394	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.242		0	AR	1		0.206	1.561	
Threonine g	1.021		0	AR	1		0.868	6.576	
Isoleucine g	1.009		0	AR	1		0.858	6.499	
Leucine g	1.867		0	AR	1		1.587	12.026	

NDB No. 23336

Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.075		0	AR	1		1.764	13.365	
Methionine g	0.586		0	AR	1		0.498	3.775	
Cystine g	0.221		0	AR	1		0.188	1.421	
Phenylalanine g	0.869		0	AR	1		0.739	5.596	
Tyrosine g	0.807		0	AR	1		0.686	5.199	
Valine g	1.083		0	AR	1		0.920	6.974	
Arginine g	1.475		0	AR	1		1.254	9.501	
Histidine g	0.812		0	AR	1		0.690	5.229	
Alanine g	1.343		0	AR	1		1.142	8.650	
Aspartic acid g	2.111		0	AR	1		1.794	13.594	
Glutamic acid g	3.542		0	AR	1		3.011	22.812	
Glycine g	1.066		0	AR	1		0.906	6.865	
Proline g	0.972		0	AR	1		0.826	6.259	
Serine g	0.892		0	AR	1		0.758	5.745	
Hydroxyproline g	0.148		0	AR	1		0.126	0.953	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 644g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23346

Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted

Tenderloin roast, URMIS # 2201

Refuse: 1% Connective tissue 1%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	63.70	0.370	24	AR	1		54.15	304.50	
Energy kcal	188		0	NC	4		160	901	
Energy kJ	788		0	NC	4		670	3767	
Protein (N x 6.25) g	27.26	0.486	24	AR	1		23.17	130.32	
Total lipid (fat) g	8.82	0.902	24	AR	1		7.50	42.16	
Ash g	1.24	0.066	24	AR	1		1.05	5.93	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	14		2	AR	1		12	65	
Iron, Fe mg	3.24		2	AR	1		2.75	15.47	
Magnesium, Mg mg	18		2	AR	1		15	87	
Phosphorus, P mg	252		2	AR	1		214	1203	
Potassium, K mg	347		2	AR	1		295	1657	
Sodium, Na mg	56		2	AR	1		48	269	
Zinc, Zn mg	4.42		2	AR	1		3.76	21.13	
Copper, Cu mg	0.086		2	AR	1		0.073	0.409	
Manganese, Mn mg	0.009		2	AR	1		0.008	0.044	
Selenium, Se µg	24.6		2	AR	1		20.9	117.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.059		0	BFPN	4		0.051	0.284	
Riboflavin mg	0.388	0.015	4	AR	1		0.330	1.854	
Niacin mg	5.438	0.269	4	AR	1		4.622	25.992	
Pantothenic acid mg	0.333		0	BFPN	4		0.283	1.592	
Vitamin B-6 mg	0.691	0.014	4	AR	1		0.587	3.301	
Folate, total µg	7		0	BFPN	4		6	32	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	7		0	BFPN	4		6	32	
Folate, DFE µg	7		0	NC	4		6	32	
Choline, total mg	66.0		0	BFPN	4		56.1	315.5	
Betaine mg	9.7		0	BFPN	4		8.3	46.4	
Vitamin B-12 µg	3.98	0.170	4	AR	1		3.38	19.01	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	6		0	NC	4		5	28	
Retinol µg	6		0	BFSN	4		5	28	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	19		0	NC	4		16	93	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.11		0	BFFN	4		0.10	0.54	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.3	
Vitamin D IU	3		0	BFFN	4		2	13	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	7.5	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23346

Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.533		0	NC	4		3.003	16.889	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.008	0.001	4	AR	1		0.007	0.037	
12:0....g	0.009	0.001	4	AR	1		0.007	0.041	
13:0....g									
14:0....g	0.227	0.007	4	AR	1		0.193	1.086	
15:0....g	0.041	0.002	4	AR	1		0.035	0.194	
16:0....g	1.968	0.074	4	AR	1		1.672	9.405	
17:0....g	0.102	0.005	4	AR	1		0.087	0.489	
18:0....g	1.166	0.055	4	AR	1		0.991	5.571	
20:0....g	0.007	0.001	4	AR	1		0.006	0.031	
22:0....g									
24:0....g	0.007	0.002	4	AR	1		0.006	0.035	
Fatty acids, total monounsaturated....g	3.937		0	NC	4		3.347	18.820	
14:1....g	0.057	0.003	4	AR	1		0.048	0.271	
15:1....g									
16:1 undifferentiated....g	0.276		0	AS	1		0.234	1.318	
16:1 c....g	0.246	0.023	4	AR	1		0.209	1.175	
16:1 t....g	0.030	0.001	4	AR	1		0.026	0.143	
17:1....g	0.073	0.006	4	AR	1		0.062	0.349	
18:1 undifferentiated....g	3.515		0	AS	1		2.987	16.800	
18:1 c....g	3.124	0.212	4	AR	1		2.655	14.933	
18:1 t....g	0.391	0.014	4	AR	1		0.332	1.868	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.017	0.003	4	AR	1		0.014	0.081	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.617		0	NC	4		0.524	2.949	
18:2 undifferentiated....g	0.492		0	AS	1		0.418	2.353	
18:2 n-6 c,c....g	0.402	0.012	4	AR	1		0.342	1.921	
18:2 CLAs....g	0.041	0.003	4	AR	1		0.035	0.197	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.049	0.002	4	AR	1		0.042	0.236	
18:3 undifferentiated....g	0.017		0	AS	1		0.015	0.082	
18:3 n-3 c,c,c (ALA)....g	0.017	0.001	4	AR	1		0.015	0.082	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.003	0.001	4	AR	1		0.003	0.015	
20:3 undifferentiated....g	0.019		0	AS	1		0.016	0.092	
20:3 n-3....g									
20:3 n-6....g	0.019	0.001	4	AR	1		0.016	0.092	
20:4 undifferentiated....g	0.071	0.006	4	AR	1		0.060	0.337	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003	0.001	4	AR	1		0.002	0.013	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.010	0.001	4	AR	1		0.009	0.050	
22:6 n-3 (DHA)....g	0.001	0.000	4	AR	1		0.001	0.006	
Fatty acids, total trans....g	0.470		0	NC	4		0.400	2.247	
Fatty acids, total trans-monoenoic....g	0.421		0	NC	4		0.358	2.011	
Fatty acids, total trans-polyenoic....g	0.049		0	NC	4		0.042	0.236	
Cholesterol....mg	82	1.749	4	AR	1		70	394	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.306		0	AR	1		0.260	1.462	
Threonine....g	1.278		0	AR	1		1.086	6.109	
Isoleucine....g	1.266		0	AR	1		1.077	6.054	
Leucine....g	2.329		0	AR	1		1.979	11.130	

NDB No. 23346

Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.578		0	AR	1		2.191	12.323	
Methionine g	0.735		0	AR	1		0.624	3.512	
Cystine g	0.275		0	AR	1		0.233	1.312	
Phenylalanine g	1.088		0	AR	1		0.925	5.199	
Tyrosine g	1.008		0	AR	1		0.857	4.820	
Valine g	1.362		0	AR	1		1.157	6.509	
Arginine g	1.840		0	AR	1		1.564	8.797	
Histidine g	1.003		0	AR	1		0.853	4.796	
Alanine g	1.685		0	AR	1		1.432	8.055	
Aspartic acid g	2.633		0	AR	1		2.238	12.587	
Glutamic acid g	4.435		0	AR	1		3.770	21.199	
Glycine g	1.344		0	AR	1		1.143	6.425	
Proline g	1.215		0	AR	1		1.033	5.809	
Serine g	1.114		0	AR	1		0.947	5.324	
Hydroxyproline g	0.186		0	AR	1		0.158	0.890	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 478g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23337

Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw

Tenderloin Roast, URMIS # 2201

Refuse: 1% Connective tissue 1%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	71.05	0.222	24	AR	1		60.39	444.06	
Energy kcal	153		0	NC	4		130	954	
Energy kJ	639		0	NC	4		543	3994	
Protein (N x 6.25) g	21.50	0.426	24	AR	1		18.28	134.40	
Total lipid (fat) g	7.40	0.738	24	AR	1		6.29	46.26	
Ash g	1.10	0.052	24	AR	1		0.93	6.85	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	14		2	AR	1		12	85	
Iron, Fe mg	2.52		2	AR	1		2.14	15.76	
Magnesium, Mg mg	12		2	AR	1		10	73	
Phosphorus, P mg	208		2	AR	1		177	1303	
Potassium, K mg	279		2	AR	1		237	1742	
Sodium, Na mg	44		2	AR	1		38	277	
Zinc, Zn mg	3.21		2	AR	1		2.73	20.05	
Copper, Cu mg	0.061		2	AR	1		0.052	0.379	
Manganese, Mn mg	0.007		2	AR	1		0.006	0.041	
Selenium, Se µg	19.2		2	AR	1		16.4	120.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.050		0	BFPN	4		0.043	0.314	
Riboflavin mg	0.300	0.012	4	AR	1		0.255	1.876	
Niacin mg	4.461	0.125	4	AR	1		3.792	27.880	
Pantothenic acid mg	0.350		0	BFPN	4		0.298	2.188	
Vitamin B-6 mg	0.601	0.018	4	AR	1		0.511	3.758	
Folate, total µg	3		0	BFPN	4		3	22	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	3		0	BFPN	4		3	22	
Folate, DFE µg	3		0	NC	4		3	22	
Choline, total mg	54.2		0	BFPN	4		46.1	339.0	
Betaine mg	9.5		0	BFPN	4		8.1	59.5	
Vitamin B-12 µg	3.34	0.163	4	AR	1		2.84	20.89	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	3		0	NC	4		3	21	
Retinol µg	3		0	BFSN	4		3	21	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	11		0	NC	4		10	70	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.19		0	BFFN	4		0.16	1.20	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.0	0.4	
Vitamin D IU	2		0	BFFN	4		2	14	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	9.5	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23337

Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated g	2.687		0	NC	4		2.284	16.794	
4:0 g	0.000		0	Z	7		0.000	0.000	
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.006	0.001	4	AR	1		0.005	0.034	
12:0 g	0.005	0.001	4	AR	1		0.004	0.031	
13:0 g									
14:0 g	0.177	0.010	4	AR	1		0.150	1.106	
15:0 g	0.032	0.002	4	AR	1		0.027	0.198	
16:0 g	1.490	0.104	4	AR	1		1.267	9.314	
17:0 g	0.078	0.008	4	AR	1		0.066	0.488	
18:0 g	0.889	0.073	4	AR	1		0.756	5.559	
20:0 g	0.005	0.000	4	AR	1		0.004	0.033	
22:0 g									
24:0 g	0.005	0.001	4	AR	1		0.004	0.032	
Fatty acids, total monounsaturated g	2.956		0	NC	4		2.513	18.475	
14:1 g	0.043	0.002	4	AR	1		0.037	0.269	
15:1 g									
16:1 undifferentiated g	0.212		0	AS	1		0.180	1.325	
16:1 c g	0.188	0.020	4	AR	1		0.160	1.176	
16:1 t g	0.024	0.001	4	AR	1		0.020	0.149	
17:1 g	0.055	0.007	4	AR	1		0.046	0.341	
18:1 undifferentiated g	2.632		0	AS	1		2.237	16.450	
18:1 c g	2.317	0.217	4	AR	1		1.969	14.481	
18:1 t g	0.315	0.031	4	AR	1		0.268	1.969	
18:1-11 t (18:1t n-7) g									
20:1 g	0.014	0.002	4	AR	1		0.012	0.090	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.496		0	NC	4		0.422	3.103	
18:2 undifferentiated g	0.390		0	AS	1		0.331	2.435	
18:2 n-6 c,c g	0.318	0.019	4	AR	1		0.270	1.986	
18:2 CLAs g	0.033	0.002	4	AR	1		0.028	0.206	
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.039	0.002	4	AR	1		0.033	0.244	
18:3 undifferentiated g	0.014		0	AS	1		0.012	0.089	
18:3 n-3 c,c,c (ALA) g	0.014	0.000	4	AR	1		0.012	0.089	
18:3 n-6 c,c,c g									
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.003	0.001	4	AR	1		0.002	0.017	
20:3 undifferentiated g	0.018		0	AS	1		0.015	0.111	
20:3 n-3 g									
20:3 n-6 g	0.018	0.001	4	AR	1		0.015	0.111	
20:4 undifferentiated g	0.059	0.001	4	AR	1		0.050	0.370	
20:4 n-6 g									
20:5 n-3 (EPA) g	0.003	0.001	4	AR	1		0.002	0.018	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.010	0.001	4	AR	1		0.008	0.061	
22:6 n-3 (DHA) g	0.000	0.001	4	AR	1		0.000	0.002	
Fatty acids, total trans g	0.378		0	NC	4		0.321	2.363	
Fatty acids, total trans-monoenoic g	0.339		0	NC	4		0.288	2.119	
Fatty acids, total trans-polyenoic g	0.039		0	NC	4		0.033	0.244	
Cholesterol mg	61	1.440	4	AR	1		52	379	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.241		0	AR	1		0.205	1.508	
Threonine g	1.008		0	AR	1		0.857	6.301	
Isoleucine g	0.999		0	AR	1		0.849	6.243	
Leucine g	1.837		0	AR	1		1.561	11.479	

NDB No. 23337

Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.033		0	AR	1		1.728	12.709	
Methionine g	0.579		0	AR	1		0.493	3.621	
Cystine g	0.217		0	AR	1		0.184	1.353	
Phenylalanine g	0.858		0	AR	1		0.729	5.362	
Tyrosine g	0.795		0	AR	1		0.676	4.970	
Valine g	1.074		0	AR	1		0.913	6.713	
Arginine g	1.452		0	AR	1		1.234	9.073	
Histidine g	0.791		0	AR	1		0.673	4.946	
Alanine g	1.329		0	AR	1		1.130	8.307	
Aspartic acid g	2.077		0	AR	1		1.765	12.981	
Glutamic acid g	3.498		0	AR	1		2.973	21.862	
Glycine g	1.060		0	AR	1		0.901	6.627	
Proline g	0.958		0	AR	1		0.815	5.991	
Serine g	0.879		0	AR	1		0.747	5.491	
Hydroxyproline g	0.147		0	AR	1		0.125	0.918	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 625g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23347

Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted

Tenderloin Roast, URMIS # 1386

Refuse: 1% Connective tissue 1%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	65.33	0.493	12	AR	1		55.53	318.14	
Energy kcal	174		0	NC	4		148	845	
Energy kJ	726		0	NC	4		617	3536	
Protein (N x 6.25) g	27.38	0.519	12	AR	1		23.27	133.32	
Total lipid (fat) g	7.12	0.971	12	AR	1		6.05	34.68	
Ash g	1.24	0.068	12	AR	1		1.05	6.01	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	13		1	AR	1		11	65	
Iron, Fe mg	3.03		1	AR	1		2.58	14.77	
Magnesium, Mg mg	14		1	AR	1		12	67	
Phosphorus, P mg	258		1	AR	1		219	1256	
Potassium, K mg	349		1	AR	1		297	1701	
Sodium, Na mg	54		1	AR	1		46	262	
Zinc, Zn mg	3.68		1	AR	1		3.13	17.92	
Copper, Cu mg	0.097		1	AR	1		0.082	0.471	
Manganese, Mn mg	0.008		1	AR	1		0.007	0.040	
Selenium, Se µg	25.2		1	AR	1		21.5	122.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.063		0	BFPN	4		0.053	0.306	
Riboflavin mg	0.397		2	AR	1		0.337	1.933	
Niacin mg	5.732		2	AR	1		4.872	27.916	
Pantothenic acid mg	0.381		0	BFPN	4		0.324	1.857	
Vitamin B-6 mg	0.665		2	AR	1		0.566	3.240	
Folate, total µg	7		0	BFPN	4		6	32	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	7		0	BFPN	4		6	32	
Folate, DFE µg	7		0	NC	4		6	32	
Choline, total mg	62.1		0	BFPN	4		52.8	302.5	
Betaine mg	8.5		0	BFPN	4		7.3	41.5	
Vitamin B-12 µg	4.18		2	AR	1		3.56	20.37	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	8		0	NC	4		7	41	
Retinol µg	8		0	BFPN	4		7	41	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	28		0	NC	4		24	136	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.09		0	BFFN	4		0.08	0.44	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.0	0.3	
Vitamin D IU	2		0	BFFN	4		2	11	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	7.6	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23347

Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated g	2.812		0	NC	4		2.390	13.694	
4:0 g	0.000		0	Z	7		0.000	0.000	
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.006		2	AR	1		0.005	0.028	
12:0 g	0.007		2	AR	1		0.006	0.033	
13:0 g									
14:0 g	0.177		2	AR	1		0.150	0.860	
15:0 g	0.033		2	AR	1		0.028	0.159	
16:0 g	1.527		2	AR	1		1.298	7.435	
17:0 g	0.083		2	AR	1		0.070	0.404	
18:0 g	0.969		2	AR	1		0.823	4.717	
20:0 g	0.006		2	AR	1		0.005	0.027	
22:0 g									
24:0 g	0.007		2	AR	1		0.006	0.032	
Fatty acids, total monounsaturated g	2.969		0	NC	4		2.523	14.458	
14:1 g	0.036		2	AR	1		0.031	0.177	
15:1 g									
16:1 undifferentiated g	0.190		0	AS	1		0.162	0.926	
16:1 c g	0.166		2	AR	1		0.141	0.807	
16:1 t g	0.024		2	AR	1		0.021	0.119	
17:1 g	0.054		2	AR	1		0.046	0.262	
18:1 undifferentiated g	2.675		0	AS	1		2.273	13.026	
18:1 c g	2.326		2	AR	1		1.977	11.327	
18:1 t g	0.349		2	AR	1		0.296	1.699	
18:1-11 t (18:1t n-7) g									
20:1 g	0.014		2	AR	1		0.012	0.067	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.550		0	NC	4		0.468	2.679	
18:2 undifferentiated g	0.434		0	AS	1		0.369	2.113	
18:2 n-6 c,c g	0.360		2	AR	1		0.306	1.751	
18:2 CLAs g	0.037		2	AR	1		0.031	0.180	
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.037		2	AR	1		0.032	0.181	
18:3 undifferentiated g	0.014		0	AS	1		0.012	0.067	
18:3 n-3 c,c,c (ALA) g	0.014		2	AR	1		0.012	0.067	
18:3 n-6 c,c,c g									
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.002		2	AR	1		0.002	0.012	
20:3 undifferentiated g	0.017		0	AS	1		0.014	0.083	
20:3 n-3 g									
20:3 n-6 g	0.017		2	AR	1		0.014	0.083	
20:4 undifferentiated g	0.067		2	AR	1		0.057	0.328	
20:4 n-6 g									
20:5 n-3 (EPA) g	0.002		2	AR	1		0.002	0.012	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.011		2	AR	1		0.010	0.055	
22:6 n-3 (DHA) g	0.002		2	AR	1		0.002	0.010	
Fatty acids, total trans g	0.410		0	NC	4		0.349	1.999	
Fatty acids, total trans-monoenoic g	0.373		0	NC	4		0.317	1.817	
Fatty acids, total trans-polyenoic g	0.037		0	NC	4		0.032	0.181	
Cholesterol mg	85		2	AR	1		73	416	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.307		0	AR	1		0.261	1.495	
Threonine g	1.315		0	AR	1		1.118	6.403	
Isoleucine g	1.299		0	AR	1		1.104	6.325	
Leucine g	2.425		0	AR	1		2.061	11.811	

NDB No. 23347

Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.707		0	AR	1		2.301	13.185	
Methionine g	0.756		0	AR	1		0.643	3.684	
Cystine g	0.287		0	AR	1		0.244	1.399	
Phenylalanine g	1.117		0	AR	1		0.950	5.441	
Tyrosine g	1.049		0	AR	1		0.892	5.111	
Valine g	1.388		0	AR	1		1.180	6.760	
Arginine g	1.915		0	AR	1		1.628	9.325	
Histidine g	1.071		0	AR	1		0.910	5.216	
Alanine g	1.723		0	AR	1		1.464	8.390	
Aspartic acid g	2.738		0	AR	1		2.327	13.332	
Glutamic acid g	4.572		0	AR	1		3.886	22.264	
Glycine g	1.355		0	AR	1		1.152	6.601	
Proline g	1.263		0	AR	1		1.074	6.152	
Serine g	1.160		0	AR	1		0.986	5.650	
Hydroxyproline g	0.187		0	AR	1		0.159	0.911	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 487g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23338

Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw

Tenderloin Roast, URMIS # 1386

Refuse: 2% Connective tissue 2%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	72.17	0.296	12	AR	1		61.34	485.69	
Energy kcal	144		0	NC	4		122	966	
Energy kJ	601		0	NC	4		511	4045	
Protein (N x 6.25) g	21.91	0.436	12	AR	1		18.62	147.43	
Total lipid (fat) g	6.21	0.777	12	AR	1		5.28	41.82	
Ash g	1.09	0.053	12	AR	1		0.93	7.34	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	14		1	AR	1		12	94	
Iron, Fe mg	2.46		1	AR	1		2.09	16.59	
Magnesium, Mg mg	12		1	AR	1		11	84	
Phosphorus, P mg	219		1	AR	1		186	1472	
Potassium, K mg	294		1	AR	1		250	1977	
Sodium, Na mg	42		1	AR	1		35	280	
Zinc, Zn mg	3.32		1	AR	1		2.82	22.34	
Copper, Cu mg	0.067		1	AR	1		0.057	0.449	
Manganese, Mn mg	0.008		1	AR	1		0.006	0.051	
Selenium, Se µg	21.2		1	AR	1		18.0	142.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.056		0	BFPN	4		0.048	0.380	
Riboflavin mg	0.329		2	AR	1		0.280	2.215	
Niacin mg	5.072		2	AR	1		4.311	34.135	
Pantothenic acid mg	0.376		0	BFPN	4		0.320	2.533	
Vitamin B-6 mg	0.614		2	AR	1		0.522	4.135	
Folate, total µg	4		0	BFPN	4		3	24	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	4		0	BFPN	4		3	24	
Folate, DFE µg	4		0	NC	4		3	24	
Choline, total mg	58.6		0	BFPN	4		49.8	394.6	
Betaine mg	9.5		0	BFPN	4		8.1	63.7	
Vitamin B-12 µg	3.67		2	AR	1		3.12	24.67	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	4		0	NC	4		3	24	
Retinol µg	4		0	BFSN	4		3	24	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	12		0	NC	4		10	80	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.18		0	BFFN	4		0.16	1.24	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.0	0.3	
Vitamin D IU	2		0	BFFN	4		2	14	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	10.2	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23338

Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.166		0	NC	4		1.841	14.577	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.006		2	AR	1		0.005	0.038	
12:0....g	0.005		2	AR	1		0.004	0.032	
13:0....g									
14:0....g	0.142		2	AR	1		0.121	0.954	
15:0....g	0.027		2	AR	1		0.023	0.182	
16:0....g	1.170		2	AR	1		0.995	7.875	
17:0....g	0.063		2	AR	1		0.053	0.421	
18:0....g	0.746		2	AR	1		0.634	5.022	
20:0....g	0.004		2	AR	1		0.003	0.028	
22:0....g									
24:0....g	0.004		2	AR	1		0.003	0.026	
Fatty acids, total monounsaturated....g	2.302		0	NC	4		1.957	15.491	
14:1....g	0.032		2	AR	1		0.028	0.218	
15:1....g									
16:1 undifferentiated....g	0.158		0	AS	1		0.134	1.061	
16:1 c....g	0.139		2	AR	1		0.118	0.933	
16:1 t....g	0.019		2	AR	1		0.016	0.128	
17:1....g	0.042		2	AR	1		0.035	0.281	
18:1 undifferentiated....g	2.058		0	AS	1		1.749	13.850	
18:1 c....g	1.799		2	AR	1		1.529	12.109	
18:1 t....g	0.259		2	AR	1		0.220	1.741	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.012		2	AR	1		0.010	0.081	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.414		0	NC	4		0.352	2.786	
18:2 undifferentiated....g	0.320		0	AS	1		0.272	2.150	
18:2 n-6 c,c....g	0.260		2	AR	1		0.221	1.748	
18:2 CLAs....g	0.029		2	AR	1		0.024	0.194	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.031		2	AR	1		0.026	0.209	
18:3 undifferentiated....g	0.013		0	AS	1		0.011	0.085	
18:3 n-3 c,c,c (ALA)....g	0.013		2	AR	1		0.011	0.085	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.002		2	AR	1		0.002	0.016	
20:3 undifferentiated....g	0.015		0	AS	1		0.013	0.102	
20:3 n-3....g									
20:3 n-6....g	0.015		2	AR	1		0.013	0.102	
20:4 undifferentiated....g	0.051		2	AR	1		0.043	0.341	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003		2	AR	1		0.002	0.018	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.009		2	AR	1		0.008	0.063	
22:6 n-3 (DHA)....g	0.002		2	AR	1		0.001	0.010	
Fatty acids, total trans....g	0.309		0	NC	4		0.262	2.078	
Fatty acids, total trans-monoenoic....g	0.278		0	NC	4		0.236	1.869	
Fatty acids, total trans-polyenoic....g	0.031		0	NC	4		0.026	0.209	
Cholesterol....mg	62		2	AR	1		53	418	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.246		0	AR	1		0.209	1.653	
Threonine....g	1.052		0	AR	1		0.894	7.081	
Isoleucine....g	1.039		0	AR	1		0.883	6.995	
Leucine....g	1.941		0	AR	1		1.650	13.061	

NDB No. 23338

Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	2.166		0	AR	1		1.841	14.580	
Methionine....g	0.605		0	AR	1		0.515	4.074	
Cystine....g	0.230		0	AR	1		0.195	1.547	
Phenylalanine....g	0.894		0	AR	1		0.760	6.017	
Tyrosine....g	0.840		0	AR	1		0.714	5.652	
Valine....g	1.111		0	AR	1		0.944	7.476	
Arginine....g	1.532		0	AR	1		1.302	10.313	
Histidine....g	0.857		0	AR	1		0.728	5.768	
Alanine....g	1.379		0	AR	1		1.172	9.279	
Aspartic acid....g	2.191		0	AR	1		1.862	14.743	
Glutamic acid....g	3.658		0	AR	1		3.110	24.621	
Glycine....g	1.085		0	AR	1		0.922	7.299	
Proline....g	1.011		0	AR	1		0.859	6.803	
Serine....g	0.928		0	AR	1		0.789	6.248	
Hydroxyproline....g	0.150		0	AR	1		0.127	1.007	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 673g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23375

Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted

Tenderloin Roast

Refuse: 1% Separable fat 1%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	64.79	0.293	36	AR	1		55.07	311.62	
Energy kcal	177		0	NC	4		151	854	
Energy kJ	743		0	NC	4		632	3574	
Protein (N x 6.25) g	27.51	0.428	36	AR	1		23.38	132.31	
Total lipid (fat) g	7.49	0.692	36	AR	1		6.37	36.04	
Ash g	1.25	0.068	36	AR	1		1.06	6.00	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	13		3	AR	1		11	64	
Iron, Fe mg	3.22		3	AR	1		2.74	15.48	
Magnesium, Mg mg	18		3	AR	1		15	87	
Phosphorus, P mg	255		3	AR	1		217	1228	
Potassium, K mg	350		3	AR	1		297	1682	
Sodium, Na mg	56		3	AR	1		48	271	
Zinc, Zn mg	4.19		3	AR	1		3.56	20.17	
Copper, Cu mg	0.091		3	AR	1		0.078	0.439	
Manganese, Mn mg	0.009		3	AR	1		0.007	0.042	
Selenium, Se µg	25.1		3	AR	1		21.3	120.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.069		0	BFYN	4		0.058	0.331	
Riboflavin mg	0.395	0.012	6	AR	1		0.336	1.900	
Niacin mg	5.586	0.216	6	AR	1		4.748	26.868	
Pantothenic acid mg	0.459		0	BFYN	4		0.390	2.209	
Vitamin B-6 mg	0.686	0.012	6	AR	1		0.583	3.297	
Folate, total µg	7		0	BFPN	4		6	32	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	7		0	BFPN	4		6	32	
Folate, DFE µg	7		0	NC	4		6	32	
Choline, total mg	72.0		0	BFYN	4		61.2	346.1	
Betaine mg	12.3		0	BFYN	4		10.4	58.9	
Vitamin B-12 µg	4.09	0.134	6	AR	1		3.48	19.67	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		1	7	
Retinol µg	2		0	BFSN	4		1	7	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	5		0	NC	4		4	25	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.28		0	BFYN	4		0.24	1.33	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.3	
Vitamin D IU	3		0	BFFN	4		2	14	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	7.6	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23375

Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.990		0	NC	4		2.541	14.379	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.007	0.001	6	AR	1		0.006	0.033	
12:0....g	0.007	0.001	6	AR	1		0.006	0.036	
13:0....g									
14:0....g	0.188	0.003	6	AR	1		0.160	0.906	
15:0....g	0.034	0.001	6	AR	1		0.029	0.165	
16:0....g	1.655	0.047	6	AR	1		1.407	7.960	
17:0....g	0.088	0.003	6	AR	1		0.075	0.422	
18:0....g	0.997	0.044	6	AR	1		0.848	4.797	
20:0....g	0.006	0.001	6	AR	1		0.005	0.026	
22:0....g									
24:0....g	0.007	0.002	6	AR	1		0.006	0.034	
Fatty acids, total monounsaturated....g	3.275		0	NC	4		2.784	15.752	
14:1....g	0.044	0.002	6	AR	1		0.037	0.210	
15:1....g									
16:1 undifferentiated....g	0.221		0	AS	1		0.188	1.061	
16:1 c....g	0.195	0.016	6	AR	1		0.165	0.937	
16:1 t....g	0.026	0.001	6	AR	1		0.022	0.125	
17:1....g	0.061	0.005	6	AR	1		0.052	0.292	
18:1 undifferentiated....g	2.936		0	AS	1		2.495	14.121	
18:1 c....g	2.599	0.153	6	AR	1		2.209	12.501	
18:1 t....g	0.337	0.010	6	AR	1		0.286	1.620	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.014	0.003	6	AR	1		0.012	0.068	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.569		0	NC	4		0.484	2.738	
18:2 undifferentiated....g	0.449		0	AS	1		0.382	2.160	
18:2 n-6 c,c....g	0.372	0.010	6	AR	1		0.316	1.790	
18:2 CLAs....g	0.036	0.003	6	AR	1		0.031	0.174	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.041	0.001	6	AR	1		0.035	0.196	
18:3 undifferentiated....g	0.015		0	AS	1		0.012	0.071	
18:3 n-3 c,c,c (ALA)....g	0.015	0.001	6	AR	1		0.012	0.071	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.003	0.001	6	AR	1		0.002	0.013	
20:3 undifferentiated....g	0.018		0	AS	1		0.015	0.087	
20:3 n-3....g									
20:3 n-6....g	0.018	0.001	6	AR	1		0.015	0.087	
20:4 undifferentiated....g	0.070	0.005	6	AR	1		0.059	0.335	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003	0.001	6	AR	1		0.002	0.013	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.011	0.001	6	AR	1		0.009	0.051	
22:6 n-3 (DHA)....g	0.002		6	AR	1		0.001	0.007	
Fatty acids, total trans....g	0.404		0	NC	4		0.343	1.941	
Fatty acids, total trans-monoenoic....g	0.363		0	NC	4		0.308	1.745	
Fatty acids, total trans-polyenoic....g	0.041		0	NC	4		0.035	0.196	
Cholesterol....mg	84	1.411	6	AR	1		71	402	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.337		0	AR	1		0.287	1.622	
Threonine....g	1.413		0	AR	1		1.201	6.798	
Isoleucine....g	1.402		0	AR	1		1.192	6.745	
Leucine....g	2.587		0	AR	1		2.199	12.444	

NDB No. 23375

Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.891		0	AR	1		2.457	13.906	
Methionine g	0.799		0	AR	1		0.679	3.842	
Cystine g	0.302		0	AR	1		0.257	1.452	
Phenylalanine g	1.198		0	AR	1		1.018	5.763	
Tyrosine g	1.123		0	AR	1		0.954	5.400	
Valine g	1.482		0	AR	1		1.260	7.129	
Arginine g	2.017		0	AR	1		1.714	9.701	
Histidine g	1.116		0	AR	1		0.949	5.368	
Alanine g	1.795		0	AR	1		1.526	8.634	
Aspartic acid g	2.904		0	AR	1		2.469	13.970	
Glutamic acid g	4.903		0	AR	1		4.168	23.586	
Glycine g	1.296		0	AR	1		1.101	6.232	
Proline g	1.262		0	AR	1		1.073	6.072	
Serine g	1.220		0	AR	1		1.037	5.870	
Hydroxyproline g	0.139		0	BFPN	4		0.118	0.668	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 481g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23366

Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw

Tenderloin Roast

Refuse: 4% Connective tissue 1%, separable fat 3%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	72.44	0.299	36	AR	1		61.57	466.50	
Energy kcal	139		0	NC	4		118	898	
Energy kJ	583		0	NC	4		496	3755	
Protein (N x 6.25) g	21.94	0.341	36	AR	1		18.64	141.26	
Total lipid (fat) g	5.74	0.369	36	AR	1		4.88	36.94	
Ash g	1.11	0.056	36	AR	1		0.94	7.14	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	13		3	AR	1		11	87	
Iron, Fe mg	2.50		3	AR	1		2.13	16.13	
Magnesium, Mg mg	12		3	AR	1		10	78	
Phosphorus, P mg	215		3	AR	1		183	1383	
Potassium, K mg	289		3	AR	1		245	1859	
Sodium, Na mg	44		3	AR	1		38	286	
Zinc, Zn mg	3.26		3	AR	1		2.77	20.99	
Copper, Cu mg	0.063		3	AR	1		0.054	0.407	
Manganese, Mn mg	0.007		3	AR	1		0.006	0.045	
Selenium, Se µg	20.4		3	AR	1		17.3	131.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.053		0	BFPN	4		0.045	0.341	
Riboflavin mg	0.318	0.010	6	AR	1		0.270	2.047	
Niacin mg	4.755	0.095	6	AR	1		4.042	30.622	
Pantothenic acid mg	0.354		0	BFPN	4		0.301	2.277	
Vitamin B-6 mg	0.615	0.016	6	AR	1		0.522	3.959	
Folate, total µg	4		0	BFPN	4		3	23	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	4		0	BFPN	4		3	23	
Folate, DFE µg	4		0	NC	4		3	23	
Choline, total mg	55.4		0	BFPN	4		47.1	356.8	
Betaine mg	9.4		0	BFPN	4		8.0	60.8	
Vitamin B-12 µg	3.53	0.123	6	AR	1		3.00	22.73	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		2	12	
Retinol µg	2		0	BFSN	4		2	12	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	6		0	NC	4		5	40	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.23		0	BFFN	4		0.19	1.47	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.4	
Vitamin D IU	3		0	BFFN	4		2	16	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	9.7	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23366

Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated g	1.956		0	NC	4		1.662	12.595	
4:0 g	0.000		0	Z	7		0.000	0.000	
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.005	0.001	6	AR	1		0.004	0.032	
12:0 g	0.004	0.000	6	AR	1		0.003	0.026	
13:0 g									
14:0 g	0.125	0.004	6	AR	1		0.106	0.803	
15:0 g	0.023	0.001	6	AR	1		0.020	0.150	
16:0 g	1.078	0.034	6	AR	1		0.916	6.941	
17:0 g	0.057	0.004	6	AR	1		0.049	0.369	
18:0 g	0.655	0.023	6	AR	1		0.557	4.220	
20:0 g	0.004	0.000	6	AR	1		0.003	0.024	
22:0 g									
24:0 g	0.005	0.001	6	AR	1		0.004	0.030	
Fatty acids, total monounsaturated g	2.122		0	NC	4		1.804	13.668	
14:1 g	0.028	0.001	6	AR	1		0.024	0.183	
15:1 g									
16:1 undifferentiated g	0.145		0	AS	1		0.123	0.934	
16:1 c g	0.127	0.007	6	AR	1		0.108	0.817	
16:1 t g	0.018	0.000	6	AR	1		0.015	0.117	
17:1 g	0.039	0.004	6	AR	1		0.033	0.254	
18:1 undifferentiated g	1.899		0	AS	1		1.614	12.231	
18:1 c g	1.674	0.082	6	AR	1		1.423	10.783	
18:1 t g	0.225	0.014	6	AR	1		0.191	1.448	
18:1-11 t (18:1t n-7) g									
20:1 g	0.010	0.002	6	AR	1		0.009	0.066	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.420		0	NC	4		0.357	2.702	
18:2 undifferentiated g	0.321		0	AS	1		0.273	2.065	
18:2 n-6 c,c g	0.269	0.011	6	AR	1		0.228	1.730	
18:2 CLAs g	0.024	0.002	6	AR	1		0.020	0.153	
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.028	0.000	6	AR	1		0.024	0.182	
18:3 undifferentiated g	0.012		0	AS	1		0.010	0.074	
18:3 n-3 c,c,c (ALA) g	0.012	0.001	6	AR	1		0.010	0.074	
18:3 n-6 c,c,c g									
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.002	0.001	6	AR	1		0.002	0.014	
20:3 undifferentiated g	0.016		0	AS	1		0.014	0.105	
20:3 n-3 g									
20:3 n-6 g	0.016	0.000	6	AR	1		0.014	0.105	
20:4 undifferentiated g	0.056	0.001	6	AR	1		0.048	0.362	
20:4 n-6 g									
20:5 n-3 (EPA) g	0.003	0.001	6	AR	1		0.002	0.018	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.009	0.001	6	AR	1		0.008	0.060	
22:6 n-3 (DHA) g	0.001	0.000	6	AR	1		0.001	0.005	
Fatty acids, total trans g	0.271		0	NC	4		0.231	1.747	
Fatty acids, total trans-monoenoic g	0.243		0	NC	4		0.207	1.565	
Fatty acids, total trans-polyenoic g	0.028		0	NC	4		0.024	0.182	
Cholesterol mg	61	1.124	6	AR	1		52	392	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.269		0	AR	1		0.229	1.732	
Threonine g	1.127		0	AR	1		0.958	7.258	
Isoleucine g	1.118		0	AR	1		0.950	7.201	
Leucine g	2.063		0	AR	1		1.754	13.286	

NDB No. 23366

Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	2.305		0	AR	1		1.960	14.847	
Methionine....g	0.637		0	AR	1		0.541	4.102	
Cystine....g	0.241		0	AR	1		0.205	1.550	
Phenylalanine....g	0.955		0	AR	1		0.812	6.153	
Tyrosine....g	0.895		0	AR	1		0.761	5.765	
Valine....g	1.182		0	AR	1		1.005	7.611	
Arginine....g	1.608		0	AR	1		1.367	10.357	
Histidine....g	0.890		0	AR	1		0.756	5.731	
Alanine....g	1.431		0	AR	1		1.217	9.218	
Aspartic acid....g	2.316		0	AR	1		1.969	14.915	
Glutamic acid....g	3.910		0	AR	1		3.324	25.181	
Glycine....g	1.033		0	AR	1		0.878	6.654	
Proline....g	1.007		0	AR	1		0.856	6.483	
Serine....g	0.973		0	AR	1		0.827	6.267	
Hydroxyproline....g	0.111		0	AR	1		0.094	0.713	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 644g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23376

Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted

Tenderloin Roast, URMIS # 2201

Refuse: 1% Separable fat 1%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	64.17	0.365	24	AR	1		54.54	306.73	
Energy kcal	183		0	NC	4		156	875	
Energy kJ	766		0	NC	4		651	3661	
Protein (N x 6.25) g	27.48	0.446	24	AR	1		23.36	131.35	
Total lipid (fat) g	8.13	0.731	24	AR	1		6.91	38.85	
Ash g	1.25	0.069	24	AR	1		1.06	5.98	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	14		2	AR	1		12	65	
Iron, Fe mg	3.25		2	AR	1		2.77	15.55	
Magnesium, Mg mg	18		2	AR	1		16	88	
Phosphorus, P mg	253		2	AR	1		215	1211	
Potassium, K mg	350		2	AR	1		298	1673	
Sodium, Na mg	56		2	AR	1		48	270	
Zinc, Zn mg	4.46		2	AR	1		3.79	21.32	
Copper, Cu mg	0.086		2	AR	1		0.073	0.413	
Manganese, Mn mg	0.009		2	AR	1		0.008	0.044	
Selenium, Se µg	24.8		2	AR	1		21.1	118.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.065		0	BFYN	4		0.056	0.312	
Riboflavin mg	0.392	0.015	4	AR	1		0.333	1.872	
Niacin mg	5.470	0.268	4	AR	1		4.649	26.146	
Pantothenic acid mg	0.444		0	BFYN	4		0.378	2.124	
Vitamin B-6 mg	0.696	0.015	4	AR	1		0.592	3.328	
Folate, total µg	7		0	BFPN	4		6	32	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	7		0	BFPN	4		6	32	
Folate, DFE µg	7		0	NC	4		6	32	
Choline, total mg	69.5		0	BFYN	4		59.1	332.3	
Betaine mg	12.3		0	BFYN	4		10.4	58.8	
Vitamin B-12 µg	4.01	0.167	4	AR	1		3.41	19.17	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	1		0	NC	4		1	6	
Retinol µg	1		0	BFSN	4		1	6	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	4		0	NC	4		4	21	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.30		0	BFYN	4		0.25	1.43	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.4	
Vitamin D IU	3		0	BFFN	4		3	15	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	7.5	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23376

Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.252		0	NC	4		2.764	15.546	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.007	0.001	4	AR	1		0.006	0.035	
12:0....g	0.008	0.001	4	AR	1		0.007	0.038	
13:0....g									
14:0....g	0.207	0.004	4	AR	1		0.176	0.988	
15:0....g	0.037	0.002	4	AR	1		0.032	0.178	
16:0....g	1.818	0.058	4	AR	1		1.545	8.689	
17:0....g	0.095	0.004	4	AR	1		0.081	0.453	
18:0....g	1.067	0.055	4	AR	1		0.907	5.100	
20:0....g	0.006	0.001	4	AR	1		0.005	0.029	
22:0....g									
24:0....g	0.007	0.002	4	AR	1		0.006	0.035	
Fatty acids, total monounsaturated....g	3.636		0	NC	4		3.090	17.378	
14:1....g	0.051	0.003	4	AR	1		0.044	0.245	
15:1....g									
16:1 undifferentiated....g	0.253		0	AS	1		0.215	1.209	
16:1 c....g	0.225	0.020	4	AR	1		0.191	1.075	
16:1 t....g	0.028	0.001	4	AR	1		0.024	0.134	
17:1....g	0.068	0.006	4	AR	1		0.058	0.325	
18:1 undifferentiated....g	3.248		0	AS	1		2.761	15.526	
18:1 c....g	2.898	0.190	4	AR	1		2.464	13.854	
18:1 t....g	0.350	0.012	4	AR	1		0.297	1.672	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.015	0.003	4	AR	1		0.013	0.073	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.594		0	NC	4		0.505	2.838	
18:2 undifferentiated....g	0.471		0	AS	1		0.400	2.249	
18:2 n-6 c,c....g	0.388	0.012	4	AR	1		0.330	1.854	
18:2 CLAs....g	0.038	0.004	4	AR	1		0.032	0.179	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.045	0.002	4	AR	1		0.038	0.216	
18:3 undifferentiated....g	0.016		0	AS	1		0.014	0.076	
18:3 n-3 c,c,c (ALA)....g	0.016	0.001	4	AR	1		0.014	0.076	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.003	0.001	4	AR	1		0.003	0.015	
20:3 undifferentiated....g	0.019		0	AS	1		0.016	0.090	
20:3 n-3....g									
20:3 n-6....g	0.019	0.001	4	AR	1		0.016	0.090	
20:4 undifferentiated....g	0.071	0.006	4	AR	1		0.060	0.339	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003	0.001	4	AR	1		0.002	0.013	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.010	0.001	4	AR	1		0.009	0.049	
22:6 n-3 (DHA)....g	0.001		4	AR	1		0.001	0.006	
Fatty acids, total trans....g	0.423		0	NC	4		0.359	2.021	
Fatty acids, total trans-monoenoic....g	0.378		0	NC	4		0.321	1.805	
Fatty acids, total trans-polyenoic....g	0.045		0	NC	4		0.038	0.216	
Cholesterol....mg	82	1.752	4	AR	1		70	394	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.325		0	AR	1		0.276	1.553	
Threonine....g	1.349		0	AR	1		1.147	6.450	
Isoleucine....g	1.343		0	AR	1		1.141	6.419	
Leucine....g	2.461		0	AR	1		2.092	11.762	

NDB No. 23376

Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.740		0	AR	1		2.329	13.097	
Methionine g	0.762		0	AR	1		0.648	3.645	
Cystine g	0.286		0	AR	1		0.243	1.367	
Phenylalanine g	1.144		0	AR	1		0.972	5.467	
Tyrosine g	1.070		0	AR	1		0.909	5.115	
Valine g	1.421		0	AR	1		1.208	6.792	
Arginine g	1.917		0	AR	1		1.629	9.163	
Histidine g	1.050		0	AR	1		0.893	5.021	
Alanine g	1.713		0	AR	1		1.456	8.190	
Aspartic acid g	2.762		0	AR	1		2.347	13.201	
Glutamic acid g	4.683		0	AR	1		3.981	22.385	
Glycine g	1.235		0	AR	1		1.049	5.902	
Proline g	1.198		0	AR	1		1.018	5.726	
Serine g	1.161		0	AR	1		0.987	5.549	
Hydroxyproline g	0.139		0	AR	1		0.118	0.663	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 478g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23367

Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, raw

Tenderloin Roast, URMIS # 2201

Refuse: 4% Connective tissue 1%, separable fat 3%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	72.04	0.323	24	AR	1		61.23	450.23	
Energy kcal	143		0	NC	4		121	891	
Energy kJ	597		0	NC	4		507	3731	
Protein (N x 6.25) g	21.78	0.346	24	AR	1		18.51	136.14	
Total lipid (fat) g	6.16	0.395	24	AR	1		5.24	38.52	
Ash g	1.11	0.056	24	AR	1		0.95	6.95	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	13		2	AR	1		11	84	
Iron, Fe mg	2.55		2	AR	1		2.17	15.93	
Magnesium, Mg mg	12		2	AR	1		10	75	
Phosphorus, P mg	212		2	AR	1		180	1325	
Potassium, K mg	284		2	AR	1		241	1775	
Sodium, Na mg	45		2	AR	1		38	280	
Zinc, Zn mg	3.27		2	AR	1		2.78	20.43	
Copper, Cu mg	0.062		2	AR	1		0.053	0.387	
Manganese, Mn mg	0.007		2	AR	1		0.006	0.043	
Selenium, Se µg	19.5		2	AR	1		16.6	122.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.053		0	BFPN	4		0.045	0.329	
Riboflavin mg	0.307	0.012	4	AR	1		0.261	1.916	
Niacin mg	4.508	0.118	4	AR	1		3.832	28.176	
Pantothenic acid mg	0.351		0	BFPN	4		0.298	2.195	
Vitamin B-6 mg	0.610	0.020	4	AR	1		0.518	3.811	
Folate, total µg	3		0	BFPN	4		3	22	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	3		0	BFPN	4		3	22	
Folate, DFE µg	3		0	NC	4		3	22	
Choline, total mg	55.0		0	BFPN	4		46.8	343.9	
Betaine mg	9.4		0	BFPN	4		8.0	58.5	
Vitamin B-12 µg	3.40	0.153	4	AR	1		2.89	21.27	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		1	11	
Retinol µg	2		0	BFSN	4		1	11	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	6		0	NC	4		5	36	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.24		0	BFFN	4		0.21	1.53	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.4	
Vitamin D IU	3		0	BFFN	4		2	16	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	9.5	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23367

Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.123		0	NC	4		1.804	13.266	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.005	0.001	4	AR	1		0.004	0.031	
12:0....g	0.004	0.000	4	AR	1		0.003	0.025	
13:0....g									
14:0....g	0.136	0.005	4	AR	1		0.115	0.849	
15:0....g	0.025	0.001	4	AR	1		0.021	0.155	
16:0....g	1.183	0.042	4	AR	1		1.006	7.396	
17:0....g	0.063	0.004	4	AR	1		0.053	0.391	
18:0....g	0.698	0.028	4	AR	1		0.593	4.363	
20:0....g	0.004	0.000	4	AR	1		0.003	0.026	
22:0....g									
24:0....g	0.005	0.001	4	AR	1		0.004	0.031	
Fatty acids, total monounsaturated....g	2.338		0	NC	4		1.987	14.610	
14:1....g	0.032	0.002	4	AR	1		0.027	0.198	
15:1....g									
16:1 undifferentiated....g	0.163		0	AS	1		0.138	1.017	
16:1 c....g	0.143	0.009	4	AR	1		0.122	0.894	
16:1 t....g	0.020	0.000	4	AR	1		0.017	0.123	
17:1....g	0.044	0.004	4	AR	1		0.037	0.274	
18:1 undifferentiated....g	2.089		0	AS	1		1.775	13.053	
18:1 c....g	1.847	0.102	4	AR	1		1.570	11.543	
18:1 t....g	0.242	0.017	4	AR	1		0.205	1.511	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.011	0.003	4	AR	1		0.009	0.068	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.450		0	NC	4		0.382	2.810	
18:2 undifferentiated....g	0.346		0	AS	1		0.294	2.161	
18:2 n-6 c,c....g	0.290	0.014	4	AR	1		0.247	1.814	
18:2 CLAs....g	0.025	0.002	4	AR	1		0.021	0.154	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.031	0.000	4	AR	1		0.026	0.193	
18:3 undifferentiated....g	0.012		0	AS	1		0.010	0.075	
18:3 n-3 c,c,c (ALA)....g	0.012	0.001	4	AR	1		0.010	0.075	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.002	0.001	4	AR	1		0.002	0.014	
20:3 undifferentiated....g	0.017		0	AS	1		0.015	0.108	
20:3 n-3....g									
20:3 n-6....g	0.017	0.001	4	AR	1		0.015	0.108	
20:4 undifferentiated....g	0.060	0.002	4	AR	1		0.051	0.373	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003	0.001	4	AR	1		0.002	0.018	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.009	0.001	4	AR	1		0.008	0.059	
22:6 n-3 (DHA)....g	0.000	0.001	4	AR	1		0.000	0.002	
Fatty acids, total trans....g	0.292		0	NC	4		0.248	1.826	
Fatty acids, total trans-monoenoic....g	0.261		0	NC	4		0.222	1.634	
Fatty acids, total trans-polyenoic....g	0.031		0	NC	4		0.026	0.193	
Cholesterol....mg	60	1.396	4	AR	1		51	377	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.258		0	AR	1		0.219	1.610	
Threonine....g	1.070		0	AR	1		0.909	6.685	
Isoleucine....g	1.064		0	AR	1		0.905	6.653	
Leucine....g	1.950		0	AR	1		1.658	12.190	

NDB No. 23367

Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.172		0	AR	1		1.846	13.575	
Methionine g	0.604		0	AR	1		0.514	3.778	
Cystine g	0.227		0	AR	1		0.193	1.416	
Phenylalanine g	0.907		0	AR	1		0.771	5.666	
Tyrosine g	0.848		0	AR	1		0.721	5.301	
Valine g	1.126		0	AR	1		0.957	7.039	
Arginine g	1.520		0	AR	1		1.292	9.497	
Histidine g	0.833		0	AR	1		0.708	5.204	
Alanine g	1.358		0	AR	1		1.154	8.488	
Aspartic acid g	2.189		0	AR	1		1.861	13.682	
Glutamic acid g	3.712		0	AR	1		3.155	23.201	
Glycine g	0.979		0	AR	1		0.832	6.117	
Proline g	0.950		0	AR	1		0.807	5.935	
Serine g	0.920		0	AR	1		0.782	5.752	
Hydroxyproline g	0.110		0	AR	1		0.093	0.687	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 625g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23368

Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, select, raw

Tenderloin Roast, URMIS # 1386

Refuse: 3% Connective tissue 1%, separable fat 2%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	73.04	0.371	12	AR	1		62.08	491.55	
Energy kcal	135		0	NC	4		114	905	
Energy kJ	563		0	NC	4		479	3789	
Protein (N x 6.25) g	22.16	0.356	12	AR	1		18.84	149.17	
Total lipid (fat) g	5.10	0.445	12	AR	1		4.33	34.30	
Ash g	1.10	0.057	12	AR	1		0.94	7.43	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	14		1	AR	1		12	93	
Iron, Fe mg	2.48		1	AR	1		2.11	16.72	
Magnesium, Mg mg	13		1	AR	1		11	85	
Phosphorus, P mg	222		1	AR	1		189	1493	
Potassium, K mg	298		1	AR	1		254	2007	
Sodium, Na mg	42		1	AR	1		36	281	
Zinc, Zn mg	3.37		1	AR	1		2.86	22.68	
Copper, Cu mg	0.068		1	AR	1		0.058	0.456	
Manganese, Mn mg	0.008		1	AR	1		0.006	0.051	
Selenium, Se µg	21.5		1	AR	1		18.3	144.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.057		0	BFPN	4		0.048	0.384	
Riboflavin mg	0.335		2	AR	1		0.285	2.255	
Niacin mg	5.125		2	AR	1		4.356	34.491	
Pantothenic acid mg	0.371		0	BFPN	4		0.315	2.496	
Vitamin B-6 mg	0.622		2	AR	1		0.529	4.185	
Folate, total µg	4		0	BFPN	4		3	24	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	4		0	BFPN	4		3	24	
Folate, DFE µg	4		0	NC	4		3	24	
Choline, total mg	58.3		0	BFPN	4		49.5	392.2	
Betaine mg	9.4		0	BFPN	4		8.0	63.2	
Vitamin B-12 µg	3.72		2	AR	1		3.16	25.04	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		2	14	
Retinol µg	2		0	BFSN	4		2	14	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	7		0	NC	4		6	47	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.18		0	BFNN	4		0.16	1.24	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.4	
Vitamin D IU	2		0	BFFN	4		2	16	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	10.2	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23368

Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.706		0	NC	4		1.450	11.481	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.005		2	AR	1		0.004	0.035	
12:0....g	0.004		2	AR	1		0.003	0.027	
13:0....g									
14:0....g	0.108		2	AR	1		0.092	0.729	
15:0....g	0.021		2	AR	1		0.018	0.144	
16:0....g	0.919		2	AR	1		0.781	6.188	
17:0....g	0.050		2	AR	1		0.042	0.335	
18:0....g	0.591		2	AR	1		0.502	3.977	
20:0....g	0.003		2	AR	1		0.003	0.021	
22:0....g									
24:0....g	0.004		2	AR	1		0.003	0.026	
Fatty acids, total monounsaturated....g	1.799		0	NC	4		1.529	12.104	
14:1....g	0.023		2	AR	1		0.020	0.157	
15:1....g									
16:1 undifferentiated....g	0.118		0	AS	1		0.100	0.794	
16:1 c....g	0.102		2	AR	1		0.087	0.688	
16:1 t....g	0.016		2	AR	1		0.013	0.106	
17:1....g	0.033		2	AR	1		0.028	0.221	
18:1 undifferentiated....g	1.615		0	AS	1		1.373	10.869	
18:1 c....g	1.416		2	AR	1		1.203	9.528	
18:1 t....g	0.199		2	AR	1		0.169	1.341	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.009		2	AR	1		0.008	0.063	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.375		0	NC	4		0.319	2.523	
18:2 undifferentiated....g	0.283		0	AS	1		0.240	1.904	
18:2 n-6 c,c....g	0.236		2	AR	1		0.201	1.591	
18:2 CLAs....g	0.022		2	AR	1		0.019	0.149	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.024		2	AR	1		0.021	0.164	
18:3 undifferentiated....g	0.011		0	AS	1		0.009	0.072	
18:3 n-3 c,c,c (ALA)....g	0.011		2	AR	1		0.009	0.072	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.002		2	AR	1		0.002	0.013	
20:3 undifferentiated....g	0.015		0	AS	1		0.013	0.100	
20:3 n-3....g									
20:3 n-6....g	0.015		2	AR	1		0.013	0.100	
20:4 undifferentiated....g	0.051		2	AR	1		0.043	0.344	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003		2	AR	1		0.002	0.018	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.009		2	AR	1		0.008	0.062	
22:6 n-3 (DHA)....g	0.002		2	AR	1		0.001	0.010	
Fatty acids, total trans....g	0.239		0	NC	4		0.203	1.610	
Fatty acids, total trans-monoenoic....g	0.215		0	NC	4		0.183	1.446	
Fatty acids, total trans-polyenoic....g	0.024		0	NC	4		0.021	0.164	
Cholesterol....mg	62		2	AR	1		53	416	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.289		0	AR	1		0.246	1.945	
Threonine....g	1.234		0	AR	1		1.049	8.305	
Isoleucine....g	1.223		0	AR	1		1.039	8.230	
Leucine....g	2.279		0	AR	1		1.937	15.338	

NDB No. 23368

Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.557		0	AR	1		2.173	17.208	
Methionine g	0.700		0	AR	1		0.595	4.713	
Cystine g	0.267		0	AR	1		0.227	1.796	
Phenylalanine g	1.045		0	AR	1		0.888	7.033	
Tyrosine g	0.989		0	AR	1		0.841	6.659	
Valine g	1.290		0	AR	1		1.096	8.679	
Arginine g	1.779		0	AR	1		1.512	11.971	
Histidine g	1.001		0	AR	1		0.850	6.734	
Alanine g	1.568		0	AR	1		1.332	10.549	
Aspartic acid g	2.557		0	AR	1		2.173	17.208	
Glutamic acid g	4.291		0	AR	1		3.648	28.880	
Glycine g	1.134		0	AR	1		0.964	7.631	
Proline g	1.123		0	AR	1		0.954	7.557	
Serine g	1.078		0	AR	1		0.917	7.257	
Hydroxyproline g	0.112		0	AR	1		0.095	0.753	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 673g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23377

Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted

Tenderloin Roast, URMIS # 1386

Refuse: 1% Separable fat 1%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	65.71	0.487	12	AR	1		55.85	320.01	
Energy kcal	169		0	NC	4		144	823	
Energy kJ	707		0	NC	4		601	3443	
Protein (N x 6.25) g	27.55	0.483	12	AR	1		23.42	134.17	
Total lipid (fat) g	6.54	0.810	12	AR	1		5.56	31.86	
Ash g	1.24	0.071	12	AR	1		1.06	6.05	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	13		1	AR	1		11	64	
Iron, Fe mg	3.04		1	AR	1		2.59	14.83	
Magnesium, Mg mg	14		1	AR	1		12	67	
Phosphorus, P mg	259		1	AR	1		220	1263	
Potassium, K mg	352		1	AR	1		299	1714	
Sodium, Na mg	54		1	AR	1		46	263	
Zinc, Zn mg	3.70		1	AR	1		3.15	18.03	
Copper, Cu mg	0.097		1	AR	1		0.083	0.474	
Manganese, Mn mg	0.009		1	AR	1		0.007	0.041	
Selenium, Se µg	25.4		1	AR	1		21.6	123.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.074		0	BFYN	4		0.063	0.360	
Riboflavin mg	0.400		2	AR	1		0.340	1.948	
Niacin mg	5.760		2	AR	1		4.896	28.051	
Pantothenic acid mg	0.481		0	BFYN	4		0.409	2.344	
Vitamin B-6 mg	0.669		2	AR	1		0.569	3.260	
Folate, total µg	7		0	BFPN	4		6	33	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	7		0	BFPN	4		6	33	
Folate, DFE µg	7		0	NC	4		6	33	
Choline, total mg	75.6		0	BFYN	4		64.3	368.3	
Betaine mg	12.2		0	BFYN	4		10.4	59.4	
Vitamin B-12 µg	4.21		2	AR	1		3.58	20.50	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		2	9	
Retinol µg	2		0	BFSN	4		2	9	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	6		0	NC	4		5	31	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.25		0	BFYN	4		0.21	1.20	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.3	
Vitamin D IU	3		0	BFFN	4		2	13	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	7.6	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23377

Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.595		0	NC	4		2.206	12.637	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.006		2	AR	1		0.005	0.027	
12:0....g	0.006		2	AR	1		0.005	0.031	
13:0....g									
14:0....g	0.161		2	AR	1		0.137	0.783	
15:0....g	0.030		2	AR	1		0.025	0.146	
16:0....g	1.411		2	AR	1		1.199	6.869	
17:0....g	0.077		2	AR	1		0.066	0.375	
18:0....g	0.893		2	AR	1		0.759	4.349	
20:0....g	0.005		2	AR	1		0.004	0.025	
22:0....g									
24:0....g	0.007		2	AR	1		0.006	0.032	
Fatty acids, total monounsaturated....g	2.734		0	NC	4		2.324	13.316	
14:1....g	0.032		2	AR	1		0.027	0.157	
15:1....g									
16:1 undifferentiated....g	0.172		0	AS	1		0.146	0.839	
16:1 c....g	0.149		2	AR	1		0.127	0.727	
16:1 t....g	0.023		2	AR	1		0.019	0.112	
17:1....g	0.050		2	AR	1		0.043	0.244	
18:1 undifferentiated....g	2.467		0	AS	1		2.097	12.016	
18:1 c....g	2.150		2	AR	1		1.827	10.470	
18:1 t....g	0.318		2	AR	1		0.270	1.547	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.013		2	AR	1		0.011	0.061	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.532		0	NC	4		0.452	2.589	
18:2 undifferentiated....g	0.417		0	AS	1		0.354	2.031	
18:2 n-6 c,c....g	0.349		2	AR	1		0.297	1.700	
18:2 CLAs....g	0.034		2	AR	1		0.029	0.166	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.034		2	AR	1		0.029	0.166	
18:3 undifferentiated....g	0.013		0	AS	1		0.011	0.061	
18:3 n-3 c,c,c (ALA)....g	0.013		2	AR	1		0.011	0.061	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.002		2	AR	1		0.002	0.011	
20:3 undifferentiated....g	0.017		0	AS	1		0.014	0.081	
20:3 n-3....g									
20:3 n-6....g	0.017		2	AR	1		0.014	0.081	
20:4 undifferentiated....g	0.068		2	AR	1		0.057	0.329	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002		2	AR	1		0.002	0.012	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.011		2	AR	1		0.009	0.054	
22:6 n-3 (DHA)....g	0.002		2	AR	1		0.002	0.010	
Fatty acids, total trans....g	0.375		0	NC	4		0.318	1.824	
Fatty acids, total trans-monoenoic....g	0.341		0	NC	4		0.289	1.658	
Fatty acids, total trans-polyenoic....g	0.034		0	NC	4		0.029	0.166	
Cholesterol....mg	85		2	AR	1		73	416	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.359		0	AR	1		0.305	1.750	
Threonine....g	1.534		0	AR	1		1.304	7.470	
Isoleucine....g	1.520		0	AR	1		1.292	7.402	
Leucine....g	2.833		0	AR	1		2.408	13.795	

NDB No. 23377

Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	3.178		0	AR	1		2.701	15.477	
Methionine g	0.871		0	AR	1		0.740	4.239	
Cystine g	0.332		0	AR	1		0.282	1.615	
Phenylalanine g	1.299		0	AR	1		1.104	6.326	
Tyrosine g	1.230		0	AR	1		1.045	5.989	
Valine g	1.603		0	AR	1		1.362	7.806	
Arginine g	2.211		0	AR	1		1.879	10.767	
Histidine g	1.244		0	AR	1		1.057	6.056	
Alanine g	1.948		0	AR	1		1.656	9.488	
Aspartic acid g	3.178		0	AR	1		2.701	15.477	
Glutamic acid g	5.334		0	AR	1		4.534	25.975	
Glycine g	1.409		0	AR	1		1.198	6.864	
Proline g	1.396		0	AR	1		1.186	6.797	
Serine g	1.340		0	AR	1		1.139	6.527	
Hydroxyproline g	0.139		0	AR	1		0.118	0.678	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 487g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13439

Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled

Beef Medallions, Filet Mignon, Tenderloin Steak

Refuse: 1% Connective tissue 1%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	60.38	0.703	36	AR	1		51.33	70.65	
Energy kcal	211		0	NC	4		179	246	
Energy kJ	881		0	NC	4		749	1031	
Protein (N x 6.25) g	30.50	1.233	36	AR	1		25.92	35.68	
Total lipid (fat) g	8.91	1.236	36	AR	1		7.57	10.42	
Ash g	1.37	0.048	36	AR	1		1.16	1.60	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	13		0	BFNN	4		11	16	
Iron, Fe mg	3.24		0	BFNN	4		2.75	3.79	
Magnesium, Mg mg	18		0	BFNN	4		15	21	
Phosphorus, P mg	257		0	BFNN	4		218	300	
Potassium, K mg	350		0	BFNN	4		298	410	
Sodium, Na mg	57		0	BFNN	4		48	66	
Zinc, Zn mg	4.21		0	BFNN	4		3.58	4.92	
Copper, Cu mg	0.092		0	BFNN	4		0.078	0.107	
Manganese, Mn mg	0.009		0	BFNN	4		0.007	0.010	
Selenium, Se µg	25.2		0	BFNN	4		21.4	29.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.062		0	BFPN	4		0.052	0.072	
Riboflavin mg	0.395		0	BFPN	4		0.336	0.462	
Niacin mg	5.610		0	BFPN	4		4.769	6.564	
Pantothenic acid mg	0.356		0	BFPN	4		0.303	0.417	
Vitamin B-6 mg	0.687		0	BFPN	4		0.584	0.804	
Folate, total µg	7		0	BFPN	4		6	8	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	7		0	BFPN	4		6	8	
Folate, DFE µg	7		0	NC	4		6	8	
Choline, total mg	65.0		0	BFPN	4		55.3	76.1	
Betaine mg	9.3		0	BFPN	4		7.9	10.9	
Vitamin B-12 µg	4.10		0	BFPN	4		3.48	4.80	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	7		0	NC	4		6	8	
Retinol µg	7		0	BFSN	4		6	8	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	22		0	NC	4		18	25	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.14		0	BFFN	4		0.12	0.17	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.1	
Vitamin D IU	3		0	BFFN	4		2	3	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	1.8	
Dihydrophylloquinone µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4 µg									

NDB No. 13439

Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated g	3.525		0	NC	4		2.996	4.124	
4:0 g	0.000		0	Z	7		0.000	0.000	
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.009	0.001	6	AR	1		0.007	0.010	
12:0 g	0.007	0.001	6	AR	1		0.006	0.008	
13:0 g									
14:0 g	0.237	0.014	6	AR	1		0.201	0.277	
15:0 g	0.042	0.003	5	AR	1		0.036	0.049	
16:0 g	1.988	0.094	6	AR	1		1.690	2.326	
17:0 g	0.098	0.003	6	AR	1		0.083	0.114	
18:0 g	1.134	0.033	6	AR	1		0.964	1.326	
20:0 g	0.007	0.000	6	AR	1		0.006	0.008	
22:0 g									
24:0 g	0.004	0.002	6	AR	1		0.003	0.005	
Fatty acids, total monounsaturated g	3.980		0	NC	4		3.383	4.656	
14:1 g	0.090		3	AR	1		0.077	0.106	
15:1 g									
16:1 undifferentiated g	0.305		0	AS	1		0.260	0.357	
16:1 c g	0.274	0.049	6	AR	1		0.233	0.321	
16:1 t g	0.031	0.001	6	AR	1		0.027	0.037	
17:1 g	0.075	0.007	6	AR	1		0.063	0.087	
18:1 undifferentiated g	3.494		0	AS	1		2.970	4.088	
18:1 c g	3.099	0.252	6	AR	1		2.634	3.626	
18:1 t g	0.395	0.020	6	AR	1		0.335	0.462	
18:1-11 t (18:1t n-7) g									
20:1 g	0.016	0.002	6	AR	1		0.013	0.018	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.613		0	NC	4		0.521	0.717	
18:2 undifferentiated g	0.481		0	AS	1		0.409	0.562	
18:2 n-6 c,c g	0.386	0.018	6	AR	1		0.328	0.452	
18:2 CLAs g	0.044	0.003	6	AR	1		0.037	0.051	
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.051	0.005	6	AR	1		0.043	0.059	
18:3 undifferentiated g	0.020		0	AS	1		0.017	0.023	
18:3 n-3 c,c,c (ALA) g	0.020	0.001	6	AR	1		0.017	0.023	
18:3 n-6 c,c,c g									
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.003	0.001	6	AR	1		0.003	0.004	
20:3 undifferentiated g	0.021		0	AS	1		0.018	0.025	
20:3 n-3 g									
20:3 n-6 g	0.021	0.001	6	AR	1		0.018	0.025	
20:4 undifferentiated g	0.071	0.002	6	AR	1		0.060	0.082	
20:4 n-6 g									
20:5 n-3 (EPA) g	0.004	0.001	6	AR	1		0.003	0.004	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.013	0.001	6	AR	1		0.011	0.015	
22:6 n-3 (DHA) g	0.001	0.001	6	AR	1		0.001	0.002	
Fatty acids, total trans g	0.477		0	NC	4		0.405	0.558	
Fatty acids, total trans-monoenoic g	0.426		0	NC	4		0.362	0.498	
Fatty acids, total trans-polyenoic g	0.051		0	NC	4		0.043	0.059	
Cholesterol mg	93	4.045	6	AR	1		79	109	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.309		0	PAK	1		0.262	0.361	
Threonine g	1.300		0	PAK	1		1.105	1.521	
Isoleucine g	1.285		0	PAK	1		1.092	1.503	
Leucine g	2.377		0	PAK	1		2.020	2.781	

NDB No. 13439

Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.641		0	PAK	1		2.245	3.091	
Methionine g	0.746		0	PAK	1		0.634	0.873	
Cystine g	0.281		0	PAK	1		0.239	0.329	
Phenylalanine g	1.106		0	PAK	1		0.940	1.294	
Tyrosine g	1.028		0	PAK	1		0.873	1.202	
Valine g	1.378		0	PAK	1		1.172	1.613	
Arginine g	1.878		0	PAK	1		1.596	2.197	
Histidine g	1.034		0	PAK	1		0.879	1.209	
Alanine g	1.710		0	PAK	1		1.453	2.000	
Aspartic acid g	2.687		0	PAK	1		2.284	3.144	
Glutamic acid g	4.509		0	PAK	1		3.832	5.275	
Glycine g	1.357		0	PAK	1		1.153	1.587	
Proline g	1.237		0	PAK	1		1.052	1.447	
Serine g	1.135		0	PAK	1		0.965	1.328	
Hydroxyproline g	0.188		0	PAK	1		0.160	0.220	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 117g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23342

Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw

Beef Medallions, Filet Mignon, Tenderloin Steak

Refuse: 1% Connective tissue 1%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	71.70	0.204	36	AR	1		60.95	121.90	
Energy kcal	147		0	NC	4		125	250	
Energy kJ	615		0	NC	4		523	1046	
Protein (N x 6.25) g	21.72	0.388	36	AR	1		18.46	36.93	
Total lipid (fat) g	6.67	0.689	36	AR	1		5.67	11.34	
Ash g	1.10	0.051	36	AR	1		0.93	1.86	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	14		3	AR	1		12	23	
Iron, Fe mg	2.49		3	AR	1		2.11	4.23	
Magnesium, Mg mg	12		3	AR	1		10	20	
Phosphorus, P mg	212		3	AR	1		180	361	
Potassium, K mg	285		3	AR	1		242	485	
Sodium, Na mg	44		3	AR	1		38	75	
Zinc, Zn mg	3.22		3	AR	1		2.73	5.47	
Copper, Cu mg	0.063		3	AR	1		0.053	0.106	
Manganese, Mn mg	0.007		3	AR	1		0.006	0.012	
Selenium, Se µg	20.2		3	AR	1		17.2	34.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.053		0	BFPN	4		0.045	0.090	
Riboflavin mg	0.313	0.010	6	AR	1		0.266	0.532	
Niacin mg	4.717	0.098	6	AR	1		4.009	8.019	
Pantothenic acid mg	0.362		0	BFPN	4		0.307	0.615	
Vitamin B-6 mg	0.609	0.016	6	AR	1		0.517	1.034	
Folate, total µg	3		0	BFPN	4		3	6	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	3		0	BFPN	4		3	6	
Folate, DFE µg	3		0	NC	4		3	6	
Choline, total mg	56.1		0	BFPN	4		47.7	95.4	
Betaine mg	9.5		0	BFPN	4		8.1	16.2	
Vitamin B-12 µg	3.48	0.125	6	AR	1		2.96	5.92	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	3		0	NC	4		3	6	
Retinol µg	3		0	BFSN	4		3	6	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	11		0	NC	4		10	19	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.18		0	BFFN	4		0.15	0.31	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.0	0.1	
Vitamin D IU	2		0	BFFN	4		2	4	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	2.6	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23342

Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated g	2.363		0	NC	4		2.009	4.018	
4:0 g	0.000		0	Z	7		0.000	0.000	
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.005	0.001	6	AR	1		0.005	0.009	
12:0 g	0.005	0.000	6	AR	1		0.004	0.008	
13:0 g									
14:0 g	0.154	0.006	6	AR	1		0.131	0.262	
15:0 g	0.029	0.001	6	AR	1		0.024	0.048	
16:0 g	1.300	0.061	6	AR	1		1.105	2.211	
17:0 g	0.069	0.005	6	AR	1		0.058	0.117	
18:0 g	0.792	0.047	6	AR	1		0.673	1.347	
20:0 g	0.005	0.000	6	AR	1		0.004	0.008	
22:0 g									
24:0 g	0.005	0.001	6	AR	1		0.004	0.008	
Fatty acids, total monounsaturated g	2.578		0	NC	4		2.191	4.382	
14:1 g	0.037	0.001	6	AR	1		0.031	0.063	
15:1 g									
16:1 undifferentiated g	0.182		0	AS	1		0.155	0.309	
16:1 c g	0.161	0.012	6	AR	1		0.137	0.274	
16:1 t g	0.021	0.001	6	AR	1		0.018	0.036	
17:1 g	0.048	0.005	6	AR	1		0.041	0.081	
18:1 undifferentiated g	2.298		0	AS	1		1.953	3.906	
18:1 c g	2.020	0.135	6	AR	1		1.717	3.434	
18:1 t g	0.278	0.020	6	AR	1		0.236	0.472	
18:1-11 t (18:1t n-7) g									
20:1 g	0.013	0.002	6	AR	1		0.011	0.022	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.454		0	NC	4		0.386	0.772	
18:2 undifferentiated g	0.353		0	AS	1		0.300	0.600	
18:2 n-6 c,c g	0.289	0.013	6	AR	1		0.246	0.491	
18:2 CLAs g	0.030	0.002	6	AR	1		0.025	0.050	
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.034	0.001	6	AR	1		0.029	0.058	
18:3 undifferentiated g	0.013		0	AS	1		0.011	0.022	
18:3 n-3 c,c,c (ALA) g	0.013	0.001	6	AR	1		0.011	0.022	
18:3 n-6 c,c,c g									
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.002	0.001	6	AR	1		0.002	0.004	
20:3 undifferentiated g	0.017		0	AS	1		0.014	0.028	
20:3 n-3 g									
20:3 n-6 g	0.017	0.000	6	AR	1		0.014	0.028	
20:4 undifferentiated g	0.056	0.001	6	AR	1		0.048	0.095	
20:4 n-6 g									
20:5 n-3 (EPA) g	0.003	0.001	6	AR	1		0.002	0.005	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.010	0.001	6	AR	1		0.008	0.016	
22:6 n-3 (DHA) g	0.001	0.000	6	AR	1		0.001	0.001	
Fatty acids, total trans g	0.333		0	NC	4		0.283	0.566	
Fatty acids, total trans-monoenoic g	0.299		0	NC	4		0.254	0.508	
Fatty acids, total trans-polyenoic g	0.034		0	NC	4		0.029	0.058	
Cholesterol mg	61		0	BFPN	4		52	104	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.243		0	AR	1		0.207	0.413	
Threonine g	1.024		0	AR	1		0.870	1.740	
Isoleucine g	1.012		0	AR	1		0.860	1.720	
Leucine g	1.872		0	AR	1		1.591	3.183	

NDB No. 23342

Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.081		0	AR	1		1.769	3.537	
Methionine g	0.588		0	AR	1		0.500	0.999	
Cystine g	0.221		0	AR	1		0.188	0.376	
Phenylalanine g	0.871		0	AR	1		0.741	1.481	
Tyrosine g	0.809		0	AR	1		0.688	1.376	
Valine g	1.086		0	AR	1		0.923	1.846	
Arginine g	1.479		0	AR	1		1.257	2.515	
Histidine g	0.814		0	AR	1		0.692	1.384	
Alanine g	1.347		0	AR	1		1.145	2.289	
Aspartic acid g	2.116		0	AR	1		1.799	3.598	
Glutamic acid g	3.552		0	AR	1		3.019	6.038	
Glycine g	1.069		0	AR	1		0.908	1.817	
Proline g	0.975		0	AR	1		0.828	1.657	
Serine g	0.894		0	AR	1		0.760	1.520	
Hydroxyproline g	0.148		0	AR	1		0.126	0.252	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 170g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13440

Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

Beef Medallions, Filet Mignon, Tenderloin Steak, URMIS # 2203

Refuse: 1% Connective tissue 1%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	59.78	0.748	24	AR	1		50.81	75.32	
Energy kcal	217		0	NC	4		184	273	
Energy kJ	906		0	NC	4		770	1142	
Protein (N x 6.25) g	30.21	1.243	24	AR	1		25.67	38.06	
Total lipid (fat) g	9.71	1.262	24	AR	1		8.25	12.23	
Ash g	1.38	0.051	24	AR	1		1.17	1.74	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	14		0	BFNN	4		12	18	
Iron, Fe mg	3.32		0	BFNN	4		2.82	4.18	
Magnesium, Mg mg	19		0	BFNN	4		16	23	
Phosphorus, P mg	258		0	BFNN	4		219	325	
Potassium, K mg	356		0	BFNN	4		302	448	
Sodium, Na mg	58		0	BFNN	4		49	73	
Zinc, Zn mg	4.54		0	BFNN	4		3.86	5.72	
Copper, Cu mg	0.088		0	BFNN	4		0.075	0.111	
Manganese, Mn mg	0.009		0	BFNN	4		0.008	0.012	
Selenium, Se µg	25.2		0	BFNN	4		21.4	31.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.061		0	BFPN	4		0.052	0.077	
Riboflavin mg	0.398		0	BFPN	4		0.338	0.501	
Niacin mg	5.579		0	BFPN	4		4.742	7.030	
Pantothenic acid mg	0.342		0	BFPN	4		0.290	0.431	
Vitamin B-6 mg	0.708		0	BFPN	4		0.602	0.893	
Folate, total µg	7		0	BFPN	4		6	9	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	7		0	BFPN	4		6	9	
Folate, DFE µg	7		0	NC	4		6	9	
Choline, total mg	106.5		0	BFPN	4		90.6	134.2	
Betaine mg	10.0		0	BFPN	4		8.5	12.5	
Vitamin B-12 µg	4.08		0	BFPN	4		3.47	5.14	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	7		0	NC	4		6	9	
Retinol µg	7		0	BFSN	4		6	9	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	23		0	NC	4		19	28	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.12		0	BFFN	4		0.11	0.16	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.1	
Vitamin D IU	3		0	BFFN	4		2	4	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	2.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13440

Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated g	3.850		0	NC	4		3.273	4.851	
4:0 g	0.000		0	Z	7		0.000	0.000	
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.009	0.001	4	AR	1		0.008	0.012	
12:0 g	0.007	0.001	4	AR	1		0.006	0.009	
13:0 g									
14:0 g	0.261	0.018	4	AR	1		0.221	0.328	
15:0 g	0.045	0.003	3	AR	1		0.038	0.057	
16:0 g	2.188	0.117	4	AR	1		1.860	2.757	
17:0 g	0.106	0.003	4	AR	1		0.090	0.134	
18:0 g	1.222	0.041	4	AR	1		1.039	1.540	
20:0 g	0.007	0.001	4	AR	1		0.006	0.009	
22:0 g									
24:0 g	0.004	0.003	4	AR	1		0.003	0.005	
Fatty acids, total monounsaturated g	4.415		0	NC	4		3.753	5.563	
14:1 g	0.099		2	AR	1		0.084	0.125	
15:1 g									
16:1 undifferentiated g	0.345		0	AS	1		0.293	0.434	
16:1 c g	0.310	0.061	4	AR	1		0.264	0.391	
16:1 t g	0.034	0.001	4	AR	1		0.029	0.043	
17:1 g	0.083	0.009	4	AR	1		0.071	0.105	
18:1 undifferentiated g	3.870		0	AS	1		3.290	4.877	
18:1 c g	3.444	0.313	4	AR	1		2.927	4.339	
18:1 t g	0.427	0.024	4	AR	1		0.363	0.538	
18:1-11 t (18:1t n-7) g									
20:1 g	0.018	0.003	4	AR	1		0.015	0.022	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.662		0	NC	4		0.563	0.834	
18:2 undifferentiated g	0.523		0	AS	1		0.445	0.659	
18:2 n-6 c,c g	0.419	0.023	4	AR	1		0.356	0.528	
18:2 CLAs g	0.047	0.004	4	AR	1		0.040	0.059	
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.057	0.006	4	AR	1		0.048	0.072	
18:3 undifferentiated g	0.021		0	AS	1		0.018	0.026	
18:3 n-3 c,c,c (ALA) g	0.021	0.001	4	AR	1		0.018	0.026	
18:3 n-6 c,c,c g									
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.004	0.001	4	AR	1		0.003	0.005	
20:3 undifferentiated g	0.022		0	AS	1		0.019	0.028	
20:3 n-3 g									
20:3 n-6 g	0.022	0.001	4	AR	1		0.019	0.028	
20:4 undifferentiated g	0.075	0.003	4	AR	1		0.064	0.095	
20:4 n-6 g									
20:5 n-3 (EPA) g	0.004	0.001	4	AR	1		0.003	0.004	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.013	0.001	4	AR	1		0.011	0.016	
22:6 n-3 (DHA) g	0.001	0.001	4	AR	1		0.001	0.001	
Fatty acids, total trans g	0.518		0	NC	4		0.440	0.653	
Fatty acids, total trans-monoenoic g	0.461		0	NC	4		0.392	0.581	
Fatty acids, total trans-polyenoic g	0.057		0	NC	4		0.048	0.072	
Cholesterol mg	93	5.025	4	AR	1		79	118	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.314		0	PAK	1		0.267	0.395	
Threonine g	1.311		0	PAK	1		1.115	1.652	
Isoleucine g	1.299		0	PAK	1		1.104	1.637	
Leucine g	2.389		0	PAK	1		2.031	3.010	

NDB No. 13440

Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.645		0	PAK	1		2.248	3.333	
Methionine g	0.754		0	PAK	1		0.641	0.950	
Cystine g	0.282		0	PAK	1		0.239	0.355	
Phenylalanine g	1.116		0	PAK	1		0.949	1.406	
Tyrosine g	1.034		0	PAK	1		0.879	1.303	
Valine g	1.397		0	PAK	1		1.188	1.760	
Arginine g	1.888		0	PAK	1		1.605	2.379	
Histidine g	1.029		0	PAK	1		0.875	1.297	
Alanine g	1.729		0	PAK	1		1.470	2.178	
Aspartic acid g	2.702		0	PAK	1		2.296	3.404	
Glutamic acid g	4.550		0	PAK	1		3.868	5.733	
Glycine g	1.379		0	PAK	1		1.172	1.738	
Proline g	1.247		0	PAK	1		1.060	1.571	
Serine g	1.143		0	PAK	1		0.971	1.440	
Hydroxyproline g	0.191		0	PAK	1		0.162	0.241	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 126g: 1 steak (yield from 161 g raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23343

Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw

Beef Medallions, Filet Mignon, Tenderloin Steak, URMIS # 2203

Refuse: 1% Connective tissue 1%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	71.30	0.254	24	AR	1		60.60	119.78	
Energy kcal	150		0	NC	4		128	252	
Energy kJ	628		0	NC	4		534	1055	
Protein (N x 6.25) g	21.57	0.393	24	AR	1		18.34	36.24	
Total lipid (fat) g	7.10	0.712	24	AR	1		6.04	11.93	
Ash g	1.10	0.051	24	AR	1		0.93	1.85	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	14		2	AR	1		12	23	
Iron, Fe mg	2.53		2	AR	1		2.15	4.25	
Magnesium, Mg mg	12		2	AR	1		10	20	
Phosphorus, P mg	209		2	AR	1		178	352	
Potassium, K mg	280		2	AR	1		238	470	
Sodium, Na mg	44		2	AR	1		38	75	
Zinc, Zn mg	3.22		2	AR	1		2.74	5.41	
Copper, Cu mg	0.061		2	AR	1		0.052	0.102	
Manganese, Mn mg	0.007		2	AR	1		0.006	0.011	
Selenium, Se µg	19.3		2	AR	1		16.4	32.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.050		0	BFPN	4		0.043	0.085	
Riboflavin mg	0.302	0.012	4	AR	1		0.256	0.507	
Niacin mg	4.473	0.122	4	AR	1		3.802	7.515	
Pantothenic acid mg	0.359		0	BFPN	4		0.305	0.603	
Vitamin B-6 mg	0.603	0.020	4	AR	1		0.513	1.014	
Folate, total µg	3		0	BFPN	4		3	6	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	3		0	BFPN	4		3	6	
Folate, DFE µg	3		0	NC	4		3	6	
Choline, total mg	54.4		0	BFPN	4		46.3	91.4	
Betaine mg	9.6		0	BFPN	4		8.1	16.1	
Vitamin B-12 µg	3.36	0.155	4	AR	1		2.85	5.64	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	3		0	NC	4		3	6	
Retinol µg	3		0	BFSN	4		3	6	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	11		0	NC	4		9	19	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.18		0	BFFN	4		0.16	0.31	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.0	0.1	
Vitamin D IU	2		0	BFFN	4		2	4	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	2.5	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23343

Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated g	2.548		0	NC	4		2.166	4.280	
4:0 g	0.000		0	Z	7		0.000	0.000	
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.005	0.001	4	AR	1		0.005	0.009	
12:0 g	0.005	0.000	4	AR	1		0.004	0.008	
13:0 g									
14:0 g	0.167	0.007	4	AR	1		0.142	0.280	
15:0 g	0.030	0.002	4	AR	1		0.026	0.050	
16:0 g	1.415	0.076	4	AR	1		1.203	2.378	
17:0 g	0.074	0.006	4	AR	1		0.063	0.124	
18:0 g	0.841	0.058	4	AR	1		0.715	1.413	
20:0 g	0.005	0.000	4	AR	1		0.004	0.008	
22:0 g									
24:0 g	0.005	0.001	4	AR	1		0.004	0.009	
Fatty acids, total monounsaturated g	2.813		0	NC	4		2.391	4.726	
14:1 g	0.041	0.002	4	AR	1		0.035	0.069	
15:1 g									
16:1 undifferentiated g	0.202		0	AS	1		0.172	0.339	
16:1 c g	0.179	0.015	4	AR	1		0.152	0.301	
16:1 t g	0.023	0.001	4	AR	1		0.019	0.038	
17:1 g	0.052	0.006	4	AR	1		0.045	0.088	
18:1 undifferentiated g	2.504		0	AS	1		2.129	4.207	
18:1 c g	2.207	0.168	4	AR	1		1.876	3.708	
18:1 t g	0.297	0.025	4	AR	1		0.253	0.499	
18:1-11 t (18:1t n-7) g									
20:1 g	0.014	0.002	4	AR	1		0.012	0.023	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.485		0	NC	4		0.413	0.815	
18:2 undifferentiated g	0.379		0	AS	1		0.322	0.637	
18:2 n-6 c,c g	0.311	0.016	4	AR	1		0.265	0.523	
18:2 CLAs g	0.031	0.002	4	AR	1		0.026	0.052	
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.037	0.001	4	AR	1		0.031	0.062	
18:3 undifferentiated g	0.014		0	AS	1		0.012	0.023	
18:3 n-3 c,c,c (ALA) g	0.014	0.001	4	AR	1		0.012	0.023	
18:3 n-6 c,c,c g									
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.003	0.001	4	AR	1		0.002	0.005	
20:3 undifferentiated g	0.018		0	AS	1		0.015	0.030	
20:3 n-3 g									
20:3 n-6 g	0.018	0.001	4	AR	1		0.015	0.030	
20:4 undifferentiated g	0.059	0.001	4	AR	1		0.050	0.100	
20:4 n-6 g									
20:5 n-3 (EPA) g	0.003	0.001	4	AR	1		0.002	0.005	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.010	0.001	4	AR	1		0.008	0.016	
22:6 n-3 (DHA) g	0.000	0.001	4	AR	1		0.000	0.001	
Fatty acids, total trans g	0.357		0	NC	4		0.304	0.600	
Fatty acids, total trans-monoenoic g	0.320		0	NC	4		0.272	0.538	
Fatty acids, total trans-polyenoic g	0.037		0	NC	4		0.031	0.062	
Cholesterol mg	60		0	BFSN	4		51	101	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.242		0	AR	1		0.206	0.407	
Threonine g	1.011		0	AR	1		0.860	1.699	
Isoleucine g	1.002		0	AR	1		0.852	1.683	
Leucine g	1.842		0	AR	1		1.566	3.095	

NDB No. 23343

Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.040		0	AR	1		1.734	3.427	
Methionine g	0.581		0	AR	1		0.494	0.977	
Cystine g	0.217		0	AR	1		0.185	0.365	
Phenylalanine g	0.861		0	AR	1		0.732	1.446	
Tyrosine g	0.798		0	AR	1		0.678	1.340	
Valine g	1.077		0	AR	1		0.916	1.810	
Arginine g	1.456		0	AR	1		1.238	2.446	
Histidine g	0.794		0	AR	1		0.675	1.334	
Alanine g	1.333		0	AR	1		1.133	2.240	
Aspartic acid g	2.083		0	AR	1		1.771	3.500	
Glutamic acid g	3.509		0	AR	1		2.983	5.895	
Glycine g	1.064		0	AR	1		0.904	1.787	
Proline g	0.962		0	AR	1		0.817	1.615	
Serine g	0.881		0	AR	1		0.749	1.481	
Hydroxyproline g	0.147		0	AR	1		0.125	0.248	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 168g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13441

Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

Beef Medallions, Filet Mignon, Tenderloin Steak, URMIS #1388

Refuse: 1% Connective tissue 1%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	61.29	0.838	12	AR	1		52.10	66.19	
Energy kcal	202		0	NC	4		171	218	
Energy kJ	843		0	NC	4		717	910	
Protein (N x 6.25) g	30.93	1.264	12	AR	1		26.29	33.41	
Total lipid (fat) g	7.70	1.317	12	AR	1		6.55	8.32	
Ash g	1.36	0.057	12	AR	1		1.16	1.47	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	13		0	BFNN	4		11	14	
Iron, Fe mg	3.02		0	BFNN	4		2.57	3.26	
Magnesium, Mg mg	14		0	BFNN	4		12	15	
Phosphorus, P mg	257		0	BFNN	4		218	277	
Potassium, K mg	348		0	BFNN	4		296	376	
Sodium, Na mg	54		0	BFNN	4		46	58	
Zinc, Zn mg	3.66		0	BFNN	4		3.11	3.96	
Copper, Cu mg	0.096		0	BFNN	4		0.082	0.104	
Manganese, Mn mg	0.008		0	BFNN	4		0.007	0.009	
Selenium, Se µg	25.1		0	BFNN	4		21.4	27.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.071		0	BFPN	4		0.060	0.077	
Riboflavin mg	0.394		0	BFPN	4		0.335	0.426	
Niacin mg	5.691		0	BFPN	4		4.838	6.147	
Pantothenic acid mg	0.431		0	BFPN	4		0.366	0.465	
Vitamin B-6 mg	0.661		0	BFPN	4		0.562	0.714	
Folate, total µg	7		0	BFPN	4		6	7	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	7		0	BFPN	4		6	7	
Folate, DFE µg	7		0	NC	4		6	7	
Choline, total mg	70.2		0	BFPN	4		59.7	75.8	
Betaine mg	9.6		0	BFPN	4		8.2	10.4	
Vitamin B-12 µg	4.15		0	BFPN	4		3.53	4.49	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	7		0	NC	4		6	7	
Retinol µg	7		0	BFSN	4		6	7	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	22		0	NC	4		19	24	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.10		0	BFFN	4		0.08	0.11	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.0	0.1	
Vitamin D IU	2		0	BFFN	4		2	3	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	1.7	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13441

Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated g	3.036		0	NC	4		2.580	3.279	
4:0 g	0.000		0	Z	7		0.000	0.000	
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.008		2	AR	1		0.007	0.009	
12:0 g	0.006		2	AR	1		0.005	0.006	
13:0 g									
14:0 g	0.202		2	AR	1		0.171	0.218	
15:0 g	0.038		2	AR	1		0.032	0.041	
16:0 g	1.688		2	AR	1		1.435	1.823	
17:0 g	0.084		2	AR	1		0.072	0.091	
18:0 g	1.000		2	AR	1		0.850	1.080	
20:0 g	0.006		2	AR	1		0.005	0.006	
22:0 g									
24:0 g	0.004		2	AR	1		0.003	0.004	
Fatty acids, total monounsaturated g	3.327		0	NC	4		2.828	3.593	
14:1 g	0.077		1	AR	1		0.066	0.083	
15:1 g									
16:1 undifferentiated g	0.246		0	AS	1		0.209	0.266	
16:1 c g	0.220		2	AR	1		0.187	0.237	
16:1 t g	0.027		2	AR	1		0.023	0.029	
17:1 g	0.062		2	AR	1		0.052	0.067	
18:1 undifferentiated g	2.929		0	AS	1		2.489	3.163	
18:1 c g	2.582		2	AR	1		2.195	2.789	
18:1 t g	0.346		2	AR	1		0.294	0.374	
18:1-11 t (18:1t n-7) g									
20:1 g	0.013		2	AR	1		0.011	0.014	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.539		0	NC	4		0.458	0.582	
18:2 undifferentiated g	0.417		0	AS	1		0.354	0.450	
18:2 n-6 c,c g	0.337		2	AR	1		0.286	0.364	
18:2 CLAs g	0.038		2	AR	1		0.033	0.041	
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.041		2	AR	1		0.035	0.045	
18:3 undifferentiated g	0.018		0	AS	1		0.016	0.020	
18:3 n-3 c,c,c (ALA) g	0.018		2	AR	1		0.016	0.020	
18:3 n-6 c,c,c g									
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.002		2	AR	1		0.002	0.003	
20:3 undifferentiated g	0.020		0	AS	1		0.017	0.021	
20:3 n-3 g									
20:3 n-6 g	0.020		2	AR	1		0.017	0.021	
20:4 undifferentiated g	0.063		2	AR	1		0.054	0.068	
20:4 n-6 g									
20:5 n-3 (EPA) g	0.004		2	AR	1		0.003	0.004	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.013		2	AR	1		0.011	0.014	
22:6 n-3 (DHA) g	0.002		2	AR	1		0.002	0.002	
Fatty acids, total trans g	0.414		0	NC	4		0.352	0.447	
Fatty acids, total trans-monoenoic g	0.373		0	NC	4		0.317	0.403	
Fatty acids, total trans-polyenoic g	0.041		0	NC	4		0.035	0.045	
Cholesterol mg	93		2	AR	1		79	100	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.305		0	PAK	1		0.259	0.329	
Threonine g	1.305		0	PAK	1		1.110	1.410	
Isoleucine g	1.289		0	PAK	1		1.096	1.393	
Leucine g	2.408		0	PAK	1		2.047	2.601	

NDB No. 13441

Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	2.688		0	PAK	1		2.285	2.903	
Methionine....g	0.751		0	PAK	1		0.638	0.811	
Cystine....g	0.285		0	PAK	1		0.242	0.308	
Phenylalanine....g	1.109		0	PAK	1		0.943	1.198	
Tyrosine....g	1.042		0	PAK	1		0.886	1.125	
Valine....g	1.378		0	PAK	1		1.171	1.488	
Arginine....g	1.901		0	PAK	1		1.616	2.053	
Histidine....g	1.063		0	PAK	1		0.904	1.148	
Alanine....g	1.711		0	PAK	1		1.454	1.847	
Aspartic acid....g	2.718		0	PAK	1		2.310	2.935	
Glutamic acid....g	4.539		0	PAK	1		3.858	4.902	
Glycine....g	1.346		0	PAK	1		1.144	1.453	
Proline....g	1.254		0	PAK	1		1.066	1.354	
Serine....g	1.152		0	PAK	1		0.979	1.244	
Hydroxyproline....g	0.186		0	PAK	1		0.158	0.201	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 108g: 1 steak (yield from 136 g raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23344

Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw

Beef Medallions, Filet Mignon, Tenderloin Steak, URMIS # 1388

Refuse: 1% Connective tissue 1%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	72.31	0.339	12	AR	1		61.46	124.37	
Energy kcal	142		0	NC	4		121	244	
Energy kJ	594		0	NC	4		505	1022	
Protein (N x 6.25) g	21.95	0.404	12	AR	1		18.66	37.75	
Total lipid (fat) g	6.02	0.761	12	AR	1		5.12	10.36	
Ash g	1.09	0.052	12	AR	1		0.93	1.88	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	14		1	AR	1		12	24	
Iron, Fe mg	2.47		1	AR	1		2.10	4.25	
Magnesium, Mg mg	12		1	AR	1		11	21	
Phosphorus, P mg	219		1	AR	1		186	377	
Potassium, K mg	295		1	AR	1		250	507	
Sodium, Na mg	42		1	AR	1		35	72	
Zinc, Zn mg	3.33		1	AR	1		2.83	5.72	
Copper, Cu mg	0.067		1	AR	1		0.057	0.115	
Manganese, Mn mg	0.008		1	AR	1		0.006	0.013	
Selenium, Se µg	21.3		1	AR	1		18.1	36.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.057		0	BFPN	4		0.048	0.097	
Riboflavin mg	0.330		2	AR	1		0.281	0.568	
Niacin mg	5.082		2	AR	1		4.320	8.741	
Pantothenic acid mg	0.377		0	BFPN	4		0.320	0.649	
Vitamin B-6 mg	0.616		2	AR	1		0.524	1.060	
Folate, total µg	4		0	BFPN	4		3	6	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	4		0	BFPN	4		3	6	
Folate, DFE µg	4		0	NC	4		3	6	
Choline, total mg	58.7		0	BFPN	4		49.9	101.0	
Betaine mg	9.5		0	BFPN	4		8.1	16.3	
Vitamin B-12 µg	3.67		2	AR	1		3.12	6.32	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	4		0	NC	4		3	6	
Retinol µg	4		0	BFSN	4		3	6	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	12		0	NC	4		10	20	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.18		0	BFFN	4		0.15	0.31	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	AS	1		0.0	0.1	
Vitamin D IU	2		0	BFFN	4		2	3	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	2.6	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23344

Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated g	2.087		0	NC	4		1.774	3.589	
4:0 g	0.000		0	Z	7		0.000	0.000	
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.006		2	AR	1		0.005	0.009	
12:0 g	0.005		2	AR	1		0.004	0.008	
13:0 g									
14:0 g	0.136		2	AR	1		0.116	0.234	
15:0 g	0.026		2	AR	1		0.022	0.045	
16:0 g	1.128		2	AR	1		0.958	1.939	
17:0 g	0.060		2	AR	1		0.051	0.104	
18:0 g	0.719		2	AR	1		0.611	1.236	
20:0 g	0.004		2	AR	1		0.003	0.007	
22:0 g									
24:0 g	0.004		2	AR	1		0.003	0.007	
Fatty acids, total monounsaturated g	2.224		0	NC	4		1.890	3.825	
14:1 g	0.031		2	AR	1		0.027	0.054	
15:1 g									
16:1 undifferentiated g	0.153		0	AS	1		0.130	0.262	
16:1 c g	0.134		2	AR	1		0.114	0.231	
16:1 t g	0.018		2	AR	1		0.016	0.032	
17:1 g	0.041		2	AR	1		0.035	0.070	
18:1 undifferentiated g	1.988		0	AS	1		1.689	3.419	
18:1 c g	1.739		2	AR	1		1.478	2.991	
18:1 t g	0.249		2	AR	1		0.211	0.428	
18:1-11 t (18:1t n-7) g									
20:1 g	0.012		2	AR	1		0.010	0.020	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.407		0	NC	4		0.346	0.701	
18:2 undifferentiated g	0.313		0	AS	1		0.266	0.539	
18:2 n-6 c,c g	0.256		2	AR	1		0.217	0.440	
18:2 CLAs g	0.028		2	AR	1		0.024	0.048	
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.030		2	AR	1		0.025	0.051	
18:3 undifferentiated g	0.012		0	AS	1		0.010	0.021	
18:3 n-3 c,c,c (ALA) g	0.012		2	AR	1		0.010	0.021	
18:3 n-6 c,c,c g									
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.002		2	AR	1		0.002	0.004	
20:3 undifferentiated g	0.015		0	AS	1		0.013	0.026	
20:3 n-3 g									
20:3 n-6 g	0.015		2	AR	1		0.013	0.026	
20:4 undifferentiated g	0.051		2	AR	1		0.043	0.088	
20:4 n-6 g									
20:5 n-3 (EPA) g	0.003		2	AR	1		0.002	0.005	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.009		2	AR	1		0.008	0.016	
22:6 n-3 (DHA) g	0.002		2	AR	1		0.001	0.003	
Fatty acids, total trans g	0.297		0	NC	4		0.252	0.511	
Fatty acids, total trans-monoenoic g	0.267		0	NC	4		0.227	0.459	
Fatty acids, total trans-polyenoic g	0.030		0	NC	4		0.025	0.051	
Cholesterol mg	62		0	BFSN	4		52	106	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.246		0	AR	1		0.209	0.423	
Threonine g	1.054		0	AR	1		0.896	1.813	
Isoleucine g	1.041		0	AR	1		0.885	1.791	
Leucine g	1.944		0	AR	1		1.653	3.344	

NDB No. 23344

Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	2.171		0	AR	1		1.845	3.733	
Methionine....g	0.606		0	AR	1		0.516	1.043	
Cystine....g	0.230		0	AR	1		0.196	0.396	
Phenylalanine....g	0.896		0	AR	1		0.761	1.541	
Tyrosine....g	0.841		0	AR	1		0.715	1.447	
Valine....g	1.113		0	AR	1		0.946	1.914	
Arginine....g	1.535		0	AR	1		1.305	2.641	
Histidine....g	0.859		0	AR	1		0.730	1.477	
Alanine....g	1.381		0	AR	1		1.174	2.376	
Aspartic acid....g	2.195		0	AR	1		1.866	3.775	
Glutamic acid....g	3.665		0	AR	1		3.116	6.304	
Glycine....g	1.087		0	AR	1		0.924	1.869	
Proline....g	1.013		0	AR	1		0.861	1.742	
Serine....g	0.930		0	AR	1		0.791	1.600	
Hydroxyproline....g	0.150		0	AR	1		0.127	0.258	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 172g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13442

Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled

Beef Medallions, Filet Mignon, Tenderloin Steak

Refuse: 1% Separable fat 1%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	60.76	0.774	36	AR	1		51.64	72.30	
Energy kcal	198		0	NC	4		168	235	
Energy kJ	827		0	NC	4		703	984	
Protein (N x 6.25) g	30.70	1.167	36	AR	1		26.10	36.54	
Total lipid (fat) g	8.32	0.989	36	AR	1		7.07	9.90	
Ash g	1.38	0.051	36	AR	1		1.17	1.64	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	15		0	BFNN	4		13	18	
Iron, Fe mg	3.59		0	BFNN	4		3.05	4.27	
Magnesium, Mg mg	20		0	BFNN	4		17	24	
Phosphorus, P mg	285		0	BFNN	4		242	339	
Potassium, K mg	390		0	BFNN	4		331	464	
Sodium, Na mg	59		0	BFNN	4		50	70	
Zinc, Zn mg	4.68		0	BFNN	4		3.98	5.57	
Copper, Cu mg	0.102		0	BFNN	4		0.087	0.121	
Manganese, Mn mg	0.010		0	BFNN	4		0.008	0.012	
Selenium, Se µg	28.0		0	BFNN	4		23.8	33.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.071		0	BFYN	4		0.060	0.084	
Riboflavin mg	0.441		0	BFPN	4		0.375	0.525	
Niacin mg	6.235		0	BFPN	4		5.300	7.420	
Pantothenic acid mg	0.471		0	BFYN	4		0.400	0.560	
Vitamin B-6 mg	0.765		0	BFPN	4		0.650	0.911	
Folate, total µg	7		0	BFPN	4		6	8	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	7		0	BFPN	4		6	8	
Folate, DFE µg	7		0	NC	4		6	8	
Choline, total mg	73.8		0	BFYN	4		62.7	87.8	
Betaine mg	12.6		0	BFYN	4		10.7	14.9	
Vitamin B-12 µg	4.57		0	BFPN	4		3.88	5.43	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		1	2	
Retinol µg	2		0	BFSN	4		1	2	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	5		0	NC	4		5	6	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.28		0	BFYN	4		0.24	0.34	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.1	
Vitamin D IU	3		0	BFFN	4		3	4	
Vitamin K (phylloquinone) µg	1.4		0	BFSN	4		1.2	1.7	
Dihydrophylloquinone µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4 µg									

NDB No. 13442

Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.296		0	NC	4		2.802	3.922	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.009	0.001	6	AR	1		0.007	0.010	
12:0....g	0.006	0.001	6	AR	1		0.005	0.007	
13:0....g									
14:0....g	0.220	0.011	6	AR	1		0.187	0.262	
15:0....g	0.040	0.002	5	AR	1		0.034	0.047	
16:0....g	1.866	0.068	6	AR	1		1.586	2.221	
17:0....g	0.091	0.001	6	AR	1		0.078	0.109	
18:0....g	1.054	0.020	6	AR	1		0.896	1.254	
20:0....g	0.006	0.000	6	AR	1		0.005	0.007	
22:0....g									
24:0....g	0.004	0.002	6	AR	1		0.003	0.005	
Fatty acids, total monounsaturated....g	3.728		0	NC	4		3.169	4.436	
14:1....g	0.086		3	AR	1		0.073	0.102	
15:1....g									
16:1 undifferentiated....g	0.286		0	AS	1		0.243	0.340	
16:1 c....g	0.256	0.046	6	AR	1		0.218	0.305	
16:1 t....g	0.030	0.001	6	AR	1		0.025	0.035	
17:1....g	0.070	0.006	6	AR	1		0.060	0.084	
18:1 undifferentiated....g	3.273		0	AS	1		2.782	3.894	
18:1 c....g	2.911	0.217	6	AR	1		2.475	3.465	
18:1 t....g	0.361	0.013	6	AR	1		0.307	0.430	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.014	0.002	6	AR	1		0.012	0.017	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.593		0	NC	4		0.504	0.706	
18:2 undifferentiated....g	0.462		0	AS	1		0.393	0.550	
18:2 n-6 c,c....g	0.375	0.020	6	AR	1		0.318	0.446	
18:2 CLAs....g	0.040	0.003	6	AR	1		0.034	0.048	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.047	0.005	6	AR	1		0.040	0.056	
18:3 undifferentiated....g	0.019		0	AS	1		0.016	0.022	
18:3 n-3 c,c,c (ALA)....g	0.019	0.001	6	AR	1		0.016	0.022	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.003	0.001	6	AR	1		0.003	0.004	
20:3 undifferentiated....g	0.021		0	AS	1		0.018	0.025	
20:3 n-3....g									
20:3 n-6....g	0.021	0.001	6	AR	1		0.018	0.025	
20:4 undifferentiated....g	0.071	0.002	6	AR	1		0.060	0.084	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.004	0.001	6	AR	1		0.003	0.004	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.013	0.001	6	AR	1		0.011	0.015	
22:6 n-3 (DHA)....g	0.001	0.001	6	AR	1		0.001	0.002	
Fatty acids, total trans....g	0.438		0	NC	4		0.372	0.521	
Fatty acids, total trans-monoenoic....g	0.391		0	NC	4		0.332	0.465	
Fatty acids, total trans-polyenoic....g	0.047		0	NC	4		0.040	0.056	
Cholesterol....mg	93	4.112	6	AR	1		79	111	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.350		0	A	1		0.297	0.416	
Threonine....g	1.465		0	A	1		1.245	1.743	
Isoleucine....g	1.453		0	A	1		1.235	1.730	
Leucine....g	2.681		0	A	1		2.279	3.191	

NDB No. 13442

Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	2.997		0	A	1		2.547	3.566	
Methionine....g	0.828		0	A	1		0.704	0.985	
Cystine....g	0.313		0	A	1		0.266	0.372	
Phenylalanine....g	1.242		0	A	1		1.056	1.478	
Tyrosine....g	1.164		0	A	1		0.989	1.385	
Valine....g	1.536		0	A	1		1.306	1.828	
Arginine....g	2.090		0	A	1		1.777	2.488	
Histidine....g	1.157		0	A	1		0.983	1.376	
Alanine....g	1.860		0	A	1		1.581	2.214	
Aspartic acid....g	3.010		0	A	1		2.559	3.582	
Glutamic acid....g	5.082		0	A	1		4.320	6.048	
Glycine....g	1.343		0	A	1		1.142	1.598	
Proline....g	1.309		0	A	1		1.112	1.557	
Serine....g	1.265		0	A	1		1.075	1.505	
Hydroxyproline....g	0.144		0	A	1		0.122	0.171	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 119g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23372

Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw

Beef Medallions, Fillet Mignon, Tenderloin Steak

Refuse: 2% Separable fat 2%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	72.44	0.299	36	AR	1		61.57	123.14	
Energy kcal	139		0	NC	4		118	237	
Energy kJ	583		0	NC	4		496	991	
Protein (N x 6.25) g	21.94	0.341	36	AR	1		18.64	37.29	
Total lipid (fat) g	5.74	0.369	36	AR	1		4.88	9.75	
Ash g	1.11	0.056	36	AR	1		0.94	1.89	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	13		3	AR	1		11	23	
Iron, Fe mg	2.50		3	AR	1		2.13	4.26	
Magnesium, Mg mg	12		3	AR	1		10	21	
Phosphorus, P mg	215		3	AR	1		183	365	
Potassium, K mg	289		3	AR	1		245	491	
Sodium, Na mg	44		3	AR	1		38	76	
Zinc, Zn mg	3.26		3	AR	1		2.77	5.54	
Copper, Cu mg	0.063		3	AR	1		0.054	0.107	
Manganese, Mn mg	0.007		3	AR	1		0.006	0.012	
Selenium, Se µg	20.4		3	AR	1		17.3	34.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.053		0	BFPN	4		0.045	0.090	
Riboflavin mg	0.318	0.010	6	AR	1		0.270	0.540	
Niacin mg	4.755	0.095	6	AR	1		4.042	8.084	
Pantothenic acid mg	0.354		0	BFPN	4		0.301	0.601	
Vitamin B-6 mg	0.615	0.016	6	AR	1		0.522	1.045	
Folate, total µg	4		0	BFPN	4		3	6	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	4		0	BFPN	4		3	6	
Folate, DFE µg	4		0	NC	4		3	6	
Choline, total mg	55.4		0	BFPN	4		47.1	94.2	
Betaine mg	9.4		0	BFPN	4		8.0	16.0	
Vitamin B-12 µg	3.53	0.123	6	AR	1		3.00	6.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		2	3	
Retinol µg	2		0	BFSN	4		2	3	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	6		0	NC	4		5	11	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.23		0	BFFN	4		0.19	0.39	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.1	
Vitamin D IU	3		0	BFFN	4		2	4	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	2.6	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23372

Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.956		0	NC	4		1.662	3.325	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.005	0.001	6	AR	1		0.004	0.008	
12:0....g	0.004	0.000	6	AR	1		0.003	0.007	
13:0....g									
14:0....g	0.125	0.004	6	AR	1		0.106	0.212	
15:0....g	0.023	0.001	6	AR	1		0.020	0.040	
16:0....g	1.078	0.034	6	AR	1		0.916	1.832	
17:0....g	0.057	0.004	6	AR	1		0.049	0.097	
18:0....g	0.655	0.023	6	AR	1		0.557	1.114	
20:0....g	0.004	0.000	6	AR	1		0.003	0.006	
22:0....g									
24:0....g	0.005	0.001	6	AR	1		0.004	0.008	
Fatty acids, total monounsaturated....g	2.122		0	NC	4		1.804	3.608	
14:1....g	0.028	0.001	6	AR	1		0.024	0.048	
15:1....g									
16:1 undifferentiated....g	0.145		0	AS	1		0.123	0.247	
16:1 c....g	0.127	0.007	6	AR	1		0.108	0.216	
16:1 t....g	0.018	0.000	6	AR	1		0.015	0.031	
17:1....g	0.039	0.004	6	AR	1		0.033	0.067	
18:1 undifferentiated....g	1.899		0	AS	1		1.614	3.229	
18:1 c....g	1.674	0.082	6	AR	1		1.423	2.846	
18:1 t....g	0.225	0.014	6	AR	1		0.191	0.382	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.010	0.002	6	AR	1		0.009	0.018	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.420		0	NC	4		0.357	0.713	
18:2 undifferentiated....g	0.321		0	AS	1		0.273	0.545	
18:2 n-6 c,c....g	0.269	0.011	6	AR	1		0.228	0.457	
18:2 CLAs....g	0.024	0.002	6	AR	1		0.020	0.040	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.028	0.000	6	AR	1		0.024	0.048	
18:3 undifferentiated....g	0.012		0	AS	1		0.010	0.020	
18:3 n-3 c,c,c (ALA)....g	0.012	0.001	6	AR	1		0.010	0.020	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.002	0.001	6	AR	1		0.002	0.004	
20:3 undifferentiated....g	0.016		0	AS	1		0.014	0.028	
20:3 n-3....g									
20:3 n-6....g	0.016	0.000	6	AR	1		0.014	0.028	
20:4 undifferentiated....g	0.056	0.001	6	AR	1		0.048	0.096	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003	0.001	6	AR	1		0.002	0.005	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.009	0.001	6	AR	1		0.008	0.016	
22:6 n-3 (DHA)....g	0.001	0.000	6	AR	1		0.001	0.001	
Fatty acids, total trans....g	0.271		0	NC	4		0.231	0.461	
Fatty acids, total trans-monoenoic....g	0.243		0	NC	4		0.207	0.413	
Fatty acids, total trans-polyenoic....g	0.028		0	NC	4		0.024	0.048	
Cholesterol....mg	61	1.124	6	AR	1		52	104	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.269		0	AR	1		0.229	0.457	
Threonine....g	1.127		0	AR	1		0.958	1.916	
Isoleucine....g	1.118		0	AR	1		0.950	1.901	
Leucine....g	2.063		0	AR	1		1.754	3.507	

NDB No. 23372

Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.305		0	AR	1		1.960	3.919	
Methionine g	0.637		0	AR	1		0.541	1.083	
Cystine g	0.241		0	AR	1		0.205	0.409	
Phenylalanine g	0.955		0	AR	1		0.812	1.624	
Tyrosine g	0.895		0	AR	1		0.761	1.522	
Valine g	1.182		0	AR	1		1.005	2.009	
Arginine g	1.608		0	AR	1		1.367	2.734	
Histidine g	0.890		0	AR	1		0.756	1.513	
Alanine g	1.431		0	AR	1		1.217	2.433	
Aspartic acid g	2.316		0	AR	1		1.969	3.937	
Glutamic acid g	3.910		0	AR	1		3.324	6.647	
Glycine g	1.033		0	AR	1		0.878	1.757	
Proline g	1.007		0	AR	1		0.856	1.711	
Serine g	0.973		0	AR	1		0.827	1.654	
Hydroxyproline g	0.111		0	AR	1		0.094	0.188	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 170g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13443

Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled

Beef Medallions, Filet Mignon, Tenderloin Steak, URMIS # 2203

Refuse: 1% Separable fat 1%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	60.21	0.813	24	AR	1		51.18	72.85	
Energy kcal	211		0	NC	4		180	256	
Energy kJ	885		0	NC	4		752	1071	
Protein (N x 6.25) g	30.45	1.176	24	AR	1		25.88	36.84	
Total lipid (fat) g	9.03	1.016	24	AR	1		7.68	10.93	
Ash g	1.39	0.054	24	AR	1		1.18	1.68	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	17		0	BFYN	4		15	21	
Iron, Fe mg	4.12		0	BFYN	4		3.50	4.98	
Magnesium, Mg mg	23		0	BFYN	4		20	28	
Phosphorus, P mg	321		0	BFYN	4		273	388	
Potassium, K mg	443		0	BFYN	4		377	536	
Sodium, Na mg	71		0	BFYN	4		61	86	
Zinc, Zn mg	5.65		0	BFYN	4		4.80	6.83	
Copper, Cu mg	0.109		0	BFYN	4		0.093	0.132	
Manganese, Mn mg	0.012		0	BFYN	4		0.010	0.014	
Selenium, Se µg	31.4		0	BFYN	4		26.6	37.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.071		0	BFYN	4		0.060	0.085	
Riboflavin mg	0.500		0	BFYN	4		0.425	0.605	
Niacin mg	7.071		0	BFYN	4		6.010	8.556	
Pantothenic acid mg	0.471		0	BFYN	4		0.400	0.570	
Vitamin B-6 mg	0.868		0	BFYN	4		0.738	1.050	
Folate, total µg	7		0	BFPN	4		6	9	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	7		0	BFPN	4		6	9	
Folate, DFE µg	7		0	NC	4		6	9	
Choline, total mg	73.8		0	BFYN	4		62.7	89.3	
Betaine mg	12.6		0	BFYN	4		10.7	15.2	
Vitamin B-12 µg	5.18		0	BFYN	4		4.40	6.26	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	1		0	NC	4		1	2	
Retinol µg	1		0	BFSN	4		1	2	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	5		0	NC	4		4	6	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.28		0	BFYN	4		0.24	0.34	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.1	
Vitamin D IU	3		0	BFFN	4		3	4	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	1.9	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13443

Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated g	3.576		0	NC	4		3.039	4.327	
4:0 g	0.000		0	Z	7		0.000	0.000	
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.009	0.002	4	AR	1		0.008	0.011	
12:0 g	0.007	0.001	4	AR	1		0.006	0.008	
13:0 g									
14:0 g	0.240	0.013	4	AR	1		0.204	0.291	
15:0 g	0.042	0.002	3	AR	1		0.036	0.051	
16:0 g	2.042	0.085	4	AR	1		1.735	2.470	
17:0 g	0.099	0.002	4	AR	1		0.084	0.120	
18:0 g	1.126	0.025	4	AR	1		0.957	1.363	
20:0 g	0.007	0.001	4	AR	1		0.006	0.008	
22:0 g									
24:0 g	0.004	0.003	4	AR	1		0.003	0.005	
Fatty acids, total monounsaturated g	4.114		0	NC	4		3.497	4.978	
14:1 g	0.093		2	AR	1		0.079	0.113	
15:1 g									
16:1 undifferentiated g	0.321		0	AS	1		0.273	0.389	
16:1 c g	0.289	0.057	4	AR	1		0.245	0.349	
16:1 t g	0.032	0.001	4	AR	1		0.028	0.039	
17:1 g	0.078	0.008	4	AR	1		0.066	0.094	
18:1 undifferentiated g	3.606		0	AS	1		3.065	4.363	
18:1 c g	3.219	0.269	4	AR	1		2.736	3.895	
18:1 t g	0.387	0.016	4	AR	1		0.329	0.468	
18:1-11 t (18:1t n-7) g									
20:1 g	0.016	0.003	4	AR	1		0.014	0.019	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.640		0	NC	4		0.544	0.774	
18:2 undifferentiated g	0.502		0	AS	1		0.426	0.607	
18:2 n-6 c,c g	0.406	0.025	4	AR	1		0.345	0.491	
18:2 CLAs g	0.043	0.004	4	AR	1		0.037	0.052	
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.053	0.006	4	AR	1		0.045	0.064	
18:3 undifferentiated g	0.020		0	AS	1		0.017	0.024	
18:3 n-3 c,c,c (ALA) g	0.020	0.001	4	AR	1		0.017	0.024	
18:3 n-6 c,c,c g									
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.004	0.001	4	AR	1		0.003	0.004	
20:3 undifferentiated g	0.022		0	AS	1		0.019	0.026	
20:3 n-3 g									
20:3 n-6 g	0.022	0.001	4	AR	1		0.019	0.026	
20:4 undifferentiated g	0.076	0.003	4	AR	1		0.064	0.091	
20:4 n-6 g									
20:5 n-3 (EPA) g	0.004	0.001	4	AR	1		0.003	0.004	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.013	0.001	4	AR	1		0.011	0.016	
22:6 n-3 (DHA) g	0.001	0.001	4	AR	1		0.001	0.001	
Fatty acids, total trans g	0.472		0	NC	4		0.401	0.571	
Fatty acids, total trans-monoenoic g	0.419		0	NC	4		0.356	0.507	
Fatty acids, total trans-polyenoic g	0.053		0	NC	4		0.045	0.064	
Cholesterol mg	93	5.108	4	AR	1		79	113	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.342		0	A	1		0.291	0.414	
Threonine g	1.421		0	A	1		1.208	1.720	
Isoleucine g	1.415		0	A	1		1.202	1.712	
Leucine g	2.592		0	A	1		2.203	3.136	

NDB No. 13443

Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.886		0	A	1		2.453	3.493	
Methionine g	0.803		0	A	1		0.683	0.972	
Cystine g	0.301		0	A	1		0.256	0.364	
Phenylalanine g	1.205		0	A	1		1.024	1.458	
Tyrosine g	1.127		0	A	1		0.958	1.364	
Valine g	1.497		0	A	1		1.272	1.811	
Arginine g	2.019		0	A	1		1.716	2.443	
Histidine g	1.107		0	A	1		0.941	1.339	
Alanine g	1.805		0	A	1		1.534	2.184	
Aspartic acid g	2.909		0	A	1		2.473	3.520	
Glutamic acid g	4.933		0	A	1		4.193	5.969	
Glycine g	1.301		0	A	1		1.106	1.574	
Proline g	1.262		0	A	1		1.073	1.527	
Serine g	1.223		0	A	1		1.040	1.480	
Hydroxyproline g	0.154		0	A	1		0.131	0.186	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 121g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23373

Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw

Beef Medallions, Filet Mignon, Tenderloin Steak, URMIS # 2203

Refuse: 2% Separable fat 2%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	72.04	0.323	24	AR	1		61.23	121.02	
Energy kcal	143		0	NC	4		121	240	
Energy kJ	597		0	NC	4		507	1003	
Protein (N x 6.25) g	21.78	0.346	24	AR	1		18.51	36.59	
Total lipid (fat) g	6.16	0.395	24	AR	1		5.24	10.35	
Ash g	1.11	0.056	24	AR	1		0.95	1.87	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	13		2	AR	1		11	23	
Iron, Fe mg	2.55		2	AR	1		2.17	4.28	
Magnesium, Mg mg	12		2	AR	1		10	20	
Phosphorus, P mg	212		2	AR	1		180	356	
Potassium, K mg	284		2	AR	1		241	477	
Sodium, Na mg	45		2	AR	1		38	75	
Zinc, Zn mg	3.27		2	AR	1		2.78	5.49	
Copper, Cu mg	0.062		2	AR	1		0.053	0.104	
Manganese, Mn mg	0.007		2	AR	1		0.006	0.011	
Selenium, Se µg	19.5		2	AR	1		16.6	32.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.050		0	BFPN	4		0.043	0.084	
Riboflavin mg	0.307	0.012	4	AR	1		0.261	0.515	
Niacin mg	4.508	0.118	4	AR	1		3.832	7.574	
Pantothenic acid mg	0.342		0	BFPN	4		0.291	0.575	
Vitamin B-6 mg	0.610	0.020	4	AR	1		0.518	1.024	
Folate, total µg	3		0	BFPN	4		3	6	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	3		0	BFPN	4		3	6	
Folate, DFE µg	3		0	NC	4		3	6	
Choline, total mg	53.5		0	BFPN	4		45.5	89.9	
Betaine mg	9.5		0	BFPN	4		8.0	15.9	
Vitamin B-12 µg	3.40	0.153	4	AR	1		2.89	5.72	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg									
Retinol µg	2		0	BFSN	4		1	3	
Carotene, beta µg									
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU									
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.24		0	BFFN	4		0.20	0.40	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.1	
Vitamin D IU	3		0	BFFN	4		2	4	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	2.5	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23373

Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.123		0	NC	4		1.804	3.566	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.005	0.001	4	AR	1		0.004	0.008	
12:0....g	0.004	0.000	4	AR	1		0.003	0.007	
13:0....g									
14:0....g	0.136	0.005	4	AR	1		0.115	0.228	
15:0....g	0.025	0.001	4	AR	1		0.021	0.042	
16:0....g	1.183	0.042	4	AR	1		1.006	1.988	
17:0....g	0.063	0.004	4	AR	1		0.053	0.105	
18:0....g	0.698	0.028	4	AR	1		0.593	1.173	
20:0....g	0.004	0.000	4	AR	1		0.003	0.007	
22:0....g									
24:0....g	0.005	0.001	4	AR	1		0.004	0.008	
Fatty acids, total monounsaturated....g	2.338		0	NC	4		1.987	3.927	
14:1....g	0.032	0.002	4	AR	1		0.027	0.053	
15:1....g									
16:1 undifferentiated....g	0.163		0	AS	1		0.138	0.273	
16:1 c....g	0.143	0.009	4	AR	1		0.122	0.240	
16:1 t....g	0.020	0.000	4	AR	1		0.017	0.033	
17:1....g	0.044	0.004	4	AR	1		0.037	0.074	
18:1 undifferentiated....g	2.089		0	AS	1		1.775	3.509	
18:1 c....g	1.847	0.102	4	AR	1		1.570	3.103	
18:1 t....g	0.242	0.017	4	AR	1		0.205	0.406	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.011	0.003	4	AR	1		0.009	0.018	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.450		0	NC	4		0.382	0.755	
18:2 undifferentiated....g	0.346		0	AS	1		0.294	0.581	
18:2 n-6 c,c....g	0.290	0.014	4	AR	1		0.247	0.488	
18:2 CLAs....g	0.025	0.002	4	AR	1		0.021	0.041	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.031	0.000	4	AR	1		0.026	0.052	
18:3 undifferentiated....g	0.012		0	AS	1		0.010	0.020	
18:3 n-3 c,c,c (ALA)....g	0.012	0.001	4	AR	1		0.010	0.020	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.002	0.001	4	AR	1		0.002	0.004	
20:3 undifferentiated....g	0.017		0	AS	1		0.015	0.029	
20:3 n-3....g									
20:3 n-6....g	0.017	0.001	4	AR	1		0.015	0.029	
20:4 undifferentiated....g	0.060	0.002	4	AR	1		0.051	0.100	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003	0.001	4	AR	1		0.002	0.005	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.009	0.001	4	AR	1		0.008	0.016	
22:6 n-3 (DHA)....g	0.000	0.001	4	AR	1		0.000	0.001	
Fatty acids, total trans....g	0.292		0	NC	4		0.248	0.491	
Fatty acids, total trans-monoenoic....g	0.261		0	NC	4		0.222	0.439	
Fatty acids, total trans-polyenoic....g	0.031		0	NC	4		0.026	0.052	
Cholesterol....mg	60	1.396	4	AR	1		51	101	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.258		0	AR	1		0.219	0.433	
Threonine....g	1.070		0	AR	1		0.909	1.797	
Isoleucine....g	1.064		0	AR	1		0.905	1.788	
Leucine....g	1.950		0	AR	1		1.658	3.277	

NDB No. 23373

Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.172		0	AR	1		1.846	3.649	
Methionine g	0.604		0	AR	1		0.514	1.015	
Cystine g	0.227		0	AR	1		0.193	0.381	
Phenylalanine g	0.907		0	AR	1		0.771	1.523	
Tyrosine g	0.848		0	AR	1		0.721	1.425	
Valine g	1.126		0	AR	1		0.957	1.892	
Arginine g	1.520		0	AR	1		1.292	2.553	
Histidine g	0.833		0	AR	1		0.708	1.399	
Alanine g	1.358		0	AR	1		1.154	2.282	
Aspartic acid g	2.189		0	AR	1		1.861	3.678	
Glutamic acid g	3.712		0	AR	1		3.155	6.236	
Glycine g	0.979		0	AR	1		0.832	1.644	
Proline g	0.950		0	AR	1		0.807	1.595	
Serine g	0.920		0	AR	1		0.782	1.546	
Hydroxyproline g	0.110		0	AR	1		0.093	0.185	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 168g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13444

Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled

Beef Medallions, Filet Mignon, Tenderloin Steak, URMIS #1388

Refuse: 1% Separable fat 1%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	61.58	0.892	12	AR	1		52.34	72.05	
Energy kcal	198		0	NC	4		168	232	
Energy kJ	829		0	NC	4		705	970	
Protein (N x 6.25) g	31.09	1.198	12	AR	1		26.43	36.38	
Total lipid (fat) g	7.25	1.074	12	AR	1		6.17	8.49	
Ash g	1.37	0.059	12	AR	1		1.16	1.60	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	13		0	BFNN	4		11	16	
Iron, Fe mg	3.11		0	BFNN	4		2.64	3.64	
Magnesium, Mg mg	14		0	BFNN	4		12	16	
Phosphorus, P mg	265		0	BFNN	4		225	310	
Potassium, K mg	359		0	BFNN	4		305	420	
Sodium, Na mg	55		0	BFNN	4		47	64	
Zinc, Zn mg	3.78		0	BFNN	4		3.21	4.42	
Copper, Cu mg	0.099		0	BFNN	4		0.084	0.116	
Manganese, Mn mg	0.009		0	BFNN	4		0.007	0.010	
Selenium, Se µg	25.9		0	BFNN	4		22.0	30.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.076		0	BFYN	4		0.064	0.089	
Riboflavin mg	0.408		0	BFPN	4		0.346	0.477	
Niacin mg	5.870		0	BFPN	4		4.990	6.868	
Pantothenic acid mg	0.494		0	BFYN	4		0.420	0.577	
Vitamin B-6 mg	0.682		0	BFPN	4		0.580	0.798	
Folate, total µg	7		0	BFPN	4		6	8	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	7		0	BFPN	4		6	8	
Folate, DFE µg	7		0	NC	4		6	8	
Choline, total mg	77.5		0	BFYN	4		65.9	90.7	
Betaine mg	12.5		0	BFYN	4		10.6	14.6	
Vitamin B-12 µg	4.29		0	BFPN	4		3.65	5.02	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		2	2	
Retinol µg	2		0	BFSN	4		2	2	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	6		0	NC	4		6	8	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.25		0	BFYN	4		0.21	0.29	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.1	
Vitamin D IU	3		0	BFFN	4		2	3	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	1.8	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13444

Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated g	2.876		0	NC	4		2.445	3.365	
4:0 g	0.000		0	Z	7		0.000	0.000	
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.008		2	AR	1		0.007	0.009	
12:0 g	0.005		2	AR	1		0.005	0.006	
13:0 g									
14:0 g	0.190		2	AR	1		0.161	0.222	
15:0 g	0.036		2	AR	1		0.031	0.042	
16:0 g	1.603		2	AR	1		1.362	1.875	
17:0 g	0.080		2	AR	1		0.068	0.093	
18:0 g	0.945		2	AR	1		0.803	1.106	
20:0 g	0.005		2	AR	1		0.005	0.006	
22:0 g									
24:0 g	0.004		2	AR	1		0.003	0.004	
Fatty acids, total monounsaturated g	3.150		0	NC	4		2.677	3.685	
14:1 g	0.074		1	AR	1		0.063	0.086	
15:1 g									
16:1 undifferentiated g	0.232		0	AS	1		0.198	0.272	
16:1 c g	0.207		2	AR	1		0.176	0.242	
16:1 t g	0.025		2	AR	1		0.022	0.030	
17:1 g	0.059		2	AR	1		0.050	0.069	
18:1 undifferentiated g	2.773		0	AS	1		2.357	3.245	
18:1 c g	2.450		2	AR	1		2.083	2.867	
18:1 t g	0.323		2	AR	1		0.275	0.378	
18:1-11 t (18:1t n-7) g									
20:1 g	0.012		2	AR	1		0.010	0.014	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.525		0	NC	4		0.447	0.615	
18:2 undifferentiated g	0.404		0	AS	1		0.343	0.473	
18:2 n-6 c,c g	0.329		2	AR	1		0.279	0.384	
18:2 CLAs g	0.036		2	AR	1		0.031	0.042	
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.039		2	AR	1		0.033	0.046	
18:3 undifferentiated g	0.018		0	AS	1		0.015	0.021	
18:3 n-3 c,c,c (ALA) g	0.018		2	AR	1		0.015	0.021	
18:3 n-6 c,c,c g									
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.002		2	AR	1		0.002	0.003	
20:3 undifferentiated g	0.020		0	AS	1		0.017	0.023	
20:3 n-3 g									
20:3 n-6 g	0.020		2	AR	1		0.017	0.023	
20:4 undifferentiated g	0.064		2	AR	1		0.054	0.074	
20:4 n-6 g									
20:5 n-3 (EPA) g	0.004		2	AR	1		0.003	0.004	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.013		2	AR	1		0.011	0.015	
22:6 n-3 (DHA) g	0.002		2	AR	1		0.002	0.002	
Fatty acids, total trans g	0.388		0	NC	4		0.329	0.453	
Fatty acids, total trans-monoenoic g	0.348		0	NC	4		0.296	0.408	
Fatty acids, total trans-polyenoic g	0.039		0	NC	4		0.033	0.046	
Cholesterol mg	93		2	AR	1		79	108	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.366		0	A	1		0.311	0.428	
Threonine g	1.563		0	A	1		1.329	1.829	
Isoleucine g	1.549		0	A	1		1.317	1.812	
Leucine g	2.887		0	A	1		2.454	3.378	

NDB No. 13444

Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	3.239		0	A	1		2.753	3.789	
Methionine g	0.887		0	A	1		0.754	1.038	
Cystine g	0.338		0	A	1		0.287	0.395	
Phenylalanine g	1.324		0	A	1		1.125	1.549	
Tyrosine g	1.253		0	A	1		1.065	1.466	
Valine g	1.633		0	A	1		1.388	1.911	
Arginine g	2.253		0	A	1		1.915	2.636	
Histidine g	1.267		0	A	1		1.077	1.483	
Alanine g	1.986		0	A	1		1.688	2.323	
Aspartic acid g	3.239		0	A	1		2.753	3.789	
Glutamic acid g	5.436		0	A	1		4.620	6.360	
Glycine g	1.436		0	A	1		1.221	1.681	
Proline g	1.422		0	A	1		1.209	1.664	
Serine g	1.366		0	A	1		1.161	1.598	
Hydroxyproline g	0.142		0	A	1		0.121	0.166	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 117g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23374

Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, raw

Beef Medallions, Filet Mignon, Tenderloin Steak, URMIS # 1388

Refuse: 2% Separable fat 2%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	73.04	0.371	12	AR	1		62.08	125.63	
Energy kcal	135		0	NC	4		114	231	
Energy kJ	563		0	NC	4		479	968	
Protein (N x 6.25) g	22.16	0.356	12	AR	1		18.84	38.12	
Total lipid (fat) g	5.10	0.445	12	AR	1		4.33	8.77	
Ash g	1.10	0.057	12	AR	1		0.94	1.90	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	14		1	AR	1		12	24	
Iron, Fe mg	2.48		1	AR	1		2.11	4.27	
Magnesium, Mg mg	13		1	AR	1		11	22	
Phosphorus, P mg	222		1	AR	1		189	381	
Potassium, K mg	298		1	AR	1		254	513	
Sodium, Na mg	42		1	AR	1		36	72	
Zinc, Zn mg	3.37		1	AR	1		2.86	5.80	
Copper, Cu mg	0.068		1	AR	1		0.058	0.117	
Manganese, Mn mg	0.008		1	AR	1		0.006	0.013	
Selenium, Se µg	21.5		1	AR	1		18.3	37.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.057		0	BFPN	4		0.048	0.098	
Riboflavin mg	0.335		2	AR	1		0.285	0.576	
Niacin mg	5.125		2	AR	1		4.356	8.815	
Pantothenic acid mg	0.371		0	BFPN	4		0.315	0.638	
Vitamin B-6 mg	0.622		2	AR	1		0.529	1.070	
Folate, total µg	4		0	BFPN	4		3	6	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	4		0	BFPN	4		3	6	
Folate, DFE µg	4		0	NC	4		3	6	
Choline, total mg	58.3		0	BFPN	4		49.5	100.2	
Betaine mg	9.4		0	BFPN	4		8.0	16.2	
Vitamin B-12 µg	3.72		2	AR	1		3.16	6.40	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		2	4	
Retinol µg	2		0	BFSN	4		2	4	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	7		0	NC	4		6	12	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.22		0	BFFN	4		0.18	0.37	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.1	
Vitamin D IU	2		0	BFFN	4		2	4	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	2.6	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23374

Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.706		0	NC	4		1.450	2.934	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.005		2	AR	1		0.004	0.009	
12:0....g	0.004		2	AR	1		0.003	0.007	
13:0....g									
14:0....g	0.108		2	AR	1		0.092	0.186	
15:0....g	0.021		2	AR	1		0.018	0.037	
16:0....g	0.919		2	AR	1		0.781	1.581	
17:0....g	0.050		2	AR	1		0.042	0.086	
18:0....g	0.591		2	AR	1		0.502	1.017	
20:0....g	0.003		2	AR	1		0.003	0.005	
22:0....g									
24:0....g	0.004		2	AR	1		0.003	0.007	
Fatty acids, total monounsaturated....g	1.799		0	NC	4		1.529	3.093	
14:1....g	0.023		2	AR	1		0.020	0.040	
15:1....g									
16:1 undifferentiated....g	0.118		0	AS	1		0.100	0.203	
16:1 c....g	0.102		2	AR	1		0.087	0.176	
16:1 t....g	0.016		2	AR	1		0.013	0.027	
17:1....g	0.033		2	AR	1		0.028	0.057	
18:1 undifferentiated....g	1.615		0	AS	1		1.373	2.778	
18:1 c....g	1.416		2	AR	1		1.203	2.435	
18:1 t....g	0.199		2	AR	1		0.169	0.343	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.009		2	AR	1		0.008	0.016	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.375		0	NC	4		0.319	0.645	
18:2 undifferentiated....g	0.283		0	AS	1		0.240	0.487	
18:2 n-6 c,c....g	0.236		2	AR	1		0.201	0.407	
18:2 CLAs....g	0.022		2	AR	1		0.019	0.038	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.024		2	AR	1		0.021	0.042	
18:3 undifferentiated....g	0.011		0	AS	1		0.009	0.018	
18:3 n-3 c,c,c (ALA)....g	0.011		2	AR	1		0.009	0.018	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.002		2	AR	1		0.002	0.003	
20:3 undifferentiated....g	0.015		0	AS	1		0.013	0.025	
20:3 n-3....g									
20:3 n-6....g	0.015		2	AR	1		0.013	0.025	
20:4 undifferentiated....g	0.051		2	AR	1		0.043	0.088	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003		2	AR	1		0.002	0.005	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.009		2	AR	1		0.008	0.016	
22:6 n-3 (DHA)....g	0.002		2	AR	1		0.001	0.003	
Fatty acids, total trans....g	0.239		0	NC	4		0.203	0.411	
Fatty acids, total trans-monoenoic....g	0.215		0	NC	4		0.183	0.370	
Fatty acids, total trans-polyenoic....g	0.024		0	NC	4		0.021	0.042	
Cholesterol....mg	62		2	AR	1		53	106	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.289		0	AR	1		0.246	0.497	
Threonine....g	1.234		0	AR	1		1.049	2.122	
Isoleucine....g	1.223		0	AR	1		1.039	2.103	
Leucine....g	2.279		0	AR	1		1.937	3.920	

NDB No. 23374

Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.557		0	AR	1		2.173	4.398	
Methionine g	0.700		0	AR	1		0.595	1.205	
Cystine g	0.267		0	AR	1		0.227	0.459	
Phenylalanine g	1.045		0	AR	1		0.888	1.797	
Tyrosine g	0.989		0	AR	1		0.841	1.702	
Valine g	1.290		0	AR	1		1.096	2.218	
Arginine g	1.779		0	AR	1		1.512	3.059	
Histidine g	1.001		0	AR	1		0.850	1.721	
Alanine g	1.568		0	AR	1		1.332	2.696	
Aspartic acid g	2.557		0	AR	1		2.173	4.398	
Glutamic acid g	4.291		0	AR	1		3.648	7.381	
Glycine g	1.134		0	AR	1		0.964	1.950	
Proline g	1.123		0	AR	1		0.954	1.931	
Serine g	1.078		0	AR	1		0.917	1.855	
Hydroxyproline g	0.112		0	AR	1		0.095	0.193	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 172g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13445

Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled

Boneless Strip Steak, Club Steak, Kansas City Strip, New York Strip

Refuse: 8% Connective tissue 8%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	59.98	0.494	36	AR	1		50.99	71.38	
Energy kcal	223		0	NC	4		189	265	
Energy kJ	931		0	NC	4		791	1108	
Protein (N x 6.25) g	28.57	0.187	36	AR	1		24.29	34.00	
Total lipid (fat) g	11.15	0.369	36	AR	1		9.48	13.27	
Ash g	1.12	0.023	36	AR	1		0.95	1.33	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	14		0	BFNN	4		12	17	
Iron, Fe mg	3.41		0	BFNN	4		2.90	4.06	
Magnesium, Mg mg	19		0	BFNN	4		16	23	
Phosphorus, P mg	265		0	BFNN	4		226	316	
Potassium, K mg	366		0	BFNN	4		311	435	
Sodium, Na mg	59		0	BFNN	4		50	71	
Zinc, Zn mg	4.66		0	BFNN	4		3.96	5.55	
Copper, Cu mg	0.090		0	BFNN	4		0.077	0.107	
Manganese, Mn mg	0.010		0	BFNN	4		0.008	0.012	
Selenium, Se µg	25.9		0	BFNN	4		22.0	30.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.064		0	BFPN	4		0.054	0.076	
Riboflavin mg	0.410		0	BFPN	4		0.348	0.487	
Niacin mg	5.813		0	BFPN	4		4.941	6.918	
Pantothenic acid mg	0.369		0	BFPN	4		0.314	0.439	
Vitamin B-6 mg	0.712		0	BFPN	4		0.605	0.847	
Folate, total µg	7		0	BFPN	4		6	8	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	7		0	BFPN	4		6	8	
Folate, DFE µg	7		0	NC	4		6	8	
Choline, total mg	67.4		0	BFPN	4		57.3	80.2	
Betaine mg	9.7		0	BFPN	4		8.2	11.5	
Vitamin B-12 µg	4.25		0	BFPN	4		3.61	5.05	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	7		0	NC	4		6	8	
Retinol µg	7		0	BFSN	4		6	8	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	22		0	NC	4		19	27	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.14		0	BFFN	4		0.12	0.17	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.1	
Vitamin D IU	3		0	BFFN	4		3	4	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	1.9	
Dihydrophylloquinone µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4 µg									

NDB No. 13445

Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.534		0	NC	4		3.854	5.395	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.012	0.001	6	AR	1		0.010	0.014	
12:0....g	0.009	0.000	6	AR	1		0.007	0.010	
13:0....g									
14:0....g	0.318	0.017	6	AR	1		0.270	0.378	
15:0....g	0.051	0.002	6	AR	1		0.043	0.061	
16:0....g	2.584	0.150	6	AR	1		2.196	3.075	
17:0....g	0.128	0.005	6	AR	1		0.108	0.152	
18:0....g	1.421	0.065	6	AR	1		1.208	1.691	
20:0....g	0.010	0.001	6	AR	1		0.008	0.012	
22:0....g									
24:0....g	0.002	0.001	6	AR	1		0.002	0.003	
Fatty acids, total monounsaturated....g	5.081		0	NC	4		4.319	6.046	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.387		0	AS	1		0.329	0.461	
16:1 c....g	0.353	0.030	6	AR	1		0.300	0.420	
16:1 t....g	0.034	0.002	6	AR	1		0.029	0.041	
17:1....g	0.095	0.006	6	AR	1		0.080	0.112	
18:1 undifferentiated....g	4.569		0	AS	1		3.884	5.438	
18:1 c....g	4.037	0.221	6	AR	1		3.432	4.804	
18:1 t....g	0.532	0.026	6	AR	1		0.452	0.633	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.030	0.001	6	AR	1		0.025	0.035	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.578		0	NC	4		0.492	0.688	
18:2 undifferentiated....g	0.478		0	AS	1		0.407	0.569	
18:2 n-6 c,c....g	0.359	0.024	6	AR	1		0.305	0.427	
18:2 CLAs....g	0.059	0.004	6	AR	1		0.050	0.071	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.060	0.002	6	AR	1		0.051	0.071	
18:3 undifferentiated....g	0.019		0	AS	1		0.016	0.022	
18:3 n-3 c,c,c (ALA)....g	0.019	0.001	6	AR	1		0.016	0.022	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.004	0.000	6	AR	1		0.003	0.005	
20:3 undifferentiated....g	0.018		0	AS	1		0.015	0.021	
20:3 n-3....g									
20:3 n-6....g	0.018	0.000	6	AR	1		0.015	0.021	
20:4 undifferentiated....g	0.046	0.001	6	AR	1		0.039	0.054	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003	0.000	6	AR	1		0.003	0.004	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.011	0.001	6	AR	1		0.010	0.013	
22:6 n-3 (DHA)....g	0.000		6	AR	1		0.000	0.000	
Fatty acids, total trans....g	0.626		0	NC	4		0.532	0.745	
Fatty acids, total trans-monoenoic....g	0.567		0	NC	4		0.482	0.674	
Fatty acids, total trans-polyenoic....g	0.060		0	NC	4		0.051	0.071	
Cholesterol....mg	81		0	BFSN	4		69	96	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.320		0	AR	1		0.272	0.380	
Threonine....g	1.347		0	AR	1		1.145	1.603	
Isoleucine....g	1.331		0	AR	1		1.131	1.584	
Leucine....g	2.463		0	AR	1		2.093	2.931	

NDB No. 13445

Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	2.737		0	AR	1		2.327	3.257	
Methionine....g	0.773		0	AR	1		0.657	0.920	
Cystine....g	0.291		0	AR	1		0.247	0.346	
Phenylalanine....g	1.146		0	AR	1		0.974	1.364	
Tyrosine....g	1.065		0	AR	1		0.905	1.267	
Valine....g	1.428		0	AR	1		1.214	1.700	
Arginine....g	1.946		0	AR	1		1.654	2.315	
Histidine....g	1.071		0	AR	1		0.910	1.274	
Alanine....g	1.772		0	AR	1		1.506	2.108	
Aspartic acid....g	2.784		0	AR	1		2.366	3.313	
Glutamic acid....g	4.672		0	AR	1		3.971	5.560	
Glycine....g	1.406		0	AR	1		1.195	1.673	
Proline....g	1.282		0	AR	1		1.090	1.526	
Serine....g	1.177		0	AR	1		1.000	1.400	
Hydroxyproline....g	0.197		0	BFPN	4		0.168	0.235	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 119g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23339

Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw

Boneless Strip Steak, Club Steak, Kansas City Strip, New York Strip

Refuse: 9% Connective tissue 9%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	68.75	0.854	36	AR	1		58.44	183.57	
Energy kcal	163		0	NC	4		139	436	
Energy kJ	683		0	NC	4		581	1824	
Protein (N x 6.25) g	22.43	0.276	36	AR	1		19.06	59.88	
Total lipid (fat) g	8.17	0.669	36	AR	1		6.94	21.81	
Ash g	1.00	0.053	36	AR	1		0.85	2.66	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	15		3	AR	1		13	40	
Iron, Fe mg	1.83		3	AR	1		1.55	4.88	
Magnesium, Mg mg	11		3	AR	1		10	30	
Phosphorus, P mg	200		3	AR	1		170	535	
Potassium, K mg	273		3	AR	1		232	729	
Sodium, Na mg	45		3	AR	1		38	120	
Zinc, Zn mg	3.57		3	AR	1		3.04	9.53	
Copper, Cu mg	0.043		3	AR	1		0.036	0.113	
Manganese, Mn mg	0.002		3	AR	1		0.002	0.005	
Selenium, Se µg	20.8		3	AR	1		17.7	55.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.055		0	BFPN	4		0.046	0.146	
Riboflavin mg	0.203	0.008	6	AR	1		0.173	0.543	
Niacin mg	6.515	0.231	6	AR	1		5.538	17.396	
Pantothenic acid mg	0.373		0	BFPN	4		0.317	0.997	
Vitamin B-6 mg	0.563	0.023	6	AR	1		0.478	1.502	
Folate, total µg	4		0	BFPN	4		3	10	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	4		0	BFPN	4		3	10	
Folate, DFE µg	4		0	NC	4		3	10	
Choline, total mg	58.0		0	BFPN	4		49.3	154.8	
Betaine mg	9.8		0	BFPN	4		8.4	26.3	
Vitamin B-12 µg	1.74	0.087	6	AR	1		1.48	4.66	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	4		0	NC	4		3	10	
Retinol µg	4		0	BFSN	4		3	10	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	13		0	NC	4		11	34	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.22	0.007	6	AR	1		0.19	0.59	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.2	
Vitamin D IU	3		0	BFFN	4		2	7	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	4.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23339

Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.478		0	NC	4		2.957	9.287	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.007	0.001	6	AR	1		0.006	0.019	
12:0....g	0.007	0.000	6	AR	1		0.006	0.019	
13:0....g									
14:0....g	0.234	0.018	6	AR	1		0.199	0.625	
15:0....g	0.040	0.003	6	AR	1		0.034	0.107	
16:0....g	1.972	0.145	6	AR	1		1.676	5.266	
17:0....g	0.097	0.005	6	AR	1		0.082	0.258	
18:0....g	1.111	0.054	6	AR	1		0.944	2.966	
20:0....g	0.006	0.000	6	AR	1		0.005	0.016	
22:0....g									
24:0....g	0.005	0.002	6	AR	1		0.004	0.012	
Fatty acids, total monounsaturated....g	3.941		0	NC	4		3.350	10.523	
14:1....g	0.054	0.008	6	AR	1		0.046	0.143	
15:1....g									
16:1 undifferentiated....g	0.297		0	AS	1		0.252	0.792	
16:1 c....g	0.273	0.024	6	AR	1		0.232	0.728	
16:1 t....g	0.024	0.002	6	AR	1		0.020	0.064	
17:1....g	0.071	0.004	6	AR	1		0.060	0.190	
18:1 undifferentiated....g	3.503		0	AS	1		2.977	9.353	
18:1 c....g	3.103	0.196	6	AR	1		2.637	8.284	
18:1 t....g	0.400	0.026	6	AR	1		0.340	1.069	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.017	0.002	6	AR	1		0.014	0.045	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.480		0	NC	4		0.408	1.283	
18:2 undifferentiated....g	0.393		0	AS	1		0.334	1.049	
18:2 n-6 c,c....g	0.306	0.019	6	AR	1		0.260	0.816	
18:2 CLAs....g	0.039	0.003	6	AR	1		0.033	0.104	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.048	0.004	6	AR	1		0.041	0.129	
18:3 undifferentiated....g	0.014		0	AS	1		0.012	0.037	
18:3 n-3 c,c,c (ALA)....g	0.014	0.001	6	AR	1		0.012	0.037	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.002	0.000	6	AR	1		0.002	0.006	
20:3 undifferentiated....g	0.015		0	AS	1		0.013	0.040	
20:3 n-3....g									
20:3 n-6....g	0.015	0.001	6	AR	1		0.013	0.040	
20:4 undifferentiated....g	0.045	0.006	6	AR	1		0.039	0.121	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002	0.000	6	AR	1		0.002	0.006	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.009	0.000	6	AR	1		0.008	0.024	
22:6 n-3 (DHA)....g	0.000	0.000	6	AR	1		0.000	0.000	
Fatty acids, total trans....g	0.473		0	NC	4		0.402	1.262	
Fatty acids, total trans-monoenoic....g	0.424		0	NC	4		0.361	1.133	
Fatty acids, total trans-polyenoic....g	0.048		0	NC	4		0.041	0.129	
Cholesterol....mg	61	1.300	6	AR	1		51	162	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.251		0	AR	1		0.213	0.670	
Threonine....g	1.057		0	AR	1		0.898	2.822	
Isoleucine....g	1.045		0	AR	1		0.888	2.789	
Leucine....g	1.933		0	AR	1		1.643	5.161	

NDB No. 23339

Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.148		0	AR	1		1.826	5.736	
Methionine g	0.607		0	AR	1		0.516	1.620	
Cystine g	0.228		0	AR	1		0.194	0.610	
Phenylalanine g	0.900		0	AR	1		0.765	2.402	
Tyrosine g	0.836		0	AR	1		0.710	2.231	
Valine g	1.121		0	AR	1		0.953	2.993	
Arginine g	1.527		0	AR	1		1.298	4.078	
Histidine g	0.841		0	AR	1		0.715	2.244	
Alanine g	1.390		0	AR	1		1.182	3.713	
Aspartic acid g	2.185		0	AR	1		1.857	5.835	
Glutamic acid g	3.667		0	AR	1		3.117	9.791	
Glycine g	1.103		0	AR	1		0.938	2.946	
Proline g	1.006		0	AR	1		0.855	2.687	
Serine g	0.923		0	AR	1		0.785	2.466	
Hydroxyproline g	0.153		0	AR	1		0.130	0.409	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 267g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13446

Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

Boneless Strip Steak, Club Steak, Kansas City Steak, New York Strip, URMIS # 2219

Refuse: 7% Connective tissue 7%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	58.83	0.559	24	AR	1		50.01	96.49	
Energy kcal	233		0	NC	4		198	382	
Energy kJ	976		0	NC	4		830	1601	
Protein (N x 6.25) g	28.19	0.233	24	AR	1		23.96	46.23	
Total lipid (fat) g	12.51	0.459	24	AR	1		10.63	20.51	
Ash g	1.11	0.025	24	AR	1		0.94	1.81	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	14		0	BFNN	4		12	23	
Iron, Fe mg	3.37		0	BFNN	4		2.87	5.53	
Magnesium, Mg mg	19		0	BFNN	4		16	31	
Phosphorus, P mg	262		0	BFNN	4		223	430	
Potassium, K mg	361		0	BFNN	4		307	593	
Sodium, Na mg	59		0	BFNN	4		50	96	
Zinc, Zn mg	4.61		0	BFNN	4		3.92	7.56	
Copper, Cu mg	0.089		0	BFNN	4		0.076	0.146	
Manganese, Mn mg	0.010		0	BFNN	4		0.008	0.016	
Selenium, Se µg	25.6		0	BFNN	4		21.8	42.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.061		0	BFPN	4		0.052	0.101	
Riboflavin mg	0.401		0	BFPN	4		0.341	0.658	
Niacin mg	5.622		0	BFPN	4		4.778	9.220	
Pantothenic acid mg	0.344		0	BFPN	4		0.293	0.565	
Vitamin B-6 mg	0.714		0	BFPN	4		0.607	1.171	
Folate, total µg	7		0	BFPN	4		6	11	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	7		0	BFPN	4		6	11	
Folate, DFE µg	7		0	NC	4		6	11	
Choline, total mg	68.2		0	BFPN	4		58.0	111.9	
Betaine mg	10.0		0	BFPN	4		8.5	16.5	
Vitamin B-12 µg	4.11		0	BFPN	4		3.49	6.74	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	7		0	NC	4		6	11	
Retinol µg	7		0	BFSN	4		6	11	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	22		0	NC	4		19	36	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.16		0	BFFN	4		0.14	0.26	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.2	
Vitamin D IU	4		0	BFFN	4		3	6	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	2.6	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13446

Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	5.111		0	NC	4		4.345	8.383	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.013	0.001	4	AR	1		0.011	0.021	
12:0....g	0.010	0.000	4	AR	1		0.008	0.016	
13:0....g									
14:0....g	0.360	0.021	4	AR	1		0.306	0.590	
15:0....g	0.057	0.003	4	AR	1		0.048	0.093	
16:0....g	2.936	0.186	4	AR	1		2.496	4.815	
17:0....g	0.141	0.007	4	AR	1		0.120	0.231	
18:0....g	1.582	0.081	4	AR	1		1.344	2.594	
20:0....g	0.011	0.001	4	AR	1		0.009	0.018	
22:0....g									
24:0....g	0.003	0.002	4	AR	1		0.002	0.004	
Fatty acids, total monounsaturated....g	5.800		0	NC	4		4.930	9.512	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.445		0	AS	1		0.378	0.730	
16:1 c....g	0.407	0.037	4	AR	1		0.346	0.667	
16:1 t....g	0.039	0.002	4	AR	1		0.033	0.063	
17:1....g	0.107	0.007	4	AR	1		0.091	0.176	
18:1 undifferentiated....g	5.214		0	AS	1		4.432	8.551	
18:1 c....g	4.639	0.274	4	AR	1		3.943	7.609	
18:1 t....g	0.574	0.033	4	AR	1		0.488	0.942	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.034	0.002	4	AR	1		0.029	0.056	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.629		0	NC	4		0.535	1.032	
18:2 undifferentiated....g	0.525		0	AS	1		0.446	0.861	
18:2 n-6 c,c....g	0.393	0.030	4	AR	1		0.334	0.644	
18:2 CLAs....g	0.066	0.005	4	AR	1		0.056	0.109	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.066	0.002	4	AR	1		0.056	0.108	
18:3 undifferentiated....g	0.020		0	AS	1		0.017	0.033	
18:3 n-3 c,c,c (ALA)....g	0.020	0.001	4	AR	1		0.017	0.033	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.004	0.000	4	AR	1		0.003	0.007	
20:3 undifferentiated....g	0.019		0	AS	1		0.016	0.030	
20:3 n-3....g									
20:3 n-6....g	0.019	0.000	4	AR	1		0.016	0.030	
20:4 undifferentiated....g	0.046	0.002	4	AR	1		0.039	0.076	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003	0.001	4	AR	1		0.003	0.006	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.012	0.001	4	AR	1		0.010	0.020	
22:6 n-3 (DHA)....g	0.000		4	AR	1		0.000	0.000	
Fatty acids, total trans....g	0.679		0	NC	4		0.577	1.114	
Fatty acids, total trans-monoenoic....g	0.613		0	NC	4		0.521	1.005	
Fatty acids, total trans-polyenoic....g	0.066		0	NC	4		0.056	0.108	
Cholesterol....mg	88		0	BFSN	4		75	144	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.319		0	PAK	1		0.271	0.524	
Threonine....g	1.334		0	PAK	1		1.134	2.187	
Isoleucine....g	1.322		0	PAK	1		1.123	2.167	
Leucine....g	2.430		0	PAK	1		2.065	3.985	

NDB No. 13446

Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	2.690		0	PAK	1		2.287	4.412	
Methionine....g	0.767		0	PAK	1		0.652	1.257	
Cystine....g	0.287		0	PAK	1		0.244	0.470	
Phenylalanine....g	1.135		0	PAK	1		0.965	1.861	
Tyrosine....g	1.052		0	PAK	1		0.894	1.726	
Valine....g	1.421		0	PAK	1		1.208	2.331	
Arginine....g	1.921		0	PAK	1		1.633	3.150	
Histidine....g	1.047		0	PAK	1		0.890	1.717	
Alanine....g	1.759		0	PAK	1		1.495	2.884	
Aspartic acid....g	2.748		0	PAK	1		2.336	4.507	
Glutamic acid....g	4.628		0	PAK	1		3.934	7.590	
Glycine....g	1.403		0	PAK	1		1.192	2.301	
Proline....g	1.268		0	PAK	1		1.078	2.080	
Serine....g	1.162		0	PAK	1		0.988	1.906	
Hydroxyproline....g	0.194		0	PAK	1		0.165	0.319	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 164g: 1 steak (yield from 203 g raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23340

Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw

Boneless Strip Steak, Club Steak, Kansas City Strip, New York Strip, URMIS # 2219

Refuse: 9% Connective tissue 9%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	67.82	0.871	24	AR	1		57.65	180.40	
Energy kcal	171		0	NC	4		146	455	
Energy kJ	716		0	NC	4		609	1905	
Protein (N x 6.25) g	22.19	0.291	24	AR	1		18.86	59.02	
Total lipid (fat) g	9.16	0.710	24	AR	1		7.79	24.38	
Ash g	0.98	0.053	24	AR	1		0.83	2.61	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	15		2	AR	1		13	41	
Iron, Fe mg	1.91		2	AR	1		1.62	5.08	
Magnesium, Mg mg	11		2	AR	1		9	29	
Phosphorus, P mg	198		2	AR	1		168	526	
Potassium, K mg	271		2	AR	1		231	722	
Sodium, Na mg	45		2	AR	1		38	119	
Zinc, Zn mg	3.62		2	AR	1		3.07	9.62	
Copper, Cu mg	0.041		2	AR	1		0.034	0.108	
Manganese, Mn mg	0.002		2	AR	1		0.001	0.004	
Selenium, Se µg	20.2		2	AR	1		17.2	53.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.052		0	BFPN	4		0.044	0.138	
Riboflavin mg	0.197	0.010	4	AR	1		0.167	0.523	
Niacin mg	6.681	0.287	4	AR	1		5.679	17.771	
Pantothenic acid mg	0.361		0	BFPN	4		0.307	0.961	
Vitamin B-6 mg	0.570	0.028	4	AR	1		0.485	1.517	
Folate, total µg	4		0	BFPN	4		3	9	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	4		0	BFPN	4		3	9	
Folate, DFE µg	4		0	NC	4		3	9	
Choline, total mg	56.0		0	BFPN	4		47.6	148.9	
Betaine mg	9.8		0	BFPN	4		8.4	26.1	
Vitamin B-12 µg	1.67	0.108	4	AR	1		1.42	4.45	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	4		0	NC	4		3	10	
Retinol µg	4		0	BFSN	4		3	10	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	13		0	NC	4		11	33	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.24	0.008	4	AR	1		0.20	0.63	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.2	
Vitamin D IU	3		0	BFFN	4		2	7	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	4.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23340

Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.790		0	NC	4		3.221	10.080	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.008	0.001	4	AR	1		0.007	0.020	
12:0....g	0.008	0.000	4	AR	1		0.007	0.020	
13:0....g									
14:0....g	0.257	0.022	4	AR	1		0.219	0.685	
15:0....g	0.042	0.003	4	AR	1		0.036	0.113	
16:0....g	2.155	0.180	4	AR	1		1.832	5.732	
17:0....g	0.105	0.006	4	AR	1		0.089	0.279	
18:0....g	1.203	0.068	4	AR	1		1.023	3.201	
20:0....g	0.006	0.000	4	AR	1		0.005	0.017	
22:0....g									
24:0....g	0.005	0.002	4	AR	1		0.004	0.014	
Fatty acids, total monounsaturated....g	4.328		0	NC	4		3.679	11.514	
14:1....g	0.063	0.010	4	AR	1		0.054	0.168	
15:1....g									
16:1 undifferentiated....g	0.329		0	AS	1		0.279	0.874	
16:1 c....g	0.304	0.030	4	AR	1		0.258	0.808	
16:1 t....g	0.025	0.003	4	AR	1		0.021	0.066	
17:1....g	0.079	0.005	4	AR	1		0.067	0.209	
18:1 undifferentiated....g	3.840		0	AS	1		3.264	10.213	
18:1 c....g	3.411	0.243	4	AR	1		2.899	9.072	
18:1 t....g	0.429	0.033	4	AR	1		0.365	1.141	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.019	0.002	4	AR	1		0.016	0.049	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.505		0	NC	4		0.429	1.342	
18:2 undifferentiated....g	0.412		0	AS	1		0.350	1.097	
18:2 n-6 c,c....g	0.322	0.024	4	AR	1		0.274	0.858	
18:2 CLAs....g	0.041	0.003	4	AR	1		0.035	0.109	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.049	0.005	4	AR	1		0.042	0.131	
18:3 undifferentiated....g	0.015		0	AS	1		0.013	0.039	
18:3 n-3 c,c,c (ALA)....g	0.015	0.002	4	AR	1		0.013	0.039	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.002	0.000	4	AR	1		0.002	0.006	
20:3 undifferentiated....g	0.015		0	AS	1		0.012	0.039	
20:3 n-3....g									
20:3 n-6....g	0.015	0.001	4	AR	1		0.012	0.039	
20:4 undifferentiated....g	0.049	0.007	4	AR	1		0.041	0.130	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003	0.001	4	AR	1		0.002	0.007	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.009	0.001	4	AR	1		0.007	0.023	
22:6 n-3 (DHA)....g	0.000	0.000	4	AR	1		0.000	0.001	
Fatty acids, total trans....g	0.503		0	NC	4		0.428	1.338	
Fatty acids, total trans-monoenoic....g	0.454		0	NC	4		0.386	1.207	
Fatty acids, total trans-polyenoic....g	0.049		0	NC	4		0.042	0.131	
Cholesterol....mg	59		4	AR	1		50	157	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.249		0	AR	1		0.212	0.662	
Threonine....g	1.040		0	AR	1		0.884	2.767	
Isoleucine....g	1.031		0	AR	1		0.876	2.742	
Leucine....g	1.895		0	AR	1		1.611	5.041	

NDB No. 23340

Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.098		0	AR	1		1.783	5.581	
Methionine g	0.598		0	AR	1		0.508	1.590	
Cystine g	0.223		0	AR	1		0.190	0.594	
Phenylalanine g	0.885		0	AR	1		0.752	2.355	
Tyrosine g	0.821		0	AR	1		0.698	2.183	
Valine g	1.108		0	AR	1		0.942	2.948	
Arginine g	1.498		0	AR	1		1.273	3.984	
Histidine g	0.817		0	AR	1		0.694	2.172	
Alanine g	1.372		0	AR	1		1.166	3.648	
Aspartic acid g	2.143		0	AR	1		1.822	5.701	
Glutamic acid g	3.609		0	AR	1		3.068	9.601	
Glycine g	1.094		0	AR	1		0.930	2.910	
Proline g	0.989		0	AR	1		0.841	2.631	
Serine g	0.906		0	AR	1		0.771	2.411	
Hydroxyproline g	0.152		0	AR	1		0.129	0.403	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 266g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13447

Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

Boneless Strip Steak, Club Steak, Kansas City Strip, New York Strip, URMIS # 1404

Refuse: 9% Connective tissue 9%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	61.71	0.679	12	AR	1		52.45	92.56	
Energy kcal	207		0	NC	4		176	310	
Energy kJ	865		0	NC	4		735	1298	
Protein (N x 6.25) g	29.16	0.310	12	AR	1		24.78	43.74	
Total lipid (fat) g	9.12	0.613	12	AR	1		7.75	13.68	
Ash g	1.14	0.029	12	AR	1		0.97	1.72	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	14		0	BFNN	4		12	21	
Iron, Fe mg	3.23		0	BFNN	4		2.74	4.84	
Magnesium, Mg mg	15		0	BFNN	4		12	22	
Phosphorus, P mg	274		0	BFNN	4		233	411	
Potassium, K mg	371		0	BFNN	4		316	557	
Sodium, Na mg	57		0	BFNN	4		49	86	
Zinc, Zn mg	3.91		0	BFNN	4		3.33	5.87	
Copper, Cu mg	0.103		0	BFNN	4		0.087	0.154	
Manganese, Mn mg	0.009		0	BFNN	4		0.008	0.013	
Selenium, Se µg	26.8		0	BFNN	4		22.8	40.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.067		0	BFPN	4		0.057	0.101	
Riboflavin mg	0.425		0	BFPN	4		0.361	0.637	
Niacin mg	6.133		0	BFPN	4		5.213	9.200	
Pantothenic acid mg	0.408		0	BFPN	4		0.347	0.612	
Vitamin B-6 mg	0.712		0	BFPN	4		0.605	1.068	
Folate, total µg	7		0	BFPN	4		6	11	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	7		0	BFPN	4		6	11	
Folate, DFE µg	7		0	NC	4		6	11	
Choline, total mg	66.5		0	BFPN	4		56.5	99.7	
Betaine mg	9.1		0	BFPN	4		7.8	13.7	
Vitamin B-12 µg	4.48		0	BFPN	4		3.80	6.71	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	6		0	NC	4		5	9	
Retinol µg	6		0	BFSN	4		5	9	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	21		0	NC	4		18	32	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.08		0	BFFN	4		0.07	0.12	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.1	
Vitamin D IU	3		0	BFFN	4		2	4	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	2.4	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13447

Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated g	3.667		0	NC	4		3.117	5.501	
4:0 g	0.000		0	Z	7		0.000	0.000	
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.010		2	AR	1		0.009	0.015	
12:0 g	0.007		2	AR	1		0.006	0.011	
13:0 g									
14:0 g	0.255		2	AR	1		0.216	0.382	
15:0 g	0.043		2	AR	1		0.036	0.064	
16:0 g	2.056		2	AR	1		1.747	3.083	
17:0 g	0.108		2	AR	1		0.091	0.161	
18:0 g	1.179		2	AR	1		1.002	1.769	
20:0 g	0.009		2	AR	1		0.007	0.013	
22:0 g									
24:0 g	0.002		2	AR	1		0.001	0.003	
Fatty acids, total monounsaturated g	4.002		0	NC	4		3.402	6.003	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.301		0	AS	1		0.256	0.451	
16:1 c g	0.272		2	AR	1		0.231	0.408	
16:1 t g	0.028		2	AR	1		0.024	0.042	
17:1 g	0.076		2	AR	1		0.064	0.114	
18:1 undifferentiated g	3.603		0	AS	1		3.062	5.404	
18:1 c g	3.134		2	AR	1		2.664	4.701	
18:1 t g	0.469		2	AR	1		0.398	0.703	
18:1-11 t (18:1t n-7) g									
20:1 g	0.023		2	AR	1		0.019	0.034	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.502		0	NC	4		0.427	0.753	
18:2 undifferentiated g	0.409		0	AS	1		0.348	0.613	
18:2 n-6 c,c g	0.310		2	AR	1		0.263	0.464	
18:2 CLAs g	0.049		2	AR	1		0.041	0.073	
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.051		2	AR	1		0.043	0.076	
18:3 undifferentiated g	0.016		0	AS	1		0.014	0.024	
18:3 n-3 c,c,c (ALA) g	0.016		2	AR	1		0.014	0.024	
18:3 n-6 c,c,c g									
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.003		2	AR	1		0.003	0.005	
20:3 undifferentiated g	0.016		0	AS	1		0.014	0.024	
20:3 n-3 g									
20:3 n-6 g	0.016		2	AR	1		0.014	0.024	
20:4 undifferentiated g	0.045		2	AR	1		0.038	0.067	
20:4 n-6 g									
20:5 n-3 (EPA) g	0.003		2	AR	1		0.003	0.005	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.010		2	AR	1		0.008	0.015	
22:6 n-3 (DHA) g	0.000		2	AR	1		0.000	0.000	
Fatty acids, total trans g	0.548		0	NC	4		0.465	0.821	
Fatty acids, total trans-monoenoic g	0.497		0	NC	4		0.422	0.745	
Fatty acids, total trans-polyenoic g	0.051		0	NC	4		0.043	0.076	
Cholesterol mg	85		0	BFSN	4		72	127	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.328		0	PAK	1		0.279	0.493	
Threonine g	1.407		0	PAK	1		1.196	2.110	
Isoleucine g	1.390		0	PAK	1		1.181	2.084	
Leucine g	2.595		0	PAK	1		2.206	3.892	

NDB No. 13447

Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.897		0	PAK	1		2.462	4.345	
Methionine g	0.809		0	PAK	1		0.688	1.214	
Cystine g	0.307		0	PAK	1		0.261	0.461	
Phenylalanine g	1.195		0	PAK	1		1.016	1.793	
Tyrosine g	1.123		0	PAK	1		0.954	1.684	
Valine g	1.485		0	PAK	1		1.262	2.228	
Arginine g	2.049		0	PAK	1		1.742	3.073	
Histidine g	1.146		0	PAK	1		0.974	1.719	
Alanine g	1.843		0	PAK	1		1.567	2.765	
Aspartic acid g	2.929		0	PAK	1		2.490	4.394	
Glutamic acid g	4.892		0	PAK	1		4.158	7.337	
Glycine g	1.450		0	PAK	1		1.233	2.175	
Proline g	1.352		0	PAK	1		1.149	2.027	
Serine g	1.241		0	PAK	1		1.055	1.862	
Hydroxyproline g	0.200		0	PAK	1		0.170	0.300	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 150g: 1 steak (yield from 186 g raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23341

Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw

Boneless Strip Steak, URMIS # 1404

Refuse: 9% Connective tissue 9%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	70.15	0.909	12	AR	1		59.63	188.00	
Energy kcal	151		0	NC	4		129	405	
Energy kJ	633		0	NC	4		538	1696	
Protein (N x 6.25) g	22.79	0.322	12	AR	1		19.37	61.07	
Total lipid (fat) g	6.67	0.795	12	AR	1		5.67	17.89	
Ash g	1.02	0.054	12	AR	1		0.87	2.74	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	14		1	AR	1		12	38	
Iron, Fe mg	1.73		1	AR	1		1.47	4.62	
Magnesium, Mg mg	12		1	AR	1		10	32	
Phosphorus, P mg	204		1	AR	1		174	548	
Potassium, K mg	279		1	AR	1		237	747	
Sodium, Na mg	46		1	AR	1		39	124	
Zinc, Zn mg	3.52		1	AR	1		2.99	9.44	
Copper, Cu mg	0.044		1	AR	1		0.037	0.117	
Manganese, Mn mg	0.002		1	AR	1		0.002	0.006	
Selenium, Se µg	21.4		1	AR	1		18.2	57.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.059		0	BFPN	4		0.050	0.157	
Riboflavin mg	0.213		2	AR	1		0.181	0.572	
Niacin mg	6.267		2	AR	1		5.327	16.796	
Pantothenic acid mg	0.391		0	BFPN	4		0.333	1.049	
Vitamin B-6 mg	0.552		2	AR	1		0.469	1.478	
Folate, total µg	4		0	BFPN	4		3	10	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	4		0	BFPN	4		3	10	
Folate, DFE µg	4		0	NC	4		3	10	
Choline, total mg	61.0		0	BFPN	4		51.8	163.4	
Betaine mg	9.9		0	BFPN	4		8.4	26.4	
Vitamin B-12 µg	1.85		2	AR	1		1.57	4.96	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	4		0	NC	4		3	10	
Retinol µg	4		0	BFSN	4		3	10	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	13		0	NC	4		11	34	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.20		2	AR	1		0.17	0.53	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.0	0.1	
Vitamin D IU	2		0	BFFN	4		2	6	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	4.1	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23341

Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.910		0	NR	4		2.474	7.799	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.006		2	AR	1		0.005	0.017	
12:0....g	0.006		2	AR	1		0.005	0.015	
13:0....g									
14:0....g	0.192		2	AR	1		0.164	0.516	
15:0....g	0.035		2	AR	1		0.030	0.094	
16:0....g	1.641		2	AR	1		1.395	4.398	
17:0....g	0.082		2	AR	1		0.070	0.219	
18:0....g	0.939		2	AR	1		0.798	2.516	
20:0....g	0.005		2	AR	1		0.004	0.013	
22:0....g									
24:0....g	0.004		2	AR	1		0.003	0.011	
Fatty acids, total monounsaturated....g	3.250		0	NR	4		2.763	8.710	
14:1....g	0.039		2	AR	1		0.033	0.104	
15:1....g									
16:1 undifferentiated....g	0.241		0	AS	1		0.205	0.645	
16:1 c....g	0.218		2	AR	1		0.186	0.586	
16:1 t....g	0.022		2	AR	1		0.019	0.060	
17:1....g	0.058		2	AR	1		0.049	0.155	
18:1 undifferentiated....g	2.898		0	AS	1		2.463	7.767	
18:1 c....g	2.553		2	AR	1		2.170	6.842	
18:1 t....g	0.345		2	AR	1		0.293	0.925	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.015		2	AR	1		0.012	0.039	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.420		0	NR	4		0.357	1.126	
18:2 undifferentiated....g	0.345		0	AS	1		0.293	0.924	
18:2 n-6 c,c....g	0.267		2	AR	1		0.227	0.715	
18:2 CLAs....g	0.034		2	AR	1		0.029	0.090	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.044		2	AR	1		0.038	0.119	
18:3 undifferentiated....g	0.012		0	AS	1		0.010	0.032	
18:3 n-3 c,c,c (ALA)....g	0.012		2	AR	1		0.010	0.032	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.002		2	AR	1		0.002	0.005	
20:3 undifferentiated....g	0.014		0	AS	1		0.012	0.039	
20:3 n-3....g									
20:3 n-6....g	0.014		2	AR	1		0.012	0.039	
20:4 undifferentiated....g	0.038		2	AR	1		0.033	0.103	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002		2	AR	1		0.002	0.005	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.009		2	AR	1		0.007	0.023	
22:6 n-3 (DHA)....g	0.000		2	AR	1		0.000	0.000	
Fatty acids, total trans....g	0.412		0	NR	4		0.350	1.104	
Fatty acids, total trans-monoenoic....g	0.367		0	NR	4		0.312	0.984	
Fatty acids, total trans-polyenoic....g	0.047		0	NC	4		0.040	0.125	
Cholesterol....mg	63		2	AR	1		53	168	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.255		0	AR	1		0.217	0.685	
Threonine....g	1.094		0	AR	1		0.930	2.933	
Isoleucine....g	1.081		0	AR	1		0.919	2.897	
Leucine....g	2.019		0	AR	1		1.716	5.410	

NDB No. 23341

Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.253		0	AR	1		1.915	6.039	
Methionine g	0.630		0	AR	1		0.535	1.688	
Cystine g	0.239		0	AR	1		0.203	0.641	
Phenylalanine g	0.930		0	AR	1		0.791	2.492	
Tyrosine g	0.874		0	AR	1		0.742	2.341	
Valine g	1.155		0	AR	1		0.982	3.097	
Arginine g	1.594		0	AR	1		1.355	4.272	
Histidine g	0.891		0	AR	1		0.758	2.389	
Alanine g	1.434		0	AR	1		1.219	3.843	
Aspartic acid g	2.279		0	AR	1		1.937	6.107	
Glutamic acid g	3.805		0	AR	1		3.235	10.198	
Glycine g	1.128		0	AR	1		0.959	3.023	
Proline g	1.051		0	AR	1		0.894	2.818	
Serine g	0.966		0	AR	1		0.821	2.588	
Hydroxyproline g	0.156		0	AR	1		0.132	0.417	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 268g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13448

Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled

Club Steak, Kansas City Strip, New York Strip

Refuse: 12% Connective tissue 8%, separable fat 4%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	61.74	0.305	36	AR	1		52.48	92.61	
Energy kcal	202		0	NC	4		172	303	
Energy kJ	845		0	NC	4		718	1268	
Protein (N x 6.25) g	29.53	0.184	36	AR	1		25.10	44.29	
Total lipid (fat) g	8.41	0.340	36	AR	1		7.15	12.62	
Ash g	1.15	0.021	36	AR	1		0.98	1.72	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	14		0	BFNN	4		12	21	
Iron, Fe mg	3.47		0	BFNN	4		2.95	5.20	
Magnesium, Mg mg	20		0	BFNN	4		17	29	
Phosphorus, P mg	275		0	BFNN	4		234	412	
Potassium, K mg	376		0	BFNN	4		320	565	
Sodium, Na mg	61		0	BFNN	4		52	91	
Zinc, Zn mg	4.52		0	BFNN	4		3.84	6.77	
Copper, Cu mg	0.098		0	BFNN	4		0.084	0.147	
Manganese, Mn mg	0.009		0	BFNN	4		0.008	0.014	
Selenium, Se µg	27.0		0	BFNN	4		22.9	40.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.071		0	BFPN	4		0.061	0.107	
Riboflavin mg	0.424		0	BFPN	4		0.360	0.636	
Niacin mg	5.996		0	BFPN	4		5.097	8.994	
Pantothenic acid mg	0.476		0	BFPN	4		0.405	0.714	
Vitamin B-6 mg	0.736		0	BFPN	4		0.625	1.104	
Folate, total µg	7		0	BFPN	4		6	11	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	7		0	BFPN	4		6	11	
Folate, DFE µg	7		0	NC	4		6	11	
Choline, total mg	74.6		0	BFPN	4		63.4	111.9	
Betaine mg	12.7		0	BFPN	4		10.8	19.0	
Vitamin B-12 µg	4.39		0	BFPN	4		3.73	6.59	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		1	3	
Retinol µg	2		0	BFSN	4		1	3	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	6		0	NC	4		5	8	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.33		0	BFFN	4		0.28	0.50	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.1	
Vitamin D IU	3		0	BFFN	4		3	5	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	2.4	
Dihydrophylloquinone µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4 µg									

NDB No. 13448

Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.413		0	NC	4		2.901	5.120	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.011	0.001	6	AR	1		0.009	0.016	
12:0....g	0.007	0.000	6	AR	1		0.006	0.011	
13:0....g									
14:0....g	0.236	0.016	6	AR	1		0.201	0.354	
15:0....g	0.037	0.002	6	AR	1		0.032	0.056	
16:0....g	1.990	0.141	6	AR	1		1.691	2.984	
17:0....g	0.097	0.004	6	AR	1		0.082	0.145	
18:0....g	1.026	0.053	6	AR	1		0.872	1.539	
20:0....g	0.008	0.001	6	AR	1		0.006	0.011	
22:0....g									
24:0....g	0.002	0.001	6	AR	1		0.002	0.003	
Fatty acids, total monounsaturated....g	3.875		0	NC	4		3.294	5.813	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.290		0	AS	1		0.247	0.435	
16:1 c....g	0.264	0.030	6	AR	1		0.225	0.396	
16:1 t....g	0.026	0.001	6	AR	1		0.022	0.039	
17:1....g	0.073	0.005	6	AR	1		0.062	0.109	
18:1 undifferentiated....g	3.489		0	AS	1		2.966	5.234	
18:1 c....g	3.122	0.210	6	AR	1		2.654	4.683	
18:1 t....g	0.368	0.020	6	AR	1		0.312	0.551	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.023	0.001	6	AR	1		0.019	0.034	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.479		0	NC	4		0.407	0.719	
18:2 undifferentiated....g	0.386		0	AS	1		0.328	0.579	
18:2 n-6 c,c....g	0.299	0.022	6	AR	1		0.254	0.448	
18:2 CLAs....g	0.044	0.004	6	AR	1		0.037	0.065	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.043	0.002	6	AR	1		0.037	0.065	
18:3 undifferentiated....g	0.014		0	AS	1		0.012	0.021	
18:3 n-3 c,c,c (ALA)....g	0.014	0.001	6	AR	1		0.012	0.021	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.003	0.000	6	AR	1		0.003	0.005	
20:3 undifferentiated....g	0.016		0	AS	1		0.014	0.025	
20:3 n-3....g									
20:3 n-6....g	0.016	0.000	6	AR	1		0.014	0.025	
20:4 undifferentiated....g	0.046	0.002	6	AR	1		0.039	0.069	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003	0.000	6	AR	1		0.003	0.005	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.011	0.001	6	AR	1		0.009	0.016	
22:6 n-3 (DHA)....g	0.000		6	AR	1		0.000	0.000	
Fatty acids, total trans....g	0.437		0	NC	4		0.371	0.655	
Fatty acids, total trans-monoenoic....g	0.394		0	NC	4		0.334	0.590	
Fatty acids, total trans-polyenoic....g	0.043		0	NC	4		0.037	0.065	
Cholesterol....mg	91		0	BFSN	4		77	136	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.362		0	AR	1		0.308	0.543	
Threonine....g	1.517		0	AR	1		1.290	2.276	
Isoleucine....g	1.505		0	AR	1		1.279	2.258	
Leucine....g	2.777		0	AR	1		2.361	4.166	

NDB No. 13448

Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	3.103		0	AR	1		2.638	4.655	
Methionine....g	0.857		0	AR	1		0.729	1.286	
Cystine....g	0.324		0	AR	1		0.275	0.486	
Phenylalanine....g	1.286		0	AR	1		1.093	1.929	
Tyrosine....g	1.205		0	AR	1		1.024	1.808	
Valine....g	1.591		0	AR	1		1.352	2.386	
Arginine....g	2.165		0	AR	1		1.840	3.248	
Histidine....g	1.198		0	AR	1		1.018	1.797	
Alanine....g	1.927		0	AR	1		1.638	2.890	
Aspartic acid....g	3.118		0	AR	1		2.650	4.677	
Glutamic acid....g	5.264		0	AR	1		4.474	7.895	
Glycine....g	1.391		0	AR	1		1.182	2.086	
Proline....g	1.355		0	AR	1		1.152	2.033	
Serine....g	1.310		0	AR	1		1.114	1.965	
Hydroxyproline....g	0.149		0	BFPN	4		0.127	0.224	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 150g: 1 steak, excluding refuse (yield from 1 raw steak, with refuse, weighing 223 g)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23369

Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw

Boneless Strip Steak, Club Steak, Kansas City Strip, New York Strip

Refuse: 13% Connective tissue 8%, separable fat 5%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	70.63	0.666	36	AR	1		60.04	188.59	
Energy kcal	143		0	NC	4		122	383	
Energy kJ	600		0	NC	4		510	1602	
Protein (N x 6.25) g	23.07	0.355	36	AR	1		19.61	61.61	
Total lipid (fat) g	5.67	0.529	36	AR	1		4.82	15.13	
Ash g	1.02	0.053	36	AR	1		0.87	2.73	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	15		3	AR	1		12	39	
Iron, Fe mg	1.84		3	AR	1		1.57	4.92	
Magnesium, Mg mg	12		3	AR	1		10	31	
Phosphorus, P mg	207		3	AR	1		176	553	
Potassium, K mg	284		3	AR	1		241	758	
Sodium, Na mg	46		3	AR	1		39	122	
Zinc, Zn mg	3.72		3	AR	1		3.16	9.94	
Copper, Cu mg	0.044		3	AR	1		0.037	0.117	
Manganese, Mn mg	0.002		3	AR	1		0.002	0.005	
Selenium, Se µg	21.5		3	AR	1		18.3	57.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.056		2	AR	1		0.047	0.149	
Riboflavin mg	0.211	0.009	6	AR	1		0.179	0.563	
Niacin mg	6.742	0.241	6	AR	1		5.731	18.001	
Pantothenic acid mg	0.372		2	AR	1		0.316	0.993	
Vitamin B-6 mg	0.578	0.023	6	AR	1		0.491	1.544	
Folate, total µg	4		0	BFPN	4		3	10	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	4		0	BFPN	4		3	10	
Folate, DFE µg	4		0	NC	4		3	10	
Choline, total mg	58.3		2	AR	1		49.5	155.6	
Betaine mg	9.9		2	AR	1		8.4	26.5	
Vitamin B-12 µg	1.78	0.095	6	AR	1		1.51	4.75	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		2	5	
Retinol µg	2		0	BFSN	4		2	5	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	7		0	NC	4		6	18	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.22	0.008	6	AR	1		0.19	0.60	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.2	
Vitamin D IU	2		0	BFFN	4		2	7	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	4.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23369

Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated g	2.345		0	NC	4		1.993	6.260	
4:0 g	0.000		0	Z	7		0.000	0.000	
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.006	0.000	6	AR	1		0.005	0.016	
12:0 g	0.005	0.000	6	AR	1		0.004	0.014	
13:0 g									
14:0 g	0.152	0.014	6	AR	1		0.129	0.405	
15:0 g	0.026	0.002	6	AR	1		0.022	0.069	
16:0 g	1.360	0.118	6	AR	1		1.156	3.631	
17:0 g	0.065	0.004	6	AR	1		0.056	0.175	
18:0 g	0.723	0.045	6	AR	1		0.614	1.930	
20:0 g	0.004	0.000	6	AR	1		0.003	0.009	
22:0 g									
24:0 g	0.004	0.002	6	AR	1		0.004	0.012	
Fatty acids, total monounsaturated g	2.711		0	NC	4		2.304	7.237	
14:1 g	0.031	0.006	6	AR	1		0.026	0.083	
15:1 g									
16:1 undifferentiated g	0.200		0	AS	1		0.170	0.534	
16:1 c g	0.184	0.020	6	AR	1		0.157	0.492	
16:1 t g	0.016	0.002	6	AR	1		0.013	0.041	
17:1 g	0.050	0.004	6	AR	1		0.042	0.133	
18:1 undifferentiated g	2.420		0	AS	1		2.057	6.461	
18:1 c g	2.168	0.168	6	AR	1		1.843	5.789	
18:1 t g	0.252	0.016	6	AR	1		0.214	0.672	
18:1-11 t (18:1t n-7) g									
20:1 g	0.010	0.001	6	AR	1		0.008	0.026	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.381		0	NC	4		0.324	1.016	
18:2 undifferentiated g	0.300		0	AS	1		0.255	0.802	
18:2 n-6 c,c g	0.247	0.024	6	AR	1		0.210	0.659	
18:2 CLAs g	0.022	0.003	6	AR	1		0.019	0.059	
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.032	0.003	6	AR	1		0.027	0.084	
18:3 undifferentiated g	0.009		0	AS	1		0.008	0.024	
18:3 n-3 c,c,c (ALA) g	0.009	0.001	6	AR	1		0.008	0.024	
18:3 n-6 c,c,c g									
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.001	0.000	6	AR	1		0.001	0.003	
20:3 undifferentiated g	0.014		0	AS	1		0.012	0.036	
20:3 n-3 g									
20:3 n-6 g	0.014	0.001	6	AR	1		0.012	0.036	
20:4 undifferentiated g	0.046	0.006	6	AR	1		0.039	0.122	
20:4 n-6 g									
20:5 n-3 (EPA) g	0.002	0.000	6	AR	1		0.002	0.006	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.008	0.000	6	AR	1		0.007	0.022	
22:6 n-3 (DHA) g	0.000	0.000	6	AR	1		0.000	0.000	
Fatty acids, total trans g	0.299		0	NC	4		0.254	0.798	
Fatty acids, total trans-monoenoic g	0.267		0	NC	4		0.227	0.714	
Fatty acids, total trans-polyenoic g	0.032		0	NC	4		0.027	0.084	
Cholesterol mg	60	1.379	6	AR	1		51	159	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.283		0	AR	1		0.240	0.755	
Threonine g	1.186		0	AR	1		1.008	3.166	
Isoleucine g	1.176		0	AR	1		1.000	3.141	
Leucine g	2.170		0	AR	1		1.845	5.794	

NDB No. 23369

Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.425		0	AR	1		2.061	6.475	
Methionine g	0.670		0	AR	1		0.570	1.789	
Cystine g	0.253		0	AR	1		0.215	0.676	
Phenylalanine g	1.005		0	AR	1		0.854	2.683	
Tyrosine g	0.942		0	AR	1		0.800	2.514	
Valine g	1.243		0	AR	1		1.057	3.319	
Arginine g	1.692		0	AR	1		1.438	4.517	
Histidine g	0.936		0	AR	1		0.796	2.500	
Alanine g	1.506		0	AR	1		1.280	4.020	
Aspartic acid g	2.436		0	AR	1		2.071	6.505	
Glutamic acid g	4.113		0	AR	1		3.496	10.982	
Glycine g	1.087		0	AR	1		0.924	2.902	
Proline g	1.059		0	AR	1		0.900	2.828	
Serine g	1.024		0	AR	1		0.870	2.733	
Hydroxyproline g	0.117		0	AR	1		0.099	0.311	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 267g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13449

Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled

Club Steak, Kansas City Strip, New York Strip, URMIS # 2219

Refuse: 12% Connective tissue 7%, separable fat 5%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	60.74	0.380	24	AR	1		51.63	99.61	
Energy kcal	211		0	NC	4		179	346	
Energy kJ	882		0	NC	4		750	1446	
Protein (N x 6.25) g	29.22	0.230	24	AR	1		24.84	47.93	
Total lipid (fat) g	9.52	0.393	24	AR	1		8.09	15.62	
Ash g	1.14	0.023	24	AR	1		0.97	1.86	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	14		0	BFNN	4		12	23	
Iron, Fe mg	3.38		0	BFNN	4		2.88	5.55	
Magnesium, Mg mg	19		0	BFNN	4		16	31	
Phosphorus, P mg	268		0	BFNN	4		228	440	
Potassium, K mg	367		0	BFNN	4		312	602	
Sodium, Na mg	59		0	BFNN	4		50	97	
Zinc, Zn mg	4.41		0	BFNN	4		3.75	7.23	
Copper, Cu mg	0.096		0	BFNN	4		0.082	0.157	
Manganese, Mn mg	0.009		0	BFNN	4		0.008	0.015	
Selenium, Se µg	26.3		0	BFNN	4		22.4	43.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.067		0	BFPN	4		0.057	0.109	
Riboflavin mg	0.415		0	BFPN	4		0.353	0.681	
Niacin mg	5.871		0	BFPN	4		4.991	9.629	
Pantothenic acid mg	0.454		0	BFPN	4		0.386	0.745	
Vitamin B-6 mg	0.721		0	BFPN	4		0.612	1.182	
Folate, total µg	7		0	BFPN	4		6	12	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	7		0	BFPN	4		6	12	
Folate, DFE µg	7		0	NC	4		6	12	
Choline, total mg	71.0		0	BFPN	4		60.4	116.5	
Betaine mg	12.6		0	BFPN	4		10.7	20.6	
Vitamin B-12 µg	4.30		0	BFPN	4		3.65	7.05	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	1		0	NC	4		1	2	
Retinol µg	1		0	BFSN	4		1	2	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	4		0	NC	4		4	7	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.29		0	BFFN	4		0.25	0.48	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.1	
Vitamin D IU	3		0	BFFN	4		2	5	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	2.6	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13449

Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.899		0	NC	4		3.314	6.395	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.012	0.001	4	AR	1		0.010	0.020	
12:0....g	0.008	0.000	4	AR	1		0.007	0.013	
13:0....g									
14:0....g	0.271	0.020	4	AR	1		0.231	0.445	
15:0....g	0.042	0.003	4	AR	1		0.035	0.068	
16:0....g	2.295	0.175	4	AR	1		1.951	3.764	
17:0....g	0.107	0.005	4	AR	1		0.091	0.176	
18:0....g	1.153	0.066	4	AR	1		0.980	1.891	
20:0....g	0.009	0.001	4	AR	1		0.007	0.014	
22:0....g									
24:0....g	0.002	0.002	4	AR	1		0.002	0.004	
Fatty acids, total monounsaturated....g	4.499		0	NC	4		3.824	7.378	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.340		0	AS	1		0.289	0.558	
16:1 c....g	0.311	0.037	4	AR	1		0.264	0.510	
16:1 t....g	0.030	0.002	4	AR	1		0.025	0.048	
17:1....g	0.084	0.007	4	AR	1		0.071	0.137	
18:1 undifferentiated....g	4.048		0	AS	1		3.441	6.639	
18:1 c....g	3.654	0.261	4	AR	1		3.106	5.993	
18:1 t....g	0.394	0.025	4	AR	1		0.335	0.646	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.027	0.001	4	AR	1		0.023	0.043	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.522		0	NC	4		0.444	0.856	
18:2 undifferentiated....g	0.425		0	AS	1		0.361	0.697	
18:2 n-6 c,c....g	0.327	0.028	4	AR	1		0.278	0.537	
18:2 CLAs....g	0.049	0.005	4	AR	1		0.042	0.081	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.048	0.002	4	AR	1		0.041	0.079	
18:3 undifferentiated....g	0.015		0	AS	1		0.013	0.025	
18:3 n-3 c,c,c (ALA)....g	0.015	0.001	4	AR	1		0.013	0.025	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.003	0.000	4	AR	1		0.003	0.005	
20:3 undifferentiated....g	0.017		0	AS	1		0.015	0.028	
20:3 n-3....g									
20:3 n-6....g	0.017	0.000	4	AR	1		0.015	0.028	
20:4 undifferentiated....g	0.047	0.002	4	AR	1		0.040	0.076	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.004	0.001	4	AR	1		0.003	0.006	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.012	0.001	4	AR	1		0.010	0.019	
22:6 n-3 (DHA)....g	0.000		4	AR	1		0.000	0.000	
Fatty acids, total trans....g	0.472		0	NC	4		0.401	0.774	
Fatty acids, total trans-monoenoic....g	0.424		0	NC	4		0.360	0.695	
Fatty acids, total trans-polyenoic....g	0.048		0	NC	4		0.041	0.079	
Cholesterol....mg	87		0	BFSN	4		74	143	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.342		0	A	1		0.291	0.561	
Threonine....g	1.420		0	A	1		1.207	2.328	
Isoleucine....g	1.413		0	A	1		1.201	2.317	
Leucine....g	2.589		0	A	1		2.201	4.246	

NDB No. 13449

Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	2.883		0	A	1		2.450	4.728	
Methionine....g	0.802		0	A	1		0.682	1.316	
Cystine....g	0.301		0	A	1		0.256	0.493	
Phenylalanine....g	1.203		0	A	1		1.023	1.973	
Tyrosine....g	1.126		0	A	1		0.957	1.846	
Valine....g	1.495		0	A	1		1.271	2.452	
Arginine....g	2.017		0	A	1		1.714	3.308	
Histidine....g	1.105		0	A	1		0.939	1.813	
Alanine....g	1.803		0	A	1		1.532	2.956	
Aspartic acid....g	2.906		0	A	1		2.470	4.765	
Glutamic acid....g	4.927		0	A	1		4.188	8.081	
Glycine....g	1.299		0	A	1		1.104	2.130	
Proline....g	1.260		0	A	1		1.071	2.067	
Serine....g	1.222		0	A	1		1.038	2.003	
Hydroxyproline....g	0.146		0	A	1		0.124	0.239	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 164g: 1 steak (yield from 203 g raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23370

Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw

Boneless Strip Steak, Club Steak, Kansas City Strip, New York Strip, URMIS # 2219

Refuse: 14% Connective tissue 8%, separable fat 6%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	69.94	0.681	24	AR	1		59.45	186.04	19.58
Energy kcal	149		0	NC	4		126	396	42
Energy kJ	622		0	NC	4		529	1655	174
Protein (N x 6.25) g	22.93	0.363	24	AR	1		19.49	60.98	6.42
Total lipid (fat) g	6.34	0.562	24	AR	1		5.39	16.86	1.77
Ash g	1.01	0.053	24	AR	1		0.86	2.69	0.28
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	0.00
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total g	0.00		0	Z	7		0.00	0.00	0.00
Starch g									
Minerals:									
Calcium, Ca mg	15		2	AR	1		13	40	4
Iron, Fe mg	1.93		2	AR	1		1.64	5.14	0.54
Magnesium, Mg mg	11		2	AR	1		10	30	3
Phosphorus, P mg	205		2	AR	1		174	546	57
Potassium, K mg	283		2	AR	1		241	754	79
Sodium, Na mg	46		2	AR	1		39	122	13
Zinc, Zn mg	3.79		2	AR	1		3.22	10.08	1.06
Copper, Cu mg	0.042		2	AR	1		0.036	0.111	0.012
Manganese, Mn mg	0.002		2	AR	1		0.001	0.005	0.000
Selenium, Se µg	21.0		2	AR	1		17.8	55.8	5.9
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.053		1	AR	1		0.045	0.141	0.015
Riboflavin mg	0.205	0.011	4	AR	1		0.174	0.545	0.057
Niacin mg	6.947	0.299	4	AR	1		5.905	18.478	1.945
Pantothenic acid mg	0.360		1	AR	1		0.306	0.958	0.101
Vitamin B-6 mg	0.589	0.028	4	AR	1		0.500	1.565	0.165
Folate, total µg	4		0	BFPN	4		3	10	1
Folic acid µg	0		0	BFPN	4		0	0	0
Folate, food µg	4		0	BFPN	4		3	10	1
Folate, DFE µg	4		0	NC	4		3	10	1
Choline, total mg	56.3		1	AR	1		47.9	149.8	15.8
Betaine mg	10.0		1	AR	1		8.5	26.5	2.8
Vitamin B-12 µg	1.71	0.118	4	AR	1		1.45	4.55	0.48
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	2		0	NC	4		2	5	1
Retinol µg	2		0	BFSN	4		2	5	1
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	6		0	NC	4		5	17	2
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.24	0.009	4	AR	1		0.21	0.64	0.07
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.2	0.0
Vitamin D IU	3		0	BFFN	4		2	7	1
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	4.0	0.4
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23370

Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.515		0	NC	4		2.137	6.689	0.704
4:0....g	0.000		0	Z	7		0.000	0.000	0.000
6:0....g	0.000		0	Z	7		0.000	0.000	0.000
8:0....g	0.000		0	Z	7		0.000	0.000	0.000
10:0....g	0.006	0.001	4	AR	1		0.005	0.017	0.002
12:0....g	0.006	0.000	4	AR	1		0.005	0.015	0.002
13:0....g									
14:0....g	0.164	0.017	4	AR	1		0.140	0.437	0.046
15:0....g	0.026	0.003	4	AR	1		0.022	0.070	0.007
16:0....g	1.467	0.147	4	AR	1		1.247	3.903	0.411
17:0....g	0.070	0.005	4	AR	1		0.059	0.185	0.020
18:0....g	0.766	0.056	4	AR	1		0.651	2.038	0.215
20:0....g	0.004	0.001	4	AR	1		0.003	0.010	0.001
22:0....g									
24:0....g	0.005	0.002	4	AR	1		0.004	0.013	0.001
Fatty acids, total monounsaturated....g	2.948		0	NC	4		2.506	7.842	0.826
14:1....g	0.038	0.007	4	AR	1		0.032	0.101	0.011
15:1....g									
16:1 undifferentiated....g	0.221		0	AS	1		0.188	0.587	0.062
16:1 c....g	0.205	0.025	4	AR	1		0.175	0.546	0.057
16:1 t....g	0.015	0.003	4	AR	1		0.013	0.041	0.004
17:1....g	0.054	0.004	4	AR	1		0.046	0.145	0.015
18:1 undifferentiated....g	2.625		0	AS	1		2.231	6.983	0.735
18:1 c....g	2.363	0.209	4	AR	1		2.009	6.286	0.662
18:1 t....g	0.262	0.020	4	AR	1		0.222	0.696	0.073
18:1-11 t (18:1t n-7)....g									
20:1....g	0.010	0.002	4	AR	1		0.009	0.028	0.003
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.393		0	NC	4		0.334	1.045	0.110
18:2 undifferentiated....g	0.309		0	AS	1		0.262	0.821	0.086
18:2 n-6 c,c....g	0.257	0.030	4	AR	1		0.218	0.682	0.072
18:2 CLAs....g	0.022	0.003	4	AR	1		0.019	0.058	0.006
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.030	0.004	4	AR	1		0.026	0.081	0.009
18:3 undifferentiated....g	0.009		0	AS	1		0.008	0.025	0.003
18:3 n-3 c,c,c (ALA)....g	0.009	0.002	4	AR	1		0.008	0.025	0.003
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c....g	0.001	0.000	4	AR	1		0.001	0.003	0.000
20:3 undifferentiated....g	0.013		0	AS	1		0.011	0.035	0.004
20:3 n-3....g									
20:3 n-6....g	0.013	0.001	4	AR	1		0.011	0.035	0.004
20:4 undifferentiated....g	0.049	0.008	4	AR	1		0.042	0.131	0.014
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003	0.001	4	AR	1		0.002	0.007	0.001
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.008	0.001	4	AR	1		0.007	0.022	0.002
22:6 n-3 (DHA)....g	0.000	0.000	4	AR	1		0.000	0.001	0.000
Fatty acids, total trans....g	0.307		0	NC	4		0.261	0.818	0.086
Fatty acids, total trans-monoenoic....g	0.277		0	NC	4		0.235	0.737	0.078
Fatty acids, total trans-polyenoic....g	0.030		0	NC	4		0.026	0.081	0.009
Cholesterol....mg	58	1.713	4	AR	1		49	155	16
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.271		0	AR	1		0.230	0.721	0.076
Threonine....g	1.126		0	AR	1		0.957	2.995	0.315
Isoleucine....g	1.120		0	AR	1		0.952	2.980	0.314
Leucine....g	2.053		0	AR	1		1.745	5.460	0.575

NDB No. 23370

Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.286		0	AR	1		1.943	6.081	0.640
Methionine g	0.636		0	AR	1		0.541	1.692	0.178
Cystine g	0.239		0	AR	1		0.203	0.634	0.067
Phenylalanine g	0.954		0	AR	1		0.811	2.538	0.267
Tyrosine g	0.893		0	AR	1		0.759	2.374	0.250
Valine g	1.185		0	AR	1		1.008	3.153	0.332
Arginine g	1.599		0	AR	1		1.359	4.254	0.448
Histidine g	0.876		0	AR	1		0.745	2.331	0.245
Alanine g	1.429		0	AR	1		1.215	3.802	0.400
Aspartic acid g	2.304		0	AR	1		1.958	6.129	0.645
Glutamic acid g	3.907		0	AR	1		3.321	10.392	1.094
Glycine g	1.030		0	AR	1		0.876	2.740	0.288
Proline g	0.999		0	AR	1		0.849	2.658	0.280
Serine g	0.969		0	AR	1		0.823	2.576	0.271
Hydroxyproline g	0.116		0	AR	1		0.098	0.308	0.032
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 266g: 1 steak

Measure 3 = 28g: 1 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13450

Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled

Club Steak, Kansas City Strip, New York Strip, URMIS # 1404

Refuse: 13% Connective tissue 9%, separable fat 4%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	63.25	0.507	12	AR	1		53.76	94.88	
Energy kcal	189		0	NC	4		161	283	
Energy kJ	790		0	NC	4		672	1185	
Protein (N x 6.25) g	29.99	0.306	12	AR	1		25.49	44.98	
Total lipid (fat) g	6.74	0.491	12	AR	1		5.73	10.12	
Ash g	1.17	0.027	12	AR	1		0.99	1.75	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	14		0	BFNN	4		12	21	
Iron, Fe mg	3.25		0	BFNN	4		2.76	4.87	
Magnesium, Mg mg	15		0	BFNN	4		12	22	
Phosphorus, P mg	277		0	BFNN	4		235	415	
Potassium, K mg	375		0	BFNN	4		319	563	
Sodium, Na mg	58		0	BFNN	4		49	86	
Zinc, Zn mg	3.95		0	BFNN	4		3.36	5.92	
Copper, Cu mg	0.104		0	BFNN	4		0.088	0.156	
Manganese, Mn mg	0.009		0	BFNN	4		0.008	0.014	
Selenium, Se µg	27.1		0	BFNN	4		23.0	40.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.076		0	BFPN	4		0.065	0.114	
Riboflavin mg	0.430		0	BFPN	4		0.365	0.644	
Niacin mg	6.187		0	BFPN	4		5.259	9.280	
Pantothenic acid mg	0.495		0	BFPN	4		0.421	0.743	
Vitamin B-6 mg	0.719		0	BFPN	4		0.611	1.079	
Folate, total µg	7		0	BFPN	4		6	11	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	7		0	BFPN	4		6	11	
Folate, DFE µg	7		0	NC	4		6	11	
Choline, total mg	77.8		0	BFPN	4		66.1	116.7	
Betaine mg	12.5		0	BFPN	4		10.7	18.8	
Vitamin B-12 µg	4.52		0	BFPN	4		3.84	6.78	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		2	3	
Retinol µg	2		0	BFSN	4		2	3	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	6		0	NC	4		5	10	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.22		0	BFFN	4		0.19	0.33	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.0	0.1	
Vitamin D IU	2		0	BFFN	4		2	3	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	2.4	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13450

Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.685		0	NC	4		2.282	4.028	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.009		2	AR	1		0.008	0.014	
12:0....g	0.006		2	AR	1		0.005	0.008	
13:0....g									
14:0....g	0.183		2	AR	1		0.156	0.275	
15:0....g	0.031		2	AR	1		0.026	0.046	
16:0....g	1.531		2	AR	1		1.302	2.297	
17:0....g	0.081		2	AR	1		0.069	0.121	
18:0....g	0.836		2	AR	1		0.711	1.254	
20:0....g	0.007		2	AR	1		0.006	0.010	
22:0....g									
24:0....g	0.002		2	AR	1		0.001	0.002	
Fatty acids, total monounsaturated....g	2.940		0	NC	4		2.499	4.410	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.215		0	AS	1		0.183	0.323	
16:1 c....g	0.194		2	AR	1		0.165	0.291	
16:1 t....g	0.021		2	AR	1		0.018	0.031	
17:1....g	0.057		2	AR	1		0.048	0.086	
18:1 undifferentiated....g	2.651		0	AS	1		2.254	3.977	
18:1 c....g	2.324		2	AR	1		1.975	3.485	
18:1 t....g	0.328		2	AR	1		0.278	0.491	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.017		2	AR	1		0.014	0.025	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.415		0	NC	4		0.353	0.623	
18:2 undifferentiated....g	0.328		0	AS	1		0.279	0.492	
18:2 n-6 c,c....g	0.256		2	AR	1		0.218	0.384	
18:2 CLAs....g	0.035		2	AR	1		0.030	0.053	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.037		2	AR	1		0.031	0.055	
18:3 undifferentiated....g	0.012		0	AS	1		0.010	0.018	
18:3 n-3 c,c,c (ALA)....g	0.012		2	AR	1		0.010	0.018	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.002		2	AR	1		0.002	0.004	
20:3 undifferentiated....g	0.015		0	AS	1		0.013	0.023	
20:3 n-3....g									
20:3 n-6....g	0.015		2	AR	1		0.013	0.023	
20:4 undifferentiated....g	0.045		2	AR	1		0.038	0.067	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003		2	AR	1		0.003	0.005	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.010		2	AR	1		0.008	0.015	
22:6 n-3 (DHA)....g	0.000		2	AR	1		0.000	0.000	
Fatty acids, total trans....g	0.385		0	NC	4		0.327	0.578	
Fatty acids, total trans-monoenoic....g	0.348		0	NC	4		0.296	0.523	
Fatty acids, total trans-polyenoic....g	0.037		0	NC	4		0.031	0.055	
Cholesterol....mg	86		0	BFSN	4		73	130	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.386		0	A	1		0.328	0.579	
Threonine....g	1.647		0	A	1		1.400	2.471	
Isoleucine....g	1.633		0	A	1		1.388	2.449	
Leucine....g	3.043		0	A	1		2.586	4.564	

NDB No. 13450

Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	3.414		0	A	1		2.902	5.120	
Methionine g	0.935		0	A	1		0.795	1.403	
Cystine g	0.356		0	A	1		0.303	0.534	
Phenylalanine g	1.395		0	A	1		1.186	2.093	
Tyrosine g	1.321		0	A	1		1.123	1.981	
Valine g	1.722		0	A	1		1.463	2.582	
Arginine g	2.375		0	A	1		2.018	3.562	
Histidine g	1.336		0	A	1		1.135	2.004	
Alanine g	2.093		0	A	1		1.779	3.139	
Aspartic acid g	3.414		0	A	1		2.902	5.120	
Glutamic acid g	5.729		0	A	1		4.870	8.593	
Glycine g	1.514		0	A	1		1.287	2.271	
Proline g	1.499		0	A	1		1.274	2.248	
Serine g	1.440		0	A	1		1.224	2.159	
Hydroxyproline g	0.149		0	BFPN	4		0.127	0.224	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 150g: 1 steak (yield from 186 g raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23371

Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw

Boneless Strip Steak, Club Steak, Kansas City Strip, New York Strip, URMIS # 1404

Refuse: 12% Connective tissue 8%, separable fat 4%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	71.68	0.714	12	AR	1		60.92	192.09	
Energy kcal	135		0	NC	4		115	362	
Energy kJ	565		0	NC	4		480	1514	
Protein (N x 6.25) g	23.30	0.382	12	AR	1		19.80	62.44	
Total lipid (fat) g	4.66	0.629	12	AR	1		3.96	12.49	
Ash g	1.04	0.054	12	AR	1		0.89	2.80	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	14		1	AR	1		12	38	
Iron, Fe mg	1.73		1	AR	1		1.47	4.64	
Magnesium, Mg mg	12		1	AR	1		10	33	
Phosphorus, P mg	210		1	AR	1		179	563	
Potassium, K mg	288		1	AR	1		244	771	
Sodium, Na mg	47		1	AR	1		40	125	
Zinc, Zn mg	3.64		1	AR	1		3.09	9.75	
Copper, Cu mg	0.045		1	AR	1		0.038	0.121	
Manganese, Mn mg	0.002		1	AR	1		0.002	0.006	
Selenium, Se µg	22.0		1	AR	1		18.7	59.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.060		1	AR	1		0.051	0.161	
Riboflavin mg	0.220		2	AR	1		0.187	0.589	
Niacin mg	6.435		2	AR	1		5.470	17.246	
Pantothenic acid mg	0.390		1	AR	1		0.331	1.045	
Vitamin B-6 mg	0.563		2	AR	1		0.479	1.509	
Folate, total µg	4		0	BFPN	4		3	10	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	4		0	BFPN	4		3	10	
Folate, DFE µg	4		0	NC	4		3	10	
Choline, total mg	61.3		1	AR	1		52.1	164.2	
Betaine mg	9.9		1	AR	1		8.4	26.5	
Vitamin B-12 µg	1.88		2	AR	1		1.60	5.05	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		2	6	
Retinol µg	2		0	BFSN	4		2	6	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	7		0	NC	4		6	20	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.20		2	AR	1		0.17	0.53	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.0	0.2	
Vitamin D IU	2		0	BFFN	4		2	6	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	4.1	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23371

Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.824		0	NC	4		1.550	4.888	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.005		2	AR	1		0.004	0.013	
12:0....g	0.004		2	AR	1		0.003	0.010	
13:0....g									
14:0....g	0.115		2	AR	1		0.098	0.308	
15:0....g	0.022		2	AR	1		0.019	0.059	
16:0....g	1.046		2	AR	1		0.889	2.804	
17:0....g	0.052		2	AR	1		0.044	0.139	
18:0....g	0.574		2	AR	1		0.488	1.539	
20:0....g	0.003		2	AR	1		0.002	0.007	
22:0....g									
24:0....g	0.003		2	AR	1		0.003	0.009	
Fatty acids, total monounsaturated....g	2.055		0	NC	4		1.747	5.507	
14:1....g	0.018		2	AR	1		0.015	0.049	
15:1....g									
16:1 undifferentiated....g	0.147		0	AS	1		0.125	0.395	
16:1 c....g	0.133		2	AR	1		0.113	0.358	
16:1 t....g	0.014		2	AR	1		0.012	0.038	
17:1....g	0.037		2	AR	1		0.032	0.100	
18:1 undifferentiated....g	1.844		0	AS	1		1.568	4.942	
18:1 c....g	1.637		2	AR	1		1.392	4.388	
18:1 t....g	0.207		2	AR	1		0.176	0.555	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.008		2	AR	1		0.007	0.021	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.317		0	NC	4		0.270	0.850	
18:2 undifferentiated....g	0.252		0	AS	1		0.214	0.675	
18:2 n-6 c,c....g	0.203		2	AR	1		0.173	0.545	
18:2 CLAs....g	0.019		2	AR	1		0.016	0.052	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.029		2	AR	1		0.025	0.078	
18:3 undifferentiated....g	0.007		0	AS	1		0.006	0.019	
18:3 n-3 c,c,c (ALA)....g	0.007		2	AR	1		0.006	0.019	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.001		2	AR	1		0.001	0.003	
20:3 undifferentiated....g	0.012		0	AS	1		0.011	0.033	
20:3 n-3....g									
20:3 n-6....g	0.012		2	AR	1		0.011	0.033	
20:4 undifferentiated....g	0.035		2	AR	1		0.030	0.095	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002		2	AR	1		0.001	0.005	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.008		2	AR	1		0.006	0.020	
22:6 n-3 (DHA)....g	0.000		2	AR	1		0.000	0.000	
Fatty acids, total trans....g	0.250		0	NC	4		0.213	0.671	
Fatty acids, total trans-monoenoic....g	0.221		0	NC	4		0.188	0.592	
Fatty acids, total trans-polyenoic....g	0.029		0	NC	4		0.025	0.078	
Cholesterol....mg	62		2	AR	1		53	166	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.304		0	AR	1		0.258	0.814	
Threonine....g	1.297		0	AR	1		1.103	3.476	
Isoleucine....g	1.285		0	AR	1		1.093	3.445	
Leucine....g	2.396		0	AR	1		2.036	6.420	

NDB No. 23371

Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.688		0	AR	1		2.285	7.203	
Methionine g	0.736		0	AR	1		0.626	1.973	
Cystine g	0.280		0	AR	1		0.238	0.752	
Phenylalanine g	1.098		0	AR	1		0.934	2.944	
Tyrosine g	1.040		0	AR	1		0.884	2.787	
Valine g	1.356		0	AR	1		1.152	3.633	
Arginine g	1.870		0	AR	1		1.589	5.011	
Histidine g	1.052		0	AR	1		0.894	2.819	
Alanine g	1.648		0	AR	1		1.401	4.416	
Aspartic acid g	2.688		0	AR	1		2.285	7.203	
Glutamic acid g	4.511		0	AR	1		3.834	12.089	
Glycine g	1.192		0	AR	1		1.013	3.194	
Proline g	1.180		0	AR	1		1.003	3.163	
Serine g	1.134		0	AR	1		0.964	3.038	
Hydroxyproline g	0.118		0	AR	1		0.100	0.315	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 268g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23391

Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled

Boneless Strip Steak, Club Steak, Kansas City Strip, New York Strip

Refuse: 8% Connective tissue 8%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	55.99	1.048	36	AR	1		47.59	131.58	
Energy kcal	264		0	NC	4		224	620	
Energy kJ	1104		0	NC	4		938	2594	
Protein (N x 6.25) g	26.18	0.190	36	AR	1		22.26	61.53	
Total lipid (fat) g	17.69	0.458	36	AR	1		15.04	41.57	
Ash g	1.06	0.022	36	AR	1		0.90	2.48	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	14		3	AR	1		12	33	
Iron, Fe mg	2.48		3	AR	1		2.11	5.84	
Magnesium, Mg mg	20		3	AR	1		17	47	
Phosphorus, P mg	216		3	AR	1		183	507	
Potassium, K mg	265		3	AR	1		225	623	
Sodium, Na mg	52		3	AR	1		44	122	
Zinc, Zn mg	4.16		3	AR	1		3.54	9.78	
Copper, Cu mg	0.067		3	AR	1		0.057	0.157	
Manganese, Mn mg	0.003		3	AR	1		0.003	0.007	
Selenium, Se µg	24.8		3	AR	1		21.1	58.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.058		2	AR	1		0.050	0.137	
Riboflavin mg	0.200	0.003	6	AR	1		0.170	0.470	
Niacin mg	6.644	0.168	6	AR	1		5.647	15.613	
Pantothenic acid mg	0.338		2	AR	1		0.287	0.795	
Vitamin B-6 mg	0.650	0.011	6	AR	1		0.553	1.528	
Folate, total µg	6		0	BFPN	4		5	15	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	6		0	BFPN	4		5	15	
Folate, DFE µg	6		0	NC	4		5	15	
Choline, total mg	61.8		2	AR	1		52.5	145.1	
Betaine mg	8.8		2	AR	1		7.5	20.8	
Vitamin B-12 µg	1.88	0.075	6	AR	1		1.60	4.42	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg									
Retinol µg									
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU									
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.23	0.016	6	AR	1		0.19	0.53	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.3	
Vitamin D IU	5		0	BFFN	4		5	13	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	3.7	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23391

Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	6.925		0	NC	4		5.887	16.274	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.012	0.001	6	AR	1		0.011	0.029	
12:0....g	0.013	0.000	6	AR	1		0.011	0.031	
13:0....g									
14:0....g	0.483	0.013	6	AR	1		0.410	1.135	
15:0....g	0.076	0.007	6	AR	1		0.064	0.178	
16:0....g	3.842	0.098	6	AR	1		3.266	9.030	
17:0....g	0.195	0.006	6	AR	1		0.166	0.459	
18:0....g	2.288	0.071	6	AR	1		1.945	5.376	
20:0....g	0.012	0.001	6	AR	1		0.010	0.027	
22:0....g									
24:0....g	0.004	0.002	6	AR	1		0.004	0.010	
Fatty acids, total monounsaturated....g	7.883		0	NC	4		6.700	18.525	
14:1....g	0.124	0.005	6	AR	1		0.106	0.292	
15:1....g									
16:1 undifferentiated....g	0.609		0	AS	1		0.517	1.430	
16:1 c....g	0.560	0.013	6	AR	1		0.476	1.317	
16:1 t....g	0.048	0.002	6	AR	1		0.041	0.114	
17:1....g	0.146	0.004	6	AR	1		0.124	0.344	
18:1 undifferentiated....g	6.965		0	AS	1		5.920	16.368	
18:1 c....g	6.068	0.174	6	AR	1		5.158	14.259	
18:1 t....g	0.897	0.029	6	AR	1		0.763	2.109	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.039	0.002	6	AR	1		0.033	0.091	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.813		0	NC	4		0.691	1.910	
18:2 undifferentiated....g	0.695		0	AS	1		0.591	1.634	
18:2 n-6 c,c....g	0.516	0.020	6	AR	1		0.439	1.212	
18:2 CLAs....g	0.085	0.004	6	AR	1		0.072	0.200	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.094	0.003	6	AR	1		0.080	0.222	
18:3 undifferentiated....g	0.027		0	AS	1		0.023	0.063	
18:3 n-3 c,c,c (ALA)....g	0.027	0.001	6	AR	1		0.023	0.063	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.005	0.000	6	AR	1		0.004	0.012	
20:3 undifferentiated....g	0.020		0	AS	1		0.017	0.046	
20:3 n-3....g									
20:3 n-6....g	0.020	0.001	6	AR	1		0.017	0.046	
20:4 undifferentiated....g	0.051	0.007	6	AR	1		0.044	0.121	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002	0.000	6	AR	1		0.002	0.005	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.012	0.000	6	AR	1		0.010	0.028	
22:6 n-3 (DHA)....g	0.000	0.000	6	AR	1		0.000	0.000	
Fatty acids, total trans....g	1.040		0	NC	4		0.884	2.444	
Fatty acids, total trans-monoenoic....g	0.946		0	NC	4		0.804	2.222	
Fatty acids, total trans-polyenoic....g	0.094		0	NC	4		0.080	0.222	
Cholesterol....mg	81	1.144	6	AR	1		69	191	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.293		0	AR	1		0.249	0.688	
Threonine....g	1.234		0	AR	1		1.049	2.900	
Isoleucine....g	1.220		0	AR	1		1.037	2.866	
Leucine....g	2.257		0	AR	1		1.918	5.303	

NDB No. 23391

Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	2.508		0	AR	1		2.132	5.894	
Methionine....g	0.708		0	AR	1		0.602	1.665	
Cystine....g	0.267		0	AR	1		0.227	0.627	
Phenylalanine....g	1.050		0	AR	1		0.893	2.468	
Tyrosine....g	0.976		0	AR	1		0.829	2.293	
Valine....g	1.309		0	AR	1		1.112	3.075	
Arginine....g	1.783		0	AR	1		1.515	4.190	
Histidine....g	0.981		0	AR	1		0.834	2.306	
Alanine....g	1.623		0	AR	1		1.380	3.815	
Aspartic acid....g	2.551		0	AR	1		2.168	5.995	
Glutamic acid....g	4.281		0	AR	1		3.639	10.060	
Glycine....g	1.288		0	AR	1		1.095	3.027	
Proline....g	1.175		0	AR	1		0.998	2.760	
Serine....g	1.078		0	AR	1		0.916	2.533	
Hydroxyproline....g	0.179		0	BFPN	4		0.152	0.420	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 235g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23388

Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Boneless Strip Steak, Club Steak, Kansas City Strip, New York Strip

Refuse: 7% Connective tissue 7%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	65.33	0.705	36	AR	1		55.53	197.29	
Energy kcal	199		0	NC	4		169	602	
Energy kJ	834		0	NC	4		709	2519	
Protein (N x 6.25) g	21.29	0.358	36	AR	1		18.10	64.31	
Total lipid (fat) g	12.68	0.323	36	AR	1		10.77	38.28	
Ash g	0.95	0.050	36	AR	1		0.81	2.87	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	16		3	AR	1		13	47	
Iron, Fe mg	1.80		3	AR	1		1.53	5.45	
Magnesium, Mg mg	11		3	AR	1		9	32	
Phosphorus, P mg	188		3	AR	1		160	569	
Potassium, K mg	254		3	AR	1		216	767	
Sodium, Na mg	44		3	AR	1		37	132	
Zinc, Zn mg	3.29		3	AR	1		2.80	9.95	
Copper, Cu mg	0.040		3	AR	1		0.034	0.121	
Manganese, Mn mg	0.002		3	AR	1		0.001	0.005	
Selenium, Se µg	19.5		3	AR	1		16.6	58.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.052		2	AR	1		0.044	0.156	
Riboflavin mg	0.189	0.008	6	AR	1		0.161	0.572	
Niacin mg	6.123	0.193	6	AR	1		5.204	18.491	
Pantothenic acid mg	0.354		2	AR	1		0.301	1.070	
Vitamin B-6 mg	0.535	0.019	6	AR	1		0.455	1.615	
Folate, total µg	3		0	BFPN	4		3	10	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	3		0	BFPN	4		3	10	
Folate, DFE µg	3		0	NC	4		3	10	
Choline, total mg	55.0		2	AR	1		46.8	166.2	
Betaine mg	9.3		2	AR	1		7.9	28.2	
Vitamin B-12 µg	1.69	0.081	6	AR	1		1.43	5.10	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	4		0	NC	4		4	13	
Retinol µg	4		0	BFSN	4		4	13	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	14		0	NC	4		12	42	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.21	0.007	6	AR	1		0.18	0.64	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.3	
Vitamin D IU	4		0	BFFN	4		3	12	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	4.6	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23388

Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	5.491		0	NC	4		4.668	16.584	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.010	0.000	6	AR	1		0.008	0.029	
12:0....g	0.011	0.000	6	AR	1		0.009	0.032	
13:0....g									
14:0....g	0.381	0.012	6	AR	1		0.324	1.151	
15:0....g	0.066	0.002	6	AR	1		0.056	0.198	
16:0....g	3.066	0.091	6	AR	1		2.606	9.260	
17:0....g	0.153	0.003	6	AR	1		0.130	0.462	
18:0....g	1.791	0.038	6	AR	1		1.522	5.408	
20:0....g	0.010	0.000	6	AR	1		0.008	0.030	
22:0....g									
24:0....g	0.005	0.002	6	AR	1		0.004	0.015	
Fatty acids, total monounsaturated....g	6.204		0	NC	4		5.273	18.735	
14:1....g	0.099	0.004	6	AR	1		0.084	0.298	
15:1....g									
16:1 undifferentiated....g	0.483		0	AS	1		0.411	1.460	
16:1 c....g	0.445	0.016	6	AR	1		0.378	1.344	
16:1 t....g	0.038	0.002	6	AR	1		0.033	0.116	
17:1....g	0.114	0.003	6	AR	1		0.097	0.344	
18:1 undifferentiated....g	5.477		0	AS	1		4.656	16.541	
18:1 c....g	4.811	0.132	6	AR	1		4.090	14.530	
18:1 t....g	0.666	0.015	6	AR	1		0.566	2.011	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.030	0.001	6	AR	1		0.026	0.092	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.657		0	NC	4		0.559	1.984	
18:2 undifferentiated....g	0.557		0	AS	1		0.473	1.682	
18:2 n-6 c,c....g	0.409	0.021	6	AR	1		0.348	1.235	
18:2 CLAs....g	0.070	0.002	6	AR	1		0.060	0.211	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.078	0.003	6	AR	1		0.066	0.235	
18:3 undifferentiated....g	0.022		0	AS	1		0.019	0.067	
18:3 n-3 c,c,c (ALA)....g	0.022	0.001	6	AR	1		0.019	0.067	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.004	0.000	6	AR	1		0.003	0.012	
20:3 undifferentiated....g	0.017		0	AS	1		0.014	0.051	
20:3 n-3....g									
20:3 n-6....g	0.017	0.001	6	AR	1		0.014	0.051	
20:4 undifferentiated....g	0.045	0.005	6	AR	1		0.038	0.134	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002	0.000	6	AR	1		0.002	0.007	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.010	0.000	6	AR	1		0.009	0.031	
22:6 n-3 (DHA)....g	0.000	0.000	6	AR	1		0.000	0.000	
Fatty acids, total trans....g	0.782		0	NC	4		0.665	2.362	
Fatty acids, total trans-monoenoic....g	0.704		0	NC	4		0.599	2.127	
Fatty acids, total trans-polyenoic....g	0.078		0	NC	4		0.066	0.235	
Cholesterol....mg	62	1.190	6	AR	1		53	187	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.238		0	AR	1		0.203	0.720	
Threonine....g	1.004		0	AR	1		0.853	3.031	
Isoleucine....g	0.992		0	AR	1		0.843	2.995	
Leucine....g	1.835		0	AR	1		1.560	5.543	

NDB No. 23388

Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.040		0	AR	1		1.734	6.160	
Methionine g	0.576		0	AR	1		0.490	1.740	
Cystine g	0.217		0	AR	1		0.184	0.655	
Phenylalanine g	0.854		0	AR	1		0.726	2.579	
Tyrosine g	0.793		0	AR	1		0.674	2.396	
Valine g	1.064		0	AR	1		0.905	3.214	
Arginine g	1.450		0	AR	1		1.232	4.379	
Histidine g	0.798		0	AR	1		0.678	2.410	
Alanine g	1.320		0	AR	1		1.122	3.987	
Aspartic acid g	2.075		0	AR	1		1.763	6.265	
Glutamic acid g	3.481		0	AR	1		2.959	10.514	
Glycine g	1.048		0	AR	1		0.890	3.164	
Proline g	0.955		0	AR	1		0.812	2.885	
Serine g	0.877		0	AR	1		0.745	2.648	
Hydroxyproline g	0.145		0	BFPN	4		0.124	0.439	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 302g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23389

Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled

Boneless Strip Steak, Club Steak, Kansas City Strip, New York Strip, URMIS # 2219

Refuse: 8% Connective tissue 8%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	54.87	1.078	24	AR	1		46.64	129.49	
Energy kcal	275		0	NC	4		234	650	
Energy kJ	1152		0	NC	4		979	2719	
Protein (N x 6.25) g	25.69	0.233	24	AR	1		21.84	60.63	
Total lipid (fat) g	19.19	0.538	24	AR	1		16.31	45.28	
Ash g	1.04	0.024	24	AR	1		0.88	2.46	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	14		2	AR	1		12	33	
Iron, Fe mg	2.47		2	AR	1		2.10	5.82	
Magnesium, Mg mg	20		2	AR	1		17	46	
Phosphorus, P mg	212		2	AR	1		181	501	
Potassium, K mg	259		2	AR	1		220	612	
Sodium, Na mg	54		2	AR	1		46	126	
Zinc, Zn mg	4.10		2	AR	1		3.49	9.69	
Copper, Cu mg	0.064		2	AR	1		0.054	0.151	
Manganese, Mn mg	0.003		2	AR	1		0.002	0.007	
Selenium, Se µg	24.0		2	AR	1		20.4	56.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.056		1	AR	1		0.048	0.132	
Riboflavin mg	0.191	0.004	4	AR	1		0.163	0.451	
Niacin mg	6.734	0.208	4	AR	1		5.723	15.891	
Pantothenic acid mg	0.314		1	AR	1		0.267	0.741	
Vitamin B-6 mg	0.642	0.013	4	AR	1		0.546	1.516	
Folate, total µg	6		0	BFPN	4		5	15	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	6		0	BFPN	4		5	15	
Folate, DFE µg	6		0	NC	4		5	15	
Choline, total mg	62.2		1	AR	1		52.9	146.8	
Betaine mg	9.1		1	AR	1		7.8	21.6	
Vitamin B-12 µg	1.81	0.094	4	AR	1		1.54	4.26	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	7		0	NC	4		6	17	
Retinol µg	7		0	BFSN	4		6	17	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	24		0	NC	4		20	57	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.24	0.020	4	AR	1		0.21	0.58	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.3	
Vitamin D IU	6		0	BFFN	4		5	14	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	3.7	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23389

Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	7.505		0	NC	4		6.379	17.711	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.014	0.001	4	AR	1		0.012	0.032	
12:0....g	0.014	0.000	4	AR	1		0.012	0.033	
13:0....g									
14:0....g	0.525	0.016	4	AR	1		0.446	1.239	
15:0....g	0.087	0.008	4	AR	1		0.074	0.205	
16:0....g	4.183	0.122	4	AR	1		3.556	9.872	
17:0....g	0.211	0.008	4	AR	1		0.179	0.497	
18:0....g	2.455	0.088	4	AR	1		2.086	5.793	
20:0....g	0.012	0.001	4	AR	1		0.010	0.029	
22:0....g									
24:0....g	0.004	0.003	4	AR	1		0.004	0.010	
Fatty acids, total monounsaturated....g	8.590		0	NC	4		7.302	20.273	
14:1....g	0.135	0.006	4	AR	1		0.115	0.318	
15:1....g									
16:1 undifferentiated....g	0.668		0	AS	1		0.568	1.576	
16:1 c....g	0.616	0.017	4	AR	1		0.524	1.454	
16:1 t....g	0.052	0.002	4	AR	1		0.044	0.122	
17:1....g	0.159	0.005	4	AR	1		0.135	0.375	
18:1 undifferentiated....g	7.589		0	AS	1		6.450	17.909	
18:1 c....g	6.630	0.216	4	AR	1		5.636	15.648	
18:1 t....g	0.958	0.036	4	AR	1		0.814	2.261	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.040	0.002	4	AR	1		0.034	0.095	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.862		0	NC	4		0.733	2.035	
18:2 undifferentiated....g	0.744		0	AS	1		0.632	1.755	
18:2 n-6 c,c....g	0.550	0.025	4	AR	1		0.467	1.298	
18:2 CLAs....g	0.091	0.005	4	AR	1		0.077	0.215	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.103	0.004	4	AR	1		0.087	0.242	
18:3 undifferentiated....g	0.028		0	AS	1		0.024	0.067	
18:3 n-3 c,c,c (ALA)....g	0.028	0.001	4	AR	1		0.024	0.067	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.005	0.000	4	AR	1		0.004	0.012	
20:3 undifferentiated....g	0.021		0	AS	1		0.018	0.049	
20:3 n-3....g									
20:3 n-6....g	0.021	0.001	4	AR	1		0.018	0.049	
20:4 undifferentiated....g	0.051	0.008	4	AR	1		0.043	0.121	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002	0.000	4	AR	1		0.001	0.004	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.012	0.000	4	AR	1		0.010	0.027	
22:6 n-3 (DHA)....g	0.000	0.000	4	AR	1		0.000	0.001	
Fatty acids, total trans....g	1.112		0	NC	4		0.946	2.625	
Fatty acids, total trans-monoenoic....g	1.010		0	NC	4		0.858	2.383	
Fatty acids, total trans-polyenoic....g	0.103		0	NC	4		0.087	0.242	
Cholesterol....mg	81	1.421	4	AR	1		69	192	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.288		0	AR	1		0.245	0.680	
Threonine....g	1.204		0	AR	1		1.024	2.842	
Isoleucine....g	1.193		0	AR	1		1.014	2.816	
Leucine....g	2.194		0	AR	1		1.865	5.178	

NDB No. 23389

Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.429		0	AR	1		2.065	5.733	
Methionine g	0.692		0	AR	1		0.588	1.634	
Cystine g	0.259		0	AR	1		0.220	0.611	
Phenylalanine g	1.025		0	AR	1		0.871	2.419	
Tyrosine g	0.950		0	AR	1		0.808	2.242	
Valine g	1.283		0	AR	1		1.091	3.028	
Arginine g	1.734		0	AR	1		1.474	4.093	
Histidine g	0.945		0	AR	1		0.804	2.231	
Alanine g	1.588		0	AR	1		1.350	3.748	
Aspartic acid g	2.481		0	AR	1		2.109	5.856	
Glutamic acid g	4.179		0	AR	1		3.552	9.863	
Glycine g	1.267		0	AR	1		1.077	2.989	
Proline g	1.145		0	AR	1		0.973	2.702	
Serine g	1.050		0	AR	1		0.892	2.477	
Hydroxyproline g	0.176		0	BFPN	4		0.149	0.414	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 236g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23395

Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw

Boneless Strip Steak, Club Steak, Kansas City Strip, New York Strip, URMIS # 2219

Refuse: 21% Connective tissue 7%, separable fat 14%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	64.65	0.733	24	AR	1		54.95	194.60	
Energy kcal	205		0	NC	4		174	616	
Energy kJ	857		0	NC	4		728	2580	
Protein (N x 6.25) g	21.13	0.368	24	AR	1		17.96	63.60	
Total lipid (fat) g	13.36	0.403	24	AR	1		11.35	40.21	
Ash g	0.94	0.051	24	AR	1		0.80	2.82	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	16		2	AR	1		13	48	
Iron, Fe mg	1.88		2	AR	1		1.60	5.66	
Magnesium, Mg mg	10		2	AR	1		9	31	
Phosphorus, P mg	187		2	AR	1		159	562	
Potassium, K mg	253		2	AR	1		215	763	
Sodium, Na mg	44		2	AR	1		37	132	
Zinc, Zn mg	3.35		2	AR	1		2.85	10.08	
Copper, Cu mg	0.038		2	AR	1		0.033	0.116	
Manganese, Mn mg	0.002		2	AR	1		0.001	0.005	
Selenium, Se µg	19.0		2	AR	1		16.2	57.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.049		1	AR	1		0.042	0.149	
Riboflavin mg	0.184	0.010	4	AR	1		0.156	0.553	
Niacin mg	6.286	0.239	4	AR	1		5.343	18.920	
Pantothenic acid mg	0.344		1	AR	1		0.292	1.035	
Vitamin B-6 mg	0.543	0.024	4	AR	1		0.461	1.634	
Folate, total µg	3		0	BFPN	4		3	10	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	3		0	BFPN	4		3	10	
Folate, DFE µg	3		0	NC	4		3	10	
Choline, total mg	53.3		1	AR	1		45.3	160.4	
Betaine mg	9.4		1	AR	1		8.0	28.2	
Vitamin B-12 µg	1.63	0.101	4	AR	1		1.38	4.90	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	4		0	NC	4		4	12	
Retinol µg	4		0	BFSN	4		4	12	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	14		0	NC	4		12	41	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.23	0.008	4	AR	1		0.19	0.68	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.3	
Vitamin D IU	4		0	BFFN	4		3	12	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	4.6	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23395

Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	5.685		0	NC	4		4.832	17.111	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.010	0.000	4	AR	1		0.008	0.029	
12:0....g	0.011	0.000	4	AR	1		0.009	0.033	
13:0....g									
14:0....g	0.396	0.015	4	AR	1		0.337	1.192	
15:0....g	0.067	0.003	4	AR	1		0.057	0.200	
16:0....g	3.184	0.113	4	AR	1		2.706	9.583	
17:0....g	0.158	0.004	4	AR	1		0.134	0.475	
18:0....g	1.845	0.047	4	AR	1		1.568	5.552	
20:0....g	0.010	0.001	4	AR	1		0.009	0.030	
22:0....g									
24:0....g	0.005	0.002	4	AR	1		0.004	0.016	
Fatty acids, total monounsaturated....g	6.455		0	NC	4		5.486	19.428	
14:1....g	0.105	0.005	4	AR	1		0.090	0.317	
15:1....g									
16:1 undifferentiated....g	0.504		0	AS	1		0.428	1.517	
16:1 c....g	0.466	0.020	4	AR	1		0.396	1.402	
16:1 t....g	0.038	0.002	4	AR	1		0.033	0.116	
17:1....g	0.119	0.004	4	AR	1		0.101	0.357	
18:1 undifferentiated....g	5.696		0	AS	1		4.841	17.144	
18:1 c....g	5.015	0.164	4	AR	1		4.263	15.096	
18:1 t....g	0.680	0.019	4	AR	1		0.578	2.048	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.031	0.001	4	AR	1		0.026	0.093	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.671		0	NC	4		0.571	2.020	
18:2 undifferentiated....g	0.568		0	AS	1		0.483	1.709	
18:2 n-6 c,c....g	0.420	0.026	4	AR	1		0.357	1.263	
18:2 CLAs....g	0.071	0.003	4	AR	1		0.060	0.213	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.078	0.003	4	AR	1		0.066	0.233	
18:3 undifferentiated....g	0.023		0	AS	1		0.019	0.069	
18:3 n-3 c,c,c (ALA)....g	0.023	0.001	4	AR	1		0.019	0.069	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.004	0.000	4	AR	1		0.003	0.012	
20:3 undifferentiated....g	0.017		0	AS	1		0.014	0.050	
20:3 n-3....g									
20:3 n-6....g	0.017	0.001	4	AR	1		0.014	0.050	
20:4 undifferentiated....g	0.047	0.006	4	AR	1		0.040	0.143	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002	0.000	4	AR	1		0.002	0.007	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.010	0.000	4	AR	1		0.008	0.030	
22:6 n-3 (DHA)....g	0.000	0.000	4	AR	1		0.000	0.001	
Fatty acids, total trans....g	0.796		0	NC	4		0.677	2.397	
Fatty acids, total trans-monoenoic....g	0.719		0	NC	4		0.611	2.164	
Fatty acids, total trans-polyenoic....g	0.078		0	NC	4		0.066	0.233	
Cholesterol....mg	61	1.478	4	AR	1		52	183	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.237		0	AR	1		0.202	0.714	
Threonine....g	0.991		0	AR	1		0.842	2.982	
Isoleucine....g	0.982		0	AR	1		0.834	2.955	
Leucine....g	1.805		0	AR	1		1.534	5.432	

NDB No. 23395

Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	1.998		0	AR	1		1.698	6.014	
Methionine....g	0.569		0	AR	1		0.484	1.714	
Cystine....g	0.213		0	AR	1		0.181	0.640	
Phenylalanine....g	0.843		0	AR	1		0.717	2.537	
Tyrosine....g	0.781		0	AR	1		0.664	2.352	
Valine....g	1.055		0	AR	1		0.897	3.177	
Arginine....g	1.426		0	AR	1		1.212	4.293	
Histidine....g	0.778		0	AR	1		0.661	2.341	
Alanine....g	1.306		0	AR	1		1.110	3.931	
Aspartic acid....g	2.041		0	AR	1		1.735	6.143	
Glutamic acid....g	3.437		0	AR	1		2.922	10.346	
Glycine....g	1.042		0	AR	1		0.886	3.136	
Proline....g	0.942		0	AR	1		0.801	2.835	
Serine....g	0.863		0	AR	1		0.734	2.598	
Hydroxyproline....g	0.144		0	BFPN	4		0.123	0.435	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 301g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23390

Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled

Boneless Strip Steak, Club Steak, Kansas City Strip, New York Strip, URMIS # 1404

Refuse: 9% Connective tissue 9%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	57.68	1.143	12	AR	1		49.03	134.96	
Energy kcal	247		0	NC	4		210	577	
Energy kJ	1032		0	NC	4		877	2415	
Protein (N x 6.25) g	26.92	0.308	12	AR	1		22.88	63.00	
Total lipid (fat) g	15.44	0.682	12	AR	1		13.13	36.14	
Ash g	1.08	0.028	12	AR	1		0.92	2.53	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	14		1	AR	1		12	33	
Iron, Fe mg	2.51		1	AR	1		2.13	5.87	
Magnesium, Mg mg	21		1	AR	1		18	49	
Phosphorus, P mg	223		1	AR	1		189	521	
Potassium, K mg	282		1	AR	1		239	659	
Sodium, Na mg	50		1	AR	1		42	116	
Zinc, Zn mg	4.31		1	AR	1		3.67	10.09	
Copper, Cu mg	0.064		1	AR	1		0.054	0.150	
Manganese, Mn mg	0.004		1	AR	1		0.003	0.008	
Selenium, Se µg	25.9		1	AR	1		22.0	60.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.062		1	AR	1		0.052	0.144	
Riboflavin mg	0.214		2	AR	1		0.182	0.500	
Niacin mg	6.510		2	AR	1		5.533	15.232	
Pantothenic acid mg	0.375		1	AR	1		0.319	0.878	
Vitamin B-6 mg	0.663		2	AR	1		0.563	1.550	
Folate, total µg	7		0	BFPN	4		6	15	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	7		0	BFPN	4		6	15	
Folate, DFE µg	7		0	NC	4		6	15	
Choline, total mg	61.1		1	AR	1		51.9	142.9	
Betaine mg	8.4		1	AR	1		7.1	19.6	
Vitamin B-12 µg	2.00		2	AR	1		1.70	4.67	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	8		0	NC	4		6	18	
Retinol µg	8		0	BFSN	4		6	18	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	25		0	NC	4		21	59	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.20		2	AR	1		0.17	0.46	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.3	
Vitamin D IU	5		0	BFFN	4		4	11	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23390

Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	6.056		0	NC	4		5.148	14.171	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.010		2	AR	1		0.009	0.024	
12:0....g	0.011		2	AR	1		0.010	0.027	
13:0....g									
14:0....g	0.419		2	AR	1		0.356	0.981	
15:0....g	0.059		2	AR	1		0.050	0.138	
16:0....g	3.332		2	AR	1		2.832	7.796	
17:0....g	0.172		2	AR	1		0.146	0.402	
18:0....g	2.038		2	AR	1		1.732	4.768	
20:0....g	0.010		2	AR	1		0.009	0.024	
22:0....g									
24:0....g	0.004		2	AR	1		0.004	0.010	
Fatty acids, total monounsaturated....g	6.821		0	NC	4		5.798	15.961	
14:1....g	0.108		2	AR	1		0.092	0.253	
15:1....g									
16:1 undifferentiated....g	0.520		0	AS	1		0.442	1.216	
16:1 c....g	0.477		2	AR	1		0.405	1.115	
16:1 t....g	0.043		2	AR	1		0.037	0.101	
17:1....g	0.128		2	AR	1		0.108	0.298	
18:1 undifferentiated....g	6.030		0	AS	1		5.125	14.109	
18:1 c....g	5.224		2	AR	1		4.440	12.223	
18:1 t....g	0.806		2	AR	1		0.685	1.886	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.036		2	AR	1		0.031	0.084	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.738		0	NC	4		0.627	1.727	
18:2 undifferentiated....g	0.623		0	AS	1		0.530	1.459	
18:2 n-6 c,c....g	0.465		2	AR	1		0.395	1.088	
18:2 CLAs....g	0.076		2	AR	1		0.065	0.179	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.082		2	AR	1		0.070	0.192	
18:3 undifferentiated....g	0.025		0	AS	1		0.021	0.058	
18:3 n-3 c,c,c (ALA)....g	0.025		2	AR	1		0.021	0.058	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.004		2	AR	1		0.004	0.010	
20:3 undifferentiated....g	0.018		0	AS	1		0.016	0.043	
20:3 n-3....g									
20:3 n-6....g	0.018		2	AR	1		0.016	0.043	
20:4 undifferentiated....g	0.052		2	AR	1		0.044	0.121	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003		2	AR	1		0.003	0.007	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.013		2	AR	1		0.011	0.029	
22:6 n-3 (DHA)....g	0.000		2	AR	1		0.000	0.000	
Fatty acids, total trans....g	0.931		0	NC	4		0.791	2.179	
Fatty acids, total trans-monoenoic....g	0.849		0	NC	4		0.721	1.986	
Fatty acids, total trans-polyenoic....g	0.082		0	NC	4		0.070	0.192	
Cholesterol....mg	81		2	AR	1		69	190	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.302		0	AR	1		0.257	0.706	
Threonine....g	1.293		0	AR	1		1.099	3.026	
Isoleucine....g	1.277		0	AR	1		1.086	2.989	
Leucine....g	2.385		0	AR	1		2.027	5.581	

NDB No. 23390

Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	2.662		0	AR	1		2.263	6.230	
Methionine....g	0.744		0	AR	1		0.632	1.741	
Cystine....g	0.282		0	AR	1		0.240	0.661	
Phenylalanine....g	1.099		0	AR	1		0.934	2.571	
Tyrosine....g	1.032		0	AR	1		0.877	2.415	
Valine....g	1.365		0	AR	1		1.160	3.194	
Arginine....g	1.883		0	AR	1		1.601	4.406	
Histidine....g	1.053		0	AR	1		0.895	2.465	
Alanine....g	1.694		0	AR	1		1.440	3.965	
Aspartic acid....g	2.692		0	AR	1		2.288	6.300	
Glutamic acid....g	4.496		0	AR	1		3.821	10.520	
Glycine....g	1.333		0	AR	1		1.133	3.119	
Proline....g	1.242		0	AR	1		1.056	2.907	
Serine....g	1.141		0	AR	1		0.970	2.670	
Hydroxyproline....g	0.184		0	BFPN	4		0.156	0.430	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 234g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23387

Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw

Boneless Strip Steak, Club Steak, Kansa City Strip, New York Strip, URMIS # 1404

Refuse: 7% Connective tissue 7%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	66.35	0.792	12	AR	1		56.39	201.69	
Energy kcal	191		0	NC	4		162	581	
Energy kJ	799		0	NC	4		679	2429	
Protein (N x 6.25) g	21.54	0.389	12	AR	1		18.31	65.48	
Total lipid (fat) g	11.65	0.537	12	AR	1		9.90	35.42	
Ash g	0.97	0.052	12	AR	1		0.82	2.94	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	15		1	AR	1		13	46	
Iron, Fe mg	1.71		1	AR	1		1.45	5.20	
Magnesium, Mg mg	11		1	AR	1		9	34	
Phosphorus, P mg	191		1	AR	1		163	582	
Potassium, K mg	258		1	AR	1		219	785	
Sodium, Na mg	45		1	AR	1		38	136	
Zinc, Zn mg	3.24		1	AR	1		2.75	9.84	
Copper, Cu mg	0.041		1	AR	1		0.035	0.125	
Manganese, Mn mg	0.002		1	AR	1		0.002	0.006	
Selenium, Se µg	20.0		1	AR	1		17.0	60.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.056		1	AR	1		0.047	0.169	
Riboflavin mg	0.197		2	AR	1		0.168	0.600	
Niacin mg	5.879		2	AR	1		4.997	17.871	
Pantothenic acid mg	0.370		1	AR	1		0.315	1.125	
Vitamin B-6 mg	0.523		2	AR	1		0.444	1.589	
Folate, total µg	3		0	BFPN	4		3	10	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	3		0	BFPN	4		3	10	
Folate, DFE µg	3		0	NC	4		3	10	
Choline, total mg	57.6		1	AR	1		49.0	175.2	
Betaine mg	9.3		1	AR	1		7.9	28.3	
Vitamin B-12 µg	1.78		2	AR	1		1.51	5.41	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	4		0	NC	4		4	13	
Retinol µg	4		0	BFSN	4		4	13	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	14		0	NC	4		12	44	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.19		2	AR	1		0.16	0.58	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.3	
Vitamin D IU	4		0	BFFN	4		3	12	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	4.6	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23387

Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	5.202		0	NC	4		4.422	15.813	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.009		2	AR	1		0.008	0.028	
12:0....g	0.010		2	AR	1		0.008	0.030	
13:0....g									
14:0....g	0.359		2	AR	1		0.305	1.092	
15:0....g	0.064		2	AR	1		0.054	0.195	
16:0....g	2.890		2	AR	1		2.457	8.786	
17:0....g	0.146		2	AR	1		0.124	0.443	
18:0....g	1.710		2	AR	1		1.454	5.198	
20:0....g	0.009		2	AR	1		0.008	0.029	
22:0....g									
24:0....g	0.005		2	AR	1		0.004	0.014	
Fatty acids, total monounsaturated....g	5.826		0	NC	4		4.952	17.710	
14:1....g	0.089		2	AR	1		0.075	0.270	
15:1....g									
16:1 undifferentiated....g	0.452		0	AS	1		0.384	1.373	
16:1 c....g	0.414		2	AR	1		0.351	1.257	
16:1 t....g	0.038		2	AR	1		0.032	0.116	
17:1....g	0.107		2	AR	1		0.091	0.325	
18:1 undifferentiated....g	5.150		0	AS	1		4.377	15.654	
18:1 c....g	4.506		2	AR	1		3.830	13.697	
18:1 t....g	0.644		2	AR	1		0.547	1.957	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.029		2	AR	1		0.025	0.088	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.636		0	NC	4		0.541	1.933	
18:2 undifferentiated....g	0.541		0	AS	1		0.460	1.644	
18:2 n-6 c,c....g	0.393		2	AR	1		0.334	1.195	
18:2 CLAs....g	0.069		2	AR	1		0.059	0.210	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.079		2	AR	1		0.067	0.239	
18:3 undifferentiated....g	0.021		0	AS	1		0.018	0.065	
18:3 n-3 c,c,c (ALA)....g	0.021		2	AR	1		0.018	0.065	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.004		2	AR	1		0.003	0.012	
20:3 undifferentiated....g	0.017		0	AS	1		0.015	0.053	
20:3 n-3....g									
20:3 n-6....g	0.017		2	AR	1		0.015	0.053	
20:4 undifferentiated....g	0.040		2	AR	1		0.034	0.122	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002		2	AR	1		0.002	0.006	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.010		2	AR	1		0.009	0.032	
22:6 n-3 (DHA)....g	0.000		2	AR	1		0.000	0.000	
Fatty acids, total trans....g	0.760		0	NC	4		0.646	2.312	
Fatty acids, total trans-monoenoic....g	0.682		0	NC	4		0.580	2.073	
Fatty acids, total trans-polyenoic....g	0.079		0	NC	4		0.067	0.239	
Cholesterol....mg	64		2	AR	1		54	194	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.241		0	AR	1		0.205	0.734	
Threonine....g	1.034		0	AR	1		0.879	3.145	
Isoleucine....g	1.022		0	AR	1		0.869	3.106	
Leucine....g	1.908		0	AR	1		1.622	5.801	

NDB No. 23387

Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	2.130		0	AR	1		1.810	6.475	
Methionine....g	0.595		0	AR	1		0.506	1.809	
Cystine....g	0.226		0	AR	1		0.192	0.687	
Phenylalanine....g	0.879		0	AR	1		0.747	2.672	
Tyrosine....g	0.826		0	AR	1		0.702	2.510	
Valine....g	1.092		0	AR	1		0.928	3.320	
Arginine....g	1.507		0	AR	1		1.281	4.580	
Histidine....g	0.843		0	AR	1		0.716	2.562	
Alanine....g	1.355		0	AR	1		1.152	4.121	
Aspartic acid....g	2.154		0	AR	1		1.831	6.547	
Glutamic acid....g	3.597		0	AR	1		3.057	10.934	
Glycine....g	1.066		0	AR	1		0.906	3.242	
Proline....g	0.994		0	AR	1		0.845	3.021	
Serine....g	0.913		0	AR	1		0.776	2.775	
Hydroxyproline....g	0.147		0	BFPN	4		0.125	0.447	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 304g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23394

Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled

Boneless Strip Steak, Club Steak, Kansas City Strip, New York Strip

Refuse: 21% Connective tissue 8%, separable fat 13%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	61.54	0.601	36	AR	1		52.31	144.63	
Energy kcal	198		0	NC	4		168	466	
Energy kJ	829		0	NC	4		705	1948	
Protein g	29.06	0.279	36	AR	1		24.70	68.30	
Total lipid (fat) g	9.11	0.272	36	AR	1		7.74	21.40	
Ash g	1.15	0.024	36	AR	1		0.97	2.70	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	13		3	AR	1		11	30	
Iron, Fe mg	2.59		3	AR	1		2.20	6.09	
Magnesium, Mg mg	23		3	AR	1		19	53	
Phosphorus, P mg	229		3	AR	1		195	538	
Potassium, K mg	299		3	AR	1		254	702	
Sodium, Na mg	54		3	AR	1		46	127	
Zinc, Zn mg	4.71		3	AR	1		4.00	11.06	
Copper, Cu mg	0.074		3	AR	1		0.063	0.173	
Manganese, Mn mg	0.004		3	AR	1		0.003	0.009	
Selenium, Se µg	27.7		3	AR	1		23.5	65.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.062		2	AR	1		0.053	0.146	
Riboflavin mg	0.221	0.002	6	AR	1		0.188	0.519	
Niacin mg	7.320	0.200	6	AR	1		6.222	17.202	
Pantothenic acid mg	0.348		2	AR	1		0.296	0.818	
Vitamin B-6 mg	0.719	0.011	6	AR	1		0.611	1.690	
Folate, total µg	7		0	BFPN	4		6	17	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	7		0	BFPN	4		6	17	
Folate, DFE µg	7		0	NC	4		6	17	
Choline, total mg	68.0		2	AR	1		57.8	159.9	
Betaine mg	9.3		2	AR	1		7.9	21.8	
Vitamin B-12 µg	1.96	0.091	6	AR	1		1.67	4.62	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		1	4	
Retinol µg	2		0	BFSN	4		1	4	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	6		0	NC	4		5	13	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.22	0.019	6	AR	1		0.19	0.52	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.2	
Vitamin D IU	3		0	BFFN	4		3	8	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	3.7	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23394

Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.435		0	NC	4		2.919	8.072	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.009	0.001	6	AR	1		0.007	0.021	
12:0....g	0.008	0.000	6	AR	1		0.006	0.018	
13:0....g									
14:0....g	0.225	0.004	6	AR	1		0.192	0.530	
15:0....g	0.032	0.006	6	AR	1		0.027	0.076	
16:0....g	1.981	0.030	6	AR	1		1.684	4.655	
17:0....g	0.099	0.004	6	AR	1		0.084	0.232	
18:0....g	1.073	0.047	6	AR	1		0.912	2.522	
20:0....g	0.004	0.000	6	AR	1		0.003	0.010	
22:0....g									
24:0....g	0.004	0.002	6	AR	1		0.003	0.009	
Fatty acids, total monounsaturated....g	3.980		0	NC	4		3.383	9.353	
14:1....g	0.045	0.005	6	AR	1		0.038	0.106	
15:1....g									
16:1 undifferentiated....g	0.290		0	AS	1		0.246	0.681	
16:1 c....g	0.268	0.006	6	AR	1		0.228	0.630	
16:1 t....g	0.022	0.002	6	AR	1		0.018	0.051	
17:1....g	0.075	0.003	6	AR	1		0.064	0.176	
18:1 undifferentiated....g	3.555		0	AS	1		3.022	8.354	
18:1 c....g	3.167	0.100	6	AR	1		2.692	7.443	
18:1 t....g	0.388	0.012	6	AR	1		0.330	0.911	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.015	0.001	6	AR	1		0.013	0.035	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.504		0	NC	4		0.428	1.184	
18:2 undifferentiated....g	0.407		0	AS	1		0.346	0.957	
18:2 n-6 c,c....g	0.331	0.023	6	AR	1		0.281	0.778	
18:2 CLAs....g	0.033	0.003	6	AR	1		0.028	0.078	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.043	0.002	6	AR	1		0.037	0.101	
18:3 undifferentiated....g	0.012		0	AS	1		0.010	0.029	
18:3 n-3 c,c,c (ALA)....g	0.012	0.001	6	AR	1		0.010	0.029	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.002	0.000	6	AR	1		0.002	0.004	
20:3 undifferentiated....g	0.016		0	AS	1		0.014	0.038	
20:3 n-3....g									
20:3 n-6....g	0.016	0.000	6	AR	1		0.014	0.038	
20:4 undifferentiated....g	0.053	0.008	6	AR	1		0.045	0.124	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003	0.000	6	AR	1		0.002	0.006	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.011	0.000	6	AR	1		0.009	0.025	
22:6 n-3 (DHA)....g	0.000	0.000	6	AR	1		0.000	0.000	
Fatty acids, total trans....g	0.453		0	NC	4		0.385	1.063	
Fatty acids, total trans-monoenoic....g	0.410		0	NC	4		0.348	0.962	
Fatty acids, total trans-polyenoic....g	0.043		0	NC	4		0.037	0.101	
Cholesterol....mg	80	1.384	6	AR	1		68	189	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.356		0	AR	1		0.303	0.837	
Threonine....g	1.493		0	AR	1		1.269	3.509	
Isoleucine....g	1.482		0	AR	1		1.259	3.482	
Leucine....g	2.733		0	AR	1		2.323	6.424	

NDB No. 23394

Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	3.055		0	AR	1		2.596	7.179	
Methionine g	0.844		0	AR	1		0.717	1.983	
Cystine g	0.319		0	AR	1		0.271	0.749	
Phenylalanine g	1.266		0	AR	1		1.076	2.975	
Tyrosine g	1.186		0	AR	1		1.008	2.787	
Valine g	1.566		0	AR	1		1.331	3.680	
Arginine g	2.131		0	AR	1		1.811	5.008	
Histidine g	1.179		0	AR	1		1.002	2.771	
Alanine g	1.896		0	AR	1		1.612	4.457	
Aspartic acid g	3.069		0	AR	1		2.608	7.212	
Glutamic acid g	5.181		0	AR	1		4.404	12.175	
Glycine g	1.369		0	AR	1		1.164	3.217	
Proline g	1.334		0	AR	1		1.134	3.135	
Serine g	1.289		0	AR	1		1.096	3.030	
Hydroxyproline g	0.147		0	BFPN	4		0.125	0.345	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 235g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23386

Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw

Boneless Strip Steak, Club Steak, Kansas City Strip, New York Strip

Refuse: 22% Connective tissue 7% Separable fat 14%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	70.63	0.666	36	AR	1		60.04	213.31	
Energy kcal	143		0	NC	4		122	433	
Energy kJ	600		0	NC	4		510	1812	
Protein (N x 6.25) g	23.07	0.355	36	AR	1		19.61	69.69	
Total lipid (fat) g	5.67	0.529	36	AR	1		4.82	17.11	
Ash g	1.02	0.053	36	AR	1		0.87	3.09	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	15		3	AR	1		12	44	
Iron, Fe mg	1.84		3	AR	1		1.57	5.57	
Magnesium, Mg mg	12		3	AR	1		10	35	
Phosphorus, P mg	207		3	AR	1		176	626	
Potassium, K mg	284		3	AR	1		241	857	
Sodium, Na mg	46		3	AR	1		39	138	
Zinc, Zn mg	3.72		3	AR	1		3.16	11.24	
Copper, Cu mg	0.044		3	AR	1		0.037	0.133	
Manganese, Mn mg	0.002		3	AR	1		0.002	0.006	
Selenium, Se µg	21.5		3	AR	1		18.3	65.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.056		2	AR	1		0.047	0.168	
Riboflavin mg	0.211	0.009	6	AR	1		0.179	0.637	
Niacin mg	6.742	0.241	6	AR	1		5.731	20.361	
Pantothenic acid mg	0.372		2	AR	1		0.316	1.123	
Vitamin B-6 mg	0.578	0.023	6	AR	1		0.491	1.746	
Folate, total µg	4		0	BFPN	4		3	11	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	4		0	BFPN	4		3	11	
Folate, DFE µg	4		0	NC	4		3	11	
Choline, total mg	58.3		2	AR	1		49.5	176.0	
Betaine mg	9.9		2	AR	1		8.4	30.0	
Vitamin B-12 µg	1.78	0.095	6	AR	1		1.51	5.38	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		2	6	
Retinol µg	2		0	BFSN	4		2	6	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	7		0	NC	4		6	20	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.22	0.008	6	AR	1		0.19	0.68	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.2	
Vitamin D IU	2		0	BFFN	4		2	7	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	4.6	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23386

Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.345		0	NC	4		1.993	7.081	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.006	0.000	6	AR	1		0.005	0.018	
12:0....g	0.005	0.000	6	AR	1		0.004	0.015	
13:0....g									
14:0....g	0.152	0.014	6	AR	1		0.129	0.458	
15:0....g	0.026	0.002	6	AR	1		0.022	0.078	
16:0....g	1.360	0.118	6	AR	1		1.156	4.107	
17:0....g	0.065	0.004	6	AR	1		0.056	0.198	
18:0....g	0.723	0.045	6	AR	1		0.614	2.183	
20:0....g	0.004	0.000	6	AR	1		0.003	0.011	
22:0....g									
24:0....g	0.004	0.002	6	AR	1		0.004	0.013	
Fatty acids, total monounsaturated....g	2.711		0	NC	4		2.304	8.186	
14:1....g	0.031	0.006	6	AR	1		0.026	0.093	
15:1....g									
16:1 undifferentiated....g	0.200		0	AS	1		0.170	0.604	
16:1 c....g	0.184	0.020	6	AR	1		0.157	0.557	
16:1 t....g	0.016	0.002	6	AR	1		0.013	0.047	
17:1....g	0.050	0.004	6	AR	1		0.042	0.150	
18:1 undifferentiated....g	2.420		0	AS	1		2.057	7.308	
18:1 c....g	2.168	0.168	6	AR	1		1.843	6.548	
18:1 t....g	0.252	0.016	6	AR	1		0.214	0.760	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.010	0.001	6	AR	1		0.008	0.030	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.381		0	NC	4		0.324	1.150	
18:2 undifferentiated....g	0.300		0	AS	1		0.255	0.907	
18:2 n-6 c,c....g	0.247	0.024	6	AR	1		0.210	0.746	
18:2 CLAs....g	0.022	0.003	6	AR	1		0.019	0.066	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.032	0.003	6	AR	1		0.027	0.095	
18:3 undifferentiated....g	0.009		0	AS	1		0.008	0.027	
18:3 n-3 c,c,c (ALA)....g	0.009	0.001	6	AR	1		0.008	0.027	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.001	0.000	6	AR	1		0.001	0.004	
20:3 undifferentiated....g	0.014		0	AS	1		0.012	0.041	
20:3 n-3....g									
20:3 n-6....g	0.014	0.001	6	AR	1		0.012	0.041	
20:4 undifferentiated....g	0.046	0.006	6	AR	1		0.039	0.138	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002	0.000	6	AR	1		0.002	0.007	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.008	0.000	6	AR	1		0.007	0.025	
22:6 n-3 (DHA)....g	0.000	0.000	6	AR	1		0.000	0.000	
Fatty acids, total trans....g	0.299		0	NC	4		0.254	0.902	
Fatty acids, total trans-monoenoic....g	0.267		0	NC	4		0.227	0.807	
Fatty acids, total trans-polyenoic....g	0.032		0	NC	4		0.027	0.095	
Cholesterol....mg	60	1.379	6	AR	1		51	180	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.283		0	AR	1		0.240	0.854	
Threonine....g	1.186		0	AR	1		1.008	3.581	
Isoleucine....g	1.176		0	AR	1		1.000	3.552	
Leucine....g	2.170		0	AR	1		1.845	6.554	

NDB No. 23386

Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	2.425		0	AR	1		2.061	7.324	
Methionine....g	0.670		0	AR	1		0.570	2.024	
Cystine....g	0.253		0	AR	1		0.215	0.765	
Phenylalanine....g	1.005		0	AR	1		0.854	3.035	
Tyrosine....g	0.942		0	AR	1		0.800	2.844	
Valine....g	1.243		0	AR	1		1.057	3.755	
Arginine....g	1.692		0	AR	1		1.438	5.109	
Histidine....g	0.936		0	AR	1		0.796	2.827	
Alanine....g	1.506		0	AR	1		1.280	4.547	
Aspartic acid....g	2.436		0	AR	1		2.071	7.358	
Glutamic acid....g	4.113		0	AR	1		3.496	12.422	
Glycine....g	1.087		0	AR	1		0.924	3.282	
Proline....g	1.059		0	AR	1		0.900	3.198	
Serine....g	1.024		0	AR	1		0.870	3.092	
Hydroxyproline....g	0.117		0	BFPN	4		0.099	0.352	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 302g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23392

Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled

Boneless Strip Steak, Club Steak, Kansas City Strip, New York Strip, URMIS # 2219

Refuse: 22% Connective tissue 8%, separable fat 14%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	60.58	0.640	24	AR	1		51.49	142.97	
Energy kcal	208		0	NC	4		177	490	
Energy kJ	869		0	NC	4		739	2051	
Protein (N x 6.25) g	28.66	0.317	24	AR	1		24.36	67.64	
Total lipid (fat) g	10.34	0.339	24	AR	1		8.79	24.40	
Ash g	1.13	0.027	24	AR	1		0.96	2.67	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	13		2	AR	1		11	30	
Iron, Fe mg	2.58		2	AR	1		2.19	6.08	
Magnesium, Mg mg	22		2	AR	1		19	52	
Phosphorus, P mg	226		2	AR	1		192	533	
Potassium, K mg	293		2	AR	1		249	693	
Sodium, Na mg	56		2	AR	1		47	131	
Zinc, Zn mg	4.66		2	AR	1		3.96	11.00	
Copper, Cu mg	0.071		2	AR	1		0.060	0.166	
Manganese, Mn mg	0.003		2	AR	1		0.003	0.008	
Selenium, Se µg	26.9		2	AR	1		22.9	63.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.060		1	AR	1		0.051	0.141	
Riboflavin mg	0.212	0.003	4	AR	1		0.180	0.500	
Niacin mg	7.460	0.248	4	AR	1		6.341	17.606	
Pantothenic acid mg	0.320		1	AR	1		0.272	0.755	
Vitamin B-6 mg	0.714	0.014	4	AR	1		0.607	1.685	
Folate, total µg	7		0	BFPN	4		6	16	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	7		0	BFPN	4		6	16	
Folate, DFE µg	7		0	NC	4		6	16	
Choline, total mg	68.9		1	AR	1		58.6	162.7	
Betaine mg	9.7		1	AR	1		8.2	22.8	
Vitamin B-12 µg	1.88	0.113	4	AR	1		1.60	4.44	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	1		0	NC	4		1	3	
Retinol µg	1		0	BFSN	4		1	3	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	5		0	NC	4		4	11	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.24	0.024	4	AR	1		0.21	0.57	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.2	
Vitamin D IU	4		0	BFFN	4		3	9	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	3.7	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23392

Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.917		0	NC	4		3.329	9.243	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.010	0.001	4	AR	1		0.009	0.024	
12:0....g	0.009	0.000	4	AR	1		0.007	0.020	
13:0....g									
14:0....g	0.260	0.005	4	AR	1		0.221	0.614	
15:0....g	0.043	0.007	4	AR	1		0.036	0.101	
16:0....g	2.275	0.037	4	AR	1		1.933	5.368	
17:0....g	0.112	0.005	4	AR	1		0.095	0.263	
18:0....g	1.200	0.058	4	AR	1		1.020	2.832	
20:0....g	0.005	0.001	4	AR	1		0.004	0.011	
22:0....g									
24:0....g	0.004	0.003	4	AR	1		0.003	0.009	
Fatty acids, total monounsaturated....g	4.590		0	NC	4		3.902	10.833	
14:1....g	0.053	0.006	4	AR	1		0.045	0.125	
15:1....g									
16:1 undifferentiated....g	0.341		0	AS	1		0.290	0.805	
16:1 c....g	0.317	0.007	4	AR	1		0.270	0.749	
16:1 t....g	0.024	0.002	4	AR	1		0.020	0.057	
17:1....g	0.086	0.003	4	AR	1		0.073	0.202	
18:1 undifferentiated....g	4.094		0	AS	1		3.480	9.663	
18:1 c....g	3.664	0.124	4	AR	1		3.115	8.648	
18:1 t....g	0.430	0.015	4	AR	1		0.366	1.015	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.016	0.002	4	AR	1		0.014	0.038	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.545		0	NC	4		0.463	1.286	
18:2 undifferentiated....g	0.448		0	AS	1		0.380	1.056	
18:2 n-6 c,c....g	0.361	0.029	4	AR	1		0.307	0.851	
18:2 CLAs....g	0.037	0.003	4	AR	1		0.032	0.088	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.050	0.003	4	AR	1		0.042	0.117	
18:3 undifferentiated....g	0.013		0	AS	1		0.011	0.031	
18:3 n-3 c,c,c (ALA)....g	0.013	0.001	4	AR	1		0.011	0.031	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.002	0.000	4	AR	1		0.002	0.005	
20:3 undifferentiated....g	0.017		0	AS	1		0.015	0.040	
20:3 n-3....g									
20:3 n-6....g	0.017	0.001	4	AR	1		0.015	0.040	
20:4 undifferentiated....g	0.053	0.010	4	AR	1		0.045	0.124	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002	0.000	4	AR	1		0.002	0.004	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.010	0.000	4	AR	1		0.009	0.024	
22:6 n-3 (DHA)....g	0.000	0.000	4	AR	1		0.000	0.001	
Fatty acids, total trans....g	0.504		0	NC	4		0.428	1.189	
Fatty acids, total trans-monoenoic....g	0.454		0	NC	4		0.386	1.072	
Fatty acids, total trans-polyenoic....g	0.050		0	NC	4		0.042	0.117	
Cholesterol....mg	80	1.719	4	AR	1		68	189	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.339		0	AR	1		0.288	0.800	
Threonine....g	1.407		0	AR	1		1.196	3.321	
Isoleucine....g	1.401		0	AR	1		1.191	3.305	
Leucine....g	2.566		0	AR	1		2.181	6.057	

NDB No. 23392

Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.858		0	AR	1		2.429	6.744	
Methionine g	0.795		0	AR	1		0.676	1.877	
Cystine g	0.298		0	AR	1		0.253	0.704	
Phenylalanine g	1.193		0	AR	1		1.014	2.815	
Tyrosine g	1.116		0	AR	1		0.949	2.634	
Valine g	1.482		0	AR	1		1.260	3.497	
Arginine g	1.999		0	AR	1		1.699	4.718	
Histidine g	1.096		0	AR	1		0.931	2.586	
Alanine g	1.787		0	AR	1		1.519	4.217	
Aspartic acid g	2.880		0	AR	1		2.448	6.798	
Glutamic acid g	4.884		0	AR	1		4.152	11.527	
Glycine g	1.288		0	AR	1		1.095	3.039	
Proline g	1.249		0	AR	1		1.062	2.948	
Serine g	1.211		0	AR	1		1.029	2.858	
Hydroxyproline g	0.145		0	BFPN	4		0.123	0.342	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 236g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23385

Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw

Boneless Strip Steak, Club Steak, Kansas City Strip, New York Strip, URMIS # 2219

Refuse: 22% Connective tissue 7%, separable fat 14%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	69.94	0.681	24	AR	1		59.45	210.52	
Energy kcal	149		0	NC	4		126	448	
Energy kJ	622		0	NC	4		529	1872	
Protein (N x 6.25) g	22.93	0.363	24	AR	1		19.49	69.00	
Total lipid (fat) g	6.34	0.562	24	AR	1		5.39	19.07	
Ash g	1.01	0.053	24	AR	1		0.86	3.04	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	15		2	AR	1		13	45	
Iron, Fe mg	1.93		2	AR	1		1.64	5.82	
Magnesium, Mg mg	11		2	AR	1		10	34	
Phosphorus, P mg	205		2	AR	1		174	618	
Potassium, K mg	283		2	AR	1		241	853	
Sodium, Na mg	46		2	AR	1		39	138	
Zinc, Zn mg	3.79		2	AR	1		3.22	11.41	
Copper, Cu mg	0.042		2	AR	1		0.036	0.126	
Manganese, Mn mg	0.002		2	AR	1		0.001	0.005	
Selenium, Se µg	21.0		2	AR	1		17.8	63.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.053		1	AR	1		0.045	0.159	
Riboflavin mg	0.205	0.011	4	AR	1		0.174	0.617	
Niacin mg	6.947	0.299	4	AR	1		5.905	20.910	
Pantothenic acid mg	0.360		1	AR	1		0.306	1.084	
Vitamin B-6 mg	0.589	0.028	4	AR	1		0.500	1.771	
Folate, total µg	4		0	BFPN	4		3	11	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	4		0	BFPN	4		3	11	
Folate, DFE µg	4		0	NC	4		3	11	
Choline, total mg	56.3		1	AR	1		47.9	169.5	
Betaine mg	10.0		1	AR	1		8.5	30.0	
Vitamin B-12 µg	1.71	0.118	4	AR	1		1.45	5.15	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		2	6	
Retinol µg	2		0	BFSN	4		2	6	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	6		0	NC	4		5	19	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.24	0.009	4	AR	1		0.21	0.73	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.2	
Vitamin D IU	3		0	BFFN	4		2	8	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	4.6	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23385

Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.515		0	NC	4		2.137	7.569	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.006	0.001	4	AR	1		0.005	0.019	
12:0....g	0.006	0.000	4	AR	1		0.005	0.017	
13:0....g									
14:0....g	0.164	0.017	4	AR	1		0.140	0.495	
15:0....g	0.026	0.003	4	AR	1		0.022	0.079	
16:0....g	1.467	0.147	4	AR	1		1.247	4.417	
17:0....g	0.070	0.005	4	AR	1		0.059	0.210	
18:0....g	0.766	0.056	4	AR	1		0.651	2.307	
20:0....g	0.004	0.001	4	AR	1		0.003	0.011	
22:0....g									
24:0....g	0.005	0.002	4	AR	1		0.004	0.015	
Fatty acids, total monounsaturated....g	2.948		0	NC	4		2.506	8.874	
14:1....g	0.038	0.007	4	AR	1		0.032	0.114	
15:1....g									
16:1 undifferentiated....g	0.221		0	AS	1		0.188	0.664	
16:1 c....g	0.205	0.025	4	AR	1		0.175	0.618	
16:1 t....g	0.015	0.003	4	AR	1		0.013	0.046	
17:1....g	0.054	0.004	4	AR	1		0.046	0.164	
18:1 undifferentiated....g	2.625		0	AS	1		2.231	7.901	
18:1 c....g	2.363	0.209	4	AR	1		2.009	7.114	
18:1 t....g	0.262	0.020	4	AR	1		0.222	0.788	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.010	0.002	4	AR	1		0.009	0.031	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.393		0	NC	4		0.334	1.183	
18:2 undifferentiated....g	0.309		0	AS	1		0.262	0.929	
18:2 n-6 c,c....g	0.257	0.030	4	AR	1		0.218	0.772	
18:2 CLAs....g	0.022	0.003	4	AR	1		0.019	0.066	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.030	0.004	4	AR	1		0.026	0.092	
18:3 undifferentiated....g	0.009		0	AS	1		0.008	0.028	
18:3 n-3 c,c,c (ALA)....g	0.009	0.002	4	AR	1		0.008	0.028	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.001	0.000	4	AR	1		0.001	0.004	
20:3 undifferentiated....g	0.013		0	AS	1		0.011	0.039	
20:3 n-3....g									
20:3 n-6....g	0.013	0.001	4	AR	1		0.011	0.039	
20:4 undifferentiated....g	0.049	0.008	4	AR	1		0.042	0.149	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003	0.001	4	AR	1		0.002	0.008	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.008	0.001	4	AR	1		0.007	0.024	
22:6 n-3 (DHA)....g	0.000	0.000	4	AR	1		0.000	0.001	
Fatty acids, total trans....g	0.307		0	NC	4		0.261	0.925	
Fatty acids, total trans-monoenoic....g	0.277		0	NC	4		0.235	0.834	
Fatty acids, total trans-polyenoic....g	0.030		0	NC	4		0.026	0.092	
Cholesterol....mg	58	1.713	4	AR	1		49	175	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.271		0	AR	1		0.230	0.816	
Threonine....g	1.126		0	AR	1		0.957	3.389	
Isoleucine....g	1.120		0	AR	1		0.952	3.372	
Leucine....g	2.053		0	AR	1		1.745	6.179	

NDB No. 23385

Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	2.286		0	AR	1		1.943	6.881	
Methionine....g	0.636		0	AR	1		0.541	1.915	
Cystine....g	0.239		0	AR	1		0.203	0.718	
Phenylalanine....g	0.954		0	AR	1		0.811	2.872	
Tyrosine....g	0.893		0	AR	1		0.759	2.687	
Valine....g	1.185		0	AR	1		1.008	3.568	
Arginine....g	1.599		0	AR	1		1.359	4.814	
Histidine....g	0.876		0	AR	1		0.745	2.638	
Alanine....g	1.429		0	AR	1		1.215	4.302	
Aspartic acid....g	2.304		0	AR	1		1.958	6.935	
Glutamic acid....g	3.907		0	AR	1		3.321	11.760	
Glycine....g	1.030		0	AR	1		0.876	3.100	
Proline....g	0.999		0	AR	1		0.849	3.008	
Serine....g	0.969		0	AR	1		0.823	2.915	
Hydroxyproline....g	0.116		0	BFPN	4		0.098	0.348	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 301g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23393

Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled

Boneless Strip Steak, Club Steak, Kansas City Strip, New York Strip, URMIS # 1404

Refuse: 21% Connective tissue 9%, separable fat 12%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	62.99	0.720	12	AR	1		53.54	147.40	
Energy kcal	184		0	NC	4		156	431	
Energy kJ	770		0	NC	4		655	1802	
Protein g	29.67	0.388	12	AR	1		25.22	69.43	
Total lipid (fat) g	7.26	0.452	12	AR	1		6.17	16.99	
Ash g	1.17	0.032	12	AR	1		0.99	2.73	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	13		1	AR	1		11	31	
Iron, Fe mg	2.61		1	AR	1		2.22	6.11	
Magnesium, Mg mg	24		1	AR	1		20	55	
Phosphorus, P mg	236		1	AR	1		200	552	
Potassium, K mg	315		1	AR	1		268	737	
Sodium, Na mg	51		1	AR	1		43	119	
Zinc, Zn mg	4.83		1	AR	1		4.11	11.30	
Copper, Cu mg	0.070		1	AR	1		0.059	0.163	
Manganese, Mn mg	0.004		1	AR	1		0.003	0.009	
Selenium, Se µg	28.7		1	AR	1		24.4	67.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.066		1	AR	1		0.056	0.154	
Riboflavin mg	0.235		2	AR	1		0.200	0.550	
Niacin mg	7.110		2	AR	1		6.044	16.637	
Pantothenic acid mg	0.390		1	AR	1		0.331	0.912	
Vitamin B-6 mg	0.728		2	AR	1		0.618	1.702	
Folate, total µg	7		0	BFPN	4		6	17	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	7		0	BFPN	4		6	17	
Folate, DFE µg	7		0	NC	4		6	17	
Choline, total mg	66.7		1	AR	1		56.7	156.2	
Betaine mg	8.7		1	AR	1		7.4	20.4	
Vitamin B-12 µg	2.09		2	AR	1		1.78	4.89	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		2	5	
Retinol µg	2		0	BFSN	4		2	5	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	7		0	NC	4		6	16	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.19		2	AR	1		0.16	0.44	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.2	
Vitamin D IU	3		0	BFFN	4		2	7	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	3.7	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23393

Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.713		0	NC	4		2.306	6.347	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.007		2	AR	1		0.006	0.016	
12:0....g	0.006		2	AR	1		0.005	0.015	
13:0....g									
14:0....g	0.173		2	AR	1		0.147	0.405	
15:0....g	0.016		2	AR	1		0.014	0.038	
16:0....g	1.541		2	AR	1		1.310	3.605	
17:0....g	0.080		2	AR	1		0.068	0.187	
18:0....g	0.883		2	AR	1		0.750	2.065	
20:0....g	0.004		2	AR	1		0.003	0.008	
22:0....g									
24:0....g	0.004		2	AR	1		0.003	0.009	
Fatty acids, total monounsaturated....g	3.064		0	NC	4		2.604	7.169	
14:1....g	0.033		2	AR	1		0.028	0.077	
15:1....g									
16:1 undifferentiated....g	0.212		0	AS	1		0.180	0.496	
16:1 c....g	0.194		2	AR	1		0.165	0.454	
16:1 t....g	0.018		2	AR	1		0.015	0.042	
17:1....g	0.059		2	AR	1		0.050	0.138	
18:1 undifferentiated....g	2.746		0	AS	1		2.334	6.426	
18:1 c....g	2.422		2	AR	1		2.059	5.667	
18:1 t....g	0.324		2	AR	1		0.276	0.759	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.014		2	AR	1		0.012	0.032	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.442		0	NC	4		0.376	1.035	
18:2 undifferentiated....g	0.347		0	AS	1		0.295	0.811	
18:2 n-6 c,c....g	0.286		2	AR	1		0.243	0.670	
18:2 CLAs....g	0.027		2	AR	1		0.023	0.063	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.033		2	AR	1		0.028	0.077	
18:3 undifferentiated....g	0.011		0	AS	1		0.009	0.026	
18:3 n-3 c,c,c (ALA)....g	0.011		2	AR	1		0.009	0.026	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.002		2	AR	1		0.001	0.004	
20:3 undifferentiated....g	0.015		0	AS	1		0.013	0.035	
20:3 n-3....g									
20:3 n-6....g	0.015		2	AR	1		0.013	0.035	
20:4 undifferentiated....g	0.053		2	AR	1		0.045	0.124	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.004		2	AR	1		0.003	0.009	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.012		2	AR	1		0.010	0.027	
22:6 n-3 (DHA)....g	0.000		2	AR	1		0.000	0.000	
Fatty acids, total trans....g	0.375		0	NC	4		0.319	0.878	
Fatty acids, total trans-monoenoic....g	0.342		0	NC	4		0.291	0.800	
Fatty acids, total trans-polyenoic....g	0.033		0	NC	4		0.028	0.077	
Cholesterol....mg	80		2	AR	1		68	188	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.387		0	AR	1		0.329	0.905	
Threonine....g	1.652		0	AR	1		1.404	3.865	
Isoleucine....g	1.637		0	AR	1		1.391	3.830	
Leucine....g	3.051		0	AR	1		2.593	7.138	

NDB No. 23393

Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	3.423		0	AR	1		2.909	8.009	
Methionine g	0.937		0	AR	1		0.797	2.194	
Cystine g	0.357		0	AR	1		0.304	0.836	
Phenylalanine g	1.399		0	AR	1		1.189	3.273	
Tyrosine g	1.324		0	AR	1		1.126	3.099	
Valine g	1.726		0	AR	1		1.467	4.039	
Arginine g	2.381		0	AR	1		2.024	5.572	
Histidine g	1.339		0	AR	1		1.138	3.134	
Alanine g	2.098		0	AR	1		1.783	4.910	
Aspartic acid g	3.423		0	AR	1		2.909	8.009	
Glutamic acid g	5.744		0	AR	1		4.882	13.441	
Glycine g	1.518		0	AR	1		1.290	3.552	
Proline g	1.503		0	AR	1		1.278	3.517	
Serine g	1.443		0	AR	1		1.227	3.378	
Hydroxyproline g	0.150		0	BFPN	4		0.127	0.351	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 234g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23384

Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw

Boneless Strip Steak, Club Steak, Kansas City Strip, New York Strip, URMIS # 1404

Refuse: 21% Connective tissue 7% Separable fat 14%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	71.68	0.714	12	AR	1		60.92	217.89	
Energy kcal	135		0	NC	4		115	411	
Energy kJ	565		0	NC	4		480	1718	
Protein g	23.30	0.382	12	AR	1		19.80	70.83	
Total lipid (fat) g	4.66	0.629	12	AR	1		3.96	14.17	
Ash g	1.04	0.054	12	AR	1		0.89	3.17	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	14		1	AR	1		12	43	
Iron, Fe mg	1.73		1	AR	1		1.47	5.27	
Magnesium, Mg mg	12		1	AR	1		10	37	
Phosphorus, P mg	210		1	AR	1		179	638	
Potassium, K mg	288		1	AR	1		244	874	
Sodium, Na mg	47		1	AR	1		40	142	
Zinc, Zn mg	3.64		1	AR	1		3.09	11.06	
Copper, Cu mg	0.045		1	AR	1		0.038	0.137	
Manganese, Mn mg	0.002		1	AR	1		0.002	0.007	
Selenium, Se µg	22.0		1	AR	1		18.7	66.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.060		1	AR	1		0.051	0.182	
Riboflavin mg	0.220		2	AR	1		0.187	0.668	
Niacin mg	6.435		2	AR	1		5.470	19.562	
Pantothenic acid mg	0.390		1	AR	1		0.331	1.185	
Vitamin B-6 mg	0.563		2	AR	1		0.479	1.712	
Folate, total µg	4		0	BFPN	4		3	11	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	4		0	BFPN	4		3	11	
Folate, DFE µg	4		0	NC	4		3	11	
Choline, total mg	61.3		1	AR	1		52.1	186.2	
Betaine mg	9.9		1	AR	1		8.4	30.0	
Vitamin B-12 µg	1.88		2	AR	1		1.60	5.73	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		2	7	
Retinol µg	2		0	BFSN	4		2	7	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	7		0	NC	4		6	22	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.20		2	AR	1		0.17	0.60	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.0	0.2	
Vitamin D IU	2		0	BFFN	4		2	7	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	4.6	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23384

Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.090		0	NC	4		1.776	6.352	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g									
10:0....g	0.005		2	AR	1		0.005	0.016	
12:0....g	0.004		2	AR	1		0.004	0.013	
13:0....g									
14:0....g	0.132		2	AR	1		0.112	0.401	
15:0....g	0.025		2	AR	1		0.021	0.076	
16:0....g	1.199		2	AR	1		1.019	3.644	
17:0....g	0.059		2	AR	1		0.050	0.180	
18:0....g	0.658		2	AR	1		0.559	2.000	
20:0....g	0.003		2	AR	1		0.003	0.010	
22:0....g									
24:0....g	0.004		2	AR	1		0.003	0.012	
Fatty acids, total monounsaturated....g	2.355		0	NC	4		2.001	7.158	
14:1....g	0.021		2	AR	1		0.018	0.063	
15:1....g									
16:1 undifferentiated....g	0.169		0	AS	1		0.144	0.514	
16:1 c....g	0.153		2	AR	1		0.130	0.465	
16:1 t....g	0.016		2	AR	1		0.014	0.049	
17:1....g	0.043		2	AR	1		0.036	0.130	
18:1 undifferentiated....g	2.113		0	AS	1		1.796	6.424	
18:1 c....g	1.876		2	AR	1		1.594	5.702	
18:1 t....g	0.237		2	AR	1		0.202	0.721	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.009		2	AR	1		0.008	0.028	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.363		0	NC	4		0.309	1.105	
18:2 undifferentiated....g	0.288		0	AS	1		0.245	0.877	
18:2 n-6 c,c....g	0.233		2	AR	1		0.198	0.708	
18:2 CLAs....g	0.022		2	AR	1		0.019	0.067	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.034		2	AR	1		0.028	0.102	
18:3 undifferentiated....g	0.008		0	AS	1		0.007	0.025	
18:3 n-3 c,c,c (ALA)....g	0.008		2	AR	1		0.007	0.025	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.001		2	AR	1		0.001	0.004	
20:3 undifferentiated....g	0.014		0	AS	1		0.012	0.043	
20:3 n-3....g									
20:3 n-6....g	0.014		2	AR	1		0.012	0.043	
20:4 undifferentiated....g	0.041		2	AR	1		0.035	0.123	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002		2	AR	1		0.002	0.006	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.009		2	AR	1		0.007	0.026	
22:6 n-3 (DHA)....g	0.000		2	AR	1		0.000	0.000	
Fatty acids, total trans....g	0.287		0	NC	4		0.244	0.872	
Fatty acids, total trans-monoenoic....g	0.253		0	NC	4		0.215	0.770	
Fatty acids, total trans-polyenoic....g	0.034		0	NC	4		0.028	0.102	
Cholesterol....mg	62		2	AR	1		53	189	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.261		0	AR	1		0.222	0.794	
Threonine....g	1.119		0	AR	1		0.951	3.402	
Isoleucine....g	1.105		0	AR	1		0.940	3.360	
Leucine....g	2.064		0	AR	1		1.754	6.275	

NDB No. 23384

Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	2.304		0	AR	1		1.958	7.004	
Methionine....g	0.644		0	AR	1		0.547	1.957	
Cystine....g	0.244		0	AR	1		0.208	0.743	
Phenylalanine....g	0.951		0	AR	1		0.808	2.891	
Tyrosine....g	0.893		0	AR	1		0.759	2.715	
Valine....g	1.181		0	AR	1		1.004	3.591	
Arginine....g	1.630		0	AR	1		1.385	4.954	
Histidine....g	0.911		0	AR	1		0.775	2.771	
Alanine....g	1.466		0	AR	1		1.246	4.457	
Aspartic acid....g	2.330		0	AR	1		1.980	7.083	
Glutamic acid....g	3.891		0	AR	1		3.307	11.828	
Glycine....g	1.153		0	AR	1		0.980	3.507	
Proline....g	1.075		0	AR	1		0.914	3.268	
Serine....g	0.987		0	AR	1		0.839	3.001	
Hydroxyproline....g	0.159		0	BFPN	4		0.135	0.484	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 304g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13910

Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled

Boneless Strip Steak, Club Steak, Kansas City Strip, New York Strip

Refuse: 12% Bone and Connective tissue 12%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	56.48	0.824	5	PAK	1		48.01	120.30	
Energy kcal	264		0	NC	4		225	563	
Energy kJ	1106		0	NC	4		940	2356	
Protein (N x 6.25) g	26.44	0.174	5	PAK	1		22.47	56.31	
Total lipid (fat) g	16.78	0.866	5	PAK	1		14.26	35.74	
Ash g	1.03	0.013	5	PAK	1		0.88	2.19	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	19	2.391	4	PAK	1		16	41	
Iron, Fe mg	1.69	0.067	4	PAK	1		1.44	3.60	
Magnesium, Mg mg	22	0.579	4	PAK	1		19	47	
Phosphorus, P mg	204	5.513	4	PAK	1		173	434	
Potassium, K mg	328	8.006	4	PAK	1		279	699	
Sodium, Na mg	54	1.566	4	PAK	1		46	115	
Zinc, Zn mg	4.75	0.098	4	PAK	1		4.04	10.11	
Copper, Cu mg	0.079	0.005	4	PAK	1		0.067	0.168	
Manganese, Mn mg	0.009	0.001	5	PAK	1		0.008	0.019	
Selenium, Se µg	28.5	5.045	4	PAK	1		24.2	60.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.071	0.005	4	PAK	1		0.061	0.152	
Riboflavin mg	0.127	0.013	4	PAK	1		0.108	0.271	
Niacin mg	7.037	0.341	4	PAK	1		5.981	14.988	
Pantothenic acid mg	0.521		0	BFPN	4		0.443	1.110	
Vitamin B-6 mg	0.553	0.033	4	PAK	1		0.470	1.179	
Folate, total µg	8		0	BFPN	4		7	18	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	8		0	BFPN	4		7	18	
Folate, DFE µg	8		0	NC	4		7	18	
Choline, total mg	100.7		0	BFPN	4		85.6	214.5	
Betaine mg	13.2		0	BFPN	4		11.2	28.2	
Vitamin B-12 µg	1.56	0.099	4	PAK	1		1.32	3.31	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.46		0	BFSN	4		0.39	0.99	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.3		0	AS	1		0.2	0.6	
Vitamin D IU	11		0	BFFN	4		9	23	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	3.3	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13910

Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	6.608		0	NC	4		5.616	14.074	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.042		0	BFFN	4		0.035	0.089	
12:0....g	0.038		0	BFFN	4		0.032	0.081	
13:0....g									
14:0....g	0.510		0	BFFN	4		0.434	1.087	
15:0....g									
16:0....g	3.990		0	BFFN	4		3.391	8.498	
17:0....g									
18:0....g	2.028		0	BFFN	4		1.724	4.319	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.993		0	NC	4		5.944	14.896	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.632		0	BFFN	4		0.537	1.346	
17:1....g									
18:1 undifferentiated....g	6.337		0	BFFN	4		5.386	13.498	
20:1....g	0.024		0	BFFN	4		0.021	0.052	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.621		0	NC	4		0.528	1.324	
18:2 undifferentiated....g	0.434		0	BFFN	4		0.369	0.924	
18:3 undifferentiated....g	0.149		0	BFFN	4		0.127	0.318	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.038		0	BFFN	4		0.032	0.081	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	88		0	BFFN	4		75	188	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.174		0	PAK	1		0.148	0.370	
Threonine....g	1.056		0	PAK	1		0.898	2.250	
Isoleucine....g	1.203		0	PAK	1		1.022	2.562	
Leucine....g	2.103		0	PAK	1		1.788	4.480	
Lysine....g	2.234		0	PAK	1		1.899	4.759	
Methionine....g	0.688		0	PAK	1		0.585	1.466	
Cystine....g	0.341		0	PAK	1		0.290	0.727	
Phenylalanine....g	1.044		0	PAK	1		0.888	2.224	
Tyrosine....g	0.842		0	PAK	1		0.716	1.794	
Valine....g	1.312		0	PAK	1		1.115	2.794	
Arginine....g	1.710		0	PAK	1		1.453	3.641	
Histidine....g	0.844		0	PAK	1		0.717	1.797	
Alanine....g	1.607		0	PAK	1		1.366	3.424	
Aspartic acid....g	2.408		0	PAK	1		2.047	5.129	
Glutamic acid....g	3.969		0	PAK	1		3.374	8.454	
Glycine....g	1.610		0	PAK	1		1.368	3.429	
Proline....g	1.260		0	PAK	1		1.071	2.685	
Serine....g	1.041		0	PAK	1		0.885	2.218	
Hydroxyproline....g	0.276		0	PAK	1		0.235	0.588	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13910

Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 213g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13911

Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw

Boneless strip steak, Club Steak, Kansas City Strip, New York Strip, URMIS # 2219

Refuse: 10% Bone and Connective tissue 10%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	61.49		0	PAE	4		52.27	185.08	
Energy kcal	237		0	NC	4		201	713	
Energy kJ	992		0		4		843	2985	
Protein (N x 6.25) g	19.32		0	PAE	4		16.42	58.15	
Total lipid (fat) g	17.10		0	PAE	4		14.54	51.47	
Ash g	0.79		0	PAE	4		0.67	2.38	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	6		0	PAE	4		5	18	
Iron, Fe mg	1.61		0	PAE	4		1.37	4.85	
Magnesium, Mg mg	19		0	PAE	4		16	57	
Phosphorus, P mg	166		0	PAE	4		141	500	
Potassium, K mg	302		0	PAE	4		257	909	
Sodium, Na mg	54		0	PAE	4		46	163	
Zinc, Zn mg	3.20		0	PAE	4		2.72	9.63	
Copper, Cu mg	0.071		0	PAE	4		0.060	0.214	
Manganese, Mn mg	0.013		0	PAE	4		0.011	0.039	
Selenium, Se µg	16.6		0	BFYN	4		14.1	50.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.090		0	PAE	4		0.077	0.271	
Riboflavin mg	0.140		0	PAE	4		0.119	0.421	
Niacin mg	3.950		0	PAE	4		3.358	11.890	
Pantothenic acid mg	0.320		0	PAE	4		0.272	0.963	
Vitamin B-6 mg	0.400		0	PAE	4		0.340	1.204	
Folate, total µg	6		0	PAE	4		5	18	
Folic acid µg									
Folate, food µg	6		0	PAE	4		5	18	
Folate, DFE µg									
Choline, total mg	86.1		0	BFPN	4		73.2	259.3	
Betaine mg	12.7		0	BFPN	4		10.8	38.1	
Vitamin B-12 µg	2.79		0	PAE	4		2.37	8.40	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	PAE	4		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	4.6	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13911

Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	6.910		0	PAE	4		5.874	20.799	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.050		0	PAE	4		0.043	0.151	
12:0....g	0.030		0	PAE	4		0.026	0.090	
13:0....g									
14:0....g	0.550		0	PAE	4		0.468	1.656	
15:0....g									
16:0....g	4.200		0	PAE	4		3.570	12.642	
17:0....g									
18:0....g	2.070		0	PAE	4		1.760	6.231	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.410		0	PAE	4		6.299	22.304	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.830		0	PAE	4		0.706	2.498	
17:1....g									
18:1 undifferentiated....g	6.550		0	PAE	4		5.568	19.716	
20:1....g	0.030		0	PAE	4		0.026	0.090	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.610		0	PAE	4		0.519	1.836	
18:2 undifferentiated....g	0.400		0	PAE	4		0.340	1.204	
18:3 undifferentiated....g	0.190		0	PAE	4		0.162	0.572	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.020		0	PAE	4		0.017	0.060	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	82		0	BFSN	4		70	248	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.136		0	PAK	1		0.115	0.408	
Threonine....g	0.824		0	PAK	1		0.700	2.480	
Isoleucine....g	0.938		0	PAK	1		0.798	2.824	
Leucine....g	1.641		0	PAK	1		1.395	4.938	
Lysine....g	1.743		0	PAK	1		1.482	5.247	
Methionine....g	0.537		0	PAK	1		0.457	1.617	
Cystine....g	0.266		0	PAK	1		0.226	0.801	
Phenylalanine....g	0.815		0	PAK	1		0.692	2.452	
Tyrosine....g	0.657		0	PAK	1		0.559	1.978	
Valine....g	1.023		0	PAK	1		0.870	3.080	
Arginine....g	1.334		0	PAK	1		1.134	4.014	
Histidine....g	0.658		0	PAK	1		0.559	1.981	
Alanine....g	1.254		0	PAK	1		1.066	3.774	
Aspartic acid....g	1.879		0	PAK	1		1.597	5.655	
Glutamic acid....g	3.096		0	PAK	1		2.632	9.320	
Glycine....g	1.256		0	PAK	1		1.067	3.780	
Proline....g	0.983		0	PAK	1		0.836	2.960	
Serine....g	0.812		0	PAK	1		0.691	2.445	
Hydroxyproline....g	0.217		0	PAK	1		0.184	0.652	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13911

Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 301g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13914

Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled

Boneless Strip Steak, Club Steak, Kansas City Strip, New York Strip, URMIS # 1404

Refuse: 12% Bone and Connective tissue 12%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	57.96	0.340	3	PAK	1		49.27		
Energy kcal	250		0	NC	4		213		
Energy kJ	1048		0	NC	4		891		
Protein (N x 6.25) g	26.72	0.163	3	PAK	1		22.71		
Total lipid (fat) g	15.11	0.188	3	PAK	1		12.84		
Ash g	1.04	0.021	3	PAK	1		0.88		
Carbohydrate, by difference g	0.00		0	Z	7		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	22		2	PAK	1		18		
Iron, Fe mg	1.63		2	PAK	1		1.38		
Magnesium, Mg mg	23		2	PAK	1		19		
Phosphorus, P mg	213		2	PAK	1		181		
Potassium, K mg	340		2	PAK	1		289		
Sodium, Na mg	57		2	PAK	1		48		
Zinc, Zn mg	4.85		2	PAK	1		4.12		
Copper, Cu mg	0.073		2	PAK	1		0.062		
Manganese, Mn mg	0.009	0.000	3	PAK	1		0.008		
Selenium, Se µg	28.8		2	PAK	1		24.5		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.078		2	PAK	1		0.066		
Riboflavin mg	0.140		2	PAK	1		0.119		
Niacin mg	6.978		2	PAK	1		5.932		
Pantothenic acid mg	0.527		0	BFPN	4		0.448		
Vitamin B-6 mg	0.585		2	PAK	1		0.498		
Folate, total µg	8		0	BFPN	4		7		
Folic acid µg									
Folate, food µg	8		0	BFPN	4		7		
Folate, DFE µg									
Choline, total mg	101.8		0	BFPN	4		86.5		
Betaine mg	13.4		0	BFPN	4		11.4		
Vitamin B-12 µg	1.38		2	PAK	1		1.18		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	0		0	AS	1		0		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	0		0	AS	1		0		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.45		0	BFSN	4		0.38		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg	0.00		0	Z	7		0.00		
Tocopherol, gamma mg	0.00		0	Z	7		0.00		
Tocopherol, delta mg	0.00		0	Z	7		0.00		
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13914

Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	5.951		0	NC	4		5.059		
4:0....g	0.000		0	BFFN	4		0.000		
6:0....g	0.000		0	BFFN	4		0.000		
8:0....g	0.000		0	BFFN	4		0.000		
10:0....g	0.038		0	BFFN	4		0.032		
12:0....g	0.034		0	BFFN	4		0.029		
13:0....g									
14:0....g	0.460		0	BFFN	4		0.391		
15:0....g									
16:0....g	3.593		0	BFFN	4		3.054		
17:0....g									
18:0....g	1.826		0	BFFN	4		1.552		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.298		0	NC	4		5.353		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.569		0	BFFN	4		0.484		
17:1....g									
18:1 undifferentiated....g	5.707		0	BFFN	4		4.851		
20:1....g	0.022		0	BFFN	4		0.019		
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.560		0	NC	4		0.476		
18:2 undifferentiated....g	0.391		0	BFFN	4		0.332		
18:3 undifferentiated....g	0.134		0	BFFN	4		0.114		
18:4....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.034		0	BFFN	4		0.029		
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	79		0	BFFN	4		68		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.173		0	NR	4		0.147		
Threonine....g	1.054		0	NR	4		0.896		
Isoleucine....g	1.201		0	NR	4		1.021		
Leucine....g	2.099		0	NR	4		1.784		
Lysine....g	2.230		0	NR	4		1.896		
Methionine....g	0.687		0	NR	4		0.584		
Cystine....g	0.341		0	NR	4		0.289		
Phenylalanine....g	1.042		0	NR	4		0.886		
Tyrosine....g	0.841		0	NR	4		0.715		
Valine....g	1.309		0	NR	4		1.113		
Arginine....g	1.706		0	NR	4		1.450		
Histidine....g	0.842		0	NR	4		0.716		
Alanine....g	1.604		0	NR	4		1.364		
Aspartic acid....g	2.404		0	NR	4		2.043		
Glutamic acid....g	3.962		0	NR	4		3.368		
Glycine....g	1.607		0	NR	4		1.366		
Proline....g	1.258		0	NR	4		1.069		
Serine....g	1.040		0	NR	4		0.884		
Hydroxyproline....g	0.277		0	NR	4		0.236		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 13914

Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate**3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13913

Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw

Boneless strip steak, Club Steak, Kansas City Strip, New York Strip, URMIS # 1404

Refuse: 9% Bone and Connective tissue 9%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	63.95	0.598	3	PAK	1		54.36		
Energy kcal	224		0	NC	4		190		
Energy kJ	935		0	NC	4		795		
Protein (N x 6.25) g	20.59	0.229	3	PAK	1		17.50		
Total lipid (fat) g	15.04	0.532	3	PAK	1		12.78		
Ash g	0.87	0.039	3	PAK	1		0.74		
Carbohydrate, by difference g	0.00		0	Z	7		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	23		2	PAK	1		20		
Iron, Fe mg	1.47		2	PAK	1		1.25		
Magnesium, Mg mg	21		2	PAK	1		18		
Phosphorus, P mg	189		2	PAK	1		161		
Potassium, K mg	313		2	PAK	1		266		
Sodium, Na mg	52		2	PAK	1		44		
Zinc, Zn mg	3.45		2	PAK	1		2.93		
Copper, Cu mg	0.071		2	PAK	1		0.060		
Manganese, Mn mg	0.009	0.000	3	PAK	1		0.008		
Selenium, Se µg	23.5		2	PAK	1		20.0		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.074		2	PAK	1		0.063		
Riboflavin mg	0.112		2	PAK	1		0.095		
Niacin mg	5.502		2	PAK	1		4.676		
Pantothenic acid mg	0.583		0	BFPN	4		0.496		
Vitamin B-6 mg	0.569		2	PAK	1		0.483		
Folate, total µg	11		0	BFPN	4		9		
Folic acid µg									
Folate, food µg	11		0	BFPN	4		9		
Folate, DFE µg									
Choline, total mg	86.0		0	BFPN	4		73.1		
Betaine mg	12.6		0	BFPN	4		10.7		
Vitamin B-12 µg	0.98		2	PAK	1		0.83		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	0		0	AS	1		0		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	0		0	AS	1		0		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.38		0	BFSN	4		0.33		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg	0.00		0	Z	7		0.00		
Tocopherol, gamma mg	0.00		0	Z	7		0.00		
Tocopherol, delta mg	0.00		0	Z	7		0.00		
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13913

Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	6.067		0	NC	4		5.157		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g	0.048		0	BFFN	4		0.041		
12:0....g	0.032		0	BFFN	4		0.027		
13:0....g									
14:0....g	0.475		0	BFFN	4		0.404		
15:0....g									
16:0....g	3.653		0	BFFN	4		3.105		
17:0....g									
18:0....g	1.859		0	BFFN	4		1.580		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.438		0	NC	4		5.472		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.733		0	BFFN	4		0.623		
17:1....g									
18:1 undifferentiated....g	5.683		0	BFFN	4		4.831		
20:1....g	0.021		0	BFFN	4		0.018		
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.572		0	NC	4		0.486		
18:2 undifferentiated....g	0.368		0	BFFN	4		0.313		
18:3 undifferentiated....g	0.180		0	BFFN	4		0.153		
18:4....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.024		0	BFFN	4		0.020		
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	80		0	BFSN	4		68		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.129		0	NR	4		0.110		
Threonine....g	0.783		0	NR	4		0.666		
Isoleucine....g	0.892		0	NR	4		0.758		
Leucine....g	1.560		0	NR	4		1.326		
Lysine....g	1.657		0	NR	4		1.409		
Methionine....g	0.511		0	NR	4		0.434		
Cystine....g	0.253		0	NR	4		0.215		
Phenylalanine....g	0.775		0	NR	4		0.658		
Tyrosine....g	0.625		0	NR	4		0.531		
Valine....g	0.973		0	NR	4		0.827		
Arginine....g	1.268		0	NR	4		1.078		
Histidine....g	0.626		0	NR	4		0.532		
Alanine....g	1.192		0	NR	4		1.013		
Aspartic acid....g	1.786		0	NR	4		1.518		
Glutamic acid....g	2.944		0	NR	4		2.502		
Glycine....g	1.194		0	NR	4		1.015		
Proline....g	0.935		0	NR	4		0.795		
Serine....g	0.772		0	NR	4		0.657		
Hydroxyproline....g	0.206		0	NR	4		0.175		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 13913

Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate**3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23278

Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled

Biceps femoris

Refuse: 8% Connective tissue 8%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	57.10	0.800	24	AR	1		48.54	91.93	
Energy kcal	242		0	NC	4		206	390	
Energy kJ	1013		0	NC	4		861	1631	
Protein (N x 6.25) g	26.00	0.400	24	AR	1		22.10	41.86	
Total lipid (fat) g	15.00	0.900	24	AR	1		12.75	24.15	
Ash g	1.10	0.000	24	AR	1		0.94	1.77	
Carbohydrate, by difference g	0.80		0	NC	4		0.68	1.29	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	7		0	BFNN	4		6	11	
Iron, Fe mg	3.16		0	BFNN	4		2.69	5.09	
Magnesium, Mg mg	26		0	BFNN	4		22	41	
Phosphorus, P mg	226		0	BFNN	4		192	364	
Potassium, K mg	361		0	BFNN	4		307	581	
Sodium, Na mg	89		0	BFNN	4		75	143	
Zinc, Zn mg	9.99		0	BFNN	4		8.49	16.09	
Copper, Cu mg	0.159		0	BFNN	4		0.135	0.256	
Manganese, Mn mg									
Selenium, Se µg	35.6	1.226	6	AR	1		30.3	57.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.074		0	BFPN	4		0.063	0.119	
Riboflavin mg	0.260		0	BFPN	4		0.221	0.418	
Niacin mg	3.916		0	BFPN	4		3.329	6.305	
Pantothenic acid mg									
Vitamin B-6 mg	0.396		0	BFPN	4		0.336	0.637	
Folate, total µg	6		0	BFPN	4		5	10	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	6		0	BFPN	4		5	10	
Folate, DFE µg	6		0	NC	4		5	10	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	2.77	0.368	6	AR	1		2.35	4.46	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	7		0	NC	4		6	12	
Retinol µg	7		0	BFSN	4		6	12	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	24		0	NC	4		20	38	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	AS	1		0.1	0.3	
Vitamin D IU	6		0	BFSN	4		5	10	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	2.5	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23278

Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	5.350		0	NC	4		4.548	8.614	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.011		0	BFFN	4		0.009	0.017	
12:0....g	0.012		0	BFFN	4		0.010	0.019	
13:0....g									
14:0....g	0.347	0.021	6	AR	1		0.295	0.558	
15:0....g									
16:0....g	3.089	0.185	6	AR	1		2.625	4.973	
17:0....g	0.161	0.010	6	AR	1		0.137	0.260	
18:0....g	1.739	0.100	6	AR	1		1.478	2.800	
20:0....g	0.003	0.000	6	AR	1		0.003	0.006	
22:0....g									
24:0....g	0.011	0.000	6	AR	1		0.009	0.017	
Fatty acids, total monounsaturated....g	7.497		0	NC	4		6.372	12.070	
14:1....g	0.116	0.010	6	AR	1		0.099	0.187	
15:1....g									
16:1 undifferentiated....g	0.501	0.032	6	AR	1		0.425	0.806	
17:1....g	0.162	0.011	6	AR	1		0.138	0.261	
18:1 undifferentiated....g	6.688		0	AS	1		5.685	10.767	
18:1 c....g	5.984	0.402	6	AR	1		5.087	9.634	
18:1 t....g	0.704	0.060	6	AR	1		0.598	1.133	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.030	0.002	6	AR	1		0.026	0.049	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.553		0	NC	4		0.470	0.890	
18:2 undifferentiated....g	0.468		0	AS	1		0.398	0.754	
18:2 n-6 c,c....g	0.393	0.036	6	AR	1		0.334	0.633	
18:2 CLAs....g	0.075	0.006	6	AR	1		0.064	0.121	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.033		0	AS	1		0.028	0.053	
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.033	0.003	6	AR	1		0.028	0.053	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000	0.000	6	AR	1		0.000	0.001	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.050	0.004	6	AR	1		0.043	0.081	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	6	AR	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.010		0	BFFN	4		0.008	0.016	
22:6 n-3 (DHA)....g	0.000	0.000	6	AR	1		0.000	0.001	
Fatty acids, total trans....g	0.704		0	NC	4		0.598	1.133	
Fatty acids, total trans-monoenoic....g	0.704		0	NC	4		0.598	1.133	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	84	2.307	6	AR	1		71	135	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.291		0	AR	1		0.247	0.468	
Threonine....g	1.225		0	AR	1		1.042	1.973	
Isoleucine....g	1.211		0	AR	1		1.029	1.950	
Leucine....g	2.241		0	AR	1		1.905	3.608	
Lysine....g	2.490		0	AR	1		2.117	4.010	
Methionine....g	0.703		0	AR	1		0.598	1.133	

NDB No. 23278

Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine g	0.265		0	AR	1		0.225	0.426	
Phenylalanine g	1.043		0	AR	1		0.886	1.679	
Tyrosine g	0.969		0	AR	1		0.823	1.560	
Valine g	1.300		0	AR	1		1.105	2.092	
Arginine g	1.770		0	AR	1		1.505	2.850	
Histidine g	0.974		0	AR	1		0.828	1.569	
Alanine g	1.612		0	AR	1		1.370	2.595	
Aspartic acid g	2.533		0	AR	1		2.153	4.079	
Glutamic acid g	4.251		0	AR	1		3.613	6.844	
Glycine g	1.279		0	AR	1		1.087	2.060	
Proline g	1.166		0	AR	1		0.991	1.878	
Serine g	1.071		0	AR	1		0.910	1.724	
Hydroxyproline g	0.178		0	BFPN	4		0.151	0.286	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 161g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23281

Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Biceps femoris

Refuse: 7% Connective tissue 7%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	67.40	0.500	24	AR	1		57.29	150.30	
Energy kcal	191		0	NC	4		163	426	
Energy kJ	800		0	NC	4		680	1784	
Protein (N x 6.25) g	19.90	0.200	24	AR	1		16.92	44.38	
Total lipid (fat) g	12.40	0.700	24	AR	1		10.54	27.65	
Ash g	0.90	0.000	24	AR	1		0.77	2.01	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	6		0	BFNN	4		5	12	
Iron, Fe mg	2.41		0	BFNN	4		2.05	5.38	
Magnesium, Mg mg	22		0	BFNN	4		19	49	
Phosphorus, P mg	192		0	BFNN	4		163	428	
Potassium, K mg	326		0	BFNN	4		277	727	
Sodium, Na mg	80		0	BFNN	4		68	180	
Zinc, Zn mg	7.12		0	BFNN	4		6.06	15.89	
Copper, Cu mg	0.131		0	BFNN	4		0.111	0.292	
Manganese, Mn mg									
Selenium, Se µg	28.1	0.919	6	AR	1		23.9	62.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.084		0	BFPN	4		0.071	0.187	
Riboflavin mg	0.224		0	BFPN	4		0.190	0.499	
Niacin mg	3.588		0	BFPN	4		3.050	8.001	
Pantothenic acid mg									
Vitamin B-6 mg	0.399		0	BFPN	4		0.339	0.889	
Folate, total µg	3		0	BFPN	4		3	7	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	3		0	BFPN	4		3	7	
Folate, DFE µg	3		0	NC	4		3	7	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	2.64	0.037	6	AR	1		2.25	5.89	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	4		0	NC	4		3	9	
Retinol µg	4		0	BFSN	4		3	9	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	13		0	NC	4		11	29	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.3	
Vitamin D IU	5		0	BFSN	4		4	11	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	3.4	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23281

Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.619		0	NC	4		3.926	10.301	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.010		0	BFFN	4		0.008	0.022	
12:0....g	0.009		0	BFFN	4		0.008	0.021	
13:0....g									
14:0....g	0.300	0.011	6	AR	1		0.255	0.668	
15:0....g									
16:0....g	2.679	0.116	6	AR	1		2.277	5.973	
17:0....g	0.145	0.005	6	AR	1		0.124	0.324	
18:0....g	1.486	0.073	6	AR	1		1.263	3.313	
20:0....g	0.003	0.000	6	AR	1		0.003	0.007	
22:0....g									
24:0....g	0.007	0.001	6	AR	1		0.006	0.016	
Fatty acids, total monounsaturated....g	6.500		0	NC	4		5.525	14.496	
14:1....g	0.104	0.005	6	AR	1		0.089	0.232	
15:1....g									
16:1 undifferentiated....g	0.435	0.019	6	AR	1		0.370	0.970	
17:1....g	0.105	0.005	6	AR	1		0.089	0.235	
18:1 undifferentiated....g	5.832		0	AS	1		4.957	13.006	
18:1 c....g	5.078	0.220	6	AR	1		4.316	11.323	
18:1 t....g	0.755	0.029	6	AR	1		0.642	1.683	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.023	0.001	6	AR	1		0.020	0.052	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.406		0	NC	4		0.345	0.906	
18:2 undifferentiated....g	0.352		0	AS	1		0.299	0.784	
18:2 n-6 c,c....g	0.298	0.005	6	AR	1		0.253	0.664	
18:2 CLAs....g	0.054	0.002	6	AR	1		0.046	0.120	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.019		0	AS	1		0.016	0.043	
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.019	0.001	6	AR	1		0.016	0.043	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.001	0.000	6	AR	1		0.001	0.002	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.034	0.003	6	AR	1		0.029	0.076	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	6	AR	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.008		0	BFFN	4		0.007	0.017	
22:6 n-3 (DHA)....g	0.000	0.000	6	AR	1		0.000	0.000	
Fatty acids, total trans....g	0.755		0	NC	4		0.642	1.683	
Fatty acids, total trans-monoenoic....g	0.755		0	NC	4		0.642	1.683	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	68	1.162	6	AR	1		58	151	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.223		0	AR	1		0.189	0.497	
Threonine....g	0.938		0	AR	1		0.797	2.091	
Isoleucine....g	0.927		0	AR	1		0.788	2.067	
Leucine....g	1.715		0	AR	1		1.458	3.825	
Lysine....g	1.906		0	AR	1		1.620	4.251	
Methionine....g	0.538		0	AR	1		0.458	1.201	

NDB No. 23281

Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine g	0.203		0	AR	1		0.172	0.452	
Phenylalanine g	0.798		0	AR	1		0.678	1.780	
Tyrosine g	0.741		0	AR	1		0.630	1.654	
Valine g	0.995		0	AR	1		0.845	2.218	
Arginine g	1.355		0	AR	1		1.152	3.022	
Histidine g	0.746		0	AR	1		0.634	1.663	
Alanine g	1.234		0	AR	1		1.049	2.751	
Aspartic acid g	1.939		0	AR	1		1.648	4.324	
Glutamic acid g	3.254		0	AR	1		2.766	7.256	
Glycine g	0.979		0	AR	1		0.832	2.183	
Proline g	0.893		0	AR	1		0.759	1.991	
Serine g	0.819		0	AR	1		0.696	1.827	
Hydroxyproline g	0.136		0	BFPN	4		0.116	0.303	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 223g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23279

Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled

Biceps femoris, URMIS #2236

Refuse: 8% Connective tissue 8%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	57.20	1.000	16	AR	1		48.62	94.38	
Energy kcal	238		0	NC	4		203	393	
Energy kJ	997		0	NC	4		847	1645	
Protein (N x 6.25) g	26.30	0.400	16	AR	1		22.36	43.40	
Total lipid (fat) g	14.30	1.200	16	AR	1		12.16	23.60	
Ash g	1.10	0.000	16	AR	1		0.94	1.82	
Carbohydrate, by difference g	1.10		0	NC	4		0.94	1.82	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	7		0	BFNN	4		6	12	
Iron, Fe mg	3.23		0	BFNN	4		2.75	5.33	
Magnesium, Mg mg	26		0	BFNN	4		22	43	
Phosphorus, P mg	231		0	BFNN	4		196	381	
Potassium, K mg	368		0	BFNN	4		313	608	
Sodium, Na mg	91		0	BFNN	4		77	150	
Zinc, Zn mg	10.21		0	BFNN	4		8.68	16.84	
Copper, Cu mg	0.162		0	BFNN	4		0.138	0.268	
Manganese, Mn mg									
Selenium, Se µg	35.0	1.523	4	AR	1		29.8	57.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.074		0	BFPN	4		0.063	0.123	
Riboflavin mg	0.263		0	BFPN	4		0.223	0.433	
Niacin mg	3.961		0	BFPN	4		3.367	6.536	
Pantothenic acid mg									
Vitamin B-6 mg	0.400		0	BFPN	4		0.340	0.661	
Folate, total µg	6		0	BFPN	4		5	11	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	6		0	BFPN	4		5	11	
Folate, DFE µg	6		0	NC	4		5	11	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	2.81	0.457	4	AR	1		2.39	4.64	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	7		0	NC	4		6	11	
Retinol µg	7		0	BFSN	4		6	11	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	23		0	NC	4		19	38	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	AS	1		0.1	0.3	
Vitamin D IU	7		0	BFSN	4		6	11	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	2.6	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23279

Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	5.092		0	NC	4		4.328	8.402	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.010		0	BFFN	4		0.009	0.017	
12:0....g	0.011		0	BFFN	4		0.009	0.018	
13:0....g									
14:0....g	0.339	0.026	4	AR	1		0.288	0.559	
15:0....g									
16:0....g	2.919	0.230	4	AR	1		2.481	4.816	
17:0....g	0.154	0.012	4	AR	1		0.131	0.253	
18:0....g	1.666	0.124	4	AR	1		1.416	2.750	
20:0....g	0.003	0.000	4	AR	1		0.002	0.004	
22:0....g									
24:0....g	0.011	0.001	4	AR	1		0.010	0.019	
Fatty acids, total monounsaturated....g	7.085		0	NC	4		6.022	11.690	
14:1....g	0.106	0.012	4	AR	1		0.090	0.175	
15:1....g									
16:1 undifferentiated....g	0.493	0.039	4	AR	1		0.419	0.814	
17:1....g	0.156	0.014	4	AR	1		0.133	0.258	
18:1 undifferentiated....g	6.300		0	AS	1		5.355	10.395	
18:1 c....g	5.615	0.499	4	AR	1		4.772	9.264	
18:1 t....g	0.685	0.075	4	AR	1		0.582	1.131	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.030	0.003	4	AR	1		0.025	0.049	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.523		0	NC	4		0.444	0.863	
18:2 undifferentiated....g	0.439		0	AS	1		0.373	0.724	
18:2 n-6 c,c....g	0.369	0.045	4	AR	1		0.313	0.608	
18:2 CLAs....g	0.070	0.008	4	AR	1		0.059	0.115	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.033		0	AS	1		0.028	0.055	
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.033	0.004	4	AR	1		0.028	0.055	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.001	0.000	4	AR	1		0.000	0.001	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.050	0.005	4	AR	1		0.042	0.082	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	4	AR	1		0.000	0.001	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.008		0	BFFN	4		0.007	0.014	
22:6 n-3 (DHA)....g	0.000	0.000	4	AR	1		0.000	0.001	
Fatty acids, total trans....g	0.685		0	NC	4		0.582	1.131	
Fatty acids, total trans-monoenoic....g	0.685		0	NC	4		0.582	1.131	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	83	2.867	4	AR	1		71	137	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.295		0	AR	1		0.251	0.487	
Threonine....g	1.233		0	AR	1		1.048	2.034	
Isoleucine....g	1.222		0	AR	1		1.038	2.016	
Leucine....g	2.246		0	AR	1		1.909	3.706	
Lysine....g	2.487		0	AR	1		2.114	4.103	
Methionine....g	0.709		0	AR	1		0.602	1.169	

NDB No. 23279

Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine g	0.265		0	AR	1		0.225	0.437	
Phenylalanine g	1.049		0	AR	1		0.892	1.731	
Tyrosine g	0.973		0	AR	1		0.827	1.605	
Valine g	1.314		0	AR	1		1.117	2.167	
Arginine g	1.775		0	AR	1		1.509	2.929	
Histidine g	0.968		0	AR	1		0.823	1.597	
Alanine g	1.626		0	AR	1		1.382	2.682	
Aspartic acid g	2.540		0	AR	1		2.159	4.191	
Glutamic acid g	4.278		0	AR	1		3.636	7.059	
Glycine g	1.297		0	AR	1		1.102	2.140	
Proline g	1.172		0	AR	1		0.996	1.934	
Serine g	1.074		0	AR	1		0.913	1.773	
Hydroxyproline g	0.180		0	BFPN	4		0.153	0.297	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 165g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23282

Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw

Biceps femoris, URMIS #2236

Refuse: 8% Connective tissue 8%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	66.50	0.700	16	AR	1		56.53	158.27	
Energy kcal	199		0	NC	4		169	475	
Energy kJ	834		0	NC	4		709	1985	
Protein (N x 6.25) g	19.70	0.200	16	AR	1		16.75	46.89	
Total lipid (fat) g	13.40	0.900	16	AR	1		11.39	31.89	
Ash g	0.90	0.000	16	AR	1		0.77	2.14	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	6		0	BFNN	4		5	13	
Iron, Fe mg	2.40		0	BFNN	4		2.04	5.71	
Magnesium, Mg mg	22		0	BFNN	4		19	52	
Phosphorus, P mg	191		0	BFNN	4		162	455	
Potassium, K mg	325		0	BFNN	4		276	773	
Sodium, Na mg	80		0	BFNN	4		68	191	
Zinc, Zn mg	7.09		0	BFNN	4		6.03	16.87	
Copper, Cu mg	0.130		0	BFNN	4		0.111	0.310	
Manganese, Mn mg									
Selenium, Se µg	27.7	1.142	4	AR	1		23.5	65.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.083		0	BFPN	4		0.071	0.197	
Riboflavin mg	0.222		0	BFPN	4		0.188	0.528	
Niacin mg	3.552		0	BFPN	4		3.019	8.453	
Pantothenic acid mg									
Vitamin B-6 mg	0.395		0	BFPN	4		0.335	0.939	
Folate, total µg	3		0	BFPN	4		3	8	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	3		0	BFPN	4		3	8	
Folate, DFE µg	3		0	NC	4		3	8	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	2.67	0.046	4	AR	1		2.27	6.35	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	4		0	NC	4		3	9	
Retinol µg	4		0	BFSN	4		3	9	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	13		0	NC	4		11	31	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.3	
Vitamin D IU	5		0	BFSN	4		4	12	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	3.6	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23282

Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	5.079		0	NC	4		4.317	12.087	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.011		0	BFFN	4		0.009	0.025	
12:0....g	0.010		0	BFFN	4		0.009	0.024	
13:0....g									
14:0....g	0.319	0.013	4	AR	1		0.271	0.760	
15:0....g									
16:0....g	2.925	0.143	4	AR	1		2.486	6.961	
17:0....g	0.152	0.006	4	AR	1		0.129	0.362	
18:0....g	1.670	0.090	4	AR	1		1.420	3.975	
20:0....g	0.003	0.000	4	AR	1		0.003	0.008	
22:0....g									
24:0....g	0.009	0.001	4	AR	1		0.007	0.020	
Fatty acids, total monounsaturated....g	7.083		0	NC	4		6.021	16.857	
14:1....g	0.115	0.007	4	AR	1		0.097	0.273	
15:1....g									
16:1 undifferentiated....g	0.476	0.023	4	AR	1		0.405	1.134	
17:1....g	0.115	0.006	4	AR	1		0.098	0.274	
18:1 undifferentiated....g	6.351		0	AS	1		5.399	15.117	
18:1 c....g	5.542	0.273	4	AR	1		4.711	13.190	
18:1 t....g	0.809	0.037	4	AR	1		0.688	1.926	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.025	0.001	4	AR	1		0.021	0.060	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.433		0	NC	4		0.368	1.031	
18:2 undifferentiated....g	0.373		0	AS	1		0.317	0.888	
18:2 n-6 c,c....g	0.315	0.006	4	AR	1		0.267	0.749	
18:2 CLAs....g	0.058	0.003	4	AR	1		0.050	0.139	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.022		0	AS	1		0.019	0.052	
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.022	0.001	4	AR	1		0.019	0.052	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.001	0.000	4	AR	1		0.001	0.002	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.037	0.004	4	AR	1		0.031	0.088	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	4	AR	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.008		0	BFFN	4		0.007	0.019	
22:6 n-3 (DHA)....g	0.000	0.000	4	AR	1		0.000	0.000	
Fatty acids, total trans....g	0.809		0	NC	4		0.688	1.926	
Fatty acids, total trans-monoenoic....g	0.809		0	NC	4		0.688	1.926	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	68	1.443	4	AR	1		57	161	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.221		0	AR	1		0.188	0.526	
Threonine....g	0.924		0	AR	1		0.785	2.198	
Isoleucine....g	0.915		0	AR	1		0.778	2.178	
Leucine....g	1.683		0	AR	1		1.430	4.005	
Lysine....g	1.863		0	AR	1		1.583	4.434	
Methionine....g	0.531		0	AR	1		0.451	1.263	

NDB No. 23282

Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine g	0.198		0	AR	1		0.169	0.472	
Phenylalanine g	0.786		0	AR	1		0.668	1.871	
Tyrosine g	0.729		0	AR	1		0.619	1.734	
Valine g	0.984		0	AR	1		0.836	2.342	
Arginine g	1.330		0	AR	1		1.130	3.165	
Histidine g	0.725		0	AR	1		0.616	1.726	
Alanine g	1.218		0	AR	1		1.035	2.898	
Aspartic acid g	1.903		0	AR	1		1.617	4.528	
Glutamic acid g	3.205		0	AR	1		2.724	7.627	
Glycine g	0.971		0	AR	1		0.826	2.312	
Proline g	0.878		0	AR	1		0.746	2.090	
Serine g	0.805		0	AR	1		0.684	1.915	
Hydroxyproline g	0.135		0	BFPN	4		0.114	0.320	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 238g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23280

Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled

Biceps femoris, URMIS #1421

Refuse: 8% Connective tissue 8%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	56.90	1.300	8	AR	1		48.37	88.76	
Energy kcal	249		0	NC	4		211	388	
Energy kJ	1040		0	NC	4		884	1622	
Protein (N x 6.25) g	25.50	0.600	8	AR	1		21.68	39.78	
Total lipid (fat) g	16.10	1.600	8	AR	1		13.69	25.12	
Ash g	1.10	0.000	8	AR	1		0.94	1.72	
Carbohydrate, by difference g	0.40		0	NC	4		0.34	0.62	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	6		0	BFNN	4		5	9	
Iron, Fe mg	3.19		0	BFNN	4		2.71	4.97	
Magnesium, Mg mg	24		0	BFNN	4		21	38	
Phosphorus, P mg	217		0	BFNN	4		184	338	
Potassium, K mg	342		0	BFNN	4		291	534	
Sodium, Na mg	78		0	BFNN	4		66	121	
Zinc, Zn mg	9.88		0	BFNN	4		8.40	15.41	
Copper, Cu mg	0.125		0	BFNN	4		0.107	0.196	
Manganese, Mn mg									
Selenium, Se µg	36.5		2	AR	1		31.0	56.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.080		0	BFPN	4		0.068	0.124	
Riboflavin mg	0.385		0	BFPN	4		0.327	0.601	
Niacin mg	4.093		0	BFPN	4		3.479	6.385	
Pantothenic acid mg									
Vitamin B-6 mg	0.413		0	BFPN	4		0.351	0.645	
Folate, total µg	6		0	BFPN	4		5	10	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	6		0	BFPN	4		5	10	
Folate, DFE µg	6		0	NC	4		5	10	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	2.71		2	AR	1		2.30	4.23	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	8		0	NC	4		7	12	
Retinol µg	8		0	BFSN	4		7	12	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	26		0	NC	4		22	40	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.2	
Vitamin D IU	6		0	BFSN	4		5	9	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	2.5	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23280

Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	5.737		0	NC	4		4.876	8.950	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.011		0	BFFN	4		0.010	0.018	
12:0....g	0.013		0	BFFN	4		0.011	0.020	
13:0....g									
14:0....g	0.358		2	AR	1		0.304	0.559	
15:0....g									
16:0....g	3.343		2	AR	1		2.842	5.216	
17:0....g	0.173		2	AR	1		0.147	0.269	
18:0....g	1.849		2	AR	1		1.572	2.884	
20:0....g	0.005		2	AR	1		0.004	0.007	
22:0....g									
24:0....g	0.009		2	AR	1		0.008	0.015	
Fatty acids, total monounsaturated....g	8.115		0	NC	4		6.897	12.659	
14:1....g	0.130		2	AR	1		0.111	0.204	
15:1....g									
16:1 undifferentiated....g	0.512		2	AR	1		0.435	0.798	
17:1....g	0.171		2	AR	1		0.146	0.267	
18:1 undifferentiated....g	7.270		0	AS	1		6.179	11.341	
18:1 c....g	6.538		2	AR	1		5.558	10.200	
18:1 t....g	0.731		2	AR	1		0.622	1.141	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.031		2	AR	1		0.027	0.049	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.598		0	NC	4		0.508	0.932	
18:2 undifferentiated....g	0.513		0	AS	1		0.436	0.800	
18:2 n-6 c,c....g	0.429		2	AR	1		0.365	0.670	
18:2 CLAs....g	0.084		2	AR	1		0.071	0.130	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.033		0	AS	1		0.028	0.052	
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.033		2	AR	1		0.028	0.052	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000		2	AR	1		0.000	0.001	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.051		2	AR	1		0.043	0.079	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		2	AR	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.013		0	BFFN	4		0.011	0.021	
22:6 n-3 (DHA)....g	0.000		2	AR	1		0.000	0.001	
Fatty acids, total trans....g	0.731		0	NC	4		0.622	1.141	
Fatty acids, total trans-monoenoic....g	0.731		0	NC	4		0.622	1.141	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	85		2	AR	1		73	133	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.286		0	AR	1		0.243	0.446	
Threonine....g	1.225		0	AR	1		1.041	1.911	
Isoleucine....g	1.210		0	AR	1		1.028	1.887	
Leucine....g	2.259		0	AR	1		1.920	3.524	
Lysine....g	2.522		0	AR	1		2.143	3.934	
Methionine....g	0.705		0	AR	1		0.599	1.099	

NDB No. 23280

Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine g	0.267		0	AR	1		0.227	0.417	
Phenylalanine g	1.041		0	AR	1		0.885	1.624	
Tyrosine g	0.977		0	AR	1		0.831	1.525	
Valine g	1.293		0	AR	1		1.099	2.017	
Arginine g	1.784		0	AR	1		1.516	2.782	
Histidine g	0.998		0	AR	1		0.848	1.556	
Alanine g	1.605		0	AR	1		1.364	2.503	
Aspartic acid g	2.550		0	AR	1		2.167	3.978	
Glutamic acid g	4.258		0	AR	1		3.620	6.643	
Glycine g	1.262		0	AR	1		1.073	1.969	
Proline g	1.177		0	AR	1		1.000	1.835	
Serine g	1.081		0	AR	1		0.919	1.686	
Hydroxyproline g	0.174		0	BFPN	4		0.148	0.272	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 156g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23283

Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw

Biceps femoris, URMIS #1421

Refuse: 7% Connective tissue 7%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	68.60	0.900	8	AR	1		58.31	136.51	
Energy kcal	179		0	NC	4		152	355	
Energy kJ	747		0	NC	4		635	1487	
Protein (N x 6.25) g	20.10	0.300	8	AR	1		17.09	40.00	
Total lipid (fat) g	10.90	1.100	8	AR	1		9.27	21.69	
Ash g	0.90	0.000	8	AR	1		0.77	1.79	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	7		0	BFNN	4		6	13	
Iron, Fe mg	2.74		0	BFNN	4		2.33	5.46	
Magnesium, Mg mg	24		0	BFNN	4		20	47	
Phosphorus, P mg	207		0	BFNN	4		176	412	
Potassium, K mg	339		0	BFNN	4		288	675	
Sodium, Na mg	78		0	BFNN	4		66	155	
Zinc, Zn mg	7.82		0	BFNN	4		6.64	15.55	
Copper, Cu mg	0.121		0	BFNN	4		0.103	0.241	
Manganese, Mn mg									
Selenium, Se µg	28.7		2	AR	1		24.4	57.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.145		0	BFPN	4		0.123	0.289	
Riboflavin mg	0.267		0	BFPN	4		0.227	0.532	
Niacin mg	3.630		0	BFPN	4		3.085	7.223	
Pantothenic acid mg									
Vitamin B-6 mg	0.371		0	BFPN	4		0.316	0.739	
Folate, total µg	3		0	BFPN	4		3	6	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	3		0	BFPN	4		3	6	
Folate, DFE µg	3		0	NC	4		3	6	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	2.60		2	AR	1		2.21	5.18	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	4		0	NC	4		3	8	
Retinol µg	4		0	BFSN	4		3	8	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	13		0	NC	4		11	27	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.2	
Vitamin D IU	5		0	BFSN	4		4	9	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	3.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23283

Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated g	3.930		0	NC	4		3.341	7.821	
4:0 g	0.000		0	Z	7		0.000	0.000	
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.009		0	BFFN	4		0.007	0.017	
12:0 g	0.008		0	BFFN	4		0.007	0.016	
13:0 g									
14:0 g	0.270		2	AR	1		0.230	0.538	
15:0 g									
16:0 g	2.309		2	AR	1		1.963	4.595	
17:0 g	0.135		2	AR	1		0.115	0.269	
18:0 g	1.209		2	AR	1		1.027	2.405	
20:0 g	0.003		2	AR	1		0.003	0.006	
22:0 g									
24:0 g	0.005		2	AR	1		0.004	0.009	
Fatty acids, total monounsaturated g	5.626		0	NC	4		4.782	11.196	
14:1 g	0.089		2	AR	1		0.075	0.176	
15:1 g									
16:1 undifferentiated g	0.373		2	AR	1		0.317	0.742	
17:1 g	0.090		2	AR	1		0.077	0.180	
18:1 undifferentiated g	5.053		0	AS	1		4.295	10.056	
18:1 c g	4.381		2	AR	1		3.723	8.717	
18:1 t g	0.673		2	AR	1		0.572	1.339	
18:1-11 t (18:1t n-7) g									
20:1 g	0.021		2	AR	1		0.018	0.042	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.366		0	NC	4		0.311	0.728	
18:2 undifferentiated g	0.319		0	AS	1		0.271	0.636	
18:2 n-6 c,c g	0.272		2	AR	1		0.231	0.541	
18:2 CLAs g	0.047		2	AR	1		0.040	0.094	
18:2 t,t g									
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.016		0	AS	1		0.013	0.031	
18:3 n-3 c,c,c (ALA) g									
18:3 n-6 c,c,c g	0.016		2	AR	1		0.013	0.031	
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.001		2	AR	1		0.000	0.001	
20:3 undifferentiated g									
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.030		2	AR	1		0.025	0.060	
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		2	AR	1		0.000	0.000	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.008		0	BFFN	4		0.007	0.015	
22:6 n-3 (DHA) g	0.000		2	AR	1		0.000	0.000	
Fatty acids, total trans g	0.673		0	NC	4		0.572	1.339	
Fatty acids, total trans-monoenoic g	0.673		0	NC	4		0.572	1.339	
Fatty acids, total trans-polyenoic g									
Cholesterol mg	68		2	AR	1		58	135	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.225		0	AR	1		0.192	0.448	
Threonine g	0.965		0	AR	1		0.821	1.921	
Isoleucine g	0.954		0	AR	1		0.811	1.898	
Leucine g	1.781		0	AR	1		1.514	3.543	
Lysine g	1.988		0	AR	1		1.690	3.956	
Methionine g	0.555		0	AR	1		0.472	1.105	

NDB No. 23283

Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine g	0.211		0	AR	1		0.179	0.420	
Phenylalanine g	0.820		0	AR	1		0.697	1.632	
Tyrosine g	0.770		0	AR	1		0.655	1.533	
Valine g	1.019		0	AR	1		0.866	2.028	
Arginine g	1.406		0	AR	1		1.195	2.798	
Histidine g	0.786		0	AR	1		0.668	1.565	
Alanine g	1.265		0	AR	1		1.075	2.517	
Aspartic acid g	2.010		0	AR	1		1.708	4.000	
Glutamic acid g	3.357		0	AR	1		2.853	6.680	
Glycine g	0.995		0	AR	1		0.846	1.980	
Proline g	0.927		0	AR	1		0.788	1.846	
Serine g	0.852		0	AR	1		0.724	1.695	
Hydroxyproline g	0.137		0	BFPN	4		0.117	0.273	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 199g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23241

Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled

Biceps femoris

Refuse: 21% Connective tissue 8%, Separable fat 13%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	62.62	0.367	24	AR	1		53.23	100.82	
Energy kcal	181		0	NC	4		154	291	
Energy kJ	757		0	NC	4		643	1219	
Protein (N x 6.25) g	28.26	0.218	24	AR	1		24.02	45.50	
Total lipid (fat) g	7.23	0.266	24	AR	1		6.15	11.64	
Ash g	1.17	0.029	24	AR	1		0.99	1.88	
Carbohydrate, by difference g	0.73		0	NC	4		0.62	1.17	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	17		0	BFNN	4		14	27	
Iron, Fe mg	2.02		0	BFNN	4		1.72	3.26	
Magnesium, Mg mg	25		0	BFNN	4		21	41	
Phosphorus, P mg	232		0	BFNN	4		197	373	
Potassium, K mg	371		0	BFNN	4		315	597	
Sodium, Na mg	62		0	BFNN	4		52	99	
Zinc, Zn mg	5.61		0	BFNN	4		4.77	9.03	
Copper, Cu mg	0.094		0	BFNN	4		0.080	0.152	
Manganese, Mn mg									
Selenium, Se µg	35.3	1.362	6	AR	1		30.0	56.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.067		0	BFPN	4		0.057	0.108	
Riboflavin mg	0.129		0	BFPN	4		0.110	0.208	
Niacin mg	7.440		0	BFPN	4		6.324	11.979	
Pantothenic acid mg									
Vitamin B-6 mg	0.525		0	BFPN	4		0.446	0.845	
Folate, total µg	7		0	BFPN	4		6	11	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	7		0	BFPN	4		6	11	
Folate, DFE µg	7		0	NC	4		6	11	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	2.74	0.417	6	AR	1		2.33	4.40	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		1	3	
Retinol µg	2		0	BFSN	4		1	3	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	5		0	NC	4		5	9	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.2	
Vitamin D IU	4		0	BFSN	4		3	6	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	2.5	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23241

Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.653		0	NC	4		2.255	4.272	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.004		0	BFFN	4		0.003	0.006	
12:0....g	0.005		0	BFFN	4		0.004	0.007	
13:0....g									
14:0....g	0.176	0.004	6	AR	1		0.149	0.283	
15:0....g									
16:0....g	1.531	0.034	6	AR	1		1.301	2.464	
17:0....g	0.069	0.005	6	AR	1		0.059	0.112	
18:0....g	0.866	0.018	6	AR	1		0.736	1.395	
20:0....g	0.000	0.000	6	AR	1		0.000	0.000	
22:0....g									
24:0....g	0.011	0.001	6	AR	1		0.009	0.018	
Fatty acids, total monounsaturated....g	3.404		0	NC	4		2.893	5.480	
14:1....g	0.038	0.004	6	AR	1		0.033	0.062	
15:1....g									
16:1 undifferentiated....g	0.246	0.014	6	AR	1		0.209	0.396	
17:1....g	0.068	0.004	6	AR	1		0.058	0.110	
18:1 undifferentiated....g	3.037		0	AS	1		2.582	4.890	
18:1 c....g	2.689	0.043	6	AR	1		2.286	4.330	
18:1 t....g	0.348	0.047	6	AR	1		0.296	0.561	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.013	0.001	6	AR	1		0.011	0.021	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.268		0	NC	4		0.228	0.431	
18:2 undifferentiated....g	0.205		0	AS	1		0.175	0.331	
18:2 n-6 c,c....g	0.183	0.029	6	AR	1		0.156	0.295	
18:2 CLAs....g	0.022	0.001	6	AR	1		0.019	0.036	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.019		0	AS	1		0.016	0.031	
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.019	0.003	6	AR	1		0.016	0.031	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000	0.000	6	AR	1		0.000	0.000	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.042	0.005	6	AR	1		0.036	0.068	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	6	AR	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.010		0	BFFN	4		0.008	0.016	
22:6 n-3 (DHA)....g	0.001	0.000	6	AR	1		0.000	0.001	
Fatty acids, total trans....g	0.348		0	NC	4		0.296	0.561	
Fatty acids, total trans-monoenoic....g	0.348		0	NC	4		0.296	0.561	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	84	2.688	6	AR	1		71	135	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.346		0	AR	1		0.294	0.558	
Threonine....g	1.452		0	AR	1		1.234	2.338	
Isoleucine....g	1.440		0	AR	1		1.224	2.319	
Leucine....g	2.658		0	AR	1		2.259	4.279	
Lysine....g	2.970		0	AR	1		2.525	4.782	
Methionine....g	0.821		0	AR	1		0.697	1.321	

NDB No. 23241

Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine....g	0.310		0	AR	1		0.264	0.499	
Phenylalanine....g	1.231		0	AR	1		1.046	1.982	
Tyrosine....g	1.153		0	AR	1		0.980	1.857	
Valine....g	1.523		0	AR	1		1.294	2.451	
Arginine....g	2.072		0	AR	1		1.761	3.336	
Histidine....g	1.146		0	AR	1		0.974	1.846	
Alanine....g	1.844		0	AR	1		1.567	2.969	
Aspartic acid....g	2.984		0	AR	1		2.536	4.804	
Glutamic acid....g	5.037		0	AR	1		4.282	8.110	
Glycine....g	1.331		0	AR	1		1.131	2.143	
Proline....g	1.297		0	AR	1		1.102	2.088	
Serine....g	1.254		0	AR	1		1.066	2.018	
Hydroxyproline....g	0.143		0	BFPN	4		0.121	0.230	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 161g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23244

Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw

Biceps femoris

Refuse: 20% Connective tissue 7%, Separable fat 13%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	72.93	0.192	24	AR	1		61.99	162.64	
Energy kcal	134		0	NC	4		114	298	
Energy kJ	560		0	NC	4		476	1249	
Protein (N x 6.25) g	21.38	0.107	24	AR	1		18.18	47.68	
Total lipid (fat) g	5.36	0.170	24	AR	1		4.56	11.96	
Ash g	0.98	0.033	24	AR	1		0.83	2.19	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	5		0	BFNN	4		4	11	
Iron, Fe mg	2.00		0	BFNN	4		1.70	4.45	
Magnesium, Mg mg	25		0	BFNN	4		21	55	
Phosphorus, P mg	220		0	BFNN	4		187	491	
Potassium, K mg	375		0	BFNN	4		319	836	
Sodium, Na mg	55		0	BFNN	4		47	123	
Zinc, Zn mg	5.30		0	BFNN	4		4.51	11.83	
Copper, Cu mg	0.079		0	BFNN	4		0.067	0.177	
Manganese, Mn mg									
Selenium, Se µg	27.9	1.042	6	AR	1		23.7	62.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.075		0	BFPN	4		0.064	0.168	
Riboflavin mg	0.182		0	BFPN	4		0.155	0.406	
Niacin mg	5.048		0	BFPN	4		4.291	11.257	
Pantothenic acid mg									
Vitamin B-6 mg	0.543		0	BFPN	4		0.461	1.211	
Folate, total µg	3		0	BFPN	4		3	8	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	3		0	BFPN	4		3	8	
Folate, DFE µg	3		0	NC	4		3	8	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	2.69	0.043	6	AR	1		2.29	6.01	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		2	4	
Retinol µg	2		0	BFSN	4		2	4	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	6		0	NC	4		5	14	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.2	
Vitamin D IU	3		0	BFSN	4		3	7	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	3.4	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23244

Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.875		0	NC	4		1.594	4.181	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.002		0	BFFN	4		0.002	0.004	
12:0....g	0.003		0	BFFN	4		0.002	0.006	
13:0....g									
14:0....g	0.115	0.008	6	AR	1		0.097	0.256	
15:0....g									
16:0....g	1.090	0.054	6	AR	1		0.927	2.431	
17:0....g	0.058	0.003	6	AR	1		0.049	0.129	
18:0....g	0.606	0.036	6	AR	1		0.515	1.351	
20:0....g	0.000	0.000	6	AR	1		0.000	0.000	
22:0....g									
24:0....g	0.007	0.001	6	AR	1		0.006	0.014	
Fatty acids, total monounsaturated....g	2.354		0	NC	4		2.001	5.250	
14:1....g	0.020	0.001	6	AR	1		0.017	0.044	
15:1....g									
16:1 undifferentiated....g	0.142	0.009	6	AR	1		0.121	0.317	
17:1....g	0.033	0.003	6	AR	1		0.028	0.073	
18:1 undifferentiated....g	2.152		0	AS	1		1.829	4.799	
18:1 c....g	1.899	0.099	6	AR	1		1.614	4.234	
18:1 t....g	0.253	0.018	6	AR	1		0.215	0.565	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.008	0.001	6	AR	1		0.007	0.018	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.189		0	NC	4		0.161	0.421	
18:2 undifferentiated....g	0.154		0	AS	1		0.131	0.345	
18:2 n-6 c,c....g	0.142	0.014	6	AR	1		0.120	0.316	
18:2 CLAs....g	0.013	0.001	6	AR	1		0.011	0.029	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.007		0	AS	1		0.006	0.017	
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.007	0.001	6	AR	1		0.006	0.017	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000	0.000	6	AR	1		0.000	0.000	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.027	0.003	6	AR	1		0.023	0.059	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	6	AR	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.008		0	BFFN	4		0.007	0.017	
22:6 n-3 (DHA)....g	0.000	0.000	6	AR	1		0.000	0.000	
Fatty acids, total trans....g	0.253		0	NC	4		0.215	0.565	
Fatty acids, total trans-monoenoic....g	0.253		0	NC	4		0.215	0.565	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	67	1.373	6	AR	1		57	149	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.262		0	AR	1		0.223	0.585	
Threonine....g	1.099		0	AR	1		0.934	2.450	
Isoleucine....g	1.090		0	AR	1		0.927	2.431	
Leucine....g	2.011		0	AR	1		1.709	4.485	
Lysine....g	2.247		0	AR	1		1.910	5.012	
Methionine....g	0.621		0	AR	1		0.528	1.385	

NDB No. 23244

Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine....g	0.235		0	AR	1		0.199	0.523	
Phenylalanine....g	0.931		0	AR	1		0.792	2.077	
Tyrosine....g	0.873		0	AR	1		0.742	1.946	
Valine....g	1.152		0	AR	1		0.979	2.569	
Arginine....g	1.568		0	AR	1		1.333	3.496	
Histidine....g	0.868		0	AR	1		0.737	1.935	
Alanine....g	1.395		0	AR	1		1.186	3.112	
Aspartic acid....g	2.258		0	AR	1		1.919	5.035	
Glutamic acid....g	3.812		0	AR	1		3.240	8.500	
Glycine....g	1.007		0	AR	1		0.856	2.246	
Proline....g	0.981		0	AR	1		0.834	2.188	
Serine....g	0.949		0	AR	1		0.806	2.116	
Hydroxyproline....g	0.108		0	BFPN	4		0.092	0.241	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 223g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23242

Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled

Biceps femoris, URMIS #2236

Refuse: 22% Connective tissue 8%, Separable fat 14%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	61.65	0.457	16	AR	1		52.40	101.73	
Energy kcal	189		0	NC	4		160	311	
Energy kJ	789		0	NC	4		671	1302	
Protein (N x 6.25) g	28.19	0.271	16	AR	1		23.96	46.52	
Total lipid (fat) g	7.96	0.331	16	AR	1		6.76	13.13	
Ash g	1.14	0.036	16	AR	1		0.96	1.87	
Carbohydrate, by difference g	1.07		0	NC	4		0.91	1.76	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	17		0	BFNN	4		14	28	
Iron, Fe mg	2.04		0	BFNN	4		1.73	3.37	
Magnesium, Mg mg	25		0	BFNN	4		22	42	
Phosphorus, P mg	233		0	BFNN	4		198	385	
Potassium, K mg	374		0	BFNN	4		318	617	
Sodium, Na mg	62		0	BFNN	4		53	103	
Zinc, Zn mg	5.65		0	BFNN	4		4.80	9.32	
Copper, Cu mg	0.095		0	BFNN	4		0.081	0.157	
Manganese, Mn mg									
Selenium, Se µg	34.8	1.692	4	AR	1		29.5	57.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.067		0	BFPN	4		0.057	0.110	
Riboflavin mg	0.129		0	BFPN	4		0.109	0.212	
Niacin mg	7.423		0	BFPN	4		6.309	12.247	
Pantothenic acid mg									
Vitamin B-6 mg	0.524		0	BFPN	4		0.445	0.864	
Folate, total µg	7		0	BFPN	4		6	11	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	7		0	BFPN	4		6	11	
Folate, DFE µg	7		0	NC	4		6	11	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	2.79	0.518	4	AR	1		2.37	4.61	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	1		0	NC	4		1	2	
Retinol µg	1		0	BFSN	4		1	2	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	4		0	NC	4		4	7	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.2	
Vitamin D IU	4		0	BFSN	4		4	7	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	2.6	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23242

Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.905		0	NC	4		2.469	4.794	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.004		0	BFFN	4		0.003	0.007	
12:0....g	0.005		0	BFFN	4		0.004	0.008	
13:0....g									
14:0....g	0.202	0.005	4	AR	1		0.172	0.333	
15:0....g									
16:0....g	1.653	0.042	4	AR	1		1.405	2.727	
17:0....g	0.079	0.006	4	AR	1		0.067	0.130	
18:0....g	0.959	0.022	4	AR	1		0.815	1.583	
20:0....g	0.000	0.000	4	AR	1		0.000	0.000	
22:0....g									
24:0....g	0.012	0.001	4	AR	1		0.010	0.019	
Fatty acids, total monounsaturated....g	3.763		0	NC	4		3.199	6.210	
14:1....g	0.043	0.005	4	AR	1		0.037	0.071	
15:1....g									
16:1 undifferentiated....g	0.289	0.017	4	AR	1		0.246	0.478	
17:1....g	0.081	0.005	4	AR	1		0.069	0.133	
18:1 undifferentiated....g	3.334		0	AS	1		2.834	5.502	
18:1 c....g	2.934	0.053	4	AR	1		2.494	4.842	
18:1 t....g	0.400	0.059	4	AR	1		0.340	0.660	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.016	0.001	4	AR	1		0.014	0.026	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.292		0	NC	4		0.248	0.482	
18:2 undifferentiated....g	0.225		0	AS	1		0.191	0.371	
18:2 n-6 c,c....g	0.198	0.037	4	AR	1		0.168	0.327	
18:2 CLAs....g	0.027	0.002	4	AR	1		0.023	0.044	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.022		0	AS	1		0.019	0.036	
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.022	0.003	4	AR	1		0.019	0.036	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000	0.001	4	AR	1		0.000	0.001	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.044	0.006	4	AR	1		0.037	0.072	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	4	AR	1		0.000	0.001	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.009		0	BFFN	4		0.007	0.014	
22:6 n-3 (DHA)....g	0.001	0.000	4	AR	1		0.000	0.001	
Fatty acids, total trans....g	0.400		0	NC	4		0.340	0.660	
Fatty acids, total trans-monoenoic....g	0.400		0	NC	4		0.340	0.660	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	83	3.340	4	AR	1		70	137	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.333		0	AR	1		0.283	0.550	
Threonine....g	1.384		0	AR	1		1.177	2.284	
Isoleucine....g	1.378		0	AR	1		1.171	2.273	
Leucine....g	2.524		0	AR	1		2.146	4.165	
Lysine....g	2.811		0	AR	1		2.389	4.638	
Methionine....g	0.782		0	AR	1		0.665	1.291	

NDB No. 23242

Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine g	0.293		0	AR	1		0.249	0.484	
Phenylalanine g	1.173		0	AR	1		0.997	1.936	
Tyrosine g	1.098		0	AR	1		0.933	1.811	
Valine g	1.458		0	AR	1		1.239	2.405	
Arginine g	1.967		0	AR	1		1.672	3.245	
Histidine g	1.078		0	AR	1		0.916	1.778	
Alanine g	1.758		0	AR	1		1.494	2.900	
Aspartic acid g	2.833		0	AR	1		2.408	4.675	
Glutamic acid g	4.804		0	AR	1		4.084	7.927	
Glycine g	1.267		0	AR	1		1.077	2.090	
Proline g	1.229		0	AR	1		1.045	2.028	
Serine g	1.191		0	AR	1		1.012	1.965	
Hydroxyproline g	0.142		0	BFPN	4		0.121	0.235	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 165g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23245

Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, raw

Biceps femoris, URMIS #2236

Refuse: 19% Connective tissue 8%, Separable fat 11%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	72.52	0.239	16	AR	1		61.64	172.59	
Energy kcal	138		0	NC	4		117	328	
Energy kJ	576		0	NC	4		490	1371	
Protein (N x 6.25) g	21.34	0.133	16	AR	1		18.14	50.80	
Total lipid (fat) g	5.82	0.212	16	AR	1		4.95	13.85	
Ash g	0.99	0.042	16	AR	1		0.84	2.34	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	5		0	BFNN	4		4	11	
Iron, Fe mg	2.08		0	BFNN	4		1.76	4.94	
Magnesium, Mg mg	24		0	BFNN	4		20	56	
Phosphorus, P mg	206		0	BFNN	4		175	490	
Potassium, K mg	367		0	BFNN	4		312	872	
Sodium, Na mg	60		0	BFNN	4		51	144	
Zinc, Zn mg	4.82		0	BFNN	4		4.10	11.48	
Copper, Cu mg	0.090		0	BFNN	4		0.077	0.215	
Manganese, Mn mg									
Selenium, Se µg	27.4	1.294	4	AR	1		23.3	65.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.059		0	BFPN	4		0.050	0.141	
Riboflavin mg	0.169		0	BFPN	4		0.144	0.403	
Niacin mg	5.438		0	BFPN	4		4.622	12.942	
Pantothenic acid mg									
Vitamin B-6 mg	0.610		0	BFPN	4		0.519	1.453	
Folate, total µg	3		0	BFPN	4		3	8	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	3		0	BFPN	4		3	8	
Folate, DFE µg	3		0	NC	4		3	8	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	2.73	0.053	4	AR	1		2.32	6.50	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		1	4	
Retinol µg	2		0	BFSN	4		1	4	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	6		0	NC	4		5	13	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.2	
Vitamin D IU	3		0	BFSN	4		3	7	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	3.6	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23245

Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.080		0	NC	4		1.768	4.949	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.003		0	BFFN	4		0.002	0.006	
12:0....g	0.003		0	BFFN	4		0.003	0.008	
13:0....g									
14:0....g	0.116	0.010	4	AR	1		0.098	0.275	
15:0....g									
16:0....g	1.186	0.067	4	AR	1		1.009	2.824	
17:0....g	0.055	0.004	4	AR	1		0.047	0.132	
18:0....g	0.714	0.045	4	AR	1		0.607	1.699	
20:0....g	0.000	0.000	4	AR	1		0.000	0.000	
22:0....g									
24:0....g	0.008	0.001	4	AR	1		0.007	0.020	
Fatty acids, total monounsaturated....g	2.536		0	NC	4		2.155	6.035	
14:1....g	0.022	0.001	4	AR	1		0.019	0.052	
15:1....g									
16:1 undifferentiated....g	0.155	0.011	4	AR	1		0.132	0.369	
17:1....g	0.036	0.003	4	AR	1		0.030	0.084	
18:1 undifferentiated....g	2.315		0	AS	1		1.968	5.510	
18:1 c....g	2.058	0.123	4	AR	1		1.749	4.898	
18:1 t....g	0.257	0.022	4	AR	1		0.219	0.612	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.008	0.001	4	AR	1		0.007	0.019	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.195		0	NC	4		0.165	0.463	
18:2 undifferentiated....g	0.156		0	AS	1		0.133	0.372	
18:2 n-6 c,c....g	0.143	0.017	4	AR	1		0.122	0.340	
18:2 CLAs....g	0.013	0.001	4	AR	1		0.011	0.031	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.009		0	AS	1		0.008	0.021	
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.009	0.001	4	AR	1		0.008	0.021	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000	0.000	4	AR	1		0.000	0.001	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.029	0.003	4	AR	1		0.025	0.069	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	4	AR	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.008		0	BFFN	4		0.006	0.018	
22:6 n-3 (DHA)....g	0.000	0.000	4	AR	1		0.000	0.000	
Fatty acids, total trans....g	0.257		0	NC	4		0.219	0.612	
Fatty acids, total trans-monoenoic....g	0.257		0	NC	4		0.219	0.612	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	67	1.706	4	AR	1		57	159	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.252		0	AR	1		0.215	0.601	
Threonine....g	1.048		0	AR	1		0.891	2.494	
Isoleucine....g	1.043		0	AR	1		0.887	2.482	
Leucine....g	1.911		0	AR	1		1.624	4.549	
Lysine....g	2.128		0	AR	1		1.809	5.065	
Methionine....g	0.592		0	AR	1		0.503	1.410	

NDB No. 23245

Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine....g	0.222		0	AR	1		0.189	0.529	
Phenylalanine....g	0.888		0	AR	1		0.755	2.114	
Tyrosine....g	0.831		0	AR	1		0.706	1.978	
Valine....g	1.104		0	AR	1		0.938	2.627	
Arginine....g	1.489		0	AR	1		1.266	3.544	
Histidine....g	0.816		0	AR	1		0.694	1.942	
Alanine....g	1.331		0	AR	1		1.131	3.167	
Aspartic acid....g	2.145		0	AR	1		1.823	5.105	
Glutamic acid....g	3.637		0	AR	1		3.092	8.657	
Glycine....g	0.959		0	AR	1		0.815	2.282	
Proline....g	0.930		0	AR	1		0.791	2.214	
Serine....g	0.902		0	AR	1		0.766	2.146	
Hydroxyproline....g	0.108		0	BFPN	4		0.092	0.257	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 238g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23243

Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled

Biceps femoris, URMIS #1421

Refuse: 19% Connective tissue 8%, Separable fat 11%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	64.07	0.611	8	AR	1		54.46	99.95	
Energy kcal	170		0	NC	4		144	265	
Energy kJ	710		0	NC	4		604	1108	
Protein (N x 6.25) g	28.36	0.362	8	AR	1		24.10	44.24	
Total lipid (fat) g	6.14	0.442	8	AR	1		5.22	9.58	
Ash g	1.21	0.048	8	AR	1		1.03	1.89	
Carbohydrate, by difference g	0.22		0	NC	4		0.19	0.34	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	21		0	BFNN	4		18	33	
Iron, Fe mg	1.82		0	BFNN	4		1.55	2.84	
Magnesium, Mg mg	26		0	BFNN	4		22	40	
Phosphorus, P mg	240		0	BFNN	4		204	374	
Potassium, K mg	389		0	BFNN	4		330	606	
Sodium, Na mg	63		0	BFNN	4		53	98	
Zinc, Zn mg	5.41		0	BFNN	4		4.60	8.44	
Copper, Cu mg	0.080		0	BFNN	4		0.068	0.126	
Manganese, Mn mg									
Selenium, Se µg	36.3		2	AR	1		30.8	56.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.081		0	BFPN	4		0.069	0.126	
Riboflavin mg	0.150		0	BFPN	4		0.128	0.234	
Niacin mg	8.287		0	BFPN	4		7.044	12.928	
Pantothenic acid mg									
Vitamin B-6 mg	0.627		0	BFPN	4		0.533	0.977	
Folate, total µg	7		0	BFPN	4		6	11	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	7		0	BFPN	4		6	11	
Folate, DFE µg	7		0	NC	4		6	11	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	2.65		2	AR	1		2.25	4.13	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		2	3	
Retinol µg	2		0	BFSN	4		2	3	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	7		0	NC	4		6	11	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.1	
Vitamin D IU	3		0	BFSN	4		3	5	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	2.5	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23243

Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.275		0	NC	4		1.934	3.550	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.003		0	BFFN	4		0.003	0.005	
12:0....g	0.005		0	BFFN	4		0.004	0.007	
13:0....g									
14:0....g	0.137		2	AR	1		0.116	0.213	
15:0....g									
16:0....g	1.347		2	AR	1		1.145	2.101	
17:0....g	0.055		2	AR	1		0.046	0.085	
18:0....g	0.727		2	AR	1		0.618	1.134	
20:0....g	0.001		2	AR	1		0.000	0.001	
22:0....g									
24:0....g	0.010		2	AR	1		0.008	0.016	
Fatty acids, total monounsaturated....g	2.864		0	NC	4		2.435	4.468	
14:1....g	0.032		2	AR	1		0.027	0.049	
15:1....g									
16:1 undifferentiated....g	0.181		2	AR	1		0.154	0.282	
17:1....g	0.050		2	AR	1		0.043	0.078	
18:1 undifferentiated....g	2.592		0	AS	1		2.203	4.044	
18:1 c....g	2.322		2	AR	1		1.974	3.622	
18:1 t....g	0.270		2	AR	1		0.230	0.422	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.009		2	AR	1		0.008	0.014	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.231		0	NC	4		0.197	0.361	
18:2 undifferentiated....g	0.176		0	AS	1		0.150	0.275	
18:2 n-6 c,c....g	0.160		2	AR	1		0.136	0.250	
18:2 CLAs....g	0.016		2	AR	1		0.013	0.025	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.015		0	AS	1		0.013	0.023	
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.015		2	AR	1		0.013	0.023	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000		2	AR	1		0.000	0.000	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.040		2	AR	1		0.034	0.062	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		2	AR	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.012		0	BFFN	4		0.010	0.018	
22:6 n-3 (DHA)....g	0.001		2	AR	1		0.000	0.001	
Fatty acids, total trans....g	0.270		0	NC	4		0.230	0.422	
Fatty acids, total trans-monoenoic....g	0.270		0	NC	4		0.230	0.422	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	85		2	AR	1		72	133	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.370		0	AR	1		0.314	0.577	
Threonine....g	1.579		0	AR	1		1.342	2.463	
Isoleucine....g	1.565		0	AR	1		1.330	2.441	
Leucine....g	2.916		0	AR	1		2.478	4.549	
Lysine....g	3.271		0	AR	1		2.781	5.103	
Methionine....g	0.896		0	AR	1		0.762	1.398	

NDB No. 23243

Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine....g	0.341		0	AR	1		0.290	0.533	
Phenylalanine....g	1.337		0	AR	1		1.136	2.086	
Tyrosine....g	1.266		0	AR	1		1.076	1.975	
Valine....g	1.650		0	AR	1		1.402	2.574	
Arginine....g	2.276		0	AR	1		1.934	3.550	
Histidine....g	1.280		0	AR	1		1.088	1.997	
Alanine....g	2.005		0	AR	1		1.705	3.129	
Aspartic acid....g	3.271		0	AR	1		2.781	5.103	
Glutamic acid....g	5.490		0	AR	1		4.667	8.565	
Glycine....g	1.451		0	AR	1		1.233	2.263	
Proline....g	1.437		0	AR	1		1.221	2.241	
Serine....g	1.380		0	AR	1		1.173	2.152	
Hydroxyproline....g	0.143		0	BFPN	4		0.122	0.223	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 156g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23246

Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, raw

Biceps femoris, URMIS #1421

Refuse: 22% Connective tissue 7%, Separable fat 15%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	73.56	0.319	8	AR	1		62.52	146.37	
Energy kcal	128		0	NC	4		109	254	
Energy kJ	535		0	NC	4		455	1065	
Protein (N x 6.25) g	21.44	0.178	8	AR	1		18.23	42.67	
Total lipid (fat) g	4.68	0.283	8	AR	1		3.98	9.31	
Ash g	0.98	0.056	8	AR	1		0.83	1.94	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	5		0	BFNN	4		4	10	
Iron, Fe mg	1.98		0	BFNN	4		1.68	3.94	
Magnesium, Mg mg	24		0	BFNN	4		20	47	
Phosphorus, P mg	213		0	BFNN	4		181	424	
Potassium, K mg	355		0	BFNN	4		302	707	
Sodium, Na mg	52		0	BFNN	4		45	104	
Zinc, Zn mg	5.57		0	BFNN	4		4.74	11.09	
Copper, Cu mg	0.067		0	BFNN	4		0.057	0.133	
Manganese, Mn mg									
Selenium, Se µg	28.6		2	AR	1		24.3	56.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.068		0	BFPN	4		0.058	0.136	
Riboflavin mg	0.205		0	BFPN	4		0.175	0.409	
Niacin mg	5.356		0	BFPN	4		4.553	10.658	
Pantothenic acid mg									
Vitamin B-6 mg	0.539		0	BFPN	4		0.458	1.072	
Folate, total µg	3		0	BFPN	4		3	7	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	3		0	BFPN	4		3	7	
Folate, DFE µg	3		0	NC	4		3	7	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	2.64		2	AR	1		2.24	5.25	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		2	4	
Retinol µg	2		0	BFSN	4		2	4	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	7		0	NC	4		6	15	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.1	
Vitamin D IU	3		0	BFSN	4		2	6	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	3.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23246

Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.568		0	NC	4		1.333	3.120	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.001		0	BFFN	4		0.001	0.002	
12:0....g	0.002		0	BFFN	4		0.001	0.003	
13:0....g									
14:0....g	0.113		2	AR	1		0.096	0.225	
15:0....g									
16:0....g	0.946		2	AR	1		0.804	1.882	
17:0....g	0.061		2	AR	1		0.052	0.122	
18:0....g	0.444		2	AR	1		0.377	0.883	
20:0....g	0.000		2	AR	1		0.000	0.001	
22:0....g									
24:0....g	0.004		2	AR	1		0.003	0.008	
Fatty acids, total monounsaturated....g	2.083		0	NC	4		1.771	4.145	
14:1....g	0.017		2	AR	1		0.014	0.033	
15:1....g									
16:1 undifferentiated....g	0.123		2	AR	1		0.104	0.244	
17:1....g	0.028		2	AR	1		0.024	0.056	
18:1 undifferentiated....g	1.907		0	AS	1		1.621	3.796	
18:1 c....g	1.660		2	AR	1		1.411	3.303	
18:1 t....g	0.248		2	AR	1		0.210	0.493	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.008		2	AR	1		0.007	0.016	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.180		0	NC	4		0.153	0.359	
18:2 undifferentiated....g	0.152		0	AS	1		0.129	0.302	
18:2 n-6 c,c....g	0.139		2	AR	1		0.118	0.277	
18:2 CLAs....g	0.013		2	AR	1		0.011	0.025	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.005		0	AS	1		0.004	0.010	
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.005		2	AR	1		0.004	0.010	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000		2	AR	1		0.000	0.000	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.023		2	AR	1		0.020	0.046	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		2	AR	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.008		0	BFFN	4		0.007	0.016	
22:6 n-3 (DHA)....g	0.000		2	AR	1		0.000	0.000	
Fatty acids, total trans....g	0.248		0	NC	4		0.210	0.493	
Fatty acids, total trans-monoenoic....g	0.248		0	NC	4		0.210	0.493	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	67		2	AR	1		57	134	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.280		0	AR	1		0.238	0.556	
Threonine....g	1.194		0	AR	1		1.015	2.376	
Isoleucine....g	1.183		0	AR	1		1.006	2.354	
Leucine....g	2.205		0	AR	1		1.874	4.387	
Lysine....g	2.474		0	AR	1		2.103	4.922	
Methionine....g	0.678		0	AR	1		0.576	1.348	

NDB No. 23246

Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine g	0.258		0	AR	1		0.219	0.514	
Phenylalanine g	1.011		0	AR	1		0.859	2.012	
Tyrosine g	0.957		0	AR	1		0.814	1.905	
Valine g	1.248		0	AR	1		1.060	2.483	
Arginine g	1.721		0	AR	1		1.463	3.424	
Histidine g	0.968		0	AR	1		0.823	1.926	
Alanine g	1.516		0	AR	1		1.289	3.018	
Aspartic acid g	2.474		0	AR	1		2.103	4.922	
Glutamic acid g	4.151		0	AR	1		3.529	8.261	
Glycine g	1.097		0	AR	1		0.932	2.183	
Proline g	1.086		0	AR	1		0.923	2.162	
Serine g	1.043		0	AR	1		0.887	2.076	
Hydroxyproline g	0.108		0	BFPN	4		0.092	0.215	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 199g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23256

Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled

Refuse: 5% Connective tissue 5%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	62.92	0.221	24	AR	1		76.13		
Energy kcal	171		0	NC	4		207		
Energy kJ	714		0	NC	4		864		
Protein (N x 6.25) g	30.58	0.176	24	AR	1		37.00		
Total lipid (fat) g	5.37	0.132	24	AR	1		6.50		
Ash g	1.31	0.041	24	AR	1		1.59		
Carbohydrate, by difference g	0.00		0	NC	4		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	6		0	BFNN	4		7		
Iron, Fe mg	2.90		0	BFNN	4		3.50		
Magnesium, Mg mg	28		0	BFNN	4		34		
Phosphorus, P mg	256		0	BFNN	4		310		
Potassium, K mg	397		0	BFNN	4		480		
Sodium, Na mg	59		0	BFNN	4		72		
Zinc, Zn mg	7.44		0	BFNN	4		9.00		
Copper, Cu mg	0.106		0	BFNN	4		0.128		
Manganese, Mn mg									
Selenium, Se µg	33.2	0.728	6	AR	1		40.2		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.071		0	BFPN	4		0.086		
Riboflavin mg	0.204		0	BFPN	4		0.247		
Niacin mg	6.176		0	BFPN	4		7.473		
Pantothenic acid mg									
Vitamin B-6 mg	0.613		0	BFPN	4		0.741		
Folate, total µg	7		0	BFPN	4		9		
Folic acid µg	0		0	BFPN	4		0		
Folate, food µg	7		0	BFPN	4		9		
Folate, DFE µg	7		0	NC	4		9		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	3.65	0.301	6	AR	1		4.42		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	2		0	NC	4		2		
Retinol µg	2		0	BFSN	4		2		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	5		0	NC	4		7		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1		
Vitamin D IU	4		0	BFSN	4		5		
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.9		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23256

Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.803		0	NC	4		2.182		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g	0.003		0	BFFN	4		0.003		
12:0....g	0.004		0	BFFN	4		0.004		
13:0....g									
14:0....g	0.116	0.005	6	AR	1		0.141		
15:0....g									
16:0....g	1.085	0.021	6	AR	1		1.313		
17:0....g	0.054	0.002	6	AR	1		0.065		
18:0....g	0.539	0.013	6	AR	1		0.653		
20:0....g	0.000	0.000	6	AR	1		0.000		
22:0....g									
24:0....g	0.008	0.000	6	AR	1		0.010		
Fatty acids, total monounsaturated....g	2.498		0	NC	4		3.022		
14:1....g	0.018	0.001	6	AR	1		0.022		
15:1....g									
16:1 undifferentiated....g	0.144	0.005	6	AR	1		0.175		
17:1....g	0.037	0.001	6	AR	1		0.044		
18:1 undifferentiated....g	2.291		0	AS	1		2.772		
18:1 c....g	2.009	0.048	6	AR	1		2.431		
18:1 t....g	0.282	0.017	6	AR	1		0.341		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.008	0.001	6	AR	1		0.009		
22:1 undifferentiated....g	0.000		0	Z	7		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.166		0	NC	4		0.201		
18:2 undifferentiated....g	0.131		0	AS	1		0.158		
18:2 n-6 c,c....g	0.118	0.008	6	AR	1		0.142		
18:2 CLAs....g	0.013	0.001	6	AR	1		0.016		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.009		0	AS	1		0.011		
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.009	0.000	6	AR	1		0.011		
18:3i....g									
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g	0.000	0.000	6	AR	1		0.000		
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.026	0.002	6	AR	1		0.031		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001	0.001	6	AR	1		0.001		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.007		0	BFFN	4		0.009		
22:6 n-3 (DHA)....g	0.000	0.000	6	AR	1		0.000		
Fatty acids, total trans....g	0.282		0	NC	4		0.341		
Fatty acids, total trans-monoenoic....g	0.282		0	NC	4		0.341		
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	79	3.555	6	AR	1		95		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.375		0	AR	1		0.454		
Threonine....g	1.571		0	AR	1		1.901		
Isoleucine....g	1.559		0	AR	1		1.886		
Leucine....g	2.876		0	AR	1		3.480		
Lysine....g	3.214		0	AR	1		3.889		
Methionine....g	0.888		0	AR	1		1.074		

NDB No. 23256

Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine....g	0.335		0	AR	1		0.406		
Phenylalanine....g	1.332		0	AR	1		1.612		
Tyrosine....g	1.248		0	AR	1		1.510		
Valine....g	1.648		0	AR	1		1.994		
Arginine....g	2.242		0	AR	1		2.713		
Histidine....g	1.241		0	AR	1		1.501		
Alanine....g	1.995		0	AR	1		2.414		
Aspartic acid....g	3.229		0	AR	1		3.907		
Glutamic acid....g	5.451		0	AR	1		6.596		
Glycine....g	1.440		0	AR	1		1.743		
Proline....g	1.403		0	AR	1		1.698		
Serine....g	1.357		0	AR	1		1.642		
Hydroxyproline....g	0.154		0	BFPN	4		0.187		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 121g: 1 fillet

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23257

Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled

URMIS #2138

Refuse: 5% Connective tissue 5%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	62.57	0.275	16	AR	1		77.58		
Energy kcal	174		0	NC	4		216		
Energy kJ	729		0	NC	4		904		
Protein (N x 6.25) g	30.45	0.220	16	AR	1		37.75		
Total lipid (fat) g	5.83	0.165	16	AR	1		7.23		
Ash g	1.32	0.051	16	AR	1		1.64		
Carbohydrate, by difference g	0.00		0	NC	4		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	6		0	BFNN	4		7		
Iron, Fe mg	2.89		0	BFNN	4		3.58		
Magnesium, Mg mg	28		0	BFNN	4		35		
Phosphorus, P mg	255		0	BFNN	4		316		
Potassium, K mg	395		0	BFNN	4		490		
Sodium, Na mg	59		0	BFNN	4		73		
Zinc, Zn mg	7.41		0	BFNN	4		9.19		
Copper, Cu mg	0.106		0	BFNN	4		0.131		
Manganese, Mn mg									
Selenium, Se µg	34.5	0.904	4	AR	1		42.8		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.071		0	BFPN	4		0.088		
Riboflavin mg	0.203		0	BFPN	4		0.252		
Niacin mg	6.149		0	BFPN	4		7.625		
Pantothenic acid mg									
Vitamin B-6 mg	0.610		0	BFPN	4		0.757		
Folate, total µg	7		0	BFPN	4		9		
Folic acid µg	0		0	BFPN	4		0		
Folate, food µg	7		0	BFPN	4		9		
Folate, DFE µg	7		0	NC	4		9		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	3.80	0.374	4	AR	1		4.71		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	1		0	NC	4		2		
Retinol µg	1		0	BFSN	4		2		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	5		0	NC	4		6		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1		
Vitamin D IU	4		0	BFSN	4		5		
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.9		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23257

Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.978		0	NC	4		2.452		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g	0.003		0	BFFN	4		0.004		
12:0....g	0.004		0	BFFN	4		0.004		
13:0....g									
14:0....g	0.121	0.006	4	AR	1		0.150		
15:0....g									
16:0....g	1.177	0.026	4	AR	1		1.459		
17:0....g	0.063	0.002	4	AR	1		0.078		
18:0....g	0.608	0.016	4	AR	1		0.754		
20:0....g	0.000	0.000	4	AR	1		0.000		
22:0....g									
24:0....g	0.009	0.000	4	AR	1		0.011		
Fatty acids, total monounsaturated....g	2.718		0	NC	4		3.371		
14:1....g	0.020	0.001	4	AR	1		0.025		
15:1....g									
16:1 undifferentiated....g	0.155	0.007	4	AR	1		0.193		
17:1....g	0.040	0.002	4	AR	1		0.049		
18:1 undifferentiated....g	2.496		0	AS	1		3.094		
18:1 c....g	2.207	0.060	4	AR	1		2.737		
18:1 t....g	0.288	0.021	4	AR	1		0.357		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.008	0.001	4	AR	1		0.010		
22:1 undifferentiated....g	0.000		0	Z	7		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.170		0	NC	4		0.211		
18:2 undifferentiated....g	0.130		0	AS	1		0.162		
18:2 n-6 c,c....g	0.117	0.010	4	AR	1		0.145		
18:2 CLAs....g	0.013	0.001	4	AR	1		0.016		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.009		0	AS	1		0.011		
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.009	0.001	4	AR	1		0.011		
18:3i....g									
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g	0.000	0.000	4	AR	1		0.000		
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.029	0.002	4	AR	1		0.036		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001	0.001	4	AR	1		0.002		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.006		0	BFFN	4		0.008		
22:6 n-3 (DHA)....g	0.000	0.000	4	AR	1		0.000		
Fatty acids, total trans....g	0.288		0	NC	4		0.357		
Fatty acids, total trans-monoenoic....g	0.288		0	NC	4		0.357		
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	81	4.416	4	AR	1		101		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.360		0	AR	1		0.446		
Threonine....g	1.495		0	AR	1		1.854		
Isoleucine....g	1.488		0	AR	1		1.845		
Leucine....g	2.726		0	AR	1		3.380		
Lysine....g	3.036		0	AR	1		3.764		
Methionine....g	0.845		0	AR	1		1.048		

NDB No. 23257

Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine....g	0.317		0	AR	1		0.393		
Phenylalanine....g	1.267		0	AR	1		1.571		
Tyrosine....g	1.185		0	AR	1		1.470		
Valine....g	1.574		0	AR	1		1.952		
Arginine....g	2.124		0	AR	1		2.634		
Histidine....g	1.164		0	AR	1		1.443		
Alanine....g	1.898		0	AR	1		2.354		
Aspartic acid....g	3.060		0	AR	1		3.794		
Glutamic acid....g	5.188		0	AR	1		6.434		
Glycine....g	1.368		0	AR	1		1.696		
Proline....g	1.327		0	AR	1		1.646		
Serine....g	1.286		0	AR	1		1.595		
Hydroxyproline....g	0.154		0	BFPN	4		0.191		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 124g: 1 fillet

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23258

Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled

URMIS #1323

Refuse: 5% Connective tissue 5%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	63.44	0.368	8	AR	1		72.96		
Energy kcal	165		0	NC	4		190		
Energy kJ	692		0	NC	4		796		
Protein (N x 6.25) g	30.78	0.293	8	AR	1		35.40		
Total lipid (fat) g	4.68	0.220	8	AR	1		5.39		
Ash g	1.30	0.068	8	AR	1		1.49		
Carbohydrate, by difference g	0.00		0	NC	4		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	6		0	BFNN	4		7		
Iron, Fe mg	3.19		0	BFNN	4		3.67		
Magnesium, Mg mg	28		0	BFNN	4		33		
Phosphorus, P mg	262		0	BFNN	4		301		
Potassium, K mg	390		0	BFNN	4		449		
Sodium, Na mg	56		0	BFNN	4		64		
Zinc, Zn mg	8.62		0	BFNN	4		9.91		
Copper, Cu mg	0.152		0	BFNN	4		0.175		
Manganese, Mn mg									
Selenium, Se µg	31.3		2	AR	1		36.0		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.068		0	BFPN	4		0.079		
Riboflavin mg	0.221		0	BFPN	4		0.254		
Niacin mg	6.305		0	BFPN	4		7.251		
Pantothenic acid mg									
Vitamin B-6 mg	0.551		0	BFPN	4		0.634		
Folate, total µg	7		0	BFPN	4		8		
Folic acid µg	0		0	BFPN	4		0		
Folate, food µg	7		0	BFPN	4		8		
Folate, DFE µg	7		0	NC	4		8		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	3.42		2	AR	1		3.94		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	2		0	NC	4		2		
Retinol µg	2		0	BFSN	4		2		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	7		0	NC	4		8		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1		
Vitamin D IU	3		0	BFSN	4		4		
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.8		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23258

Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.541		0	NC	4		1.773		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g	0.002		0	BFFN	4		0.003		
12:0....g	0.004		0	BFFN	4		0.004		
13:0....g									
14:0....g	0.110		2	AR	1		0.126		
15:0....g									
16:0....g	0.948		2	AR	1		1.090		
17:0....g	0.041		2	AR	1		0.047		
18:0....g	0.436		2	AR	1		0.502		
20:0....g	0.000		2	AR	1		0.000		
22:0....g									
24:0....g	0.007		2	AR	1		0.008		
Fatty acids, total monounsaturated....g	2.167		0	NC	4		2.492		
14:1....g	0.016		2	AR	1		0.018		
15:1....g									
16:1 undifferentiated....g	0.128		2	AR	1		0.147		
17:1....g	0.032		2	AR	1		0.037		
18:1 undifferentiated....g	1.983		0	AS	1		2.281		
18:1 c....g	1.712		2	AR	1		1.968		
18:1 t....g	0.272		2	AR	1		0.312		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.007		2	AR	1		0.009		
22:1 undifferentiated....g	0.000		0	Z	7		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.161		0	NC	4		0.185		
18:2 undifferentiated....g	0.131		0	AS	1		0.151		
18:2 n-6 c,c....g	0.119		2	AR	1		0.136		
18:2 CLAs....g	0.013		2	AR	1		0.014		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.009		0	AS	1		0.010		
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.009		2	AR	1		0.010		
18:3i....g									
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g	0.001		2	AR	1		0.001		
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.020		2	AR	1		0.023		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		2	AR	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.009		0	BFFN	4		0.010		
22:6 n-3 (DHA)....g	0.000		2	AR	1		0.000		
Fatty acids, total trans....g	0.272		0	NC	4		0.312		
Fatty acids, total trans-monoenoic....g	0.272		0	NC	4		0.312		
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	74		2	AR	1		85		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.401		0	AR	1		0.462		
Threonine....g	1.714		0	AR	1		1.971		
Isoleucine....g	1.698		0	AR	1		1.953		
Leucine....g	3.165		0	AR	1		3.640		
Lysine....g	3.551		0	AR	1		4.083		
Methionine....g	0.973		0	AR	1		1.118		

NDB No. 23258

Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine....g	0.371		0	AR	1		0.426		
Phenylalanine....g	1.451		0	AR	1		1.669		
Tyrosine....g	1.374		0	AR	1		1.580		
Valine....g	1.791		0	AR	1		2.059		
Arginine....g	2.470		0	AR	1		2.841		
Histidine....g	1.389		0	AR	1		1.598		
Alanine....g	2.177		0	AR	1		2.503		
Aspartic acid....g	3.551		0	AR	1		4.083		
Glutamic acid....g	5.959		0	AR	1		6.853		
Glycine....g	1.575		0	AR	1		1.811		
Proline....g	1.559		0	AR	1		1.793		
Serine....g	1.498		0	AR	1		1.722		
Hydroxyproline....g	0.155		0	BFPN	4		0.179		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 115g: 1 fillet

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23259

Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted

Gluteus medius

Refuse: 6% Connective tissue 6%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	63.93	0.267	24	AR	1		54.34	490.94	
Energy kcal	170		0	NC	4		144	1304	
Energy kJ	710		0	NC	4		604	5453	
Protein (N x 6.25) g	29.12	0.157	24	AR	1		24.75	223.65	
Total lipid (fat) g	5.92	0.210	24	AR	1		5.04	45.50	
Ash g	1.12	0.033	24	AR	1		0.95	8.56	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	5		0	BFNN	4		5	41	
Iron, Fe mg	2.75		0	BFNN	4		2.34	21.14	
Magnesium, Mg mg	27		0	BFNN	4		23	205	
Phosphorus, P mg	243		0	BFNN	4		207	1868	
Potassium, K mg	377		0	BFNN	4		320	2896	
Sodium, Na mg	57		0	BFNN	4		48	434	
Zinc, Zn mg	7.07		0	BFNN	4		6.01	54.30	
Copper, Cu mg	0.101		0	BFNN	4		0.086	0.773	
Manganese, Mn mg									
Selenium, Se µg	34.8	0.849	6	AR	1		29.6	267.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.068		0	BFPN	4		0.058	0.520	
Riboflavin mg	0.194		0	BFPN	4		0.165	1.491	
Niacin mg	5.882		0	BFPN	4		4.999	45.172	
Pantothenic acid mg									
Vitamin B-6 mg	0.584		0	BFPN	4		0.496	4.482	
Folate, total µg	7		0	BFPN	4		6	54	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	7		0	BFPN	4		6	54	
Folate, DFE µg	7		0	NC	4		6	54	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	3.78	0.200	6	AR	1		3.21	28.99	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		1	12	
Retinol µg	2		0	BFSN	4		1	12	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	5		0	NC	4		5	41	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.7	
Vitamin D IU	4		0	BFSN	4		3	29	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	12.1	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23259

Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.742		0	NC	4		1.481	13.382	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.003		0	BFFN	4		0.003	0.024	
12:0....g	0.004		0	BFFN	4		0.003	0.030	
13:0....g									
14:0....g	0.121	0.007	6	AR	1		0.103	0.929	
15:0....g									
16:0....g	1.014	0.070	6	AR	1		0.862	7.786	
17:0....g	0.046	0.005	6	AR	1		0.039	0.351	
18:0....g	0.554	0.033	6	AR	1		0.471	4.254	
20:0....g	0.002	0.000	6	AR	1		0.001	0.013	
22:0....g									
24:0....g	0.006	0.000	6	AR	1		0.005	0.049	
Fatty acids, total monounsaturated....g	2.323		0	NC	4		1.975	17.840	
14:1....g	0.023	0.001	6	AR	1		0.019	0.174	
15:1....g									
16:1 undifferentiated....g	0.176	0.010	6	AR	1		0.149	1.348	
17:1....g	0.046	0.002	6	AR	1		0.039	0.352	
18:1 undifferentiated....g	2.069		0	AS	1		1.759	15.890	
18:1 c....g	1.794	0.091	6	AR	1		1.525	13.780	
18:1 t....g	0.275	0.028	6	AR	1		0.233	2.110	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.010	0.001	6	AR	1		0.008	0.077	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.200		0	NC	4		0.170	1.540	
18:2 undifferentiated....g	0.152		0	AS	1		0.129	1.168	
18:2 n-6 c,c....g	0.135	0.011	6	AR	1		0.115	1.039	
18:2 CLAs....g	0.017	0.001	6	AR	1		0.014	0.129	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.014		0	AS	1		0.012	0.108	
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.014	0.000	6	AR	1		0.012	0.108	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000		6	AR	1		0.000	0.000	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.034	0.003	6	AR	1		0.029	0.260	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001	0.000	6	AR	1		0.000	0.004	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.008		0	BFFN	4		0.007	0.062	
22:6 n-3 (DHA)....g	0.000	0.000	6	AR	1		0.000	0.001	
Fatty acids, total trans....g	0.275		0	NC	4		0.233	2.110	
Fatty acids, total trans-monoenoic....g	0.275		0	NC	4		0.233	2.110	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	86	2.073	6	AR	1		73	664	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.357		0	AR	1		0.303	2.742	
Threonine....g	1.496		0	AR	1		1.272	11.492	
Isoleucine....g	1.484		0	AR	1		1.262	11.401	
Leucine....g	2.739		0	AR	1		2.328	21.034	
Lysine....g	3.061		0	AR	1		2.602	23.506	
Methionine....g	0.846		0	AR	1		0.719	6.494	

NDB No. 23259

Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine g	0.319		0	AR	1		0.272	2.454	
Phenylalanine g	1.268		0	AR	1		1.078	9.741	
Tyrosine g	1.189		0	AR	1		1.010	9.128	
Valine g	1.569		0	AR	1		1.334	12.050	
Arginine g	2.135		0	AR	1		1.815	16.398	
Histidine g	1.181		0	AR	1		1.004	9.074	
Alanine g	1.900		0	AR	1		1.615	14.594	
Aspartic acid g	3.075		0	AR	1		2.614	23.615	
Glutamic acid g	5.191		0	AR	1		4.412	39.868	
Glycine g	1.372		0	AR	1		1.166	10.535	
Proline g	1.337		0	AR	1		1.136	10.264	
Serine g	1.292		0	AR	1		1.098	9.922	
Hydroxyproline g	0.147		0	BFPN	4		0.125	1.129	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 768g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23239

Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted

Gluteus medius, URMIS #2136

Refuse: 10% Connective tissue 6%, Separable fat 4%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	63.64	0.330	16	AR	1		54.09	512.94	
Energy kcal	173		0	NC	4		147	1396	
Energy kJ	725		0	NC	4		616	5844	
Protein (N x 6.25) g	28.97	0.200	16	AR	1		24.62	233.50	
Total lipid (fat) g	6.37	0.260	16	AR	1		5.41	51.34	
Ash g	1.11	0.040	16	AR	1		0.94	8.95	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	5		0	BFNN	4		5	43	
Iron, Fe mg	2.77		0	BFNN	4		2.35	22.31	
Magnesium, Mg mg	27		0	BFNN	4		23	216	
Phosphorus, P mg	245		0	BFNN	4		208	1972	
Potassium, K mg	379		0	BFNN	4		322	3056	
Sodium, Na mg	57		0	BFNN	4		48	458	
Zinc, Zn mg	7.11		0	BFNN	4		6.04	57.31	
Copper, Cu mg	0.101		0	BFNN	4		0.086	0.816	
Manganese, Mn mg									
Selenium, Se µg	35.0	1.055	4	AR	1		29.8	282.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.067		0	BFPN	4		0.057	0.543	
Riboflavin mg	0.193		0	BFPN	4		0.164	1.556	
Niacin mg	5.851		0	BFPN	4		4.974	47.161	
Pantothenic acid mg									
Vitamin B-6 mg	0.581		0	BFPN	4		0.493	4.679	
Folate, total µg	7		0	BFPN	4		6	57	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	7		0	BFPN	4		6	57	
Folate, DFE µg	7		0	NC	4		6	57	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	3.36		4	AR	1		2.86	27.08	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	1		0	NC	4		1	11	
Retinol µg	1		0	BFSN	4		1	11	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	4		0	NC	4		4	36	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.8	
Vitamin D IU	4		0	BFSN	4		4	33	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	12.7	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23239

Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.994		0	NC	4		1.695	16.075	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.003		0	BFFN	4		0.003	0.027	
12:0....g	0.004		0	BFFN	4		0.003	0.031	
13:0....g									
14:0....g	0.139	0.009	4	AR	1		0.118	1.116	
15:0....g									
16:0....g	1.151	0.088	4	AR	1		0.978	9.278	
17:0....g	0.054	0.006	4	AR	1		0.046	0.438	
18:0....g	0.641	0.041	4	AR	1		0.545	5.166	
20:0....g	0.002	0.001	4	AR	1		0.002	0.017	
22:0....g									
24:0....g	0.007	0.000	4	AR	1		0.006	0.060	
Fatty acids, total monounsaturated....g	2.693		0	NC	4		2.289	21.704	
14:1....g	0.026	0.002	4	AR	1		0.022	0.213	
15:1....g									
16:1 undifferentiated....g	0.199	0.012	4	AR	1		0.169	1.607	
17:1....g	0.053	0.002	4	AR	1		0.045	0.425	
18:1 undifferentiated....g	2.403		0	AS	1		2.043	19.368	
18:1 c....g	2.083	0.113	4	AR	1		1.770	16.787	
18:1 t....g	0.320	0.035	4	AR	1		0.272	2.582	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.011	0.001	4	AR	1		0.010	0.091	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.235		0	NC	4		0.200	1.892	
18:2 undifferentiated....g	0.178		0	AS	1		0.151	1.434	
18:2 n-6 c,c....g	0.159	0.013	4	AR	1		0.135	1.281	
18:2 CLAs....g	0.019	0.001	4	AR	1		0.016	0.153	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.016		0	AS	1		0.014	0.132	
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.016	0.000	4	AR	1		0.014	0.132	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000		4	AR	1		0.000	0.000	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.040	0.003	4	AR	1		0.034	0.320	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001	0.001	4	AR	1		0.001	0.006	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.007		0	BFFN	4		0.006	0.057	
22:6 n-3 (DHA)....g	0.000	0.000	4	AR	1		0.000	0.001	
Fatty acids, total trans....g	0.320		0	NC	4		0.272	2.582	
Fatty acids, total trans-monoenoic....g	0.320		0	NC	4		0.272	2.582	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	88	2.576	4	AR	1		75	708	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.343		0	AR	1		0.291	2.761	
Threonine....g	1.423		0	AR	1		1.209	11.466	
Isoleucine....g	1.416		0	AR	1		1.203	11.411	
Leucine....g	2.594		0	AR	1		2.205	20.908	
Lysine....g	2.889		0	AR	1		2.455	23.283	
Methionine....g	0.804		0	AR	1		0.683	6.479	

NDB No. 23239

Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine....g	0.301		0	AR	1		0.256	2.429	
Phenylalanine....g	1.206		0	AR	1		1.025	9.718	
Tyrosine....g	1.128		0	AR	1		0.959	9.092	
Valine....g	1.498		0	AR	1		1.273	12.074	
Arginine....g	2.021		0	AR	1		1.718	16.289	
Histidine....g	1.107		0	AR	1		0.941	8.926	
Alanine....g	1.806		0	AR	1		1.535	14.559	
Aspartic acid....g	2.912		0	AR	1		2.475	23.467	
Glutamic acid....g	4.937		0	AR	1		4.196	39.793	
Glycine....g	1.302		0	AR	1		1.106	10.491	
Proline....g	1.263		0	AR	1		1.073	10.179	
Serine....g	1.224		0	AR	1		1.040	9.865	
Hydroxyproline....g	0.146		0	BFPN	4		0.124	1.179	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 806g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23260

Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted

Gluteus medius, URMIS #1321

Refuse: 6% Connective tissue 6%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	64.36	0.444	8	AR	1		54.70	492.32	
Energy kcal	165		0	NC	4		140	1260	
Energy kJ	689		0	NC	4		586	5271	
Protein (N x 6.25) g	29.35	0.261	8	AR	1		24.95	224.54	
Total lipid (fat) g	5.25	0.349	8	AR	1		4.46	40.16	
Ash g	1.12	0.054	8	AR	1		0.95	8.54	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	6		0	BFNN	4		5	44	
Iron, Fe mg	2.75		0	BFNN	4		2.33	21.01	
Magnesium, Mg mg	29		0	BFNN	4		25	221	
Phosphorus, P mg	268		0	BFNN	4		228	2050	
Potassium, K mg	426		0	BFNN	4		362	3257	
Sodium, Na mg	58		0	BFNN	4		49	445	
Zinc, Zn mg	8.17		0	BFNN	4		6.95	62.53	
Copper, Cu mg	0.097		0	BFNN	4		0.082	0.742	
Manganese, Mn mg									
Selenium, Se µg	34.5		2	AR	1		29.3	263.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.071		0	BFPN	4		0.061	0.547	
Riboflavin mg	0.240		0	BFPN	4		0.204	1.834	
Niacin mg	4.969		0	BFPN	4		4.223	38.010	
Pantothenic acid mg									
Vitamin B-6 mg	0.487		0	BFPN	4		0.414	3.727	
Folate, total µg	7		0	BFPN	4		6	53	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	7		0	BFPN	4		6	53	
Folate, DFE µg	7		0	NC	4		6	53	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	4.40		2	AR	1		3.74	33.66	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		2	15	
Retinol µg	2		0	BFSN	4		2	15	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	7		0	NC	4		6	51	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.6	
Vitamin D IU	3		0	BFSN	4		3	24	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	12.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23260

Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.364		0	NC	4		1.160	10.437	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.003		0	BFFN	4		0.002	0.021	
12:0....g	0.004		0	BFFN	4		0.003	0.031	
13:0....g									
14:0....g	0.095		2	AR	1		0.081	0.726	
15:0....g									
16:0....g	0.808		2	AR	1		0.687	6.179	
17:0....g	0.033		2	AR	1		0.028	0.250	
18:0....g	0.423		2	AR	1		0.360	3.238	
20:0....g	0.001		2	AR	1		0.001	0.007	
22:0....g									
24:0....g	0.005		2	AR	1		0.004	0.037	
Fatty acids, total monounsaturated....g	1.767		0	NC	4		1.502	13.520	
14:1....g	0.017		2	AR	1		0.014	0.129	
15:1....g									
16:1 undifferentiated....g	0.140		2	AR	1		0.119	1.068	
17:1....g	0.035		2	AR	1		0.030	0.269	
18:1 undifferentiated....g	1.568		0	AS	1		1.333	11.993	
18:1 c....g	1.362		2	AR	1		1.157	10.415	
18:1 t....g	0.206		2	AR	1		0.175	1.577	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.008		2	AR	1		0.007	0.061	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.149		0	NC	4		0.127	1.141	
18:2 undifferentiated....g	0.113		0	AS	1		0.096	0.867	
18:2 n-6 c,c....g	0.100		2	AR	1		0.085	0.763	
18:2 CLAs....g	0.014		2	AR	1		0.011	0.103	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.011		0	AS	1		0.009	0.081	
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.011		2	AR	1		0.009	0.081	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000		2	AR	1		0.000	0.000	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.025		2	AR	1		0.021	0.190	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		2	AR	1		0.000	0.001	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.010		0	BFFN	4		0.009	0.077	
22:6 n-3 (DHA)....g	0.000		2	AR	1		0.000	0.002	
Fatty acids, total trans....g	0.206		0	NC	4		0.175	1.577	
Fatty acids, total trans-monoenoic....g	0.206		0	NC	4		0.175	1.577	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	84		2	AR	1		72	645	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.383		0	AR	1		0.325	2.928	
Threonine....g	1.634		0	AR	1		1.389	12.501	
Isoleucine....g	1.619		0	AR	1		1.377	12.389	
Leucine....g	3.018		0	AR	1		2.565	23.088	
Lysine....g	3.386		0	AR	1		2.878	25.903	
Methionine....g	0.927		0	AR	1		0.788	7.095	

NDB No. 23260

Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine g	0.353		0	AR	1		0.300	2.703	
Phenylalanine g	1.384		0	AR	1		1.176	10.586	
Tyrosine g	1.310		0	AR	1		1.114	10.023	
Valine g	1.708		0	AR	1		1.452	13.064	
Arginine g	2.356		0	AR	1		2.002	18.020	
Histidine g	1.325		0	AR	1		1.126	10.136	
Alanine g	2.076		0	AR	1		1.764	15.880	
Aspartic acid g	3.386		0	AR	1		2.878	25.903	
Glutamic acid g	5.683		0	AR	1		4.830	43.472	
Glycine g	1.502		0	AR	1		1.276	11.487	
Proline g	1.487		0	AR	1		1.264	11.375	
Serine g	1.428		0	AR	1		1.214	10.924	
Hydroxyproline g	0.143		0	BFPN	4		0.122	1.096	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 765g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23261

Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw

Gluteus medius

Refuse: 7% Connective tissue 7%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	72.67	0.115	24	AR	1		61.77	130.81	704.94
Energy kcal	128		0	NC	4		109	230	1241
Energy kJ	535		0	NC	4		455	963	5190
Protein (N x 6.25) g	23.04	0.127	24	AR	1		19.58	41.46	223.45
Total lipid (fat) g	3.98	0.098	24	AR	1		3.38	7.16	38.59
Ash g	1.06	0.017	24	AR	1		0.90	1.90	10.24
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	0.00
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total g	0.00		0	Z	7		0.00	0.00	0.00
Starch g									
Minerals:									
Calcium, Ca mg	5		0	BFNN	4		4	9	47
Iron, Fe mg	2.24		0	BFNN	4		1.90	4.03	21.69
Magnesium, Mg mg	25		0	BFNN	4		22	46	246
Phosphorus, P mg	222		0	BFNN	4		189	400	2154
Potassium, K mg	395		0	BFNN	4		336	711	3832
Sodium, Na mg	65		0	BFNN	4		55	117	632
Zinc, Zn mg	5.20		0	BFNN	4		4.42	9.36	50.43
Copper, Cu mg	0.097		0	BFNN	4		0.083	0.175	0.942
Manganese, Mn mg									
Selenium, Se µg	26.3	0.701	6	AR	1		22.3	47.3	254.7
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.064		0	BFPN	4		0.054	0.115	0.620
Riboflavin mg	0.183		0	BFPN	4		0.155	0.329	1.773
Niacin mg	5.869		0	BFPN	4		4.989	10.564	56.929
Pantothenic acid mg									
Vitamin B-6 mg	0.659		0	BFPN	4		0.560	1.186	6.391
Folate, total µg	4		0	BFPN	4		3	7	36
Folic acid µg	0		0	BFPN	4		0	0	0
Folate, food µg	4		0	BFPN	4		3	7	36
Folate, DFE µg	4		0	NC	4		3	7	36
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	2.90	0.341	6	AR	1		2.46	5.21	28.10
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	2		0	NC	4		2	3	18
Retinol µg	2		0	BFSN	4		2	3	18
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	6		0	NC	4		5	11	60
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.1	0.7
Vitamin D IU	3		0	BFSN	4		3	5	29
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	2.7	14.7
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23261

Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.285		0	NC	4		1.092	2.313	12.467
4:0....g	0.000		0	Z	7		0.000	0.000	0.000
6:0....g	0.000		0	Z	7		0.000	0.000	0.000
8:0....g	0.000		0	Z	7		0.000	0.000	0.000
10:0....g	0.001		0	BFFN	4		0.001	0.003	0.015
12:0....g	0.002		0	BFFN	4		0.002	0.004	0.020
13:0....g									
14:0....g	0.081	0.003	6	AR	1		0.069	0.147	0.789
15:0....g									
16:0....g	0.747	0.010	6	AR	1		0.635	1.344	7.242
17:0....g	0.041	0.002	6	AR	1		0.035	0.073	0.395
18:0....g	0.412	0.022	6	AR	1		0.351	0.742	4.000
20:0....g	0.000	0.000	6	AR	1		0.000	0.000	0.001
22:0....g									
24:0....g	0.004	0.000	6	AR	1		0.003	0.007	0.040
Fatty acids, total monounsaturated....g	1.704		0	NC	4		1.449	3.067	16.530
14:1....g	0.015	0.002	6	AR	1		0.013	0.027	0.147
15:1....g									
16:1 undifferentiated....g	0.106	0.006	6	AR	1		0.090	0.190	1.024
17:1....g	0.024	0.001	6	AR	1		0.020	0.043	0.233
18:1 undifferentiated....g	1.554		0	AS	1		1.321	2.797	15.072
18:1 c....g	1.378	0.052	6	AR	1		1.171	2.480	13.365
18:1 t....g	0.176	0.033	6	AR	1		0.150	0.317	1.707
18:1-11 t (18:1t n-7)....g									
20:1....g	0.006	0.001	6	AR	1		0.005	0.010	0.054
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.125		0	NC	4		0.106	0.224	1.209
18:2 undifferentiated....g	0.098		0	AS	1		0.084	0.177	0.955
18:2 n-6 c,c....g	0.089	0.005	6	AR	1		0.076	0.161	0.866
18:2 CLAs....g	0.009	0.001	6	AR	1		0.008	0.017	0.089
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.005		0	AS	1		0.005	0.010	0.052
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.005	0.000	6	AR	1		0.005	0.010	0.052
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000	0.000	6	AR	1		0.000	0.000	0.001
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.019	0.001	6	AR	1		0.016	0.035	0.188
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001	0.001	6	AR	1		0.001	0.002	0.011
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.006		0	BFFN	4		0.005	0.011	0.057
22:6 n-3 (DHA)....g	0.000	0.000	6	AR	1		0.000	0.000	0.002
Fatty acids, total trans....g	0.176		0	NC	4		0.150	0.317	1.707
Fatty acids, total trans-monoenoic....g	0.176		0	NC	4		0.150	0.317	1.707
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	69	0.893	6	AR	1		58	123	665
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.282		0	AR	1		0.240	0.508	2.739
Threonine....g	1.184		0	AR	1		1.006	2.131	11.481
Isoleucine....g	1.174		0	AR	1		0.998	2.114	11.391
Leucine....g	2.167		0	AR	1		1.842	3.900	21.015
Lysine....g	2.421		0	AR	1		2.058	4.358	23.485
Methionine....g	0.669		0	AR	1		0.569	1.204	6.489

NDB No. 23261

Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine....g	0.253		0	AR	1		0.215	0.455	2.451
Phenylalanine....g	1.003		0	AR	1		0.853	1.806	9.733
Tyrosine....g	0.940		0	AR	1		0.799	1.692	9.120
Valine....g	1.241		0	AR	1		1.055	2.234	12.039
Arginine....g	1.689		0	AR	1		1.436	3.040	16.384
Histidine....g	0.935		0	AR	1		0.794	1.682	9.065
Alanine....g	1.503		0	AR	1		1.278	2.706	14.581
Aspartic acid....g	2.432		0	AR	1		2.067	4.378	23.593
Glutamic acid....g	4.106		0	AR	1		3.490	7.392	39.832
Glycine....g	1.085		0	AR	1		0.922	1.953	10.525
Proline....g	1.057		0	AR	1		0.899	1.903	10.255
Serine....g	1.022		0	AR	1		0.869	1.840	9.913
Hydroxyproline....g	0.116		0	BFPN	4		0.099	0.209	1.128
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 180g: 1 fillet

Measure 3 = 970g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23240

Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw

Gluteus medius, URMIS #2136, URMIS #2138

Refuse: 11% Connective tissue 6%, Separable fat 5%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	72.28	0.144	16	AR	1		61.43	137.32	732.16
Energy kcal	132		0	NC	4		112	250	1334
Energy kJ	551		0	NC	4		468	1047	5582
Protein (N x 6.25) g	23.03	0.158	16	AR	1		19.57	43.75	233.26
Total lipid (fat) g	4.40	0.122	16	AR	1		3.74	8.36	44.57
Ash g	1.04	0.022	16	AR	1		0.89	1.98	10.58
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	0.00
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total g	0.00		0	Z	7		0.00	0.00	0.00
Starch g									
Minerals:									
Calcium, Ca mg	5		0	BFNN	4		4	9	49
Iron, Fe mg	2.23		0	BFNN	4		1.90	4.24	22.63
Magnesium, Mg mg	25		0	BFNN	4		22	48	257
Phosphorus, P mg	222		0	BFNN	4		189	422	2247
Potassium, K mg	395		0	BFNN	4		335	750	3998
Sodium, Na mg	65		0	BFNN	4		55	124	659
Zinc, Zn mg	5.19		0	BFNN	4		4.41	9.87	52.62
Copper, Cu mg	0.097		0	BFNN	4		0.082	0.184	0.983
Manganese, Mn mg									
Selenium, Se µg	28.4	0.871	4	AR	1		24.1	54.0	287.7
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.064		0	BFPN	4		0.054	0.121	0.648
Riboflavin mg	0.183		0	BFPN	4		0.155	0.347	1.851
Niacin mg	5.867		0	BFPN	4		4.987	11.147	59.429
Pantothenic acid mg									
Vitamin B-6 mg	0.659		0	BFPN	4		0.560	1.251	6.672
Folate, total µg	4		0	BFPN	4		3	7	37
Folic acid µg	0		0	BFPN	4		0	0	0
Folate, food µg	4		0	BFPN	4		3	7	37
Folate, DFE µg	4		0	NC	4		3	7	37
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	3.24		4	AR	1		2.75	6.16	32.82
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	2		0	NC	4		1	3	17
Retinol µg	2		0	BFSN	4		1	3	17
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	6		0	NC	4		5	11	58
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.1	0.8
Vitamin D IU	3		0	BFSN	4		3	6	32
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	2.9	15.3
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23240

Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.392		0	NC	4		1.183	2.644	14.098
4:0....g	0.000		0	Z	7		0.000	0.000	0.000
6:0....g	0.000		0	Z	7		0.000	0.000	0.000
8:0....g	0.000		0	Z	7		0.000	0.000	0.000
10:0....g	0.002		0	BFFN	4		0.002	0.004	0.019
12:0....g	0.002		0	BFFN	4		0.002	0.005	0.025
13:0....g									
14:0....g	0.090	0.004	4	AR	1		0.077	0.171	0.912
15:0....g									
16:0....g	0.812	0.012	4	AR	1		0.690	1.542	8.224
17:0....g	0.043	0.003	4	AR	1		0.037	0.082	0.440
18:0....g	0.443	0.027	4	AR	1		0.376	0.841	4.484
20:0....g	0.000	0.000	4	AR	1		0.000	0.000	0.001
22:0....g									
24:0....g	0.004	0.000	4	AR	1		0.003	0.007	0.038
Fatty acids, total monounsaturated....g	1.917		0	NC	4		1.630	3.643	19.423
14:1....g	0.018	0.002	4	AR	1		0.015	0.033	0.177
15:1....g									
16:1 undifferentiated....g	0.117	0.008	4	AR	1		0.099	0.222	1.183
17:1....g	0.026	0.001	4	AR	1		0.022	0.049	0.261
18:1 undifferentiated....g	1.751		0	AS	1		1.488	3.327	17.736
18:1 c....g	1.562	0.065	4	AR	1		1.328	2.968	15.823
18:1 t....g	0.189	0.041	4	AR	1		0.160	0.359	1.913
18:1-11 t (18:1t n-7)....g									
20:1....g	0.007	0.001	4	AR	1		0.006	0.012	0.066
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.143		0	NC	4		0.122	0.272	1.453
18:2 undifferentiated....g	0.115		0	AS	1		0.098	0.219	1.169
18:2 n-6 c,c....g	0.105	0.006	4	AR	1		0.089	0.199	1.063
18:2 CLAs....g	0.011	0.001	4	AR	1		0.009	0.020	0.106
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.006		0	AS	1		0.005	0.011	0.058
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.006	0.001	4	AR	1		0.005	0.011	0.058
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000	0.000	4	AR	1		0.000	0.000	0.001
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.021	0.002	4	AR	1		0.018	0.041	0.217
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001	0.001	4	AR	1		0.000	0.001	0.005
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.006		0	BFFN	4		0.005	0.011	0.056
22:6 n-3 (DHA)....g	0.000	0.000	4	AR	1		0.000	0.001	0.003
Fatty acids, total trans....g	0.189		0	NC	4		0.160	0.359	1.913
Fatty acids, total trans-monoenoic....g	0.189		0	NC	4		0.160	0.359	1.913
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	68	1.109	4	AR	1		58	130	691
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.273		0	AR	1		0.232	0.519	2.766
Threonine....g	1.134		0	AR	1		0.964	2.154	11.487
Isoleucine....g	1.128		0	AR	1		0.959	2.144	11.431
Leucine....g	2.068		0	AR	1		1.758	3.929	20.945
Lysine....g	2.302		0	AR	1		1.957	4.375	23.324
Methionine....g	0.641		0	AR	1		0.545	1.217	6.491

NDB No. 23240

Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine....g	0.240		0	AR	1		0.204	0.456	2.434
Phenylalanine....g	0.961		0	AR	1		0.817	1.826	9.735
Tyrosine....g	0.899		0	AR	1		0.764	1.708	9.108
Valine....g	1.194		0	AR	1		1.015	2.269	12.095
Arginine....g	1.611		0	AR	1		1.369	3.061	16.318
Histidine....g	0.883		0	AR	1		0.750	1.677	8.942
Alanine....g	1.440		0	AR	1		1.224	2.735	14.584
Aspartic acid....g	2.321		0	AR	1		1.973	4.409	23.509
Glutamic acid....g	3.935		0	AR	1		3.345	7.477	39.863
Glycine....g	1.037		0	AR	1		0.882	1.971	10.510
Proline....g	1.007		0	AR	1		0.856	1.913	10.197
Serine....g	0.976		0	AR	1		0.829	1.854	9.882
Hydroxyproline....g	0.116		0	BFPN	4		0.099	0.221	1.178
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 190g: 1 fillet

Measure 3 = 1013g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23262

Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw

Gluteus medius, URMIS #1321, URMIS #1323

Refuse: 7% Connective tissue 7%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	73.27	0.192	8	AR	1		62.28	136.28	699.74
Energy kcal	122		0	NC	4		104	227	1168
Energy kJ	512		0	NC	4		435	952	4890
Protein (N x 6.25) g	23.05	0.211	8	AR	1		19.59	42.87	220.13
Total lipid (fat) g	3.35	0.163	8	AR	1		2.84	6.22	31.94
Ash g	1.07	0.029	8	AR	1		0.91	2.00	10.26
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	0.00
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total g	0.00		0	Z	7		0.00	0.00	0.00
Starch g									
Minerals:									
Calcium, Ca mg	5		0	BFNN	4		4	9	45
Iron, Fe mg	2.39		0	BFNN	4		2.04	4.45	22.87
Magnesium, Mg mg	25		0	BFNN	4		21	46	237
Phosphorus, P mg	220		0	BFNN	4		187	410	2105
Potassium, K mg	388		0	BFNN	4		330	722	3709
Sodium, Na mg	58		0	BFNN	4		49	107	550
Zinc, Zn mg	5.78		0	BFNN	4		4.91	10.74	55.16
Copper, Cu mg	0.099		0	BFNN	4		0.084	0.183	0.941
Manganese, Mn mg									
Selenium, Se µg	23.0		2	AR	1		19.6	42.9	220.1
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.084		0	BFPN	4		0.071	0.156	0.801
Riboflavin mg	0.214		0	BFPN	4		0.182	0.398	2.044
Niacin mg	6.046		0	BFPN	4		5.139	11.246	57.743
Pantothenic acid mg									
Vitamin B-6 mg	0.653		0	BFPN	4		0.555	1.214	6.234
Folate, total µg	4		0	BFPN	4		3	7	35
Folic acid µg	0		0	BFPN	4		0	0	0
Folate, food µg	4		0	BFPN	4		3	7	35
Folate, DFE µg	4		0	NC	4		3	7	35
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	2.38		2	AR	1		2.02	4.43	22.73
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	2		0	NC	4		2	4	20
Retinol µg	2		0	BFSN	4		2	4	20
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	7		0	NC	4		6	13	66
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.1	0.7
Vitamin D IU	3		0	BFSN	4		2	5	27
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	2.8	14.4
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23262

Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.125		0	NC	4		0.957	2.093	10.747
4:0....g	0.000		0	Z	7		0.000	0.000	0.000
6:0....g	0.000		0	Z	7		0.000	0.000	0.000
8:0....g	0.000		0	Z	7		0.000	0.000	0.000
10:0....g	0.001		0	BFFN	4		0.001	0.002	0.009
12:0....g	0.001		0	BFFN	4		0.001	0.002	0.013
13:0....g									
14:0....g	0.068		2	AR	1		0.058	0.127	0.653
15:0....g									
16:0....g	0.649		2	AR	1		0.551	1.207	6.196
17:0....g	0.036		2	AR	1		0.031	0.068	0.348
18:0....g	0.367		2	AR	1		0.312	0.682	3.504
20:0....g	0.000		2	AR	1		0.000	0.000	0.002
22:0....g									
24:0....g	0.005		2	AR	1		0.004	0.009	0.044
Fatty acids, total monounsaturated....g	1.384		0	NC	4		1.177	2.575	13.221
14:1....g	0.012		2	AR	1		0.010	0.022	0.112
15:1....g									
16:1 undifferentiated....g	0.089		2	AR	1		0.076	0.165	0.849
17:1....g	0.021		2	AR	1		0.018	0.040	0.203
18:1 undifferentiated....g	1.258		0	AS	1		1.069	2.340	12.016
18:1 c....g	1.101		2	AR	1		0.936	2.048	10.517
18:1 t....g	0.157		2	AR	1		0.133	0.292	1.498
18:1-11 t (18:1t n-7)....g									
20:1....g	0.004		2	AR	1		0.004	0.008	0.041
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.096		0	NC	4		0.082	0.179	0.918
18:2 undifferentiated....g	0.073		0	AS	1		0.062	0.136	0.696
18:2 n-6 c,c....g	0.066		2	AR	1		0.056	0.122	0.628
18:2 CLAs....g	0.007		2	AR	1		0.006	0.013	0.068
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.005		0	AS	1		0.004	0.009	0.045
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.005		2	AR	1		0.004	0.009	0.045
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000		2	AR	1		0.000	0.000	0.000
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.016		2	AR	1		0.014	0.031	0.157
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002		2	AR	1		0.002	0.004	0.020
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.006		0	BFFN	4		0.005	0.012	0.061
22:6 n-3 (DHA)....g	0.000		2	AR	1		0.000	0.000	0.000
Fatty acids, total trans....g	0.157		0	NC	4		0.133	0.292	1.498
Fatty acids, total trans-monoenoic....g	0.157		0	NC	4		0.133	0.292	1.498
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	69		2	AR	1		59	129	661
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.301		0	AR	1		0.255	0.559	2.871
Threonine....g	1.283		0	AR	1		1.091	2.387	12.255
Isoleucine....g	1.272		0	AR	1		1.081	2.365	12.145
Leucine....g	2.370		0	AR	1		2.015	4.408	22.634
Lysine....g	2.659		0	AR	1		2.260	4.946	25.394
Methionine....g	0.728		0	AR	1		0.619	1.355	6.956

NDB No. 23262

Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine....g	0.277		0	AR	1		0.236	0.516	2.650
Phenylalanine....g	1.087		0	AR	1		0.924	2.021	10.378
Tyrosine....g	1.029		0	AR	1		0.875	1.914	9.826
Valine....g	1.341		0	AR	1		1.140	2.494	12.807
Arginine....g	1.850		0	AR	1		1.572	3.441	17.665
Histidine....g	1.040		0	AR	1		0.884	1.935	9.937
Alanine....g	1.630		0	AR	1		1.386	3.032	15.568
Aspartic acid....g	2.659		0	AR	1		2.260	4.946	25.394
Glutamic acid....g	4.463		0	AR	1		3.793	8.300	42.618
Glycine....g	1.179		0	AR	1		1.002	2.193	11.262
Proline....g	1.168		0	AR	1		0.993	2.172	11.151
Serine....g	1.121		0	AR	1		0.953	2.086	10.710
Hydroxyproline....g	0.116		0	BFPN	4		0.099	0.217	1.112
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 186g: 1 fillet

Measure 3 = 955g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23214

Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled

Refuse: 1% Connective tissue 1%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	56.07	0.311	72	AR	1		47.66	142.42	
Energy kcal	245		0	NC	4		208	623	
Energy kJ	1026		0	NC	4		872	2606	
Protein (N x 6.25) g	29.36	0.816	72	AR	1		24.96	74.58	
Total lipid (fat) g	14.20	0.921	72	AR	1		12.07	36.07	
Ash g	1.04	0.015	72	AR	1		0.89	2.65	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	7		3	AR	1		6	19	
Iron, Fe mg	2.44		3	AR	1		2.08	6.21	
Magnesium, Mg mg	23		3	AR	1		20	59	
Phosphorus, P mg	168		3	AR	1		143	426	
Potassium, K mg	298		3	AR	1		254	758	
Sodium, Na mg	63		3	AR	1		53	160	
Zinc, Zn mg	8.06		3	AR	1		6.85	20.48	
Copper, Cu mg	0.108		3	AR	1		0.092	0.274	
Manganese, Mn mg	0.108		3	AR	1		0.092	0.274	
Selenium, Se µg	33.3		3	AR	1		28.3	84.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.083		2	AR	1		0.070	0.211	
Riboflavin mg	0.348	0.012	6	AR	1		0.296	0.884	
Niacin mg	6.338	0.161	6	AR	1		5.387	16.099	
Pantothenic acid mg	0.683		2	AR	1		0.580	1.734	
Vitamin B-6 mg	0.483	0.016	6	AR	1		0.411	1.227	
Folate, total µg	7		0	BFPN	4		6	18	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	7		0	BFPN	4		6	18	
Folate, DFE µg	7		0	NC	4		6	18	
Choline, total mg	60.3		2	AR	1		51.2	153.1	
Betaine mg	13.0		2	AR	1		11.0	33.0	
Vitamin B-12 µg	2.91	0.064	6	AR	1		2.48	7.40	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	7		0	NC	4		6	19	
Retinol µg	7		0	BFSN	4		6	19	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	24		0	NC	4		21	62	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.10	0.003	6	AR	1		0.08	0.24	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.3	
Vitamin D IU	4		0	BFFN	4		3	10	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	4.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23214

Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	5.057		0	NC	4		4.298	12.845	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.008	0.000	3	AR	1		0.007	0.020	
12:0....g	0.007	0.000	3	AR	1		0.006	0.019	
13:0....g									
14:0....g	0.345	0.021	6	AR	1		0.294	0.877	
15:0....g	0.061	0.000	3	AR	1		0.052	0.156	
16:0....g	2.868	0.140	6	AR	1		2.438	7.284	
17:0....g	0.148	0.015	6	AR	1		0.126	0.376	
18:0....g	1.606	0.130	6	AR	1		1.365	4.080	
20:0....g	0.002	0.001	6	AR	1		0.002	0.006	
22:0....g									
24:0....g	0.010	0.001	6	AR	1		0.009	0.026	
Fatty acids, total monounsaturated....g	6.278		0	NC	4		5.336	15.946	
14:1....g	0.097	0.003	6	AR	1		0.083	0.247	
15:1....g	0.051	0.000	3	AR	1		0.043	0.130	
16:1 undifferentiated....g	0.509		0	AS	1		0.432	1.292	
16:1 c....g	0.489	0.039	6	AR	1		0.415	1.241	
16:1 t....g	0.020	0.000	3	AR	1		0.017	0.051	
17:1....g	0.127	0.006	6	AR	1		0.108	0.323	
18:1 undifferentiated....g	5.479		0	AS	1		4.657	13.917	
18:1 c....g	4.859	0.082	6	AR	1		4.130	12.341	
18:1 t....g	0.620	0.060	6	AR	1		0.527	1.576	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.015	0.007	6	AR	1		0.012	0.037	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.616		0	NC	4		0.524	1.565	
18:2 undifferentiated....g	0.501		0	AS	1		0.426	1.273	
18:2 n-6 c,c....g	0.442	0.024	6	AR	1		0.376	1.122	
18:2 CLAs....g	0.043	0.002	6	AR	1		0.036	0.108	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.017	0.000	3	AR	1		0.014	0.042	
18:3 undifferentiated....g	0.011		0	AS	1		0.009	0.028	
18:3 n-3 c,c,c (ALA)....g	0.011	0.004	6	AR	1		0.009	0.028	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.001	0.000	3	AR	1		0.001	0.002	
20:3 undifferentiated....g	0.021		0	AS	1		0.018	0.053	
20:3 n-3....g									
20:3 n-6....g	0.021	0.000	3	AR	1		0.018	0.053	
20:4 undifferentiated....g	0.067	0.006	6	AR	1		0.057	0.170	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	3	AR	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.015	0.000	3	AR	1		0.013	0.039	
22:6 n-3 (DHA)....g	0.000	0.000	6	AR	1		0.000	0.000	
Fatty acids, total trans....g	0.657		0	NC	4		0.559	1.669	
Fatty acids, total trans-monoenoic....g	0.641		0	NC	4		0.544	1.627	
Fatty acids, total trans-polyenoic....g	0.017		0	NC	4		0.014	0.042	
Cholesterol....mg	92	1.684	6	AR	1		78	234	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.329		0	AR	1		0.279	0.835	
Threonine....g	1.384		0	AR	1		1.176	3.515	
Isoleucine....g	1.368		0	AR	1		1.163	3.474	
Leucine....g	2.531		0	AR	1		2.151	6.428	

NDB No. 23214

Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	2.813		0	AR	1		2.391	7.144	
Methionine....g	0.794		0	AR	1		0.675	2.018	
Cystine....g	0.299		0	AR	1		0.254	0.760	
Phenylalanine....g	1.178		0	AR	1		1.001	2.991	
Tyrosine....g	1.094		0	AR	1		0.930	2.779	
Valine....g	1.468		0	AR	1		1.247	3.728	
Arginine....g	1.999		0	AR	1		1.700	5.079	
Histidine....g	1.101		0	AR	1		0.935	2.795	
Alanine....g	1.820		0	AR	1		1.547	4.624	
Aspartic acid....g	2.861		0	AR	1		2.432	7.267	
Glutamic acid....g	4.801		0	AR	1		4.081	12.194	
Glycine....g	1.445		0	AR	1		1.228	3.669	
Proline....g	1.317		0	AR	1		1.120	3.346	
Serine....g	1.209		0	AR	1		1.028	3.071	
Hydroxyproline....g	0.201		0	BFPN	4		0.171	0.510	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 254g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23217

Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw

Refuse: 1% Connective tissue 1%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	67.25	1.163	72	AR	1		57.17	256.91	
Energy kcal	187		0	NC	4		159	714	
Energy kJ	782		0	NC	4		665	2987	
Protein (N x 6.25) g	20.38	0.250	72	AR	1		17.33	77.87	
Total lipid (fat) g	11.71	1.089	72	AR	1		9.96	44.74	
Ash g	0.92	0.017	72	AR	1		0.79	3.53	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	6		3	AR	1		5	24	
Iron, Fe mg	1.71		3	AR	1		1.45	6.53	
Magnesium, Mg mg	20		3	AR	1		17	77	
Phosphorus, P mg	145		3	AR	1		123	554	
Potassium, K mg	262		3	AR	1		223	1002	
Sodium, Na mg	64		3	AR	1		54	244	
Zinc, Zn mg	5.99		3	AR	1		5.09	22.89	
Copper, Cu mg	0.085		3	AR	1		0.072	0.324	
Manganese, Mn mg	0.085		3	AR	1		0.072	0.324	
Selenium, Se µg	22.2		3	AR	1		18.9	84.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.055		2	AR	1		0.047	0.211	
Riboflavin mg	0.289	0.006	6	AR	1		0.246	1.104	
Niacin mg	5.241	0.095	6	AR	1		4.455	20.022	
Pantothenic acid mg	0.594		2	AR	1		0.505	2.268	
Vitamin B-6 mg	0.421	0.010	6	AR	1		0.358	1.610	
Folate, total µg	3		0	BFPN	4		3	12	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	3		0	BFPN	4		3	12	
Folate, DFE µg	3		0	NC	4		3	12	
Choline, total mg	44.4		2	AR	1		37.7	169.6	
Betaine mg	12.4		2	AR	1		10.6	47.6	
Vitamin B-12 µg	2.31	0.042	6	AR	1		1.96	8.82	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	4		0	NC	4		3	15	
Retinol µg	4		0	BFSN	4		3	15	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	13		0	NC	4		11	50	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.15	0.005	6	AR	1		0.13	0.57	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.3	
Vitamin D IU	4		0	BFFN	4		3	13	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	5.8	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23217

Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated g	4.626		0	NC	4		3.932	17.671	
4:0 g	0.000		0	Z	7		0.000	0.000	
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.007	0.000	3	AR	1		0.006	0.026	
12:0 g	0.007	0.000	3	AR	1		0.006	0.028	
13:0 g									
14:0 g	0.309	0.015	6	AR	1		0.263	1.181	
15:0 g	0.054	0.000	3	AR	1		0.046	0.207	
16:0 g	2.542	0.091	6	AR	1		2.161	9.712	
17:0 g	0.136	0.010	6	AR	1		0.116	0.520	
18:0 g	1.558	0.052	6	AR	1		1.324	5.950	
20:0 g	0.004	0.000	6	AR	1		0.003	0.014	
22:0 g									
24:0 g	0.009	0.001	6	AR	1		0.007	0.033	
Fatty acids, total monounsaturated g	5.431		0	NC	4		4.616	20.745	
14:1 g	0.077	0.002	6	AR	1		0.065	0.294	
15:1 g	0.037	0.000	3	AR	1		0.031	0.141	
16:1 undifferentiated g	0.398		0	AS	1		0.338	1.521	
16:1 c g	0.379	0.010	6	AR	1		0.322	1.448	
16:1 t g	0.019	0.000	3	AR	1		0.016	0.073	
17:1 g	0.105	0.003	6	AR	1		0.089	0.399	
18:1 undifferentiated g	4.795		0	AS	1		4.076	18.318	
18:1 c g	4.207	0.063	6	AR	1		3.576	16.070	
18:1 t g	0.589	0.024	6	AR	1		0.500	2.248	
18:1-11 t (18:1t n-7) g									
20:1 g	0.019	0.003	6	AR	1		0.016	0.071	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.548		0	NC	4		0.466	2.094	
18:2 undifferentiated g	0.449		0	AS	1		0.382	1.716	
18:2 n-6 c,c g	0.384	0.007	6	AR	1		0.326	1.465	
18:2 CLAs g	0.045	0.001	6	AR	1		0.038	0.172	
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.021	0.000	3	AR	1		0.018	0.079	
18:3 undifferentiated g	0.015		0	AS	1		0.012	0.056	
18:3 n-3 c,c,c (ALA) g	0.015	0.003	6	AR	1		0.012	0.056	
18:3 n-6 c,c,c g									
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.002	0.000	3	AR	1		0.001	0.006	
20:3 undifferentiated g	0.016		0	AS	1		0.014	0.062	
20:3 n-3 g									
20:3 n-6 g	0.016	0.000	3	AR	1		0.014	0.062	
20:4 undifferentiated g	0.052	0.005	6	AR	1		0.044	0.198	
20:4 n-6 g									
20:5 n-3 (EPA) g	0.003	0.000	3	AR	1		0.003	0.013	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.011	0.000	3	AR	1		0.009	0.041	
22:6 n-3 (DHA) g	0.001	0.001	6	AR	1		0.001	0.002	
Fatty acids, total trans g	0.628		0	NC	4		0.534	2.400	
Fatty acids, total trans-monoenoic g	0.608		0	NC	4		0.517	2.321	
Fatty acids, total trans-polyenoic g	0.021		0	NC	4		0.018	0.079	
Cholesterol mg	65	1.198	6	AR	1		55	248	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.228		0	AR	1		0.194	0.871	
Threonine g	0.961		0	AR	1		0.817	3.670	
Isoleucine g	0.949		0	AR	1		0.807	3.627	
Leucine g	1.757		0	AR	1		1.493	6.711	

NDB No. 23217

Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	1.953		0	AR	1		1.660	7.459	
Methionine g	0.552		0	AR	1		0.469	2.107	
Cystine g	0.208		0	AR	1		0.177	0.793	
Phenylalanine g	0.818		0	AR	1		0.695	3.123	
Tyrosine g	0.760		0	AR	1		0.646	2.901	
Valine g	1.019		0	AR	1		0.866	3.892	
Arginine g	1.388		0	AR	1		1.180	5.302	
Histidine g	0.764		0	AR	1		0.649	2.918	
Alanine g	1.264		0	AR	1		1.074	4.827	
Aspartic acid g	1.986		0	AR	1		1.688	7.587	
Glutamic acid g	3.333		0	AR	1		2.833	12.731	
Glycine g	1.003		0	AR	1		0.852	3.831	
Proline g	0.914		0	AR	1		0.777	3.493	
Serine g	0.839		0	AR	1		0.713	3.206	
Hydroxyproline g	0.139		0	BFPN	4		0.118	0.532	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 382g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23215

Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

URMIS #2422

Refuse: 1% Connective tissue 1%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	55.35	0.387	48	AR	1		47.05	141.69	
Energy kcal	253		0	NC	4		215	649	
Energy kJ	1060		0	NC	4		901	2714	
Protein (N x 6.25) g	28.90	0.834	48	AR	1		24.57	73.98	
Total lipid (fat) g	15.30	0.961	48	AR	1		13.01	39.18	
Ash g	1.01	0.019	48	AR	1		0.86	2.60	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	7		2	AR	1		6	19	
Iron, Fe mg	2.48		2	AR	1		2.11	6.35	
Magnesium, Mg mg	23		2	AR	1		20	59	
Phosphorus, P mg	165		2	AR	1		140	423	
Potassium, K mg	293		2	AR	1		249	751	
Sodium, Na mg	63		2	AR	1		54	162	
Zinc, Zn mg	7.95		2	AR	1		6.76	20.35	
Copper, Cu mg	0.105		2	AR	1		0.090	0.270	
Manganese, Mn mg	0.105		2	AR	1		0.090	0.270	
Selenium, Se µg	32.9		2	AR	1		27.9	84.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.088		1	AR	1		0.075	0.225	
Riboflavin mg	0.350	0.015	4	AR	1		0.297	0.895	
Niacin mg	6.224	0.200	4	AR	1		5.290	15.934	
Pantothenic acid mg	0.692		1	AR	1		0.588	1.770	
Vitamin B-6 mg	0.462	0.020	4	AR	1		0.393	1.182	
Folate, total µg	7		0	BFPN	4		6	18	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	7		0	BFPN	4		6	18	
Folate, DFE µg	7		0	NC	4		6	18	
Choline, total mg	60.2		1	AR	1		51.2	154.1	
Betaine mg	13.3		1	AR	1		11.3	34.0	
Vitamin B-12 µg	3.06	0.079	4	AR	1		2.60	7.82	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	7		0	NC	4		6	18	
Retinol µg	7		0	BFSN	4		6	18	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	24		0	NC	4		20	61	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.11	0.003	4	AR	1		0.10	0.29	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	4.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23215

Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	5.554		0	NC	4		4.721	14.218	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.009		2	AR	1		0.008	0.024	
12:0....g	0.007		2	AR	1		0.006	0.018	
13:0....g									
14:0....g	0.379	0.026	4	AR	1		0.322	0.970	
15:0....g	0.070		2	AR	1		0.060	0.180	
16:0....g	3.148	0.174	4	AR	1		2.676	8.059	
17:0....g	0.171	0.019	4	AR	1		0.145	0.438	
18:0....g	1.756	0.161	4	AR	1		1.492	4.494	
20:0....g	0.003	0.001	4	AR	1		0.002	0.007	
22:0....g									
24:0....g	0.011	0.001	4	AR	1		0.009	0.028	
Fatty acids, total monounsaturated....g	6.927		0	NC	4		5.888	17.733	
14:1....g	0.106	0.004	4	AR	1		0.090	0.272	
15:1....g	0.047		2	AR	1		0.040	0.120	
16:1 undifferentiated....g	0.564		0	AS	1		0.479	1.443	
16:1 c....g	0.543	0.048	4	AR	1		0.461	1.389	
16:1 t....g	0.021		2	AR	1		0.018	0.054	
17:1....g	0.147	0.007	4	AR	1		0.125	0.375	
18:1 undifferentiated....g	6.048		0	AS	1		5.140	15.482	
18:1 c....g	5.362	0.102	4	AR	1		4.558	13.726	
18:1 t....g	0.686	0.075	4	AR	1		0.583	1.755	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.016	0.008	4	AR	1		0.014	0.042	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.665		0	NC	4		0.565	1.703	
18:2 undifferentiated....g	0.548		0	AS	1		0.466	1.403	
18:2 n-6 c,c....g	0.484	0.029	4	AR	1		0.411	1.238	
18:2 CLAs....g	0.047	0.003	4	AR	1		0.040	0.121	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.017		2	AR	1		0.015	0.044	
18:3 undifferentiated....g	0.012		0	AS	1		0.010	0.031	
18:3 n-3 c,c,c (ALA)....g	0.012	0.005	4	AR	1		0.010	0.031	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.001		2	AR	1		0.001	0.002	
20:3 undifferentiated....g	0.019		0	AS	1		0.016	0.049	
20:3 n-3....g									
20:3 n-6....g	0.019		2	AR	1		0.016	0.049	
20:4 undifferentiated....g	0.071	0.007	4	AR	1		0.060	0.180	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		2	AR	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.014		2	AR	1		0.012	0.037	
22:6 n-3 (DHA)....g	0.000	0.000	4	AR	1		0.000	0.001	
Fatty acids, total trans....g	0.724		0	NC	4		0.615	1.853	
Fatty acids, total trans-monoenoic....g	0.707		0	NC	4		0.601	1.809	
Fatty acids, total trans-polyenoic....g	0.017		0	NC	4		0.015	0.044	
Cholesterol....mg	93	2.092	4	AR	1		79	238	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.324		0	AR	1		0.276	0.830	
Threonine....g	1.355		0	AR	1		1.152	3.468	
Isoleucine....g	1.343		0	AR	1		1.141	3.437	
Leucine....g	2.468		0	AR	1		2.098	6.319	

NDB No. 23215

Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	2.733		0	AR	1		2.323	6.996	
Methionine....g	0.779		0	AR	1		0.662	1.994	
Cystine....g	0.291		0	AR	1		0.247	0.745	
Phenylalanine....g	1.153		0	AR	1		0.980	2.952	
Tyrosine....g	1.069		0	AR	1		0.908	2.736	
Valine....g	1.444		0	AR	1		1.227	3.695	
Arginine....g	1.951		0	AR	1		1.658	4.994	
Histidine....g	1.064		0	AR	1		0.904	2.723	
Alanine....g	1.786		0	AR	1		1.518	4.573	
Aspartic acid....g	2.791		0	AR	1		2.373	7.146	
Glutamic acid....g	4.701		0	AR	1		3.996	12.035	
Glycine....g	1.425		0	AR	1		1.211	3.648	
Proline....g	1.288		0	AR	1		1.095	3.298	
Serine....g	1.181		0	AR	1		1.004	3.023	
Hydroxyproline....g	0.197		0	BFPN	4		0.168	0.506	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 256g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23218

Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw

URMIS #2422

Refuse: 1% Connective tissue 1%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	66.55	1.188	48	AR	1		56.57	258.23	
Energy kcal	195		0	NC	4		166	758	
Energy kJ	817		0	NC	4		694	3170	
Protein (N x 6.25) g	20.06	0.259	48	AR	1		17.05	77.83	
Total lipid (fat) g	12.78	1.126	48	AR	1		10.87	49.60	
Ash g	0.91	0.019	48	AR	1		0.77	3.54	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	6		2	AR	1		5	25	
Iron, Fe mg	1.70		2	AR	1		1.45	6.60	
Magnesium, Mg mg	20		2	AR	1		17	77	
Phosphorus, P mg	144		2	AR	1		122	559	
Potassium, K mg	254		2	AR	1		216	986	
Sodium, Na mg	65		2	AR	1		55	251	
Zinc, Zn mg	5.97		2	AR	1		5.07	23.16	
Copper, Cu mg	0.084		2	AR	1		0.071	0.326	
Manganese, Mn mg	0.084		2	AR	1		0.071	0.326	
Selenium, Se µg	23.1		2	AR	1		19.6	89.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.053		1	AR	1		0.045	0.205	
Riboflavin mg	0.275	0.007	4	AR	1		0.234	1.067	
Niacin mg	5.076	0.117	4	AR	1		4.314	19.693	
Pantothenic acid mg	0.621		1	AR	1		0.527	2.408	
Vitamin B-6 mg	0.422	0.013	4	AR	1		0.359	1.639	
Folate, total µg	3		0	BFPN	4		3	12	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	3		0	BFPN	4		3	12	
Folate, DFE µg	3		0	NC	4		3	12	
Choline, total mg	45.7		1	AR	1		38.9	177.5	
Betaine mg	13.0		1	AR	1		11.1	50.6	
Vitamin B-12 µg	2.46	0.052	4	AR	1		2.09	9.56	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	4		0	NC	4		3	15	
Retinol µg	4		0	BFSN	4		3	15	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	13		0	NC	4		11	50	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.17	0.006	4	AR	1		0.15	0.68	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.4	
Vitamin D IU	4		0	BFFN	4		3	15	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	5.9	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23218

Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	5.034		0	NC	4		4.278	19.530	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.007		2	AR	1		0.006	0.029	
12:0....g	0.008		2	AR	1		0.007	0.031	
13:0....g									
14:0....g	0.333	0.018	4	AR	1		0.283	1.292	
15:0....g	0.062		2	AR	1		0.052	0.239	
16:0....g	2.771	0.113	4	AR	1		2.355	10.750	
17:0....g	0.154	0.012	4	AR	1		0.131	0.596	
18:0....g	1.686	0.065	4	AR	1		1.433	6.541	
20:0....g	0.004	0.000	4	AR	1		0.004	0.017	
22:0....g									
24:0....g	0.009	0.001	4	AR	1		0.008	0.036	
Fatty acids, total monounsaturated....g	6.010		0	NC	4		5.108	23.318	
14:1....g	0.083	0.003	4	AR	1		0.071	0.322	
15:1....g	0.038		2	AR	1		0.033	0.149	
16:1 undifferentiated....g	0.441		0	AS	1		0.375	1.711	
16:1 c....g	0.420	0.012	4	AR	1		0.357	1.631	
16:1 t....g	0.021		2	AR	1		0.018	0.080	
17:1....g	0.121	0.004	4	AR	1		0.103	0.470	
18:1 undifferentiated....g	5.307		0	AS	1		4.511	20.590	
18:1 c....g	4.665	0.079	4	AR	1		3.965	18.099	
18:1 t....g	0.642	0.030	4	AR	1		0.546	2.491	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.020	0.004	4	AR	1		0.017	0.076	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.596		0	NC	4		0.507	2.314	
18:2 undifferentiated....g	0.491		0	AS	1		0.417	1.904	
18:2 n-6 c,c....g	0.420	0.008	4	AR	1		0.357	1.628	
18:2 CLAs....g	0.049	0.001	4	AR	1		0.041	0.189	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.022		2	AR	1		0.019	0.087	
18:3 undifferentiated....g	0.015		0	AS	1		0.013	0.059	
18:3 n-3 c,c,c (ALA)....g	0.015	0.003	4	AR	1		0.013	0.059	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.002		2	AR	1		0.002	0.007	
20:3 undifferentiated....g	0.017		0	AS	1		0.015	0.066	
20:3 n-3....g									
20:3 n-6....g	0.017		2	AR	1		0.015	0.066	
20:4 undifferentiated....g	0.056	0.007	4	AR	1		0.048	0.219	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.004		2	AR	1		0.003	0.014	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.011		2	AR	1		0.009	0.043	
22:6 n-3 (DHA)....g	0.001	0.001	4	AR	1		0.001	0.002	
Fatty acids, total trans....g	0.685		0	NC	4		0.582	2.657	
Fatty acids, total trans-monoenoic....g	0.663		0	NC	4		0.563	2.571	
Fatty acids, total trans-polyenoic....g	0.022		0	NC	4		0.019	0.087	
Cholesterol....mg	65	1.488	4	AR	1		56	254	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.225		0	AR	1		0.191	0.873	
Threonine....g	0.940		0	AR	1		0.799	3.649	
Isoleucine....g	0.932		0	AR	1		0.792	3.615	
Leucine....g	1.713		0	AR	1		1.456	6.647	

NDB No. 23218

Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	1.897		0	AR	1		1.612	7.359	
Methionine g	0.540		0	AR	1		0.459	2.097	
Cystine g	0.202		0	AR	1		0.172	0.784	
Phenylalanine g	0.800		0	AR	1		0.680	3.105	
Tyrosine g	0.742		0	AR	1		0.631	2.878	
Valine g	1.002		0	AR	1		0.852	3.887	
Arginine g	1.354		0	AR	1		1.151	5.254	
Histidine g	0.738		0	AR	1		0.627	2.864	
Alanine g	1.240		0	AR	1		1.054	4.811	
Aspartic acid g	1.937		0	AR	1		1.647	7.517	
Glutamic acid g	3.263		0	AR	1		2.773	12.660	
Glycine g	0.989		0	AR	1		0.841	3.837	
Proline g	0.894		0	AR	1		0.760	3.469	
Serine g	0.819		0	AR	1		0.697	3.180	
Hydroxyproline g	0.137		0	BFPN	4		0.116	0.532	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 388g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23216

Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

URMIS #1607

Refuse: 1% Connective tissue 1%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	57.16	0.516	24	AR	1		48.58	142.89	
Energy kcal	233		0	NC	4		198	583	
Energy kJ	975		0	NC	4		829	2438	
Protein (N x 6.25) g	30.06	0.874	24	AR	1		25.55	75.15	
Total lipid (fat) g	12.54	1.045	24	AR	1		10.66	31.36	
Ash g	1.08	0.025	24	AR	1		0.92	2.71	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	7		1	AR	1		6	18	
Iron, Fe mg	2.34		1	AR	1		1.99	5.84	
Magnesium, Mg mg	24		1	AR	1		20	59	
Phosphorus, P mg	173		1	AR	1		147	433	
Potassium, K mg	307		1	AR	1		261	768	
Sodium, Na mg	61		1	AR	1		52	153	
Zinc, Zn mg	8.33		1	AR	1		7.08	20.82	
Copper, Cu mg	0.106		1	AR	1		0.090	0.265	
Manganese, Mn mg	0.106		1	AR	1		0.090	0.265	
Selenium, Se µg	34.3		1	AR	1		29.2	85.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.078		1	AR	1		0.067	0.196	
Riboflavin mg	0.346		2	AR	1		0.294	0.865	
Niacin mg	6.509		2	AR	1		5.533	16.273	
Pantothenic acid mg	0.674		1	AR	1		0.573	1.685	
Vitamin B-6 mg	0.515		2	AR	1		0.438	1.287	
Folate, total µg	7		0	BFPN	4		6	18	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	7		0	BFPN	4		6	18	
Folate, DFE µg	7		0	NC	4		6	18	
Choline, total mg	60.4		1	AR	1		51.3	150.9	
Betaine mg	12.7		1	AR	1		10.8	31.7	
Vitamin B-12 µg	2.70		2	AR	1		2.29	6.74	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	8		0	NC	4		6	19	
Retinol µg	8		0	BFSN	4		6	19	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	25		0	NC	4		22	64	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.07		2	AR	1		0.06	0.18	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.3	
Vitamin D IU	5		0	BFSN	4		4	13	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	3.9	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23216

Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated g	4.311		0	NC	4		3.664	10.776	
4:0 g	0.000		0	Z	7		0.000	0.000	
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.006		1	AR	1		0.005	0.015	
12:0 g	0.008		1	AR	1		0.006	0.019	
13:0 g									
14:0 g	0.295		2	AR	1		0.251	0.737	
15:0 g	0.048		1	AR	1		0.041	0.120	
16:0 g	2.448		2	AR	1		2.080	6.119	
17:0 g	0.113		2	AR	1		0.096	0.283	
18:0 g	1.383		2	AR	1		1.175	3.456	
20:0 g	0.002		2	AR	1		0.001	0.004	
22:0 g									
24:0 g	0.009		2	AR	1		0.008	0.023	
Fatty acids, total monounsaturated g	5.304		0	NC	4		4.508	13.260	
14:1 g	0.084		2	AR	1		0.071	0.210	
15:1 g	0.058		1	AR	1		0.049	0.144	
16:1 undifferentiated g	0.427		0	AS	1		0.363	1.067	
16:1 c g	0.408		2	AR	1		0.347	1.020	
16:1 t g	0.019		1	AR	1		0.016	0.047	
17:1 g	0.097		2	AR	1		0.083	0.244	
18:1 undifferentiated g	4.626		0	AS	1		3.932	11.565	
18:1 c g	4.104		2	AR	1		3.488	10.259	
18:1 t g	0.522		2	AR	1		0.444	1.306	
18:1-11 t (18:1t n-7) g									
20:1 g	0.012		2	AR	1		0.010	0.030	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.543		0	NC	4		0.461	1.357	
18:2 undifferentiated g	0.430		0	AS	1		0.366	1.076	
18:2 n-6 c,c g	0.379		2	AR	1		0.322	0.948	
18:2 CLAs g	0.036		2	AR	1		0.030	0.089	
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.016		1	AR	1		0.013	0.039	
18:3 undifferentiated g	0.009		0	AS	1		0.008	0.024	
18:3 n-3 c,c,c (ALA) g	0.009		2	AR	1		0.008	0.024	
18:3 n-6 c,c,c g									
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.001		1	AR	1		0.000	0.001	
20:3 undifferentiated g	0.024		0	AS	1		0.020	0.059	
20:3 n-3 g									
20:3 n-6 g	0.024		1	AR	1		0.020	0.059	
20:4 undifferentiated g	0.062		2	AR	1		0.053	0.155	
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		1	AR	1		0.000	0.000	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.017		1	AR	1		0.014	0.041	
22:6 n-3 (DHA) g	0.000		2	AR	1		0.000	0.000	
Fatty acids, total trans g	0.557		0	NC	4		0.473	1.392	
Fatty acids, total trans-monoenoic g	0.541		0	NC	4		0.460	1.353	
Fatty acids, total trans-polyenoic g	0.016		0	NC	4		0.013	0.039	
Cholesterol mg	91		2	AR	1		77	227	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.337		0	AR	1		0.286	0.842	
Threonine g	1.444		0	AR	1		1.227	3.609	
Isoleucine g	1.426		0	AR	1		1.212	3.565	
Leucine g	2.663		0	AR	1		2.263	6.657	

NDB No. 23216

Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	2.973		0	AR	1		2.527	7.431	
Methionine....g	0.831		0	AR	1		0.706	2.076	
Cystine....g	0.315		0	AR	1		0.268	0.788	
Phenylalanine....g	1.227		0	AR	1		1.043	3.067	
Tyrosine....g	1.152		0	AR	1		0.979	2.881	
Valine....g	1.524		0	AR	1		1.296	3.810	
Arginine....g	2.102		0	AR	1		1.787	5.256	
Histidine....g	1.176		0	AR	1		1.000	2.940	
Alanine....g	1.892		0	AR	1		1.608	4.729	
Aspartic acid....g	3.006		0	AR	1		2.555	7.514	
Glutamic acid....g	5.020		0	AR	1		4.267	12.549	
Glycine....g	1.488		0	AR	1		1.265	3.720	
Proline....g	1.387		0	AR	1		1.179	3.467	
Serine....g	1.274		0	AR	1		1.083	3.184	
Hydroxyproline....g	0.205		0	BFPN	4		0.175	0.513	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 250g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23219

Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw

URMIS #1607

Refuse: 1% Connective tissue 1%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	68.31	1.242	24	AR	1		58.06	254.78	
Energy kcal	174		0	NC	4		148	651	
Energy kJ	730		0	NC	4		621	2723	
Protein (N x 6.25) g	20.87	0.278	24	AR	1		17.74	77.85	
Total lipid (fat) g	10.11	1.203	24	AR	1		8.59	37.70	
Ash g	0.94	0.023	24	AR	1		0.80	3.52	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	6		1	AR	1		5	24	
Iron, Fe mg	1.73		1	AR	1		1.47	6.44	
Magnesium, Mg mg	21		1	AR	1		18	78	
Phosphorus, P mg	149		1	AR	1		127	556	
Potassium, K mg	283		1	AR	1		241	1055	
Sodium, Na mg	65		1	AR	1		55	242	
Zinc, Zn mg	6.20		1	AR	1		5.27	23.14	
Copper, Cu mg	0.081		1	AR	1		0.069	0.301	
Manganese, Mn mg	0.081		1	AR	1		0.069	0.301	
Selenium, Se µg	21.4		1	AR	1		18.2	79.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.058		1	AR	1		0.049	0.216	
Riboflavin mg	0.310		2	AR	1		0.263	1.156	
Niacin mg	5.490		2	AR	1		4.667	20.479	
Pantothenic acid mg	0.567		1	AR	1		0.482	2.115	
Vitamin B-6 mg	0.420		2	AR	1		0.357	1.566	
Folate, total µg	3		0	BFPN	4		3	12	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	3		0	BFPN	4		3	12	
Folate, DFE µg	3		0	NC	4		3	12	
Choline, total mg	43.0		1	AR	1		36.6	160.5	
Betaine mg	11.9		1	AR	1		10.1	44.3	
Vitamin B-12 µg	2.08		2	AR	1		1.77	7.75	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	4		0	NC	4		3	15	
Retinol µg	4		0	BFSN	4		3	15	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	14		0	NC	4		12	50	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.11		2	AR	1		0.09	0.41	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.3	
Vitamin D IU	3		0	BFFN	4		3	12	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	5.6	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23219

Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.014		0	NC	4		3.412	14.974	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.006		1	AR	1		0.005	0.021	
12:0....g	0.007		1	AR	1		0.006	0.025	
13:0....g									
14:0....g	0.273		2	AR	1		0.232	1.020	
15:0....g	0.043		1	AR	1		0.037	0.161	
16:0....g	2.200		2	AR	1		1.870	8.206	
17:0....g	0.110		2	AR	1		0.093	0.410	
18:0....g	1.365		2	AR	1		1.161	5.093	
20:0....g	0.003		2	AR	1		0.002	0.010	
22:0....g									
24:0....g	0.007		2	AR	1		0.006	0.028	
Fatty acids, total monounsaturated....g	4.561		0	NC	4		3.877	17.011	
14:1....g	0.068		2	AR	1		0.057	0.252	
15:1....g	0.035		1	AR	1		0.030	0.131	
16:1 undifferentiated....g	0.334		0	AS	1		0.284	1.246	
16:1 c....g	0.317		2	AR	1		0.269	1.182	
16:1 t....g	0.017		1	AR	1		0.015	0.064	
17:1....g	0.079		2	AR	1		0.067	0.296	
18:1 undifferentiated....g	4.028		0	AS	1		3.424	15.025	
18:1 c....g	3.520		2	AR	1		2.992	13.130	
18:1 t....g	0.508		2	AR	1		0.432	1.895	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.016		2	AR	1		0.014	0.061	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.475		0	NC	4		0.404	1.773	
18:2 undifferentiated....g	0.387		0	AS	1		0.329	1.443	
18:2 n-6 c,c....g	0.329		2	AR	1		0.280	1.229	
18:2 CLAs....g	0.040		2	AR	1		0.034	0.148	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.018		1	AR	1		0.015	0.066	
18:3 undifferentiated....g	0.014		0	AS	1		0.012	0.051	
18:3 n-3 c,c,c (ALA)....g	0.014		2	AR	1		0.012	0.051	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.002		1	AR	1		0.001	0.006	
20:3 undifferentiated....g	0.014		0	AS	1		0.012	0.054	
20:3 n-3....g									
20:3 n-6....g	0.014		1	AR	1		0.012	0.054	
20:4 undifferentiated....g	0.045		2	AR	1		0.038	0.167	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003		1	AR	1		0.003	0.012	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.010		1	AR	1		0.009	0.038	
22:6 n-3 (DHA)....g	0.001		2	AR	1		0.001	0.002	
Fatty acids, total trans....g	0.543		0	NC	4		0.462	2.025	
Fatty acids, total trans-monoenoic....g	0.525		0	NC	4		0.446	1.959	
Fatty acids, total trans-polyenoic....g	0.018		0	NC	4		0.015	0.066	
Cholesterol....mg	65		2	AR	1		55	241	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.234		0	AR	1		0.199	0.873	
Threonine....g	1.002		0	AR	1		0.852	3.739	
Isoleucine....g	0.990		0	AR	1		0.842	3.693	
Leucine....g	1.849		0	AR	1		1.572	6.897	

NDB No. 23219

Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	2.064		0	AR	1		1.754	7.699	
Methionine....g	0.577		0	AR	1		0.490	2.151	
Cystine....g	0.219		0	AR	1		0.186	0.817	
Phenylalanine....g	0.852		0	AR	1		0.724	3.177	
Tyrosine....g	0.800		0	AR	1		0.680	2.984	
Valine....g	1.058		0	AR	1		0.900	3.948	
Arginine....g	1.460		0	AR	1		1.241	5.445	
Histidine....g	0.817		0	AR	1		0.694	3.046	
Alanine....g	1.314		0	AR	1		1.116	4.899	
Aspartic acid....g	2.087		0	AR	1		1.774	7.785	
Glutamic acid....g	3.485		0	AR	1		2.963	13.001	
Glycine....g	1.033		0	AR	1		0.878	3.854	
Proline....g	0.963		0	AR	1		0.819	3.592	
Serine....g	0.884		0	AR	1		0.752	3.299	
Hydroxyproline....g	0.143		0	BFPN	4		0.121	0.532	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 373g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23162

Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled

Refuse: 4% Connective tissue 1%, Separable fat 3%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	57.00		72	AR	1		48.45	144.78	
Energy kcal	234		0	NC	4		199	595	
Energy kJ	980		0	NC	4		833	2489	
Protein (N x 6.25) g	29.99		72	AR	1		25.49	76.18	
Total lipid (fat) g	12.69		72	AR	1		10.79	32.24	
Ash g	1.05		72	AR	1		0.89	2.67	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	7		3	AR	1		6	17	
Iron, Fe mg	2.47		3	AR	1		2.10	6.27	
Magnesium, Mg mg	24		3	AR	1		20	60	
Phosphorus, P mg	171		3	AR	1		145	433	
Potassium, K mg	303		3	AR	1		257	769	
Sodium, Na mg	63		3	AR	1		54	161	
Zinc, Zn mg	8.24		3	AR	1		7.01	20.93	
Copper, Cu mg	0.109		3	AR	1		0.093	0.278	
Manganese, Mn mg	0.109		3	AR	1		0.093	0.278	
Selenium, Se µg	34.0		3	AR	1		28.9	86.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.085		2	AR	1		0.072	0.216	
Riboflavin mg	0.353		6	AR	1		0.300	0.897	
Niacin mg	6.471		6	AR	1		5.500	16.436	
Pantothenic acid mg	0.690		2	AR	1		0.586	1.753	
Vitamin B-6 mg	0.492		6	AR	1		0.418	1.249	
Folate, total µg	7		0	BFPN	4		6	19	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	7		0	BFPN	4		6	19	
Folate, DFE µg	7		0	NC	4		6	19	
Choline, total mg	61.4		2	AR	1		52.2	155.9	
Betaine mg	13.2		2	AR	1		11.2	33.4	
Vitamin B-12 µg	2.95		6	AR	1		2.50	7.49	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		2	5	
Retinol µg	2		0	BFSN	4		2	5	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	6		0	NC	4		5	16	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.09		6	AR	1		0.08	0.24	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.3	
Vitamin D IU	5		0	BFFN	4		4	12	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	4.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23162

Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.315		0	NC	4		3.667	10.959	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.006		3	AR	1		0.005	0.016	
12:0....g	0.006		3	AR	1		0.005	0.015	
13:0....g									
14:0....g	0.296		6	AR	1		0.251	0.751	
15:0....g	0.051		3	AR	1		0.044	0.131	
16:0....g	2.501		6	AR	1		2.126	6.354	
17:0....g	0.126		6	AR	1		0.107	0.320	
18:0....g	1.317		6	AR	1		1.119	3.345	
20:0....g	0.001		6	AR	1		0.001	0.002	
22:0....g									
24:0....g	0.010		6	AR	1		0.009	0.026	
Fatty acids, total monounsaturated....g	5.490		0	NC	4		4.667	13.946	
14:1....g	0.086		6	AR	1		0.073	0.218	
15:1....g	0.052		3	AR	1		0.045	0.133	
16:1 undifferentiated....g	0.453		0	AS	1		0.385	1.150	
16:1 c....g	0.440		6	AR	1		0.374	1.116	
16:1 t....g	0.013		3	AR	1		0.011	0.034	
17:1....g	0.112		6	AR	1		0.095	0.285	
18:1 undifferentiated....g	4.777		0	AS	1		4.060	12.133	
18:1 c....g	4.270		6	AR	1		3.629	10.845	
18:1 t....g	0.507		6	AR	1		0.431	1.288	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.010		6	AR	1		0.008	0.025	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.553		0	NC	4		0.470	1.404	
18:2 undifferentiated....g	0.441		0	AS	1		0.375	1.120	
18:2 n-6 c,c....g	0.404		6	AR	1		0.343	1.026	
18:2 CLAs....g	0.032		6	AR	1		0.027	0.082	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.005		3	AR	1		0.004	0.012	
18:3 undifferentiated....g	0.008		0	AS	1		0.007	0.021	
18:3 n-3 c,c,c (ALA)....g	0.008		6	AR	1		0.007	0.021	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000		3	AR	1		0.000	0.000	
20:3 undifferentiated....g	0.020		0	AS	1		0.017	0.051	
20:3 n-3....g									
20:3 n-6....g	0.020		3	AR	1		0.017	0.051	
20:4 undifferentiated....g	0.068		6	AR	1		0.058	0.172	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		3	AR	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.015		3	AR	1		0.013	0.039	
22:6 n-3 (DHA)....g	0.000		6	AR	1		0.000	0.000	
Fatty acids, total trans....g	0.525		0	NC	4		0.446	1.334	
Fatty acids, total trans-monoenoic....g	0.520		0	NC	4		0.442	1.322	
Fatty acids, total trans-polyenoic....g	0.005		0	NC	4		0.004	0.012	
Cholesterol....mg	92		6	AR	1		78	234	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.368		0	AR	1		0.313	0.934	
Threonine....g	1.541		0	AR	1		1.310	3.915	
Isoleucine....g	1.529		0	AR	1		1.300	3.884	
Leucine....g	2.821		0	AR	1		2.398	7.165	

NDB No. 23162

Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	3.152		0	AR	1		2.680	8.007	
Methionine....g	0.871		0	AR	1		0.740	2.212	
Cystine....g	0.329		0	AR	1		0.280	0.836	
Phenylalanine....g	1.306		0	AR	1		1.110	3.318	
Tyrosine....g	1.224		0	AR	1		1.041	3.109	
Valine....g	1.616		0	AR	1		1.374	4.105	
Arginine....g	2.199		0	AR	1		1.869	5.586	
Histidine....g	1.217		0	AR	1		1.034	3.091	
Alanine....g	1.957		0	AR	1		1.664	4.971	
Aspartic acid....g	3.167		0	AR	1		2.692	8.044	
Glutamic acid....g	5.347		0	AR	1		4.545	13.581	
Glycine....g	1.413		0	AR	1		1.201	3.589	
Proline....g	1.377		0	AR	1		1.170	3.496	
Serine....g	1.331		0	AR	1		1.131	3.380	
Hydroxyproline....g	0.151		0	BFPN	4		0.129	0.385	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 254g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23163

Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw

Refuse: 7% Connective tissue 1%, Separable fat 6%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	69.50		72	AR	1		59.08	265.50	
Energy kcal	164		0	NC	4		139	627	
Energy kJ	687		0	NC	4		584	2624	
Protein (N x 6.25) g	21.17		72	AR	1		18.00	80.89	
Total lipid (fat) g	8.82		72	AR	1		7.50	33.71	
Ash g	0.95		72	AR	1		0.81	3.65	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	6		3	AR	1		5	22	
Iron, Fe mg	1.75		3	AR	1		1.49	6.69	
Magnesium, Mg mg	21		3	AR	1		18	81	
Phosphorus, P mg	151		3	AR	1		128	575	
Potassium, K mg	272		3	AR	1		231	1039	
Sodium, Na mg	66		3	AR	1		56	251	
Zinc, Zn mg	6.26		3	AR	1		5.32	23.93	
Copper, Cu mg	0.088		3	AR	1		0.075	0.335	
Manganese, Mn mg	0.088		3	AR	1		0.075	0.335	
Selenium, Se µg	23.0		3	AR	1		19.6	87.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.058		2	AR	1		0.049	0.220	
Riboflavin mg	0.299		6	AR	1		0.254	1.142	
Niacin mg	5.439		6	AR	1		4.623	20.777	
Pantothenic acid mg	0.610		2	AR	1		0.519	2.330	
Vitamin B-6 mg	0.438		6	AR	1		0.372	1.673	
Folate, total µg	3		0	BFPN	4		3	13	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	3		0	BFPN	4		3	13	
Folate, DFE µg	3		0	NC	4		3	13	
Choline, total mg	46.0		2	AR	1		39.1	175.6	
Betaine mg	12.8		2	AR	1		10.9	49.0	
Vitamin B-12 µg	2.38		6	AR	1		2.03	9.11	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		2	8	
Retinol µg	2		0	BFSN	4		2	8	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	7		0	NC	4		6	26	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.14		6	AR	1		0.12	0.54	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.4	
Vitamin D IU	4		0	BFFN	4		3	15	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	5.8	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23163

Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.233		0	NC	4		2.748	12.352	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.004		3	AR	1		0.004	0.017	
12:0....g	0.006		3	AR	1		0.005	0.021	
13:0....g									
14:0....g	0.214		6	AR	1		0.182	0.819	
15:0....g	0.040		3	AR	1		0.034	0.154	
16:0....g	1.842		6	AR	1		1.565	7.035	
17:0....g	0.095		6	AR	1		0.081	0.364	
18:0....g	1.023		6	AR	1		0.869	3.907	
20:0....g	0.001		6	AR	1		0.000	0.002	
22:0....g									
24:0....g	0.009		6	AR	1		0.007	0.032	
Fatty acids, total monounsaturated....g	3.943		0	NC	4		3.351	15.061	
14:1....g	0.054		6	AR	1		0.046	0.208	
15:1....g	0.038		3	AR	1		0.033	0.146	
16:1 undifferentiated....g	0.294		0	AS	1		0.250	1.125	
16:1 c....g	0.284		6	AR	1		0.242	1.086	
16:1 t....g	0.010		3	AR	1		0.008	0.038	
17:1....g	0.078		6	AR	1		0.067	0.299	
18:1 undifferentiated....g	3.467		0	AS	1		2.947	13.244	
18:1 c....g	3.079		6	AR	1		2.617	11.761	
18:1 t....g	0.388		6	AR	1		0.330	1.482	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.010		6	AR	1		0.009	0.039	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.442		0	NC	4		0.376	1.689	
18:2 undifferentiated....g	0.350		0	AS	1		0.297	1.337	
18:2 n-6 c,c....g	0.318		6	AR	1		0.270	1.214	
18:2 CLAs....g	0.027		6	AR	1		0.023	0.103	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.005		3	AR	1		0.004	0.020	
18:3 undifferentiated....g	0.010		0	AS	1		0.008	0.037	
18:3 n-3 c,c,c (ALA)....g	0.010		6	AR	1		0.008	0.037	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000		3	AR	1		0.000	0.000	
20:3 undifferentiated....g	0.015		0	AS	1		0.013	0.057	
20:3 n-3....g									
20:3 n-6....g	0.015		3	AR	1		0.013	0.057	
20:4 undifferentiated....g	0.053		6	AR	1		0.045	0.202	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.004		3	AR	1		0.003	0.014	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.010		3	AR	1		0.009	0.040	
22:6 n-3 (DHA)....g	0.001		6	AR	1		0.001	0.003	
Fatty acids, total trans....g	0.403		0	NC	4		0.343	1.541	
Fatty acids, total trans-monoenoic....g	0.398		0	NC	4		0.338	1.520	
Fatty acids, total trans-polyenoic....g	0.005		0	NC	4		0.004	0.020	
Cholesterol....mg	64		6	AR	1		54	243	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.260		0	AR	1		0.221	0.992	
Threonine....g	1.088		0	AR	1		0.925	4.156	
Isoleucine....g	1.079		0	AR	1		0.917	4.123	
Leucine....g	1.991		0	AR	1		1.693	7.607	

NDB No. 23163

Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.226		0	AR	1		1.892	8.502	
Methionine g	0.615		0	AR	1		0.523	2.349	
Cystine g	0.232		0	AR	1		0.197	0.887	
Phenylalanine g	0.922		0	AR	1		0.784	3.523	
Tyrosine g	0.864		0	AR	1		0.735	3.301	
Valine g	1.141		0	AR	1		0.970	4.358	
Arginine g	1.553		0	AR	1		1.320	5.931	
Histidine g	0.859		0	AR	1		0.730	3.282	
Alanine g	1.382		0	AR	1		1.174	5.278	
Aspartic acid g	2.236		0	AR	1		1.900	8.541	
Glutamic acid g	3.775		0	AR	1		3.208	14.419	
Glycine g	0.997		0	AR	1		0.848	3.810	
Proline g	0.972		0	AR	1		0.826	3.712	
Serine g	0.939		0	AR	1		0.799	3.589	
Hydroxyproline g	0.107		0	BFPN	4		0.091	0.408	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 382g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23164

Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled

URMIS #2422

Refuse: 4% Connective tissue 1%, Separable fat 3%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	56.33		48	AR	1		47.88	144.20	
Energy kcal	242		0	NC	4		205	619	
Energy kJ	1011		0	NC	4		859	2588	
Protein (N x 6.25) g	29.56		48	AR	1		25.13	75.68	
Total lipid (fat) g	13.72		48	AR	1		11.66	35.11	
Ash g	1.03		48	AR	1		0.87	2.63	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	7		2	AR	1		6	17	
Iron, Fe mg	2.51		2	AR	1		2.13	6.43	
Magnesium, Mg mg	23		2	AR	1		20	60	
Phosphorus, P mg	168		2	AR	1		143	430	
Potassium, K mg	298		2	AR	1		253	763	
Sodium, Na mg	64		2	AR	1		54	163	
Zinc, Zn mg	8.14		2	AR	1		6.92	20.84	
Copper, Cu mg	0.107		2	AR	1		0.091	0.274	
Manganese, Mn mg	0.107		2	AR	1		0.091	0.274	
Selenium, Se µg	33.7		2	AR	1		28.6	86.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.090		1	AR	1		0.077	0.230	
Riboflavin mg	0.355		4	AR	1		0.302	0.909	
Niacin mg	6.365		4	AR	1		5.410	16.294	
Pantothenic acid mg	0.700		1	AR	1		0.595	1.792	
Vitamin B-6 mg	0.471		4	AR	1		0.400	1.205	
Folate, total µg	7		0	BFPN	4		6	18	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	7		0	BFPN	4		6	18	
Folate, DFE µg	7		0	NC	4		6	18	
Choline, total mg	61.4		1	AR	1		52.2	157.3	
Betaine mg	13.5		1	AR	1		11.5	34.5	
Vitamin B-12 µg	3.10		4	AR	1		2.63	7.93	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		1	4	
Retinol µg	2		0	BFSN	4		1	4	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	5		0	NC	4		5	14	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.11		4	AR	1		0.09	0.28	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.3	
Vitamin D IU	5		0	BFFN	4		4	13	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	4.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23164

Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated g	4.760		0	NC	4		4.046	12.185	
4:0 g	0.000		0	Z	7		0.000	0.000	
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.007		2	AR	1		0.006	0.019	
12:0 g	0.005		2	AR	1		0.005	0.014	
13:0 g									
14:0 g	0.326		4	AR	1		0.277	0.834	
15:0 g	0.060		2	AR	1		0.051	0.153	
16:0 g	2.757		4	AR	1		2.344	7.058	
17:0 g	0.148		4	AR	1		0.126	0.378	
18:0 g	1.445		4	AR	1		1.228	3.698	
20:0 g	0.001		4	AR	1		0.001	0.002	
22:0 g									
24:0 g	0.011		4	AR	1		0.009	0.028	
Fatty acids, total monounsaturated g	6.088		0	NC	4		5.175	15.586	
14:1 g	0.094		4	AR	1		0.080	0.241	
15:1 g	0.048		2	AR	1		0.041	0.123	
16:1 undifferentiated g	0.504		0	AS	1		0.429	1.291	
16:1 c g	0.491		4	AR	1		0.417	1.256	
16:1 t g	0.014		2	AR	1		0.012	0.035	
17:1 g	0.131		4	AR	1		0.112	0.336	
18:1 undifferentiated g	5.299		0	AS	1		4.504	13.566	
18:1 c g	4.735		4	AR	1		4.025	12.122	
18:1 t g	0.564		4	AR	1		0.479	1.444	
18:1-11 t (18:1t n-7) g									
20:1 g	0.011		4	AR	1		0.010	0.029	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.597		0	NC	4		0.508	1.529	
18:2 undifferentiated g	0.484		0	AS	1		0.411	1.239	
18:2 n-6 c,c g	0.443		4	AR	1		0.377	1.135	
18:2 CLAs g	0.036		4	AR	1		0.031	0.092	
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.004		2	AR	1		0.004	0.011	
18:3 undifferentiated g	0.009		0	AS	1		0.008	0.023	
18:3 n-3 c,c,c (ALA) g	0.009		4	AR	1		0.008	0.023	
18:3 n-6 c,c,c g									
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.000		2	AR	1		0.000	0.000	
20:3 undifferentiated g	0.018		0	AS	1		0.016	0.047	
20:3 n-3 g									
20:3 n-6 g	0.018		2	AR	1		0.016	0.047	
20:4 undifferentiated g	0.071		4	AR	1		0.061	0.183	
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		2	AR	1		0.000	0.000	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.014		2	AR	1		0.012	0.037	
22:6 n-3 (DHA) g	0.000		4	AR	1		0.000	0.001	
Fatty acids, total trans g	0.582		0	NC	4		0.495	1.490	
Fatty acids, total trans-monoenoic g	0.578		0	NC	4		0.491	1.479	
Fatty acids, total trans-polyenoic g	0.004		0	NC	4		0.004	0.011	
Cholesterol mg	93		4	AR	1		79	238	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.350		0	AR	1		0.297	0.895	
Threonine g	1.452		0	AR	1		1.234	3.716	
Isoleucine g	1.445		0	AR	1		1.228	3.699	
Leucine g	2.647		0	AR	1		2.250	6.777	

NDB No. 23164

Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.948		0	AR	1		2.506	7.546	
Methionine g	0.820		0	AR	1		0.697	2.100	
Cystine g	0.308		0	AR	1		0.261	0.787	
Phenylalanine g	1.230		0	AR	1		1.046	3.150	
Tyrosine g	1.151		0	AR	1		0.978	2.947	
Valine g	1.529		0	AR	1		1.299	3.913	
Arginine g	2.062		0	AR	1		1.753	5.280	
Histidine g	1.130		0	AR	1		0.961	2.893	
Alanine g	1.843		0	AR	1		1.567	4.719	
Aspartic acid g	2.971		0	AR	1		2.525	7.606	
Glutamic acid g	5.038		0	AR	1		4.282	12.898	
Glycine g	1.328		0	AR	1		1.129	3.400	
Proline g	1.289		0	AR	1		1.095	3.299	
Serine g	1.249		0	AR	1		1.062	3.197	
Hydroxyproline g	0.149		0	BFPN	4		0.127	0.382	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 256g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23165

Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw

URMIS #2422

Refuse: 7% Connective tissue 1%, Separable fat 6%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	68.91		48	AR	1		58.57	267.36	
Energy kcal	171		0	NC	4		146	665	
Energy kJ	717		0	NC	4		609	2782	
Protein (N x 6.25) g	20.89		48	AR	1		17.75	81.04	
Total lipid (fat) g	9.76		48	AR	1		8.30	37.88	
Ash g	0.94		48	AR	1		0.80	3.65	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	6		2	AR	1		5	22	
Iron, Fe mg	1.74		2	AR	1		1.48	6.76	
Magnesium, Mg mg	21		2	AR	1		18	80	
Phosphorus, P mg	150		2	AR	1		127	581	
Potassium, K mg	264		2	AR	1		224	1024	
Sodium, Na mg	67		2	AR	1		57	258	
Zinc, Zn mg	6.25		2	AR	1		5.31	24.25	
Copper, Cu mg	0.087		2	AR	1		0.074	0.338	
Manganese, Mn mg	0.087		2	AR	1		0.074	0.338	
Selenium, Se µg	24.0		2	AR	1		20.4	93.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.055		1	AR	1		0.047	0.213	
Riboflavin mg	0.285		4	AR	1		0.242	1.106	
Niacin mg	5.282		4	AR	1		4.489	20.493	
Pantothenic acid mg	0.640		1	AR	1		0.544	2.483	
Vitamin B-6 mg	0.440		4	AR	1		0.374	1.708	
Folate, total µg	3		0	BFPN	4		3	13	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	3		0	BFPN	4		3	13	
Folate, DFE µg	3		0	NC	4		3	13	
Choline, total mg	47.6		1	AR	1		40.4	184.5	
Betaine mg	13.5		1	AR	1		11.5	52.3	
Vitamin B-12 µg	2.55		4	AR	1		2.17	9.91	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		2	8	
Retinol µg	2		0	BFSN	4		2	8	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	6		0	NC	4		5	25	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.17		4	AR	1		0.14	0.66	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.4	
Vitamin D IU	4		0	BFFN	4		3	16	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	5.9	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23165

Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated g	3.546		0	NC	4		3.014	13.758	
4:0 g	0.000		0	Z	7		0.000	0.000	
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.005		2	AR	1		0.004	0.019	
12:0 g	0.006		2	AR	1		0.005	0.022	
13:0 g									
14:0 g	0.232		4	AR	1		0.197	0.899	
15:0 g	0.046		2	AR	1		0.039	0.179	
16:0 g	2.024		4	AR	1		1.720	7.853	
17:0 g	0.110		4	AR	1		0.094	0.428	
18:0 g	1.113		4	AR	1		0.946	4.319	
20:0 g	0.001		4	AR	1		0.001	0.003	
22:0 g									
24:0 g	0.009		4	AR	1		0.008	0.036	
Fatty acids, total monounsaturated g	4.430		0	NC	4		3.765	17.188	
14:1 g	0.059		4	AR	1		0.050	0.229	
15:1 g	0.040		2	AR	1		0.034	0.155	
16:1 undifferentiated g	0.330		0	AS	1		0.281	1.282	
16:1 c g	0.320		4	AR	1		0.272	1.242	
16:1 t g	0.010		2	AR	1		0.009	0.040	
17:1 g	0.094		4	AR	1		0.080	0.364	
18:1 undifferentiated g	3.896		0	AS	1		3.311	15.115	
18:1 c g	3.468		4	AR	1		2.948	13.455	
18:1 t g	0.428		4	AR	1		0.364	1.660	
18:1-11 t (18:1t n-7) g									
20:1 g	0.011		4	AR	1		0.009	0.043	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.483		0	NC	4		0.411	1.875	
18:2 undifferentiated g	0.385		0	AS	1		0.327	1.493	
18:2 n-6 c,c g	0.350		4	AR	1		0.298	1.360	
18:2 CLAs g	0.029		4	AR	1		0.025	0.113	
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.005		2	AR	1		0.004	0.020	
18:3 undifferentiated g	0.010		0	AS	1		0.008	0.038	
18:3 n-3 c,c,c (ALA) g	0.010		4	AR	1		0.008	0.038	
18:3 n-6 c,c,c g									
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.000		2	AR	1		0.000	0.000	
20:3 undifferentiated g	0.016		0	AS	1		0.013	0.061	
20:3 n-3 g									
20:3 n-6 g	0.016		2	AR	1		0.013	0.061	
20:4 undifferentiated g	0.058		4	AR	1		0.049	0.224	
20:4 n-6 g									
20:5 n-3 (EPA) g	0.004		2	AR	1		0.003	0.014	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.011		2	AR	1		0.009	0.042	
22:6 n-3 (DHA) g	0.001		4	AR	1		0.001	0.003	
Fatty acids, total trans g	0.443		0	NC	4		0.377	1.720	
Fatty acids, total trans-monoenoic g	0.438		0	NC	4		0.372	1.700	
Fatty acids, total trans-polyenoic g	0.005		0	NC	4		0.004	0.020	
Cholesterol mg	64		4	AR	1		54	247	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.247		0	AR	1		0.210	0.958	
Threonine g	1.026		0	AR	1		0.872	3.980	
Isoleucine g	1.021		0	AR	1		0.868	3.960	
Leucine g	1.870		0	AR	1		1.590	7.257	

NDB No. 23165

Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	2.083		0	AR	1		1.770	8.081	
Methionine....g	0.580		0	AR	1		0.493	2.249	
Cystine....g	0.217		0	AR	1		0.185	0.843	
Phenylalanine....g	0.869		0	AR	1		0.739	3.373	
Tyrosine....g	0.813		0	AR	1		0.691	3.156	
Valine....g	1.080		0	AR	1		0.918	4.190	
Arginine....g	1.457		0	AR	1		1.238	5.653	
Histidine....g	0.798		0	AR	1		0.679	3.098	
Alanine....g	1.302		0	AR	1		1.107	5.053	
Aspartic acid....g	2.099		0	AR	1		1.784	8.145	
Glutamic acid....g	3.559		0	AR	1		3.026	13.811	
Glycine....g	0.938		0	AR	1		0.798	3.641	
Proline....g	0.910		0	AR	1		0.774	3.533	
Serine....g	0.882		0	AR	1		0.750	3.424	
Hydroxyproline....g	0.105		0	BFPN	4		0.090	0.409	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 388g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23166

Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled

URMIS #1607

Refuse: 4% Connective tissue 1%, Separable fat 3%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	58.01		24	AR	1		49.31	145.02	
Energy kcal	223		0	NC	4		190	557	
Energy kJ	933		0	NC	4		793	2333	
Protein (N x 6.25) g	30.64		24	AR	1		26.04	76.60	
Total lipid (fat) g	11.16		24	AR	1		9.48	27.90	
Ash g	1.09		24	AR	1		0.93	2.73	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	7		1	AR	1		6	17	
Iron, Fe mg	2.36		1	AR	1		2.00	5.89	
Magnesium, Mg mg	24		1	AR	1		20	60	
Phosphorus, P mg	176		1	AR	1		150	440	
Potassium, K mg	312		1	AR	1		265	779	
Sodium, Na mg	62		1	AR	1		52	154	
Zinc, Zn mg	8.49		1	AR	1		7.22	21.22	
Copper, Cu mg	0.107		1	AR	1		0.091	0.268	
Manganese, Mn mg	0.107		1	AR	1		0.091	0.268	
Selenium, Se µg	35.0		1	AR	1		29.8	87.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.080		1	AR	1		0.068	0.200	
Riboflavin mg	0.350		2	AR	1		0.297	0.875	
Niacin mg	6.630		2	AR	1		5.636	16.575	
Pantothenic acid mg	0.680		1	AR	1		0.578	1.700	
Vitamin B-6 mg	0.524		2	AR	1		0.445	1.309	
Folate, total µg	7		0	BFPN	4		6	19	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	7		0	BFPN	4		6	19	
Folate, DFE µg	7		0	NC	4		6	19	
Choline, total mg	61.3		1	AR	1		52.1	153.4	
Betaine mg	12.8		1	AR	1		10.9	32.0	
Vitamin B-12 µg	2.72		2	AR	1		2.31	6.80	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		2	6	
Retinol µg	2		0	BFSN	4		2	6	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	8		0	NC	4		7	20	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.07		2	AR	1		0.06	0.17	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.3	
Vitamin D IU	4		0	BFFN	4		4	11	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	3.9	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23166

Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated g	3.647		0	NC	4		3.100	9.116	
4:0 g	0.000		0	Z	7		0.000	0.000	
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.004		1	AR	1		0.004	0.011	
12:0 g	0.007		1	AR	1		0.006	0.016	
13:0 g									
14:0 g	0.250		2	AR	1		0.213	0.626	
15:0 g	0.039		1	AR	1		0.033	0.098	
16:0 g	2.118		2	AR	1		1.800	5.295	
17:0 g	0.093		2	AR	1		0.079	0.233	
18:0 g	1.125		2	AR	1		0.957	2.813	
20:0 g	0.000		2	AR	1		0.000	0.000	
22:0 g									
24:0 g	0.009		2	AR	1		0.008	0.023	
Fatty acids, total monounsaturated g	4.594		0	NC	4		3.905	11.485	
14:1 g	0.074		2	AR	1		0.063	0.185	
15:1 g	0.059		1	AR	1		0.050	0.148	
16:1 undifferentiated g	0.376		0	AS	1		0.320	0.940	
16:1 c g	0.363		2	AR	1		0.309	0.908	
16:1 t g	0.013		1	AR	1		0.011	0.033	
17:1 g	0.084		2	AR	1		0.071	0.210	
18:1 undifferentiated g	3.993		0	AS	1		3.394	9.983	
18:1 c g	3.572		2	AR	1		3.036	8.929	
18:1 t g	0.422		2	AR	1		0.358	1.054	
18:1-11 t (18:1t n-7) g									
20:1 g	0.008		2	AR	1		0.007	0.020	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.486		0	NC	4		0.413	1.215	
18:2 undifferentiated g	0.377		0	AS	1		0.320	0.941	
18:2 n-6 c,c g	0.345		2	AR	1		0.293	0.861	
18:2 CLAs g	0.026		2	AR	1		0.023	0.066	
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.005		1	AR	1		0.005	0.014	
18:3 undifferentiated g	0.007		0	AS	1		0.006	0.017	
18:3 n-3 c,c,c (ALA) g	0.007		2	AR	1		0.006	0.017	
18:3 n-6 c,c,c g									
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.000		1	AR	1		0.000	0.000	
20:3 undifferentiated g	0.023		0	AS	1		0.020	0.058	
20:3 n-3 g									
20:3 n-6 g	0.023		1	AR	1		0.020	0.058	
20:4 undifferentiated g	0.063		2	AR	1		0.053	0.157	
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		1	AR	1		0.000	0.000	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.017		1	AR	1		0.014	0.041	
22:6 n-3 (DHA) g	0.000		2	AR	1		0.000	0.000	
Fatty acids, total trans g	0.440		0	NC	4		0.374	1.100	
Fatty acids, total trans-monoenoic g	0.435		0	NC	4		0.369	1.087	
Fatty acids, total trans-polyenoic g	0.005		0	NC	4		0.005	0.014	
Cholesterol mg	91		2	AR	1		77	227	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.400		0	AR	1		0.340	0.999	
Threonine g	1.706		0	AR	1		1.450	4.265	
Isoleucine g	1.691		0	AR	1		1.437	4.226	
Leucine g	3.151		0	AR	1		2.678	7.876	

NDB No. 23166

Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	3.535		0	AR	1		3.005	8.837	
Methionine g	0.968		0	AR	1		0.823	2.420	
Cystine g	0.369		0	AR	1		0.314	0.922	
Phenylalanine g	1.445		0	AR	1		1.228	3.612	
Tyrosine g	1.368		0	AR	1		1.163	3.419	
Valine g	1.783		0	AR	1		1.515	4.457	
Arginine g	2.459		0	AR	1		2.090	6.147	
Histidine g	1.383		0	AR	1		1.176	3.458	
Alanine g	2.167		0	AR	1		1.842	5.417	
Aspartic acid g	3.535		0	AR	1		3.005	8.837	
Glutamic acid g	5.932		0	AR	1		5.042	14.830	
Glycine g	1.568		0	AR	1		1.332	3.919	
Proline g	1.552		0	AR	1		1.319	3.880	
Serine g	1.491		0	AR	1		1.267	3.727	
Hydroxyproline g	0.155		0	BFPN	4		0.132	0.387	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 250g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23167

Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw

URMIS #1607

Refuse: 6% Connective tissue 1%, Separable fat 5%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	70.40		24	AR	1		59.84	262.58	
Energy kcal	153		0	NC	4		130	571	
Energy kJ	641		0	NC	4		545	2391	
Protein (N x 6.25) g	21.61		24	AR	1		18.37	80.59	
Total lipid (fat) g	7.41		24	AR	1		6.30	27.65	
Ash g	0.97		24	AR	1		0.83	3.63	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	6		1	AR	1		5	22	
Iron, Fe mg	1.76		1	AR	1		1.50	6.57	
Magnesium, Mg mg	22		1	AR	1		18	81	
Phosphorus, P mg	154		1	AR	1		131	574	
Potassium, K mg	292		1	AR	1		248	1090	
Sodium, Na mg	66		1	AR	1		57	248	
Zinc, Zn mg	6.44		1	AR	1		5.48	24.03	
Copper, Cu mg	0.083		1	AR	1		0.071	0.310	
Manganese, Mn mg	0.083		1	AR	1		0.071	0.310	
Selenium, Se µg	22.0		1	AR	1		18.7	82.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.060		1	AR	1		0.051	0.224	
Riboflavin mg	0.320		2	AR	1		0.272	1.194	
Niacin mg	5.675		2	AR	1		4.824	21.168	
Pantothenic acid mg	0.580		1	AR	1		0.493	2.163	
Vitamin B-6 mg	0.435		2	AR	1		0.369	1.621	
Folate, total µg	3		0	BFPN	4		3	13	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	3		0	BFPN	4		3	13	
Folate, DFE µg	3		0	NC	4		3	13	
Choline, total mg	44.4		1	AR	1		37.7	165.5	
Betaine mg	12.2		1	AR	1		10.3	45.4	
Vitamin B-12 µg	2.13		2	AR	1		1.81	7.94	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		2	9	
Retinol µg	2		0	BFSN	4		2	9	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	8		0	NC	4		7	29	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.10		2	AR	1		0.09	0.38	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.3	
Vitamin D IU	3		0	BFSN	4		3	12	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	5.6	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23167

Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.765		0	NC	4		2.350	10.312	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.004		1	AR	1		0.003	0.015	
12:0....g	0.005		1	AR	1		0.004	0.019	
13:0....g									
14:0....g	0.188		2	AR	1		0.160	0.703	
15:0....g	0.032		1	AR	1		0.027	0.118	
16:0....g	1.568		2	AR	1		1.333	5.849	
17:0....g	0.073		2	AR	1		0.062	0.271	
18:0....g	0.887		2	AR	1		0.754	3.310	
20:0....g	0.000		2	AR	1		0.000	0.000	
22:0....g									
24:0....g	0.007		2	AR	1		0.006	0.027	
Fatty acids, total monounsaturated....g	3.212		0	NC	4		2.730	11.981	
14:1....g	0.047		2	AR	1		0.040	0.177	
15:1....g	0.036		1	AR	1		0.031	0.134	
16:1 undifferentiated....g	0.241		0	AS	1		0.204	0.897	
16:1 c....g	0.231		2	AR	1		0.196	0.861	
16:1 t....g	0.010		1	AR	1		0.008	0.036	
17:1....g	0.055		2	AR	1		0.047	0.205	
18:1 undifferentiated....g	2.824		0	AS	1		2.400	10.532	
18:1 c....g	2.496		2	AR	1		2.121	9.308	
18:1 t....g	0.328		2	AR	1		0.279	1.224	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.009		2	AR	1		0.008	0.035	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.380		0	NC	4		0.323	1.418	
18:2 undifferentiated....g	0.298		0	AS	1		0.253	1.111	
18:2 n-6 c,c....g	0.269		2	AR	1		0.229	1.003	
18:2 CLAs....g	0.023		2	AR	1		0.020	0.088	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.005		1	AR	1		0.005	0.020	
18:3 undifferentiated....g	0.009		0	AS	1		0.008	0.035	
18:3 n-3 c,c,c (ALA)....g	0.009		2	AR	1		0.008	0.035	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000		1	AR	1		0.000	0.000	
20:3 undifferentiated....g	0.014		0	AS	1		0.011	0.050	
20:3 n-3....g									
20:3 n-6....g	0.014		1	AR	1		0.011	0.050	
20:4 undifferentiated....g	0.045		2	AR	1		0.038	0.169	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003		1	AR	1		0.003	0.013	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.010		1	AR	1		0.008	0.037	
22:6 n-3 (DHA)....g	0.001		2	AR	1		0.001	0.003	
Fatty acids, total trans....g	0.343		0	NC	4		0.292	1.281	
Fatty acids, total trans-monoenoic....g	0.338		0	NC	4		0.287	1.260	
Fatty acids, total trans-polyenoic....g	0.005		0	NC	4		0.005	0.020	
Cholesterol....mg	63		2	AR	1		54	236	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.282		0	AR	1		0.239	1.051	
Threonine....g	1.203		0	AR	1		1.023	4.487	
Isoleucine....g	1.192		0	AR	1		1.013	4.447	
Leucine....g	2.222		0	AR	1		1.888	8.287	

NDB No. 23167

Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.493		0	AR	1		2.119	9.297	
Methionine g	0.683		0	AR	1		0.580	2.547	
Cystine g	0.260		0	AR	1		0.221	0.970	
Phenylalanine g	1.019		0	AR	1		0.866	3.800	
Tyrosine g	0.965		0	AR	1		0.820	3.598	
Valine g	1.257		0	AR	1		1.069	4.689	
Arginine g	1.734		0	AR	1		1.474	6.468	
Histidine g	0.975		0	AR	1		0.829	3.638	
Alanine g	1.528		0	AR	1		1.299	5.700	
Aspartic acid g	2.493		0	AR	1		2.119	9.297	
Glutamic acid g	4.183		0	AR	1		3.556	15.604	
Glycine g	1.105		0	AR	1		0.940	4.123	
Proline g	1.095		0	AR	1		0.930	4.083	
Serine g	1.051		0	AR	1		0.894	3.921	
Hydroxyproline g	0.109		0	BFPN	4		0.093	0.407	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 373g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23221

Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	51.41	1.006	72	AR	1		43.70	89.46	
Energy kcal	292		0	NC	4		249	509	
Energy kJ	1224		0	NC	4		1040	2130	
Protein (N x 6.25) g	27.06	1.226	72	AR	1		23.00	47.08	
Total lipid (fat) g	20.47	1.708	72	AR	1		17.40	35.62	
Ash g	1.28	0.034	72	AR	1		1.09	2.23	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	8		3	AR	1		7	14	
Iron, Fe mg	5.09		3	AR	1		4.32	8.85	
Magnesium, Mg mg	24		3	AR	1		21	43	
Phosphorus, P mg	185		3	AR	1		157	321	
Potassium, K mg	280		3	AR	1		238	487	
Sodium, Na mg	70		3	AR	1		60	122	
Zinc, Zn mg	7.01		3	AR	1		5.95	12.19	
Copper, Cu mg	0.206		3	AR	1		0.175	0.358	
Manganese, Mn mg	0.205		3	AR	1		0.174	0.356	
Selenium, Se µg	34.8		3	AR	1		29.6	60.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.122		2	AR	1		0.103	0.211	
Riboflavin mg	0.831	0.027	6	AR	1		0.706	1.446	
Niacin mg	5.096	0.137	6	AR	1		4.331	8.866	
Pantothenic acid mg	1.330		2	AR	1		1.130	2.313	
Vitamin B-6 mg	0.450	0.005	6	AR	1		0.382	0.783	
Folate, total µg	7		0	BFPN	4		6	11	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	7		0	BFPN	4		6	11	
Folate, DFE µg	7		0	NC	4		6	11	
Choline, total mg	77.0		2	AR	1		65.5	134.1	
Betaine mg	14.9		2	AR	1		12.6	25.8	
Vitamin B-12 µg	7.72	0.102	6	AR	1		6.56	13.43	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	8		0	NC	4		7	14	
Retinol µg	8		0	BFSN	4		7	14	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	27		0	NC	4		23	47	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.09	0.006	6	AR	1		0.08	0.16	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	AS	1		0.1	0.3	
Vitamin D IU	6		0	BFSN	4		5	11	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	2.7	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23221

Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	7.405		0	NC	4		6.294	12.884	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.010	0.000	3	AR	1		0.008	0.017	
12:0....g	0.010	0.000	3	AR	1		0.009	0.018	
13:0....g									
14:0....g	0.442	0.011	6	AR	1		0.376	0.769	
15:0....g	0.074	0.000	3	AR	1		0.063	0.129	
16:0....g	3.861	0.053	6	AR	1		3.282	6.718	
17:0....g	0.228	0.022	6	AR	1		0.193	0.396	
18:0....g	2.752	0.265	6	AR	1		2.339	4.789	
20:0....g	0.008	0.004	6	AR	1		0.007	0.014	
22:0....g									
24:0....g	0.020	0.002	6	AR	1		0.017	0.035	
Fatty acids, total monounsaturated....g	8.235		0	NC	4		7.000	14.329	
14:1....g	0.088	0.005	6	AR	1		0.075	0.153	
15:1....g	0.098	0.000	3	AR	1		0.083	0.170	
16:1 undifferentiated....g	0.488		0	AS	1		0.415	0.849	
16:1 c....g	0.470	0.061	6	AR	1		0.400	0.818	
16:1 t....g	0.018	0.000	3	AR	1		0.015	0.031	
17:1....g	0.152	0.006	6	AR	1		0.129	0.264	
18:1 undifferentiated....g	7.388		0	AS	1		6.280	12.856	
18:1 c....g	6.478	0.088	6	AR	1		5.506	11.271	
18:1 t....g	0.911	0.062	6	AR	1		0.774	1.585	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.021	0.009	6	AR	1		0.018	0.036	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.128		0	NC	4		0.959	1.962	
18:2 undifferentiated....g	0.894		0	AS	1		0.760	1.556	
18:2 n-6 c,c....g	0.810	0.053	6	AR	1		0.689	1.410	
18:2 CLAs....g	0.062	0.004	6	AR	1		0.053	0.108	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.022	0.000	3	AR	1		0.019	0.039	
18:3 undifferentiated....g	0.026		0	AS	1		0.022	0.045	
18:3 n-3 c,c,c (ALA)....g	0.026	0.006	6	AR	1		0.022	0.045	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.001	0.000	3	AR	1		0.001	0.001	
20:3 undifferentiated....g	0.039		0	AS	1		0.033	0.068	
20:3 n-3....g									
20:3 n-6....g	0.039	0.000	3	AR	1		0.033	0.068	
20:4 undifferentiated....g	0.138	0.016	6	AR	1		0.118	0.241	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.006	0.000	3	AR	1		0.005	0.010	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.023	0.000	3	AR	1		0.020	0.041	
22:6 n-3 (DHA)....g	0.001	0.001	6	AR	1		0.001	0.001	
Fatty acids, total trans....g	0.951		0	NC	4		0.808	1.654	
Fatty acids, total trans-monoenoic....g	0.929		0	NC	4		0.789	1.616	
Fatty acids, total trans-polyenoic....g	0.022		0	NC	4		0.019	0.039	
Cholesterol....mg	102	4.391	6	AR	1		87	177	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.303		0	AR	1		0.257	0.527	
Threonine....g	1.275		0	AR	1		1.084	2.219	
Isoleucine....g	1.260		0	AR	1		1.071	2.193	
Leucine....g	2.332		0	AR	1		1.982	4.058	

NDB No. 23221

Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.592		0	AR	1		2.203	4.510	
Methionine g	0.732		0	AR	1		0.622	1.274	
Cystine g	0.276		0	AR	1		0.234	0.480	
Phenylalanine g	1.085		0	AR	1		0.922	1.888	
Tyrosine g	1.008		0	AR	1		0.857	1.754	
Valine g	1.352		0	AR	1		1.149	2.353	
Arginine g	1.842		0	AR	1		1.566	3.206	
Histidine g	1.014		0	AR	1		0.862	1.765	
Alanine g	1.677		0	AR	1		1.426	2.919	
Aspartic acid g	2.636		0	AR	1		2.241	4.587	
Glutamic acid g	4.424		0	AR	1		3.760	7.697	
Glycine g	1.331		0	AR	1		1.132	2.316	
Proline g	1.214		0	AR	1		1.032	2.112	
Serine g	1.114		0	AR	1		0.947	1.938	
Hydroxyproline g	0.185		0	BFPN	4		0.157	0.322	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 174g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23224

Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw

Refuse: 1% Connective tissue 1%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	63.17	0.910	72	AR	1		53.69	168.03	
Energy kcal	232		0	NC	4		197	616	
Energy kJ	969		0	NC	4		824	2578	
Protein (N x 6.25) g	17.98	0.205	72	AR	1		15.29	47.84	
Total lipid (fat) g	17.59	1.296	72	AR	1		14.95	46.79	
Ash g	0.91	0.011	72	AR	1		0.77	2.41	
Carbohydrate, by difference g	0.35		0	NC	4		0.30	0.94	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	6		3	AR	1		5	17	
Iron, Fe mg	3.42		3	AR	1		2.91	9.11	
Magnesium, Mg mg	19		3	AR	1		16	52	
Phosphorus, P mg	142		3	AR	1		120	377	
Potassium, K mg	242		3	AR	1		206	644	
Sodium, Na mg	65		3	AR	1		55	172	
Zinc, Zn mg	4.72		3	AR	1		4.01	12.55	
Copper, Cu mg	0.170		3	AR	1		0.145	0.453	
Manganese, Mn mg	0.170		3	AR	1		0.145	0.453	
Selenium, Se µg	22.6		3	AR	1		19.2	60.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.104		2	AR	1		0.088	0.277	
Riboflavin mg	0.556	0.013	6	AR	1		0.473	1.479	
Niacin mg	4.092	0.056	6	AR	1		3.479	10.886	
Pantothenic acid mg	1.127		2	AR	1		0.958	2.997	
Vitamin B-6 mg	0.385	0.008	6	AR	1		0.327	1.023	
Folate, total µg	3		0	BFPN	4		2	8	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	3		0	BFPN	4		2	8	
Folate, DFE µg	3		0	NC	4		2	8	
Choline, total mg	56.0		2	AR	1		47.6	149.0	
Betaine mg	13.3		2	AR	1		11.3	35.5	
Vitamin B-12 µg	5.25	0.182	6	AR	1		4.47	13.98	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	4		0	NC	4		4	12	
Retinol µg	4		0	BFSN	4		4	12	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	15		0	NC	4		13	40	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.15	0.006	6	AR	1		0.13	0.40	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.4	
Vitamin D IU	5		0	BFFN	4		4	14	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	4.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23224

Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated g	7.138		0	NC	4		6.067	18.987	
4:0 g	0.000		0	Z	7		0.000	0.000	
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.009	0.000	3	AR	1		0.007	0.023	
12:0 g	0.009	0.000	3	AR	1		0.008	0.024	
13:0 g									
14:0 g	0.439	0.024	6	AR	1		0.373	1.167	
15:0 g	0.068	0.000	3	AR	1		0.058	0.181	
16:0 g	3.661	0.150	6	AR	1		3.112	9.738	
17:0 g	0.222	0.007	6	AR	1		0.189	0.592	
18:0 g	2.706	0.110	6	AR	1		2.300	7.197	
20:0 g	0.012	0.002	6	AR	1		0.010	0.031	
22:0 g									
24:0 g	0.012	0.000	6	AR	1		0.011	0.033	
Fatty acids, total monounsaturated g	7.730		0	NC	4		6.570	20.561	
14:1 g	0.087	0.008	6	AR	1		0.074	0.231	
15:1 g	0.063	0.000	3	AR	1		0.053	0.167	
16:1 undifferentiated g	0.451		0	AS	1		0.384	1.201	
16:1 c g	0.438	0.063	6	AR	1		0.373	1.166	
16:1 t g	0.013	0.000	3	AR	1		0.011	0.035	
17:1 g	0.140	0.008	6	AR	1		0.119	0.371	
18:1 undifferentiated g	6.959		0	AS	1		5.915	18.510	
18:1 c g	6.011	0.173	6	AR	1		5.110	15.990	
18:1 t g	0.947	0.051	6	AR	1		0.805	2.520	
18:1-11 t (18:1t n-7) g									
20:1 g	0.030	0.003	6	AR	1		0.026	0.081	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.869		0	NC	4		0.739	2.312	
18:2 undifferentiated g	0.718		0	AS	1		0.610	1.909	
18:2 n-6 c,c g	0.623	0.007	6	AR	1		0.530	1.658	
18:2 CLAs g	0.068	0.004	6	AR	1		0.058	0.182	
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.026	0.000	3	AR	1		0.022	0.069	
18:3 undifferentiated g	0.028		0	AS	1		0.024	0.074	
18:3 n-3 c,c,c (ALA) g	0.028	0.001	6	AR	1		0.024	0.074	
18:3 n-6 c,c,c g									
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.002	0.000	3	AR	1		0.002	0.006	
20:3 undifferentiated g	0.025		0	AS	1		0.021	0.067	
20:3 n-3 g									
20:3 n-6 g	0.025	0.000	3	AR	1		0.021	0.067	
20:4 undifferentiated g	0.076	0.003	6	AR	1		0.064	0.201	
20:4 n-6 g									
20:5 n-3 (EPA) g	0.005	0.000	3	AR	1		0.004	0.012	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.014	0.000	3	AR	1		0.012	0.038	
22:6 n-3 (DHA) g	0.002	0.000	6	AR	1		0.002	0.005	
Fatty acids, total trans g	0.987		0	NC	4		0.839	2.624	
Fatty acids, total trans-monoenoic g	0.960		0	NC	4		0.816	2.555	
Fatty acids, total trans-polyenoic g	0.026		0	NC	4		0.022	0.069	
Cholesterol mg	71	1.415	6	AR	1		60	188	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.201		0	AR	1		0.171	0.535	
Threonine g	0.848		0	AR	1		0.720	2.254	
Isoleucine g	0.838		0	AR	1		0.712	2.228	
Leucine g	1.550		0	AR	1		1.317	4.123	

NDB No. 23224

Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	1.723		0	AR	1		1.464	4.582	
Methionine g	0.487		0	AR	1		0.414	1.294	
Cystine g	0.183		0	AR	1		0.156	0.487	
Phenylalanine g	0.721		0	AR	1		0.613	1.918	
Tyrosine g	0.670		0	AR	1		0.570	1.782	
Valine g	0.899		0	AR	1		0.764	2.391	
Arginine g	1.225		0	AR	1		1.041	3.257	
Histidine g	0.674		0	AR	1		0.573	1.793	
Alanine g	1.115		0	AR	1		0.948	2.966	
Aspartic acid g	1.752		0	AR	1		1.489	4.661	
Glutamic acid g	2.940		0	AR	1		2.499	7.821	
Glycine g	0.885		0	AR	1		0.752	2.353	
Proline g	0.807		0	AR	1		0.686	2.146	
Serine g	0.740		0	AR	1		0.629	1.970	
Hydroxyproline g	0.123		0	BFPN	4		0.104	0.327	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 266g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23222

Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

URMIS #2428

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	50.82	1.060	48	AR	1		43.19	87.91	
Energy kcal	300		0	NC	4		255	520	
Energy kJ	1257		0	NC	4		1068	2175	
Protein (N x 6.25) g	26.46	1.239	48	AR	1		22.49	45.78	
Total lipid (fat) g	21.62	1.740	48	AR	1		18.37	37.39	
Ash g	1.26	0.042	48	AR	1		1.07	2.18	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	8		2	AR	1		7	14	
Iron, Fe mg	4.95		2	AR	1		4.21	8.56	
Magnesium, Mg mg	24		2	AR	1		20	42	
Phosphorus, P mg	182		2	AR	1		154	314	
Potassium, K mg	282		2	AR	1		239	487	
Sodium, Na mg	70		2	AR	1		60	122	
Zinc, Zn mg	6.97		2	AR	1		5.92	12.06	
Copper, Cu mg	0.205		2	AR	1		0.174	0.354	
Manganese, Mn mg	0.204		2	AR	1		0.173	0.352	
Selenium, Se µg	35.2		2	AR	1		29.9	60.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.126		1	AR	1		0.107	0.218	
Riboflavin mg	0.827	0.033	4	AR	1		0.703	1.430	
Niacin mg	4.836	0.170	4	AR	1		4.111	8.366	
Pantothenic acid mg	1.360		1	AR	1		1.156	2.352	
Vitamin B-6 mg	0.437	0.007	4	AR	1		0.371	0.756	
Folate, total µg	6		0	BFPN	4		5	11	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	6		0	BFPN	4		5	11	
Folate, DFE µg	6		0	NC	4		5	11	
Choline, total mg	78.1		1	AR	1		66.4	135.2	
Betaine mg	15.2		1	AR	1		12.9	26.4	
Vitamin B-12 µg	7.97	0.127	4	AR	1		6.78	13.79	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	8		0	NC	4		7	14	
Retinol µg	8		0	BFSN	4		7	14	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	26		0	NC	4		22	45	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.10	0.007	4	AR	1		0.08	0.17	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	AS	1		0.1	0.3	
Vitamin D IU	6		0	BFFN	4		5	11	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	2.7	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23222

Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	7.733		0	NC	4		6.573	13.379	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.010		2	AR	1		0.008	0.017	
12:0....g	0.011		2	AR	1		0.009	0.018	
13:0....g									
14:0....g	0.461	0.014	4	AR	1		0.392	0.798	
15:0....g	0.079		2	AR	1		0.067	0.137	
16:0....g	4.056	0.066	4	AR	1		3.448	7.017	
17:0....g	0.253	0.027	4	AR	1		0.215	0.437	
18:0....g	2.835	0.330	4	AR	1		2.410	4.905	
20:0....g	0.007	0.004	4	AR	1		0.006	0.012	
22:0....g									
24:0....g	0.022	0.003	4	AR	1		0.018	0.038	
Fatty acids, total monounsaturated....g	8.732		0	NC	4		7.422	15.106	
14:1....g	0.092	0.007	4	AR	1		0.078	0.159	
15:1....g	0.096		2	AR	1		0.081	0.166	
16:1 undifferentiated....g	0.519		0	AS	1		0.441	0.898	
16:1 c....g	0.500	0.076	4	AR	1		0.425	0.864	
16:1 t....g	0.019		2	AR	1		0.016	0.033	
17:1....g	0.170	0.007	4	AR	1		0.145	0.294	
18:1 undifferentiated....g	7.834		0	AS	1		6.659	13.553	
18:1 c....g	6.876	0.110	4	AR	1		5.844	11.895	
18:1 t....g	0.959	0.078	4	AR	1		0.815	1.658	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.021	0.012	4	AR	1		0.018	0.037	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.176		0	NC	4		0.999	2.034	
18:2 undifferentiated....g	0.940		0	AS	1		0.799	1.626	
18:2 n-6 c,c....g	0.857	0.065	4	AR	1		0.729	1.483	
18:2 CLAs....g	0.061	0.005	4	AR	1		0.052	0.105	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.022		2	AR	1		0.019	0.038	
18:3 undifferentiated....g	0.023		0	AS	1		0.019	0.039	
18:3 n-3 c,c,c (ALA)....g	0.023	0.008	4	AR	1		0.019	0.039	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.001		2	AR	1		0.001	0.001	
20:3 undifferentiated....g	0.039		0	AS	1		0.033	0.067	
20:3 n-3....g									
20:3 n-6....g	0.039		2	AR	1		0.033	0.067	
20:4 undifferentiated....g	0.146	0.020	4	AR	1		0.124	0.253	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003		2	AR	1		0.002	0.004	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.024		2	AR	1		0.020	0.041	
22:6 n-3 (DHA)....g	0.001	0.001	4	AR	1		0.001	0.002	
Fatty acids, total trans....g	1.000		0	NC	4		0.850	1.730	
Fatty acids, total trans-monoenoic....g	0.978		0	NC	4		0.831	1.692	
Fatty acids, total trans-polyenoic....g	0.022		0	NC	4		0.019	0.038	
Cholesterol....mg	104	5.454	4	AR	1		88	180	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.297		0	AR	1		0.252	0.514	
Threonine....g	1.240		0	AR	1		1.054	2.146	
Isoleucine....g	1.229		0	AR	1		1.045	2.126	
Leucine....g	2.260		0	AR	1		1.921	3.910	

NDB No. 23222

Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.502		0	AR	1		2.127	4.329	
Methionine g	0.713		0	AR	1		0.606	1.233	
Cystine g	0.266		0	AR	1		0.226	0.461	
Phenylalanine g	1.056		0	AR	1		0.897	1.826	
Tyrosine g	0.979		0	AR	1		0.832	1.693	
Valine g	1.322		0	AR	1		1.123	2.286	
Arginine g	1.786		0	AR	1		1.518	3.090	
Histidine g	0.974		0	AR	1		0.828	1.685	
Alanine g	1.636		0	AR	1		1.390	2.829	
Aspartic acid g	2.556		0	AR	1		2.172	4.421	
Glutamic acid g	4.304		0	AR	1		3.659	7.446	
Glycine g	1.305		0	AR	1		1.109	2.257	
Proline g	1.179		0	AR	1		1.003	2.040	
Serine g	1.081		0	AR	1		0.919	1.870	
Hydroxyproline g	0.181		0	BFPN	4		0.154	0.313	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 173g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23225

Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw

URMIS #2428

Refuse: 1% Connective tissue 1%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	62.64	0.944	48	AR	1		53.24	167.87	
Energy kcal	238		0	NC	4		202	638	
Energy kJ	996		0	NC	4		847	2669	
Protein (N x 6.25) g	17.69	0.220	48	AR	1		15.03	47.40	
Total lipid (fat) g	18.44	1.325	48	AR	1		15.68	49.42	
Ash g	0.88	0.013	48	AR	1		0.75	2.37	
Carbohydrate, by difference g	0.35		0	NC	4		0.30	0.94	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	6		2	AR	1		5	17	
Iron, Fe mg	3.35		2	AR	1		2.85	8.98	
Magnesium, Mg mg	19		2	AR	1		16	52	
Phosphorus, P mg	140		2	AR	1		119	376	
Potassium, K mg	240		2	AR	1		204	644	
Sodium, Na mg	65		2	AR	1		56	175	
Zinc, Zn mg	4.51		2	AR	1		3.83	12.07	
Copper, Cu mg	0.171		2	AR	1		0.146	0.459	
Manganese, Mn mg	0.171		2	AR	1		0.145	0.458	
Selenium, Se µg	22.6		2	AR	1		19.2	60.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.103		1	AR	1		0.088	0.277	
Riboflavin mg	0.562	0.016	4	AR	1		0.477	1.505	
Niacin mg	4.043	0.070	4	AR	1		3.437	10.835	
Pantothenic acid mg	1.163		1	AR	1		0.988	3.116	
Vitamin B-6 mg	0.374	0.009	4	AR	1		0.318	1.002	
Folate, total µg	3		0	BFPN	4		2	8	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	3		0	BFPN	4		2	8	
Folate, DFE µg	3		0	NC	4		2	8	
Choline, total mg	55.1		1	AR	1		46.8	147.6	
Betaine mg	14.6		1	AR	1		12.4	39.1	
Vitamin B-12 µg	5.48	0.226	4	AR	1		4.66	14.68	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	4		0	NC	4		4	12	
Retinol µg	4		0	BFSN	4		4	12	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	15		0	NC	4		12	39	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.17	0.007	4	AR	1		0.14	0.45	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.4	
Vitamin D IU	6		0	BFSN	4		5	15	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	4.1	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23225

Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	7.426		0	NC	4		6.312	19.902	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.009		2	AR	1		0.007	0.024	
12:0....g	0.009		2	AR	1		0.008	0.024	
13:0....g									
14:0....g	0.454	0.030	4	AR	1		0.386	1.217	
15:0....g	0.071		2	AR	1		0.060	0.189	
16:0....g	3.816	0.186	4	AR	1		3.243	10.226	
17:0....g	0.240	0.008	4	AR	1		0.204	0.642	
18:0....g	2.805	0.136	4	AR	1		2.384	7.518	
20:0....g	0.011	0.003	4	AR	1		0.009	0.029	
22:0....g									
24:0....g	0.013	0.000	4	AR	1		0.011	0.034	
Fatty acids, total monounsaturated....g	8.126		0	NC	4		6.907	21.777	
14:1....g	0.090	0.010	4	AR	1		0.077	0.242	
15:1....g	0.064		2	AR	1		0.054	0.171	
16:1 undifferentiated....g	0.473		0	AS	1		0.402	1.268	
16:1 c....g	0.460	0.078	4	AR	1		0.391	1.231	
16:1 t....g	0.014		2	AR	1		0.012	0.036	
17:1....g	0.151	0.010	4	AR	1		0.128	0.404	
18:1 undifferentiated....g	7.317		0	AS	1		6.220	19.610	
18:1 c....g	6.329	0.215	4	AR	1		5.380	16.962	
18:1 t....g	0.988	0.063	4	AR	1		0.840	2.648	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.030	0.004	4	AR	1		0.026	0.081	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.907		0	NC	4		0.771	2.429	
18:2 undifferentiated....g	0.749		0	AS	1		0.637	2.008	
18:2 n-6 c,c....g	0.652	0.008	4	AR	1		0.554	1.747	
18:2 CLAs....g	0.071	0.005	4	AR	1		0.060	0.191	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.027		2	AR	1		0.023	0.071	
18:3 undifferentiated....g	0.029		0	AS	1		0.025	0.077	
18:3 n-3 c,c,c (ALA)....g	0.029	0.001	4	AR	1		0.025	0.077	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.003		2	AR	1		0.002	0.007	
20:3 undifferentiated....g	0.026		0	AS	1		0.022	0.069	
20:3 n-3....g									
20:3 n-6....g	0.026		2	AR	1		0.022	0.069	
20:4 undifferentiated....g	0.078	0.004	4	AR	1		0.066	0.208	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.006		2	AR	1		0.005	0.015	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.014		2	AR	1		0.012	0.038	
22:6 n-3 (DHA)....g	0.002	0.001	4	AR	1		0.002	0.006	
Fatty acids, total trans....g	1.028		0	NC	4		0.874	2.756	
Fatty acids, total trans-monoenoic....g	1.002		0	NC	4		0.852	2.685	
Fatty acids, total trans-polyenoic....g	0.027		0	NC	4		0.023	0.071	
Cholesterol....mg	71	1.757	4	AR	1		60	191	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.198		0	AR	1		0.169	0.532	
Threonine....g	0.829		0	AR	1		0.705	2.222	
Isoleucine....g	0.822		0	AR	1		0.698	2.202	
Leucine....g	1.511		0	AR	1		1.284	4.048	

NDB No. 23225

Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	1.672		0	AR	1		1.422	4.482	
Methionine g	0.477		0	AR	1		0.405	1.277	
Cystine g	0.178		0	AR	1		0.151	0.477	
Phenylalanine g	0.706		0	AR	1		0.600	1.891	
Tyrosine g	0.654		0	AR	1		0.556	1.753	
Valine g	0.883		0	AR	1		0.751	2.368	
Arginine g	1.194		0	AR	1		1.015	3.200	
Histidine g	0.651		0	AR	1		0.553	1.744	
Alanine g	1.093		0	AR	1		0.929	2.930	
Aspartic acid g	1.708		0	AR	1		1.452	4.578	
Glutamic acid g	2.877		0	AR	1		2.446	7.711	
Glycine g	0.872		0	AR	1		0.741	2.337	
Proline g	0.788		0	AR	1		0.670	2.113	
Serine g	0.723		0	AR	1		0.614	1.936	
Hydroxyproline g	0.121		0	BFPN	4		0.103	0.324	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 268g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23223

Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

URMIS #1613

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	52.30	1.171	24	AR	1		44.46	91.53	
Energy kcal	281		0	NC	4		238	491	
Energy kJ	1174		0	NC	4		998	2055	
Protein (N x 6.25) g	27.95	1.266	24	AR	1		23.76	48.92	
Total lipid (fat) g	18.75	1.808	24	AR	1		15.94	32.81	
Ash g	1.31	0.057	24	AR	1		1.11	2.29	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	8		1	AR	1		7	14	
Iron, Fe mg	5.33		1	AR	1		4.53	9.33	
Magnesium, Mg mg	26		1	AR	1		22	45	
Phosphorus, P mg	193		1	AR	1		164	337	
Potassium, K mg	280		1	AR	1		238	490	
Sodium, Na mg	69		1	AR	1		59	121	
Zinc, Zn mg	7.20		1	AR	1		6.12	12.61	
Copper, Cu mg	0.212		1	AR	1		0.180	0.370	
Manganese, Mn mg	0.212		1	AR	1		0.180	0.370	
Selenium, Se µg	35.1		1	AR	1		29.8	61.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.117		1	AR	1		0.099	0.204	
Riboflavin mg	0.837		2	AR	1		0.712	1.465	
Niacin mg	5.485		2	AR	1		4.663	9.599	
Pantothenic acid mg	1.300		1	AR	1		1.105	2.274	
Vitamin B-6 mg	0.470		2	AR	1		0.399	0.822	
Folate, total µg	7		0	BFPN	4		6	12	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	7		0	BFPN	4		6	12	
Folate, DFE µg	7		0	NC	4		6	12	
Choline, total mg	76.0		1	AR	1		64.6	132.9	
Betaine mg	14.5		1	AR	1		12.3	25.3	
Vitamin B-12 µg	7.34		2	AR	1		6.24	12.84	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	8		0	NC	4		7	15	
Retinol µg	8		0	BFSN	4		7	15	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	28		0	NC	4		24	50	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.08		2	AR	1		0.07	0.14	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.2	
Vitamin D IU	5		0	BFFN	4		4	9	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	2.7	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23223

Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	6.911		0	NC	4		5.875	12.095	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.009		1	AR	1		0.008	0.016	
12:0....g	0.010		1	AR	1		0.008	0.017	
13:0....g									
14:0....g	0.413		2	AR	1		0.351	0.723	
15:0....g	0.066		1	AR	1		0.056	0.115	
16:0....g	3.568		2	AR	1		3.033	6.244	
17:0....g	0.190		2	AR	1		0.162	0.333	
18:0....g	2.628		2	AR	1		2.234	4.598	
20:0....g	0.010		2	AR	1		0.008	0.017	
22:0....g									
24:0....g	0.018		2	AR	1		0.015	0.031	
Fatty acids, total monounsaturated....g	7.490		0	NC	4		6.366	13.107	
14:1....g	0.083		2	AR	1		0.071	0.145	
15:1....g	0.101		1	AR	1		0.086	0.176	
16:1 undifferentiated....g	0.442		0	AS	1		0.375	0.773	
16:1 c....g	0.426		2	AR	1		0.362	0.745	
16:1 t....g	0.016		1	AR	1		0.013	0.027	
17:1....g	0.125		2	AR	1		0.106	0.218	
18:1 undifferentiated....g	6.720		0	AS	1		5.712	11.760	
18:1 c....g	5.881		2	AR	1		4.999	10.291	
18:1 t....g	0.839		2	AR	1		0.713	1.469	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.020		2	AR	1		0.017	0.034	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.057		0	NC	4		0.898	1.849	
18:2 undifferentiated....g	0.826		0	AS	1		0.702	1.446	
18:2 n-6 c,c....g	0.740		2	AR	1		0.629	1.295	
18:2 CLAs....g	0.064		2	AR	1		0.054	0.111	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.023		1	AR	1		0.019	0.039	
18:3 undifferentiated....g	0.030		0	AS	1		0.026	0.053	
18:3 n-3 c,c,c (ALA)....g	0.030		2	AR	1		0.026	0.053	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.001		1	AR	1		0.001	0.001	
20:3 undifferentiated....g	0.040		0	AS	1		0.034	0.069	
20:3 n-3....g									
20:3 n-6....g	0.040		1	AR	1		0.034	0.069	
20:4 undifferentiated....g	0.126		2	AR	1		0.107	0.221	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.010		1	AR	1		0.008	0.017	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.023		1	AR	1		0.019	0.040	
22:6 n-3 (DHA)....g	0.000		2	AR	1		0.000	0.001	
Fatty acids, total trans....g	0.877		0	NC	4		0.746	1.535	
Fatty acids, total trans-monoenoic....g	0.855		0	NC	4		0.727	1.496	
Fatty acids, total trans-polyenoic....g	0.023		0	NC	4		0.019	0.039	
Cholesterol....mg	98		2	AR	1		84	172	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.313		0	AR	1		0.266	0.548	
Threonine....g	1.343		0	AR	1		1.141	2.349	
Isoleucine....g	1.326		0	AR	1		1.127	2.321	
Leucine....g	2.476		0	AR	1		2.105	4.333	

NDB No. 23223

Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.764		0	AR	1		2.350	4.837	
Methionine g	0.772		0	AR	1		0.657	1.352	
Cystine g	0.293		0	AR	1		0.249	0.513	
Phenylalanine g	1.141		0	AR	1		0.970	1.996	
Tyrosine g	1.071		0	AR	1		0.911	1.875	
Valine g	1.417		0	AR	1		1.205	2.480	
Arginine g	1.955		0	AR	1		1.662	3.422	
Histidine g	1.094		0	AR	1		0.929	1.914	
Alanine g	1.759		0	AR	1		1.495	3.078	
Aspartic acid g	2.795		0	AR	1		2.376	4.891	
Glutamic acid g	4.668		0	AR	1		3.968	8.169	
Glycine g	1.384		0	AR	1		1.176	2.422	
Proline g	1.290		0	AR	1		1.096	2.257	
Serine g	1.184		0	AR	1		1.007	2.073	
Hydroxyproline g	0.191		0	BFPN	4		0.162	0.334	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 175g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23226

Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw

URMIS #1613

Refuse: 1% Connective tissue 1%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	63.96	1.015	24	AR	1		54.37	168.86	
Energy kcal	222		0	NC	4		189	586	
Energy kJ	929		0	NC	4		790	2453	
Protein (N x 6.25) g	18.43	0.251	24	AR	1		15.66	48.65	
Total lipid (fat) g	16.31	1.387	24	AR	1		13.87	43.07	
Ash g	0.94	0.017	24	AR	1		0.80	2.48	
Carbohydrate, by difference g	0.36		0	NC	4		0.30	0.94	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	6		1	AR	1		5	17	
Iron, Fe mg	3.63		1	AR	1		3.09	9.59	
Magnesium, Mg mg	20		1	AR	1		17	54	
Phosphorus, P mg	147		1	AR	1		125	389	
Potassium, K mg	251		1	AR	1		213	662	
Sodium, Na mg	63		1	AR	1		54	167	
Zinc, Zn mg	5.13		1	AR	1		4.36	13.55	
Copper, Cu mg	0.167		1	AR	1		0.142	0.440	
Manganese, Mn mg	0.167		1	AR	1		0.142	0.440	
Selenium, Se µg	23.1		1	AR	1		19.6	61.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.105		1	AR	1		0.089	0.276	
Riboflavin mg	0.548		2	AR	1		0.466	1.446	
Niacin mg	4.166		2	AR	1		3.541	10.999	
Pantothenic acid mg	1.091		1	AR	1		0.927	2.880	
Vitamin B-6 mg	0.400		2	AR	1		0.340	1.057	
Folate, total µg	3		0	BFPN	4		3	8	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	3		0	BFPN	4		3	8	
Folate, DFE µg	3		0	NC	4		3	8	
Choline, total mg	57.0		1	AR	1		48.4	150.4	
Betaine mg	12.1		1	AR	1		10.3	31.9	
Vitamin B-12 µg	4.92		2	AR	1		4.18	12.98	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	5		0	NC	4		4	12	
Retinol µg	5		0	BFSN	4		4	12	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	15		0	NC	4		13	41	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.13		2	AR	1		0.11	0.33	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.3	
Vitamin D IU	5		0	BFFN	4		4	13	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	4.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23226

Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	6.705		0	NC	4		5.699	17.701	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.009		1	AR	1		0.007	0.022	
12:0....g	0.009		1	AR	1		0.008	0.025	
13:0....g									
14:0....g	0.416		2	AR	1		0.354	1.099	
15:0....g	0.064		1	AR	1		0.054	0.168	
16:0....g	3.430		2	AR	1		2.915	9.054	
17:0....g	0.197		2	AR	1		0.167	0.520	
18:0....g	2.557		2	AR	1		2.173	6.750	
20:0....g	0.013		2	AR	1		0.011	0.033	
22:0....g									
24:0....g	0.012		2	AR	1		0.010	0.031	
Fatty acids, total monounsaturated....g	7.137		0	NC	4		6.066	18.841	
14:1....g	0.082		2	AR	1		0.069	0.215	
15:1....g	0.061		1	AR	1		0.052	0.162	
16:1 undifferentiated....g	0.419		0	AS	1		0.356	1.106	
16:1 c....g	0.407		2	AR	1		0.346	1.074	
16:1 t....g	0.012		1	AR	1		0.010	0.032	
17:1....g	0.123		2	AR	1		0.104	0.324	
18:1 undifferentiated....g	6.422		0	AS	1		5.458	16.953	
18:1 c....g	5.535		2	AR	1		4.705	14.612	
18:1 t....g	0.887		2	AR	1		0.754	2.340	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.031		2	AR	1		0.026	0.081	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.813		0	NC	4		0.691	2.146	
18:2 undifferentiated....g	0.670		0	AS	1		0.569	1.768	
18:2 n-6 c,c....g	0.581		2	AR	1		0.494	1.533	
18:2 CLAs....g	0.064		2	AR	1		0.054	0.169	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.025		1	AR	1		0.021	0.067	
18:3 undifferentiated....g	0.026		0	AS	1		0.022	0.069	
18:3 n-3 c,c,c (ALA)....g	0.026		2	AR	1		0.022	0.069	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.002		1	AR	1		0.002	0.005	
20:3 undifferentiated....g	0.024		0	AS	1		0.020	0.063	
20:3 n-3....g									
20:3 n-6....g	0.024		1	AR	1		0.020	0.063	
20:4 undifferentiated....g	0.073		2	AR	1		0.062	0.193	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003		1	AR	1		0.003	0.008	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.014		1	AR	1		0.012	0.036	
22:6 n-3 (DHA)....g	0.001		2	AR	1		0.001	0.003	
Fatty acids, total trans....g	0.924		0	NC	4		0.785	2.439	
Fatty acids, total trans-monoenoic....g	0.899		0	NC	4		0.764	2.372	
Fatty acids, total trans-polyenoic....g	0.025		0	NC	4		0.021	0.067	
Cholesterol....mg	70		2	AR	1		60	185	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.207		0	AR	1		0.176	0.545	
Threonine....g	0.885		0	AR	1		0.752	2.337	
Isoleucine....g	0.874		0	AR	1		0.743	2.308	
Leucine....g	1.633		0	AR	1		1.388	4.310	

NDB No. 23226

Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	1.822		0	AR	1		1.549	4.811	
Methionine g	0.509		0	AR	1		0.433	1.344	
Cystine g	0.193		0	AR	1		0.164	0.510	
Phenylalanine g	0.752		0	AR	1		0.639	1.986	
Tyrosine g	0.706		0	AR	1		0.600	1.865	
Valine g	0.934		0	AR	1		0.794	2.467	
Arginine g	1.289		0	AR	1		1.096	3.403	
Histidine g	0.721		0	AR	1		0.613	1.903	
Alanine g	1.160		0	AR	1		0.986	3.062	
Aspartic acid g	1.843		0	AR	1		1.566	4.865	
Glutamic acid g	3.077		0	AR	1		2.616	8.124	
Glycine g	0.912		0	AR	1		0.776	2.409	
Proline g	0.850		0	AR	1		0.723	2.245	
Serine g	0.781		0	AR	1		0.664	2.062	
Hydroxyproline g	0.126		0	BFPN	4		0.107	0.332	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 264g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23168

Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled

Refuse: 4% Connective tissue 0.5%, Separable fat 3.5%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	52.29		72	AR	1		44.45	90.99	
Energy kcal	282		0	NC	4		240	490	
Energy kJ	1179		0	NC	4		1002	2051	
Protein g	27.68		72	AR	1		23.53	48.16	
Total lipid (fat) g	19.01		72	AR	1		16.16	33.07	
Ash g	1.30		72	AR	1		1.10	2.26	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	7		3	AR	1		6	13	
Iron, Fe mg	5.21		3	AR	1		4.43	9.06	
Magnesium, Mg mg	25		3	AR	1		21	43	
Phosphorus, P mg	188		3	AR	1		160	328	
Potassium, K mg	284		3	AR	1		241	494	
Sodium, Na mg	71		3	AR	1		60	123	
Zinc, Zn mg	7.17		3	AR	1		6.09	12.47	
Copper, Cu mg	0.211		3	AR	1		0.179	0.367	
Manganese, Mn mg	0.210		3	AR	1		0.178	0.365	
Selenium, Se µg	35.7		3	AR	1		30.3	62.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.125		2	AR	1		0.106	0.218	
Riboflavin mg	0.853		6	AR	1		0.725	1.484	
Niacin mg	5.198		6	AR	1		4.418	9.045	
Pantothenic acid mg	1.360		2	AR	1		1.156	2.366	
Vitamin B-6 mg	0.458		6	AR	1		0.390	0.798	
Folate, total µg	7		0	BFPN	4		6	12	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	7		0	BFPN	4		6	12	
Folate, DFE µg	7		0	NC	4		6	12	
Choline, total mg	78.9		2	AR	1		67.1	137.3	
Betaine mg	15.1		2	AR	1		12.8	26.3	
Vitamin B-12 µg	7.92		6	AR	1		6.73	13.78	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		2	4	
Retinol µg	2		0	BFSN	4		2	4	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	7		0	NC	4		6	12	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.09		6	AR	1		0.07	0.15	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	AS	1		0.2	0.3	
Vitamin D IU	7		0	BFFN	4		6	13	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	2.7	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23168

Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	6.674		0	NC	4		5.673	11.613	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.008		3	AR	1		0.007	0.014	
12:0....g	0.009		3	AR	1		0.008	0.016	
13:0....g									
14:0....g	0.391		6	AR	1		0.332	0.680	
15:0....g	0.065		3	AR	1		0.055	0.113	
16:0....g	3.494		6	AR	1		2.970	6.079	
17:0....g	0.206		6	AR	1		0.175	0.359	
18:0....g	2.474		6	AR	1		2.103	4.305	
20:0....g	0.006		6	AR	1		0.005	0.011	
22:0....g									
24:0....g	0.020		6	AR	1		0.017	0.035	
Fatty acids, total monounsaturated....g	7.443		0	NC	4		6.326	12.950	
14:1....g	0.075		6	AR	1		0.064	0.131	
15:1....g	0.101		3	AR	1		0.086	0.175	
16:1 undifferentiated....g	0.427		0	AS	1		0.363	0.744	
16:1 c....g	0.416		6	AR	1		0.354	0.724	
16:1 t....g	0.011		3	AR	1		0.010	0.020	
17:1....g	0.137		6	AR	1		0.116	0.238	
18:1 undifferentiated....g	6.686		0	AS	1		5.683	11.634	
18:1 c....g	5.890		6	AR	1		5.006	10.249	
18:1 t....g	0.796		6	AR	1		0.677	1.386	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.016		6	AR	1		0.013	0.027	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.078		0	NC	4		0.916	1.875	
18:2 undifferentiated....g	0.844		0	AS	1		0.717	1.468	
18:2 n-6 c,c....g	0.781		6	AR	1		0.664	1.359	
18:2 CLAs....g	0.052		6	AR	1		0.044	0.090	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.011		3	AR	1		0.010	0.020	
18:3 undifferentiated....g	0.023		0	AS	1		0.020	0.040	
18:3 n-3 c,c,c (ALA)....g	0.023		6	AR	1		0.020	0.040	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000		3	AR	1		0.000	0.000	
20:3 undifferentiated....g	0.039		0	AS	1		0.033	0.068	
20:3 n-3....g									
20:3 n-6....g	0.039		3	AR	1		0.033	0.068	
20:4 undifferentiated....g	0.142		6	AR	1		0.120	0.247	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.006		3	AR	1		0.005	0.010	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.024		3	AR	1		0.020	0.041	
22:6 n-3 (DHA)....g	0.001		6	AR	1		0.001	0.001	
Fatty acids, total trans....g	0.819		0	NC	4		0.696	1.425	
Fatty acids, total trans-monoenoic....g	0.808		0	NC	4		0.687	1.406	
Fatty acids, total trans-polyenoic....g	0.011		0	NC	4		0.010	0.020	
Cholesterol....mg	102		6	AR	1		87	178	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.339		0	AR	1		0.288	0.590	
Threonine....g	1.422		0	AR	1		1.209	2.475	
Isoleucine....g	1.411		0	AR	1		1.199	2.455	
Leucine....g	2.603		0	AR	1		2.213	4.529	

NDB No. 23168

Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	2.909		0	AR	1		2.473	5.062	
Methionine....g	0.804		0	AR	1		0.683	1.398	
Cystine....g	0.304		0	AR	1		0.258	0.528	
Phenylalanine....g	1.206		0	AR	1		1.025	2.098	
Tyrosine....g	1.130		0	AR	1		0.960	1.966	
Valine....g	1.491		0	AR	1		1.268	2.595	
Arginine....g	2.029		0	AR	1		1.725	3.531	
Histidine....g	1.123		0	AR	1		0.954	1.954	
Alanine....g	1.806		0	AR	1		1.535	3.143	
Aspartic acid....g	2.922		0	AR	1		2.484	5.085	
Glutamic acid....g	4.934		0	AR	1		4.194	8.585	
Glycine....g	1.304		0	AR	1		1.108	2.269	
Proline....g	1.270		0	AR	1		1.080	2.210	
Serine....g	1.228		0	AR	1		1.044	2.137	
Hydroxyproline....g	0.140		0	BFPN	4		0.119	0.243	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 174g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23169

Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw

Refuse: 8% Connective tissue 1%, Separable fat 7%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	65.60		72	AR	1		55.76	174.50	
Energy kcal	206		0	NC	4		176	549	
Energy kJ	864		0	NC	4		734	2298	
Protein (N x 6.25) g	18.74		72	AR	1		15.93	49.84	
Total lipid (fat) g	14.53		72	AR	1		12.35	38.65	
Ash g	0.94		72	AR	1		0.80	2.50	
Carbohydrate, by difference g	0.19		0	NC	4		0.16	0.51	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	5		3	AR	1		5	14	
Iron, Fe mg	3.60		3	AR	1		3.06	9.58	
Magnesium, Mg mg	20		3	AR	1		17	54	
Phosphorus, P mg	148		3	AR	1		126	394	
Potassium, K mg	253		3	AR	1		215	672	
Sodium, Na mg	67		3	AR	1		57	178	
Zinc, Zn mg	4.95		3	AR	1		4.21	13.17	
Copper, Cu mg	0.181		3	AR	1		0.154	0.481	
Manganese, Mn mg	0.180		3	AR	1		0.153	0.480	
Selenium, Se µg	23.7		3	AR	1		20.1	63.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.110		2	AR	1		0.093	0.293	
Riboflavin mg	0.588		6	AR	1		0.500	1.564	
Niacin mg	4.251		6	AR	1		3.613	11.308	
Pantothenic acid mg	1.185		2	AR	1		1.007	3.152	
Vitamin B-6 mg	0.402		6	AR	1		0.342	1.070	
Folate, total µg	3		0	BFPN	4		3	8	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	3		0	BFPN	4		3	8	
Folate, DFE µg	3		0	NC	4		3	8	
Choline, total mg	58.7		2	AR	1		49.9	156.3	
Betaine mg	13.9		2	AR	1		11.8	36.9	
Vitamin B-12 µg	5.55		6	AR	1		4.72	14.78	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		2	6	
Retinol µg	2		0	BFSN	4		2	6	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	8		0	NC	4		7	21	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.14		6	AR	1		0.12	0.38	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	AS	1		0.1	0.4	
Vitamin D IU	6		0	BFFN	4		5	17	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	4.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23169

Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	5.618		0	NC	4		4.776	14.945	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.007		3	AR	1		0.006	0.018	
12:0....g	0.007		3	AR	1		0.006	0.019	
13:0....g									
14:0....g	0.333		6	AR	1		0.283	0.885	
15:0....g	0.055		3	AR	1		0.047	0.147	
16:0....g	2.888		6	AR	1		2.455	7.683	
17:0....g	0.178		6	AR	1		0.152	0.475	
18:0....g	2.129		6	AR	1		1.810	5.663	
20:0....g	0.008		6	AR	1		0.007	0.022	
22:0....g									
24:0....g	0.013		6	AR	1		0.011	0.033	
Fatty acids, total monounsaturated....g	6.082		0	NC	4		5.169	16.177	
14:1....g	0.060		6	AR	1		0.051	0.160	
15:1....g	0.065		3	AR	1		0.056	0.174	
16:1 undifferentiated....g	0.333		0	AS	1		0.283	0.885	
16:1 c....g	0.329		6	AR	1		0.280	0.875	
16:1 t....g	0.004		3	AR	1		0.003	0.010	
17:1....g	0.110		6	AR	1		0.094	0.293	
18:1 undifferentiated....g	5.492		0	AS	1		4.668	14.608	
18:1 c....g	4.763		6	AR	1		4.049	12.670	
18:1 t....g	0.729		6	AR	1		0.619	1.938	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.021		6	AR	1		0.018	0.056	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.766		0	NC	4		0.651	2.037	
18:2 undifferentiated....g	0.619		0	AS	1		0.526	1.646	
18:2 n-6 c,c....g	0.560		6	AR	1		0.476	1.489	
18:2 CLAs....g	0.048		6	AR	1		0.041	0.127	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.011		3	AR	1		0.010	0.030	
18:3 undifferentiated....g	0.023		0	AS	1		0.020	0.061	
18:3 n-3 c,c,c (ALA)....g	0.023		6	AR	1		0.020	0.061	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000		3	AR	1		0.000	0.000	
20:3 undifferentiated....g	0.024		0	AS	1		0.021	0.064	
20:3 n-3....g									
20:3 n-6....g	0.024		3	AR	1		0.021	0.064	
20:4 undifferentiated....g	0.079		6	AR	1		0.067	0.209	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.005		3	AR	1		0.004	0.014	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.014		3	AR	1		0.012	0.037	
22:6 n-3 (DHA)....g	0.002		6	AR	1		0.002	0.005	
Fatty acids, total trans....g	0.744		0	NC	4		0.632	1.979	
Fatty acids, total trans-monoenoic....g	0.732		0	NC	4		0.623	1.948	
Fatty acids, total trans-polyenoic....g	0.011		0	NC	4		0.010	0.030	
Cholesterol....mg	69		6	AR	1		59	184	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.230		0	AR	1		0.195	0.611	
Threonine....g	0.963		0	AR	1		0.818	2.561	
Isoleucine....g	0.955		0	AR	1		0.812	2.541	
Leucine....g	1.762		0	AR	1		1.498	4.687	

NDB No. 23169

Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	1.969		0	AR	1		1.674	5.238	
Methionine g	0.544		0	AR	1		0.462	1.447	
Cystine g	0.206		0	AR	1		0.175	0.547	
Phenylalanine g	0.816		0	AR	1		0.694	2.171	
Tyrosine g	0.765		0	AR	1		0.650	2.034	
Valine g	1.010		0	AR	1		0.858	2.685	
Arginine g	1.374		0	AR	1		1.168	3.654	
Histidine g	0.760		0	AR	1		0.646	2.022	
Alanine g	1.223		0	AR	1		1.039	3.252	
Aspartic acid g	1.978		0	AR	1		1.682	5.262	
Glutamic acid g	3.340		0	AR	1		2.839	8.884	
Glycine g	0.883		0	AR	1		0.750	2.348	
Proline g	0.860		0	AR	1		0.731	2.287	
Serine g	0.831		0	AR	1		0.707	2.211	
Hydroxyproline g	0.095		0	BFPN	4		0.080	0.252	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 266g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23170

Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled

URMIS #2428

Refuse: 4% Connective tissue 0.3%, Separable fat 3.3%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	51.62		48	AR	1		43.88	89.30	
Energy kcal	291		0	NC	4		247	503	
Energy kJ	1216		0	NC	4		1034	2104	
Protein (N x 6.25) g	27.03		48	AR	1		22.98	46.77	
Total lipid (fat) g	20.28		48	AR	1		17.24	35.08	
Ash g	1.28		48	AR	1		1.09	2.21	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	7		2	AR	1		6	13	
Iron, Fe mg	5.06		2	AR	1		4.30	8.75	
Magnesium, Mg mg	24		2	AR	1		21	42	
Phosphorus, P mg	185		2	AR	1		157	320	
Potassium, K mg	286		2	AR	1		243	494	
Sodium, Na mg	71		2	AR	1		61	123	
Zinc, Zn mg	7.12		2	AR	1		6.06	12.32	
Copper, Cu mg	0.210		2	AR	1		0.178	0.363	
Manganese, Mn mg	0.208		2	AR	1		0.177	0.360	
Selenium, Se µg	36.0		2	AR	1		30.6	62.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.130		1	AR	1		0.110	0.225	
Riboflavin mg	0.848		4	AR	1		0.721	1.468	
Niacin mg	4.927		4	AR	1		4.188	8.523	
Pantothenic acid mg	1.390		1	AR	1		1.181	2.405	
Vitamin B-6 mg	0.445		4	AR	1		0.378	0.769	
Folate, total µg	7		0	BFPN	4		6	11	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	7		0	BFPN	4		6	11	
Folate, DFE µg	7		0	NC	4		6	11	
Choline, total mg	79.9		1	AR	1		68.0	138.3	
Betaine mg	15.5		1	AR	1		13.2	26.8	
Vitamin B-12 µg	8.18		4	AR	1		6.95	14.15	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		1	3	
Retinol µg	2		0	BFSN	4		1	3	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	6		0	NC	4		5	10	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.09		4	AR	1		0.08	0.16	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	AS	1		0.2	0.3	
Vitamin D IU	8		0	BFFN	4		6	13	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	2.7	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23170

Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	7.035		0	NC	4		5.980	12.171	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.008		2	AR	1		0.007	0.015	
12:0....g	0.009		2	AR	1		0.008	0.016	
13:0....g									
14:0....g	0.412		4	AR	1		0.350	0.713	
15:0....g	0.070		2	AR	1		0.060	0.121	
16:0....g	3.706		4	AR	1		3.150	6.412	
17:0....g	0.233		4	AR	1		0.198	0.403	
18:0....g	2.569		4	AR	1		2.184	4.445	
20:0....g	0.005		4	AR	1		0.004	0.009	
22:0....g									
24:0....g	0.022		4	AR	1		0.019	0.038	
Fatty acids, total monounsaturated....g	7.979		0	NC	4		6.782	13.803	
14:1....g	0.079		4	AR	1		0.068	0.138	
15:1....g	0.099		2	AR	1		0.084	0.171	
16:1 undifferentiated....g	0.460		0	AS	1		0.391	0.796	
16:1 c....g	0.448		4	AR	1		0.381	0.775	
16:1 t....g	0.013		2	AR	1		0.011	0.022	
17:1....g	0.156		4	AR	1		0.133	0.270	
18:1 undifferentiated....g	7.168		0	AS	1		6.092	12.400	
18:1 c....g	6.318		4	AR	1		5.370	10.930	
18:1 t....g	0.849		4	AR	1		0.722	1.469	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.017		4	AR	1		0.014	0.029	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.128		0	NC	4		0.959	1.951	
18:2 undifferentiated....g	0.891		0	AS	1		0.758	1.542	
18:2 n-6 c,c....g	0.831		4	AR	1		0.706	1.437	
18:2 CLAs....g	0.051		4	AR	1		0.043	0.088	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.010		2	AR	1		0.009	0.018	
18:3 undifferentiated....g	0.020		0	AS	1		0.017	0.035	
18:3 n-3 c,c,c (ALA)....g	0.020		4	AR	1		0.017	0.035	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000		2	AR	1		0.000	0.000	
20:3 undifferentiated....g	0.038		0	AS	1		0.033	0.066	
20:3 n-3....g									
20:3 n-6....g	0.038		2	AR	1		0.033	0.066	
20:4 undifferentiated....g	0.150		4	AR	1		0.127	0.259	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003		2	AR	1		0.002	0.005	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.024		2	AR	1		0.021	0.042	
22:6 n-3 (DHA)....g	0.001		4	AR	1		0.001	0.002	
Fatty acids, total trans....g	0.872		0	NC	4		0.741	1.509	
Fatty acids, total trans-monoenoic....g	0.862		0	NC	4		0.733	1.491	
Fatty acids, total trans-polyenoic....g	0.010		0	NC	4		0.009	0.018	
Cholesterol....mg	105		4	AR	1		89	181	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.320		0	AR	1		0.272	0.553	
Threonine....g	1.328		0	AR	1		1.128	2.297	
Isoleucine....g	1.321		0	AR	1		1.123	2.286	
Leucine....g	2.421		0	AR	1		2.058	4.188	

NDB No. 23170

Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	2.696		0	AR	1		2.291	4.663	
Methionine....g	0.750		0	AR	1		0.638	1.298	
Cystine....g	0.281		0	AR	1		0.239	0.487	
Phenylalanine....g	1.125		0	AR	1		0.956	1.946	
Tyrosine....g	1.053		0	AR	1		0.895	1.821	
Valine....g	1.398		0	AR	1		1.188	2.418	
Arginine....g	1.886		0	AR	1		1.603	3.263	
Histidine....g	1.033		0	AR	1		0.878	1.788	
Alanine....g	1.685		0	AR	1		1.433	2.916	
Aspartic acid....g	2.717		0	AR	1		2.309	4.700	
Glutamic acid....g	4.607		0	AR	1		3.916	7.970	
Glycine....g	1.215		0	AR	1		1.032	2.101	
Proline....g	1.178		0	AR	1		1.002	2.039	
Serine....g	1.142		0	AR	1		0.971	1.976	
Hydroxyproline....g	0.137		0	BFPN	4		0.116	0.236	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 173g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23171

Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw

URMIS #2428

Refuse: 9% Connective tissue 1%, Separable fat 8%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	65.19		48	AR	1		55.41	174.71	
Energy kcal	212		0	NC	4		180	568	
Energy kJ	886		0	NC	4		753	2374	
Protein (N x 6.25) g	18.47		48	AR	1		15.70	49.49	
Total lipid (fat) g	15.26		48	AR	1		12.97	40.89	
Ash g	0.92		48	AR	1		0.78	2.46	
Carbohydrate, by difference g	0.17		0	NC	4		0.14	0.45	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	5		2	AR	1		5	14	
Iron, Fe mg	3.53		2	AR	1		3.00	9.47	
Magnesium, Mg mg	20		2	AR	1		17	54	
Phosphorus, P mg	147		2	AR	1		125	394	
Potassium, K mg	251		2	AR	1		213	672	
Sodium, Na mg	68		2	AR	1		58	182	
Zinc, Zn mg	4.74		2	AR	1		4.03	12.69	
Copper, Cu mg	0.182		2	AR	1		0.155	0.488	
Manganese, Mn mg	0.182		2	AR	1		0.154	0.487	
Selenium, Se µg	23.7		2	AR	1		20.1	63.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.110		1	AR	1		0.093	0.295	
Riboflavin mg	0.597		4	AR	1		0.507	1.599	
Niacin mg	4.212		4	AR	1		3.580	11.287	
Pantothenic acid mg	1.230		1	AR	1		1.046	3.296	
Vitamin B-6 mg	0.392		4	AR	1		0.333	1.051	
Folate, total µg	3		0	BFPN	4		3	8	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	3		0	BFPN	4		3	8	
Folate, DFE µg	3		0	NC	4		3	8	
Choline, total mg	58.0		1	AR	1		49.3	155.5	
Betaine mg	15.3		1	AR	1		13.0	40.9	
Vitamin B-12 µg	5.82		4	AR	1		4.95	15.59	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		2	6	
Retinol µg	2		0	BFSN	4		2	6	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	7		0	NC	4		6	19	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.16		4	AR	1		0.14	0.43	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	AS	1		0.1	0.4	
Vitamin D IU	6		0	BFFN	4		5	17	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	4.1	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23171

Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	5.798		0	NC	4		4.928	15.538	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.007		2	AR	1		0.006	0.018	
12:0....g	0.007		2	AR	1		0.006	0.019	
13:0....g									
14:0....g	0.340		4	AR	1		0.289	0.912	
15:0....g	0.058		2	AR	1		0.049	0.154	
16:0....g	2.988		4	AR	1		2.540	8.008	
17:0....g	0.193		4	AR	1		0.164	0.516	
18:0....g	2.185		4	AR	1		1.858	5.857	
20:0....g	0.007		4	AR	1		0.006	0.019	
22:0....g									
24:0....g	0.013		4	AR	1		0.011	0.035	
Fatty acids, total monounsaturated....g	6.363		0	NC	4		5.409	17.053	
14:1....g	0.062		4	AR	1		0.053	0.166	
15:1....g	0.067		2	AR	1		0.057	0.178	
16:1 undifferentiated....g	0.346		0	AS	1		0.294	0.928	
16:1 c....g	0.342		4	AR	1		0.291	0.917	
16:1 t....g	0.004		2	AR	1		0.003	0.011	
17:1....g	0.120		4	AR	1		0.102	0.321	
18:1 undifferentiated....g	5.749		0	AS	1		4.886	15.407	
18:1 c....g	4.995		4	AR	1		4.246	13.387	
18:1 t....g	0.754		4	AR	1		0.641	2.020	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.020		4	AR	1		0.017	0.054	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.797		0	NC	4		0.678	2.137	
18:2 undifferentiated....g	0.645		0	AS	1		0.548	1.729	
18:2 n-6 c,c....g	0.585		4	AR	1		0.497	1.567	
18:2 CLAs....g	0.049		4	AR	1		0.042	0.132	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.012		2	AR	1		0.010	0.031	
18:3 undifferentiated....g	0.024		0	AS	1		0.020	0.064	
18:3 n-3 c,c,c (ALA)....g	0.024		4	AR	1		0.020	0.064	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000		2	AR	1		0.000	0.000	
20:3 undifferentiated....g	0.025		0	AS	1		0.021	0.067	
20:3 n-3....g									
20:3 n-6....g	0.025		2	AR	1		0.021	0.067	
20:4 undifferentiated....g	0.080		4	AR	1		0.068	0.216	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.006		2	AR	1		0.005	0.017	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.014		2	AR	1		0.012	0.038	
22:6 n-3 (DHA)....g	0.002		4	AR	1		0.002	0.007	
Fatty acids, total trans....g	0.769		0	NC	4		0.654	2.062	
Fatty acids, total trans-monoenoic....g	0.758		0	NC	4		0.644	2.031	
Fatty acids, total trans-polyenoic....g	0.012		0	NC	4		0.010	0.031	
Cholesterol....mg	70		4	AR	1		59	187	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.218		0	AR	1		0.186	0.585	
Threonine....g	0.907		0	AR	1		0.771	2.430	
Isoleucine....g	0.903		0	AR	1		0.767	2.419	
Leucine....g	1.654		0	AR	1		1.406	4.432	

NDB No. 23171

Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	1.841		0	AR	1		1.565	4.935	
Methionine g	0.512		0	AR	1		0.436	1.373	
Cystine g	0.192		0	AR	1		0.163	0.515	
Phenylalanine g	0.769		0	AR	1		0.653	2.060	
Tyrosine g	0.719		0	AR	1		0.611	1.927	
Valine g	0.955		0	AR	1		0.812	2.559	
Arginine g	1.288		0	AR	1		1.095	3.453	
Histidine g	0.706		0	AR	1		0.600	1.892	
Alanine g	1.151		0	AR	1		0.979	3.086	
Aspartic acid g	1.856		0	AR	1		1.578	4.974	
Glutamic acid g	3.147		0	AR	1		2.675	8.434	
Glycine g	0.830		0	AR	1		0.705	2.224	
Proline g	0.805		0	AR	1		0.684	2.157	
Serine g	0.780		0	AR	1		0.663	2.091	
Hydroxyproline g	0.093		0	BFPN	4		0.079	0.250	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 268g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23172

Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled

URMIS #1613

Refuse: 4% Connective tissue 0%, Separable fat 4%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	53.31		24	AR	1		45.31	93.29	
Energy kcal	268		0	NC	4		228	470	
Energy kJ	1123		0	NC	4		955	1965	
Protein (N x 6.25) g	28.65		24	AR	1		24.35	50.13	
Total lipid (fat) g	17.10		24	AR	1		14.53	29.92	
Ash g	1.33		24	AR	1		1.13	2.32	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	8		1	AR	1		6	13	
Iron, Fe mg	5.46		1	AR	1		4.64	9.56	
Magnesium, Mg mg	26		1	AR	1		22	46	
Phosphorus, P mg	197		1	AR	1		167	345	
Potassium, K mg	284		1	AR	1		242	498	
Sodium, Na mg	70		1	AR	1		59	122	
Zinc, Zn mg	7.38		1	AR	1		6.27	12.91	
Copper, Cu mg	0.217		1	AR	1		0.184	0.380	
Manganese, Mn mg	0.217		1	AR	1		0.184	0.380	
Selenium, Se µg	36.0		1	AR	1		30.6	63.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.120		1	AR	1		0.102	0.210	
Riboflavin mg	0.860		2	AR	1		0.731	1.505	
Niacin mg	5.605		2	AR	1		4.764	9.809	
Pantothenic acid mg	1.330		1	AR	1		1.131	2.328	
Vitamin B-6 mg	0.479		2	AR	1		0.407	0.838	
Folate, total µg	7		0	BFPN	4		6	12	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	7		0	BFPN	4		6	12	
Folate, DFE µg	7		0	NC	4		6	12	
Choline, total mg	77.8		1	AR	1		66.2	136.2	
Betaine mg	14.7		1	AR	1		12.5	25.8	
Vitamin B-12 µg	7.53		2	AR	1		6.40	13.19	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	3		0	NC	4		2	5	
Retinol µg	3		0	BFSN	4		2	5	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	9		0	NC	4		7	15	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.07		2	AR	1		0.06	0.13	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	AS	1		0.1	0.3	
Vitamin D IU	7		0	BFFN	4		6	12	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	2.7	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23172

Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	6.132		0	NC	4		5.212	10.730	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.008		1	AR	1		0.007	0.014	
12:0....g	0.009		1	AR	1		0.007	0.015	
13:0....g									
14:0....g	0.359		2	AR	1		0.305	0.627	
15:0....g	0.058		1	AR	1		0.049	0.101	
16:0....g	3.175		2	AR	1		2.699	5.556	
17:0....g	0.167		2	AR	1		0.142	0.292	
18:0....g	2.331		2	AR	1		1.982	4.080	
20:0....g	0.008		2	AR	1		0.007	0.014	
22:0....g									
24:0....g	0.018		2	AR	1		0.015	0.031	
Fatty acids, total monounsaturated....g	6.639		0	NC	4		5.643	11.618	
14:1....g	0.070		2	AR	1		0.059	0.122	
15:1....g	0.104		1	AR	1		0.088	0.181	
16:1 undifferentiated....g	0.378		0	AS	1		0.322	0.662	
16:1 c....g	0.368		2	AR	1		0.313	0.645	
16:1 t....g	0.010		1	AR	1		0.008	0.017	
17:1....g	0.108		2	AR	1		0.092	0.189	
18:1 undifferentiated....g	5.965		0	AS	1		5.070	10.438	
18:1 c....g	5.248		2	AR	1		4.461	9.183	
18:1 t....g	0.717		2	AR	1		0.609	1.255	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.015		2	AR	1		0.012	0.026	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.003		0	NC	4		0.852	1.755	
18:2 undifferentiated....g	0.772		0	AS	1		0.656	1.352	
18:2 n-6 c,c....g	0.707		2	AR	1		0.601	1.237	
18:2 CLAs....g	0.053		2	AR	1		0.045	0.093	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.013		1	AR	1		0.011	0.022	
18:3 undifferentiated....g	0.028		0	AS	1		0.024	0.048	
18:3 n-3 c,c,c (ALA)....g	0.028		2	AR	1		0.024	0.048	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000		1	AR	1		0.000	0.000	
20:3 undifferentiated....g	0.040		0	AS	1		0.034	0.069	
20:3 n-3....g									
20:3 n-6....g	0.040		1	AR	1		0.034	0.069	
20:4 undifferentiated....g	0.130		2	AR	1		0.110	0.227	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.010		1	AR	1		0.009	0.018	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.023		1	AR	1		0.020	0.040	
22:6 n-3 (DHA)....g	0.000		2	AR	1		0.000	0.001	
Fatty acids, total trans....g	0.740		0	NC	4		0.629	1.294	
Fatty acids, total trans-monoenoic....g	0.727		0	NC	4		0.618	1.272	
Fatty acids, total trans-polyenoic....g	0.013		0	NC	4		0.011	0.022	
Cholesterol....mg	99		2	AR	1		84	173	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.374		0	AR	1		0.318	0.654	
Threonine....g	1.595		0	AR	1		1.356	2.791	
Isoleucine....g	1.580		0	AR	1		1.343	2.766	
Leucine....g	2.945		0	AR	1		2.504	5.154	

NDB No. 23172

Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	3.305		0	AR	1		2.809	5.783	
Methionine g	0.905		0	AR	1		0.769	1.584	
Cystine g	0.345		0	AR	1		0.293	0.603	
Phenylalanine g	1.351		0	AR	1		1.148	2.363	
Tyrosine g	1.279		0	AR	1		1.087	2.238	
Valine g	1.667		0	AR	1		1.417	2.917	
Arginine g	2.299		0	AR	1		1.954	4.023	
Histidine g	1.293		0	AR	1		1.099	2.263	
Alanine g	2.026		0	AR	1		1.722	3.545	
Aspartic acid g	3.305		0	AR	1		2.809	5.783	
Glutamic acid g	5.546		0	AR	1		4.714	9.705	
Glycine g	1.465		0	AR	1		1.246	2.565	
Proline g	1.451		0	AR	1		1.233	2.539	
Serine g	1.394		0	AR	1		1.185	2.439	
Hydroxyproline g	0.145		0	BFPN	4		0.123	0.253	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 175g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23173

Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw

URMIS #1613

Refuse: 8% Connective tissue 1%, Separable fat 7%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	66.22		24	AR	1		56.29	174.82	
Energy kcal	198		0	NC	4		169	524	
Energy kJ	830		0	NC	4		706	2191	
Protein (N x 6.25) g	19.14		24	AR	1		16.27	50.53	
Total lipid (fat) g	13.44		24	AR	1		11.43	35.49	
Ash g	0.97		24	AR	1		0.82	2.56	
Carbohydrate, by difference g	0.23		0	NC	4		0.19	0.60	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	6		1	AR	1		5	15	
Iron, Fe mg	3.80		1	AR	1		3.23	10.02	
Magnesium, Mg mg	21		1	AR	1		18	56	
Phosphorus, P mg	153		1	AR	1		130	404	
Potassium, K mg	260		1	AR	1		221	686	
Sodium, Na mg	65		1	AR	1		55	172	
Zinc, Zn mg	5.36		1	AR	1		4.55	14.14	
Copper, Cu mg	0.175		1	AR	1		0.149	0.462	
Manganese, Mn mg	0.175		1	AR	1		0.149	0.462	
Selenium, Se µg	24.0		1	AR	1		20.4	63.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.110		1	AR	1		0.093	0.290	
Riboflavin mg	0.575		2	AR	1		0.489	1.518	
Niacin mg	4.310		2	AR	1		3.663	11.378	
Pantothenic acid mg	1.140		1	AR	1		0.969	3.010	
Vitamin B-6 mg	0.417		2	AR	1		0.354	1.101	
Folate, total µg	3		0	BFPN	4		3	8	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	3		0	BFPN	4		3	8	
Folate, DFE µg	3		0	NC	4		3	8	
Choline, total mg	59.5		1	AR	1		50.5	157.0	
Betaine mg	12.4		1	AR	1		10.6	32.9	
Vitamin B-12 µg	5.16		2	AR	1		4.39	13.62	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	3		0	NC	4		2	7	
Retinol µg	3		0	BFSN	4		2	7	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	9		0	NC	4		7	23	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.12		2	AR	1		0.10	0.31	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	AS	1		0.1	0.4	
Vitamin D IU	6		0	BFFN	4		5	17	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	4.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23173

Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	5.349		0	NC	4		4.547	14.122	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.006		1	AR	1		0.005	0.017	
12:0....g	0.008		1	AR	1		0.006	0.020	
13:0....g									
14:0....g	0.322		2	AR	1		0.274	0.850	
15:0....g	0.051		1	AR	1		0.044	0.136	
16:0....g	2.739		2	AR	1		2.328	7.231	
17:0....g	0.157		2	AR	1		0.133	0.414	
18:0....g	2.045		2	AR	1		1.738	5.398	
20:0....g	0.010		2	AR	1		0.008	0.026	
22:0....g									
24:0....g	0.012		2	AR	1		0.010	0.031	
Fatty acids, total monounsaturated....g	5.659		0	NC	4		4.810	14.940	
14:1....g	0.058		2	AR	1		0.049	0.153	
15:1....g	0.064		1	AR	1		0.054	0.168	
16:1 undifferentiated....g	0.312		0	AS	1		0.266	0.825	
16:1 c....g	0.309		2	AR	1		0.263	0.816	
16:1 t....g	0.004		1	AR	1		0.003	0.009	
17:1....g	0.096		2	AR	1		0.082	0.254	
18:1 undifferentiated....g	5.107		0	AS	1		4.341	13.481	
18:1 c....g	4.416		2	AR	1		3.753	11.657	
18:1 t....g	0.691		2	AR	1		0.587	1.824	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.023		2	AR	1		0.019	0.060	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.718		0	NC	4		0.611	1.896	
18:2 undifferentiated....g	0.580		0	AS	1		0.493	1.530	
18:2 n-6 c,c....g	0.523		2	AR	1		0.444	1.380	
18:2 CLAs....g	0.046		2	AR	1		0.039	0.120	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.011		1	AR	1		0.010	0.030	
18:3 undifferentiated....g	0.022		0	AS	1		0.019	0.058	
18:3 n-3 c,c,c (ALA)....g	0.022		2	AR	1		0.019	0.058	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000		1	AR	1		0.000	0.000	
20:3 undifferentiated....g	0.023		0	AS	1		0.020	0.061	
20:3 n-3....g									
20:3 n-6....g	0.023		1	AR	1		0.020	0.061	
20:4 undifferentiated....g	0.075		2	AR	1		0.064	0.199	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.004		1	AR	1		0.003	0.009	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.014		1	AR	1		0.012	0.036	
22:6 n-3 (DHA)....g	0.001		2	AR	1		0.001	0.003	
Fatty acids, total trans....g	0.706		0	NC	4		0.600	1.863	
Fatty acids, total trans-monoenoic....g	0.694		0	NC	4		0.590	1.833	
Fatty acids, total trans-polyenoic....g	0.011		0	NC	4		0.010	0.030	
Cholesterol....mg	69		2	AR	1		59	182	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.250		0	AR	1		0.212	0.659	
Threonine....g	1.066		0	AR	1		0.906	2.813	
Isoleucine....g	1.056		0	AR	1		0.898	2.788	
Leucine....g	1.968		0	AR	1		1.673	5.195	

NDB No. 23173

Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.208		0	AR	1		1.877	5.829	
Methionine g	0.605		0	AR	1		0.514	1.597	
Cystine g	0.230		0	AR	1		0.196	0.608	
Phenylalanine g	0.902		0	AR	1		0.767	2.382	
Tyrosine g	0.854		0	AR	1		0.726	2.256	
Valine g	1.114		0	AR	1		0.947	2.940	
Arginine g	1.536		0	AR	1		1.306	4.055	
Histidine g	0.864		0	AR	1		0.734	2.281	
Alanine g	1.354		0	AR	1		1.151	3.573	
Aspartic acid g	2.208		0	AR	1		1.877	5.829	
Glutamic acid g	3.706		0	AR	1		3.150	9.783	
Glycine g	0.979		0	AR	1		0.832	2.585	
Proline g	0.970		0	AR	1		0.824	2.560	
Serine g	0.931		0	AR	1		0.792	2.458	
Hydroxyproline g	0.097		0	BFPN	4		0.082	0.255	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 264g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23540

Beef, plate, inside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Plate Skirt Steak

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	60.34		0	PAK	1		51.29	273.70	
Energy kcal	220		0	NC	4		187	999	
Energy kJ	922		0	NC	4		784	4182	
Protein (N x 6.25) g	26.13		0	PAK	1		22.21	118.53	
Total lipid (fat) g	12.05		0	PAK	1		10.25	54.68	
Ash g	1.07		0	PAK	1		0.91	4.85	
Carbohydrate, by difference g	0.00		0	PIK	4		0.00	0.00	
Fiber, total dietary g	0.0		0	PIK	4		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	11		0	PIK	4		9	50	
Iron, Fe mg	2.77		0	PIK	4		2.36	12.57	
Magnesium, Mg mg	24		0	PAK	1		20	107	
Phosphorus, P mg	230		0	PIK	4		196	1046	
Potassium, K mg	289		0	PAK	1		246	1312	
Sodium, Na mg	75		0	PIK	4		64	340	
Zinc, Zn mg	7.23		0	PAK	1		6.15	32.80	
Copper, Cu mg	0.093		0	PIK	4		0.079	0.424	
Manganese, Mn mg	0.000		0	PAK	1		0.000	0.001	
Selenium, Se µg	19.8		0	PIK	4		16.8	89.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0	0.0	
Thiamin mg	0.090		0	PIK	4		0.077	0.408	
Riboflavin mg	0.191		0	PIK	4		0.162	0.864	
Niacin mg	3.745		0	PIK	4		3.183	16.987	
Pantothenic acid mg	0.608		0	BFPN	4		0.516	2.756	
Vitamin B-6 mg	0.321		0	PIK	4		0.273	1.457	
Folate, total µg	7		0	PIK	4		6	32	
Folic acid µg	0		0	PIK	4		0	0	
Folate, food µg	7		0	PIK	4		6	32	
Folate, DFE µg	7		0	NC	4		6	32	
Choline, total mg	99.5		0	BFPN	4		84.6	451.4	
Betaine mg									
Vitamin B-12 µg	3.72		0	PIK	4		3.16	16.89	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	PIK	4		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.10		0	PIK	4		0.09	0.47	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23540

Beef, plate, inside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.666		0	PIK	4		3.966	21.165	
4:0....g	0.000		0	PAK	1		0.000	0.000	
6:0....g	0.000		0	PAK	1		0.000	0.000	
8:0....g	0.000		0	PAK	1		0.000	0.000	
10:0....g	0.009		0	PAK	1		0.008	0.041	
12:0....g	0.018		0	PAK	1		0.015	0.081	
13:0....g									
14:0....g	0.320		0	PAK	1		0.272	1.449	
15:0....g									
16:0....g	2.793		0	PAK	1		2.374	12.668	
17:0....g									
18:0....g	1.507		0	PAK	1		1.281	6.838	
20:0....g	0.019		0	PAK	1		0.016	0.088	
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.055		0	PIK	4		5.147	27.466	
14:1....g	0.087		0	PAK	1		0.074	0.395	
15:1....g									
16:1 undifferentiated....g	0.394		0	PAK	1		0.335	1.787	
17:1....g									
18:1 undifferentiated....g	5.568		0	PAK	1		4.733	25.259	
20:1....g	0.006		0	PAK	1		0.005	0.026	
22:1 undifferentiated....g	0.000		0	PAK	1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.436		0	PIK	4		0.371	1.978	
18:2 undifferentiated....g	0.344		0	PAK	1		0.292	1.559	
18:3 undifferentiated....g	0.063		0	PAK	1		0.054	0.288	
18:4....g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.029		0	PAK	1		0.025	0.132	
20:5 n-3 (EPA)....g	0.000		0	PAK	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	PAK	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	60		0	PAK	1		51	273	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.282		0	PAK	1		0.240	1.280	
Threonine....g	1.207		0	PAK	1		1.026	5.474	
Isoleucine....g	1.347		0	PAK	1		1.145	6.110	
Leucine....g	2.307		0	PAK	1		1.961	10.464	
Lysine....g	2.449		0	PAK	1		2.081	11.107	
Methionine....g	0.740		0	PAK	1		0.629	3.358	
Cystine....g	0.281		0	PAK	1		0.239	1.273	
Phenylalanine....g	1.132		0	PAK	1		0.962	5.132	
Tyrosine....g	0.957		0	PAK	1		0.813	4.339	
Valine....g	1.411		0	PAK	1		1.199	6.401	
Arginine....g	1.759		0	PAK	1		1.495	7.979	
Histidine....g	0.843		0	PAK	1		0.717	3.824	
Alanine....g	1.579		0	PAK	1		1.342	7.164	
Aspartic acid....g	2.602		0	PAK	1		2.212	11.802	
Glutamic acid....g	4.185		0	PAK	1		3.557	18.984	
Glycine....g	1.245		0	PAK	1		1.058	5.646	
Proline....g	1.105		0	PAK	1		0.940	5.014	
Serine....g	1.048		0	PAK	1		0.891	4.753	
Hydroxyproline....g	0.119		0	PAK	1		0.101	0.540	
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	
Caffeine....mg	0		0	PIK	4		0	0	

NDB No. 23540

Beef, plate, inside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13977

Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Plate Skirt Steak

Refuse: 3% Bone and heavy connective tissue, 0%, separable fat, 3%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	61.77	0.805	7	A	1		52.50		
Energy kcal	205		0	NC	4		174		
Energy kJ	856		0	NC	4		728		
Protein (N x 6.25) g	26.66	0.677	7	A	1		22.66		
Total lipid (fat) g	10.06	0.952	7	A	1		8.55		
Ash g	1.09	0.038	7	A	1		0.93		
Carbohydrate, by difference g	0.00		0	Z	7		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	11		0	BFNY	4		9		
Iron, Fe mg	2.83		0	BFNY	4		2.40		
Magnesium, Mg mg	24		2	A	1		21		
Phosphorus, P mg	236		0	BFNY	4		200		
Potassium, K mg	295		2	A	1		251		
Sodium, Na mg	76		0	BFNY	4		65		
Zinc, Zn mg	7.43		2	A	1		6.32		
Copper, Cu mg	0.095		0	BFNY	4		0.081		
Manganese, Mn mg									
Selenium, Se µg	19.9		0	BFNN	4		16.9		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.092		0	BFPY	4		0.078		
Riboflavin mg	0.194		0	BFPY	4		0.165		
Niacin mg	3.820		0	BFPY	4		3.247		
Pantothenic acid mg									
Vitamin B-6 mg	0.327		0	BFPY	4		0.278		
Folate, total µg	7		0	BFPY	4		6		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	7		0	BFPY	4		6		
Folate, DFE µg	7		0	NC	4		6		
Choline, total mg	101.5		0	BFPN	4		86.3		
Betaine mg									
Vitamin B-12 µg	3.80		0	BFPY	4		3.23		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	0		0	AS	1		0		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	0		0	AS	1		0		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.11		0	NR	4		0.09		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13977

Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.850		0	NC	4		3.273		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g									
12:0....g	0.010	0.000	4	A	1		0.009		
13:0....g									
14:0....g	0.250	0.050	4	A	1		0.213		
15:0....g									
16:0....g	2.280	0.265	4	A	1		1.938		
17:0....g									
18:0....g	1.290	0.135	4	A	1		1.097		
20:0....g	0.020	0.005	4	A	1		0.017		
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.220		0	NC	4		4.437		
14:1....g	0.090	0.020	4	A	1		0.077		
15:1....g									
16:1 undifferentiated....g	0.300	0.055	4	A	1		0.255		
17:1....g									
18:1 undifferentiated....g	4.830	0.725	4	A	1		4.106		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.360		0	NC	4		0.306		
18:2 undifferentiated....g	0.300	0.035	4	A	1		0.255		
18:3 undifferentiated....g	0.030	0.005	4	A	1		0.026		
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.030	0.005	4	A	1		0.026		
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	85		0	BFSN	4		72		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.288		0	A	1		0.245		
Threonine....g	1.232		0	A	1		1.047		
Isoleucine....g	1.377		0	A	1		1.170		
Leucine....g	2.357		0	A	1		2.003		
Lysine....g	2.502		0	A	1		2.127		
Methionine....g	0.756		0	A	1		0.643		
Cystine....g	0.286		0	A	1		0.243		
Phenylalanine....g	1.156		0	A	1		0.983		
Tyrosine....g	0.977		0	A	1		0.831		
Valine....g	1.442		0	A	1		1.225		
Arginine....g	1.796		0	A	1		1.527		
Histidine....g	0.859		0	A	1		0.731		
Alanine....g	1.611		0	A	1		1.370		
Aspartic acid....g	2.658		0	A	1		2.259		
Glutamic acid....g	4.274		0	A	1		3.633		
Glycine....g	1.267		0	A	1		1.077		
Proline....g	1.127		0	A	1		0.958		
Serine....g	1.070		0	A	1		0.909		
Hydroxyproline....g	0.123		0	BFPN	4		0.105		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 13977

Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate**3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23541

Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Plate Skirt Steak

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	57.16		0	PAK	1		48.59	259.30	
Energy kcal	255		0	NC	4		217	1156	
Energy kJ	1067		0	NC	4		907	4840	
Protein (N x 6.25) g	23.51		0	PAK	1		19.98	106.65	
Total lipid (fat) g	17.13		0	PAK	1		14.56	77.72	
Ash g	0.93		0	PAK	1		0.79	4.20	
Carbohydrate, by difference g	0.00		0	PIK	4		0.00	0.00	
Fiber, total dietary g	0.0		0	PIK	4		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	11		0	PIK	4		9	48	
Iron, Fe mg	2.58		0	PIK	4		2.19	11.70	
Magnesium, Mg mg	24		0	PAK	1		20	108	
Phosphorus, P mg	214		0	PIK	4		182	972	
Potassium, K mg	379		0	PIK	4		323	1721	
Sodium, Na mg	92		0	PAK	1		78	416	
Zinc, Zn mg	5.51		0	PAK	1		4.68	24.98	
Copper, Cu mg	0.087		0	PIK	4		0.074	0.395	
Manganese, Mn mg	0.000		0	PAK	1		0.000	0.002	
Selenium, Se µg	18.6		0	PIK	4		15.8	84.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0	0.0	
Thiamin mg	0.115		0	PIK	4		0.098	0.521	
Riboflavin mg	0.190		0	PIK	4		0.162	0.863	
Niacin mg	4.193		0	PIK	4		3.564	19.021	
Pantothenic acid mg	1.155		0	BFPN	4		0.982	5.240	
Vitamin B-6 mg	0.477		0	PIK	4		0.406	2.166	
Folate, total µg	7		0	PIK	4		6	34	
Folic acid µg	0		0	PIK	4		0	0	
Folate, food µg	7		0	PIK	4		6	34	
Folate, DFE µg	7		0	NC	4		6	34	
Choline, total mg	89.5		0	BFPN	4		76.1	406.2	
Betaine mg									
Vitamin B-12 µg	4.17		0	PIK	4		3.54	18.92	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	PIK	4		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.11		0	PIK	4		0.09	0.49	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23541

Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	7.083		0	PIK	4		6.021	32.128	
4:0....g	0.000		0	PAK	1		0.000	0.000	
6:0....g	0.000		0	PAK	1		0.000	0.000	
8:0....g	0.000		0	PAK	1		0.000	0.000	
10:0....g	0.013		0	PAK	1		0.011	0.061	
12:0....g	0.022		0	PAK	1		0.019	0.099	
13:0....g									
14:0....g	0.373		0	PAK	1		0.317	1.691	
15:0....g									
16:0....g	3.853		0	PAK	1		3.275	17.478	
17:0....g									
18:0....g	2.793		0	PAK	1		2.374	12.670	
20:0....g	0.029		0	PAK	1		0.024	0.129	
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.520		0	PIK	4		7.242	38.645	
14:1....g	0.086		0	PAK	1		0.073	0.388	
15:1....g									
16:1 undifferentiated....g	0.412		0	PAK	1		0.350	1.868	
17:1....g									
18:1 undifferentiated....g	8.014		0	PAK	1		6.812	36.351	
20:1....g	0.008		0	PAK	1		0.007	0.038	
22:1 undifferentiated....g	0.000		0	PAK	1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.702		0	PIK	4		0.596	3.183	
18:2 undifferentiated....g	0.546		0	PAK	1		0.464	2.476	
18:3 undifferentiated....g	0.108		0	PAK	1		0.092	0.492	
18:4....g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.048		0	PAK	1		0.040	0.216	
20:5 n-3 (EPA)....g	0.000		0	PAK	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	PAK	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	59		0	PAK	1		51	270	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.254		0	PAK	1		0.216	1.152	
Threonine....g	1.085		0	PAK	1		0.923	4.923	
Isoleucine....g	1.211		0	PAK	1		1.029	5.491	
Leucine....g	2.074		0	PAK	1		1.763	9.406	
Lysine....g	2.201		0	PAK	1		1.871	9.984	
Methionine....g	0.666		0	PAK	1		0.566	3.019	
Cystine....g	0.253		0	PAK	1		0.215	1.146	
Phenylalanine....g	1.017		0	PAK	1		0.865	4.614	
Tyrosine....g	0.860		0	PAK	1		0.731	3.902	
Valine....g	1.269		0	PAK	1		1.078	5.754	
Arginine....g	1.582		0	PAK	1		1.345	7.176	
Histidine....g	0.759		0	PAK	1		0.645	3.443	
Alanine....g	1.421		0	PAK	1		1.208	6.446	
Aspartic acid....g	2.339		0	PAK	1		1.989	10.612	
Glutamic acid....g	3.764		0	PAK	1		3.199	17.072	
Glycine....g	1.121		0	PAK	1		0.953	5.087	
Proline....g	0.995		0	PAK	1		0.846	4.514	
Serine....g	0.942		0	PAK	1		0.801	4.275	
Hydroxyproline....g	0.106		0	PAK	1		0.090	0.482	
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	
Caffeine....mg	0		0	PIK	4		0	0	

NDB No. 23541

Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13979

Beef, plate, outside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Plate Skirt Steak

Refuse: 5% Bone and heavy connective tissue, 0%, separable fat, 5%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	59.17	0.896	7	A	1		50.29		
Energy kcal	233		0	NC	4		198		
Energy kJ	974		0	NC	4		828		
Protein (N x 6.25) g	24.18	0.881	7	A	1		20.55		
Total lipid (fat) g	14.37	1.516	7	A	1		12.21		
Ash g	0.95	0.113	7	A	1		0.81		
Carbohydrate, by difference g	0.00		0	Z	7		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	10		0	BFNY	4		9		
Iron, Fe mg	2.66		0	BFNY	4		2.26		
Magnesium, Mg mg	25		2	A	1		21		
Phosphorus, P mg	221		0	BFNY	4		188		
Potassium, K mg	393		0	BFNY	4		334		
Sodium, Na mg	94		2	A	1		80		
Zinc, Zn mg	5.72		2	A	1		4.86		
Copper, Cu mg	0.089		0	BFNY	4		0.076		
Manganese, Mn mg									
Selenium, Se µg	18.7		0	BFNN	4		15.9		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.119		0	BFPN	4		0.101		
Riboflavin mg	0.195		0	BFPN	4		0.166		
Niacin mg	4.331		0	BFPN	4		3.681		
Pantothenic acid mg									
Vitamin B-6 mg	0.495		0	BFPN	4		0.421		
Folate, total µg	8		0	BFPN	4		6		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	8		0	BFPN	4		6		
Folate, DFE µg	8		0	NC	4		6		
Choline, total mg	92.1		0	BFPN	4		78.3		
Betaine mg									
Vitamin B-12 µg	4.30		0	BFPN	4		3.66		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	0		0	AS	1		0		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	0		0	AS	1		0		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.11		0	NR	4		0.10		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13979

Beef, plate, outside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	5.970		0	NC	4		5.075		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g									
12:0....g	0.010	0.000	4	A	1		0.009		
13:0....g									
14:0....g	0.270	0.045	4	A	1		0.230		
15:0....g									
16:0....g	3.130	0.460	4	A	1		2.661		
17:0....g									
18:0....g	2.530	0.320	4	A	1		2.151		
20:0....g	0.030	0.010	4	A	1		0.026		
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.380		0	NC	4		6.273		
14:1....g	0.090	0.020	4	A	1		0.077		
15:1....g									
16:1 undifferentiated....g	0.270	0.045	4	A	1		0.230		
17:1....g									
18:1 undifferentiated....g	7.020	0.825	4	A	1		5.967		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.600		0	NC	4		0.510		
18:2 undifferentiated....g	0.490	0.020	4	A	1		0.417		
18:3 undifferentiated....g	0.060	0.020	4	A	1		0.051		
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.050	0.010	4	A	1		0.043		
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	91		0	BFSN	4		77		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.261		0	A	1		0.222		
Threonine....g	1.118		0	A	1		0.950		
Isoleucine....g	1.249		0	A	1		1.061		
Leucine....g	2.138		0	A	1		1.817		
Lysine....g	2.269		0	A	1		1.929		
Methionine....g	0.686		0	A	1		0.583		
Cystine....g	0.260		0	A	1		0.221		
Phenylalanine....g	1.048		0	A	1		0.891		
Tyrosine....g	0.886		0	A	1		0.753		
Valine....g	1.308		0	A	1		1.111		
Arginine....g	1.629		0	A	1		1.385		
Histidine....g	0.779		0	A	1		0.663		
Alanine....g	1.462		0	A	1		1.242		
Aspartic acid....g	2.410		0	A	1		2.049		
Glutamic acid....g	3.876		0	A	1		3.295		
Glycine....g	1.150		0	A	1		0.977		
Proline....g	1.022		0	A	1		0.869		
Serine....g	0.970		0	A	1		0.825		
Hydroxyproline....g	0.112		0	BFPN	4		0.095		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 13979

Beef, plate, outside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate**3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13020
Beef, retail cuts, separable fat, cooked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	18.58	0.610	6	A	1		5.27	15.79	
Energy kcal	680		0	NC	4		193	578	
Energy kJ	2845		0		4		807	2418	
Protein (N x 6.25) g	10.65	0.424	6	A	1		3.02	9.05	
Total lipid (fat) g	70.33	0.857	6	A	1		19.94	59.78	
Ash g	0.45	0.610	6	A	1		0.13	0.38	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	19	1.744	4	A	1		5	16	
Iron, Fe mg	1.08	0.065	4	A	1		0.31	0.92	
Magnesium, Mg mg	6	0.171	4	A	1		2	5	
Phosphorus, P mg	64	1.577	4	A	1		18	54	
Potassium, K mg	99	1.947	4	A	1		28	84	
Sodium, Na mg	23	1.069	4	A	1		7	20	
Zinc, Zn mg	1.24	0.054	4	A	1		0.35	1.06	
Copper, Cu mg	0.040	0.002	4	A	1		0.011	0.034	
Manganese, Mn mg	0.000		1	A	1		0.000	0.000	
Selenium, Se µg	8.3	1.148	4	A	1		2.4	7.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.030	0.001	4	A	1		0.009	0.026	
Riboflavin mg	0.046	0.001	4	A	1		0.013	0.039	
Niacin mg	1.528	0.038	4	A	1		0.433	1.298	
Pantothenic acid mg	0.221		1	A	1		0.063	0.188	
Vitamin B-6 mg	0.140	0.007	4	A	1		0.040	0.119	
Folate, total µg	0		1	A	1		0	0	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	0		1	A	1		0	0	
Folate, DFE µg	0		0	NC	4		0	0	
Choline, total mg	56.1		0	BFPN	4		15.9	47.7	
Betaine mg	2.2		0	BFPN	4		0.6	1.9	
Vitamin B-12 µg	0.90	0.081	4	A	1		0.26	0.77	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		1	A	1		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.00		1	A	1		0.00	0.00	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma mg	0.00		1	A	1		0.00	0.00	
Tocopherol, delta mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.4		1	AS	1		0.1	0.3	
Vitamin D IU	15		1	A	1		4	13	
Vitamin K (phylloquinone) µg	3.1		0	CASN	4		0.9	2.6	
Dihydrophylloquinone µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4 µg									

NDB No. 13020
Beef, retail cuts, separable fat, cooked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	28.500		0		1		8.080	24.225	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.270		33		1		0.077	0.230	
12:0....g	0.250		33		1		0.071	0.213	
13:0....g									
14:0....g	2.350		33		1		0.666	1.998	
15:0....g									
16:0....g	17.770		33		1		5.038	15.105	
17:0....g									
18:0....g	7.860		33		1		2.228	6.681	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	30.450		0		1		8.633	25.883	
14:1....g									
15:1....g									
16:1 undifferentiated....g	3.140		33		1		0.890	2.669	
17:1....g									
18:1 undifferentiated....g	27.140		33		1		7.694	23.069	
20:1....g	0.170		33		1		0.048	0.145	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.660		0		1		0.754	2.261	
18:2 undifferentiated....g	1.620		33		1		0.459	1.377	
18:3 undifferentiated....g	1.040		33		1		0.295	0.884	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		33		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		1	AR	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.015		1	AR	1		0.004	0.013	
22:6 n-3 (DHA)....g	0.000		1	AR	1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	95	3.877	6		1		27	81	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.070		0	A	1		0.020	0.059	
Threonine....g	0.425		0	A	1		0.121	0.362	
Isoleucine....g	0.485		0	A	1		0.137	0.412	
Leucine....g	0.847		0	A	1		0.240	0.720	
Lysine....g	0.900		0	A	1		0.255	0.765	
Methionine....g	0.277		0	A	1		0.079	0.236	
Cystine....g	0.137		0	A	1		0.039	0.117	
Phenylalanine....g	0.421		0	A	1		0.119	0.358	
Tyrosine....g	0.339		0	A	1		0.096	0.288	
Valine....g	0.528		0	A	1		0.150	0.449	
Arginine....g	0.689		0	A	1		0.195	0.585	
Histidine....g	0.340		0	A	1		0.096	0.289	
Alanine....g	0.647		0	A	1		0.184	0.550	
Aspartic acid....g	0.970		0	A	1		0.275	0.825	
Glutamic acid....g	1.599		0	A	1		0.453	1.359	
Glycine....g	0.648		0	A	1		0.184	0.551	
Proline....g	0.508		0	A	1		0.144	0.432	
Serine....g	0.420		0	A	1		0.119	0.357	
Hydroxyproline....g	0.112		0	BFPN	4		0.032	0.095	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13020
Beef, retail cuts, separable fat, cooked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13019
Beef, retail cuts, separable fat, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	20.21	0.277	12	A	1		5.73	22.84	
Energy kcal	674		0	NC	4		191	762	
Energy kJ	2820		0		4		799	3187	
Protein (N x 6.25) g	8.21	0.206	6	A	1		2.33	9.28	
Total lipid (fat) g	70.89	0.415	12	A	1		20.10	80.11	
Ash g	0.28	0.012	6	A	1		0.08	0.32	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	26	7.306	4	A	1		7	30	
Iron, Fe mg	0.72	0.031	4	A	1		0.20	0.81	
Magnesium, Mg mg	5	0.210	4	A	1		2	6	
Phosphorus, P mg	61	4.555	4	A	1		17	68	
Potassium, K mg	96	2.967	4	A	1		27	108	
Sodium, Na mg	26	1.192	4	A	1		7	30	
Zinc, Zn mg	0.82	0.030	4	A	1		0.23	0.92	
Copper, Cu mg	0.028	0.003	4	A	1		0.008	0.032	
Manganese, Mn mg	0.000		4	A	1		0.000	0.000	
Selenium, Se µg	6.6	1.819	4	A	1		1.9	7.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.030	0.001	4	A	1		0.009	0.034	
Riboflavin mg	0.037	0.001	4	A	1		0.011	0.042	
Niacin mg	1.437	0.079	4	A	1		0.407	1.624	
Pantothenic acid mg	0.163		1	A	1		0.046	0.184	
Vitamin B-6 mg	0.108	0.008	4	A	1		0.031	0.122	
Folate, total µg	0		1	A	1		0	0	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	0		1	A	1		0	0	
Folate, DFE µg	0		0	NC	4		0	0	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.73	0.089	4	A	1		0.21	0.82	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		1	A	1		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.00		1	A	1		0.00	0.00	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma mg	0.00		1	A	1		0.00	0.00	
Tocopherol, delta mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.3		1	AS	1		0.1	0.3	
Vitamin D IU	11		1	A	1		3	13	
Vitamin K (phylloquinone) µg	3.4		0	BFSN	4		1.0	3.8	
Dihydrophylloquinone µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4 µg									

NDB No. 13019
Beef, retail cuts, separable fat, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	29.450		0		1		8.349	33.279	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.310		73		1		0.088	0.350	
12:0....g	0.210		86		1		0.060	0.237	
13:0....g									
14:0....g	2.390		500		1		0.678	2.701	
15:0....g									
16:0....g	17.730		513		1		5.026	20.035	
17:0....g									
18:0....g	8.810		517		1		2.498	9.955	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	30.940		0		1		8.771	34.962	
14:1....g									
15:1....g									
16:1 undifferentiated....g	3.880		513		1		1.100	4.384	
17:1....g									
18:1 undifferentiated....g	26.950		517		1		7.640	30.454	
20:1....g	0.110		11		1		0.031	0.124	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.560		0		1		0.726	2.893	
18:2 undifferentiated....g	1.490		503		1		0.422	1.684	
18:3 undifferentiated....g	1.070		169		1		0.303	1.209	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		19		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	99	3.923	13		1		28	112	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.054		0	NR	4		0.015	0.061	
Threonine....g	0.328		0	NR	4		0.093	0.371	
Isoleucine....g	0.374		0	NR	4		0.106	0.422	
Leucine....g	0.653		0	NR	4		0.185	0.738	
Lysine....g	0.694		0	NR	4		0.197	0.784	
Methionine....g	0.214		0	NR	4		0.061	0.242	
Cystine....g	0.106		0	NR	4		0.030	0.120	
Phenylalanine....g	0.324		0	NR	4		0.092	0.366	
Tyrosine....g	0.262		0	NR	4		0.074	0.296	
Valine....g	0.407		0	NR	4		0.115	0.460	
Arginine....g	0.531		0	NR	4		0.151	0.600	
Histidine....g	0.262		0	NR	4		0.074	0.296	
Alanine....g	0.499		0	NR	4		0.142	0.564	
Aspartic acid....g	0.748		0	NR	4		0.212	0.845	
Glutamic acid....g	1.233		0	NR	4		0.349	1.393	
Glycine....g	0.500		0	NR	4		0.142	0.565	
Proline....g	0.391		0	NR	4		0.111	0.442	
Serine....g	0.323		0	NR	4		0.092	0.365	
Hydroxyproline....g	0.086		0	BFPN	4		0.024	0.097	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13019
Beef, retail cuts, separable fat, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23191

Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted

Refuse: 16% Bone and connective tissue 16%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	53.29	1.149	35	AR	1		45.30	1135.14	
Energy kcal	300		0	NC	4		255	6391	
Energy kJ	1255		0	NC	4		1067	26732	
Protein (N x 6.25) g	23.47	0.656	35	AR	1		19.95	499.81	
Total lipid (fat) g	22.91	1.877	35	AR	1		19.47	487.97	
Ash g	0.94	0.023	35	AR	1		0.80	20.02	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	13	0.366	6	AR	1		11	284	
Iron, Fe mg	2.14	0.045	6	AR	1		1.82	45.61	
Magnesium, Mg mg	21	0.535	6	AR	1		18	449	
Phosphorus, P mg	152	2.406	6	AR	1		129	3227	
Potassium, K mg	263	7.192	6	AR	1		224	5610	
Sodium, Na mg	63	2.039	6	AR	1		53	1339	
Zinc, Zn mg	5.35	0.123	6	AR	1		4.55	113.99	
Copper, Cu mg	0.076	0.002	6	AR	1		0.065	1.619	
Manganese, Mn mg	0.076	0.002	6	AR	1		0.065	1.619	
Selenium, Se µg	23.9	0.783	6	AR	1		20.3	509.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.084		2	AR	1		0.071	1.785	
Riboflavin mg	0.297	0.023	6	AR	1		0.252	6.324	
Niacin mg	4.808	0.086	6	AR	1		4.087	102.413	
Pantothenic acid mg	0.614		2	AR	1		0.522	13.087	
Vitamin B-6 mg	0.475	0.019	6	AR	1		0.403	10.107	
Folate, total µg	6		0	BFPN	4		5	121	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	6		0	BFPN	4		5	121	
Folate, DFE µg	6		0	NC	4		5	121	
Choline, total mg	48.5		2	AR	1		41.2	1032.1	
Betaine mg	14.1		2	AR	1		12.0	300.9	
Vitamin B-12 µg	2.07	0.108	6	AR	1		1.76	44.18	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	8		0	NC	4		7	166	
Retinol µg	8		0	BFSN	4		7	166	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	26		0	NC	4		22	554	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.10	0.004	6	AR	1		0.08	2.11	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	AS	1		0.1	3.4	
Vitamin D IU	6		0	BFFN	4		5	137	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	33.5	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23191

Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	9.883		0	NC	4		8.400	210.506	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.017	0.000	3	AR	1		0.014	0.356	
12:0....g	0.019	0.000	3	AR	1		0.016	0.400	
13:0....g									
14:0....g	0.661	0.065	6	AR	1		0.562	14.073	
15:0....g	0.135	0.000	3	AR	1		0.115	2.880	
16:0....g	5.269	0.440	6	AR	1		4.478	112.219	
17:0....g	0.303	0.028	6	AR	1		0.257	6.443	
18:0....g	3.452	0.284	6	AR	1		2.934	73.530	
20:0....g	0.017	0.002	6	AR	1		0.015	0.368	
22:0....g									
24:0....g	0.011	0.001	6	AR	1		0.009	0.236	
Fatty acids, total monounsaturated....g	10.824		0	NC	4		9.200	230.547	
14:1....g	0.140	0.015	6	AR	1		0.119	2.982	
15:1....g	0.044	0.000	3	AR	1		0.037	0.929	
16:1 undifferentiated....g	0.740		0	AS	1		0.629	15.758	
16:1 c....g	0.680	0.036	6	AR	1		0.578	14.478	
16:1 t....g	0.060	0.000	3	AR	1		0.051	1.280	
17:1....g	0.192	0.014	6	AR	1		0.163	4.083	
18:1 undifferentiated....g	9.658		0	AS	1		8.209	205.720	
18:1 c....g	8.336	0.528	6	AR	1		7.085	177.546	
18:1 t....g	1.323	0.137	6	AR	1		1.124	28.174	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.051	0.002	6	AR	1		0.043	1.076	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.036		0	NC	4		0.881	22.075	
18:2 undifferentiated....g	0.899		0	AS	1		0.764	19.149	
18:2 n-6 c,c....g	0.707	0.035	6	AR	1		0.601	15.061	
18:2 CLAs....g	0.102	0.010	6	AR	1		0.086	2.162	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.090	0.000	3	AR	1		0.077	1.926	
18:3 undifferentiated....g	0.038		0	AS	1		0.032	0.803	
18:3 n-3 c,c,c (ALA)....g	0.038	0.002	6	AR	1		0.032	0.803	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.005	0.000	3	AR	1		0.004	0.098	
20:3 undifferentiated....g	0.025		0	AS	1		0.021	0.526	
20:3 n-3....g									
20:3 n-6....g	0.025	0.000	3	AR	1		0.021	0.526	
20:4 undifferentiated....g	0.055	0.005	6	AR	1		0.047	1.167	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003	0.000	3	AR	1		0.002	0.055	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.012	0.000	3	AR	1		0.011	0.264	
22:6 n-3 (DHA)....g	0.001	0.000	6	AR	1		0.001	0.013	
Fatty acids, total trans....g	1.473		0	NC	4		1.252	31.379	
Fatty acids, total trans-monoenoic....g	1.383		0	NC	4		1.175	29.454	
Fatty acids, total trans-polyenoic....g	0.090		0	NC	4		0.077	1.926	
Cholesterol....mg	82	1.493	6	AR	1		69	1738	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.263		0	AR	1		0.223	5.593	
Threonine....g	1.106		0	AR	1		0.940	23.556	
Isoleucine....g	1.093		0	AR	1		0.929	23.282	
Leucine....g	2.022		0	AR	1		1.719	43.079	

NDB No. 23191

Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	2.248		0	AR	1		1.911	47.876	
Methionine....g	0.635		0	AR	1		0.540	13.523	
Cystine....g	0.239		0	AR	1		0.203	5.092	
Phenylalanine....g	0.941		0	AR	1		0.800	20.045	
Tyrosine....g	0.874		0	AR	1		0.743	18.623	
Valine....g	1.173		0	AR	1		0.997	24.981	
Arginine....g	1.598		0	AR	1		1.358	34.034	
Histidine....g	0.879		0	AR	1		0.748	18.733	
Alanine....g	1.455		0	AR	1		1.237	30.987	
Aspartic acid....g	2.286		0	AR	1		1.943	48.698	
Glutamic acid....g	3.837		0	AR	1		3.261	81.720	
Glycine....g	1.154		0	AR	1		0.981	24.591	
Proline....g	1.053		0	AR	1		0.895	22.423	
Serine....g	0.966		0	AR	1		0.821	20.579	
Hydroxyproline....g	0.160		0	BFPN	4		0.136	3.415	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 2130g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23189

Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

URMIS #2008

Refuse: 16% Bone and connective tissue 16%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	52.38	1.199	24	AR	1		44.52	1070.62	
Energy kcal	307		0	NC	4		261	6268	
Energy kJ	1283		0	NC	4		1091	26225	
Protein (N x 6.25) g	23.53	0.670	24	AR	1		20.00	481.02	
Total lipid (fat) g	23.61	1.928	24	AR	1		20.07	482.69	
Ash g	0.91	0.028	24	AR	1		0.77	18.57	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	13	0.455	4	AR	1		11	267	
Iron, Fe mg	2.15	0.056	4	AR	1		1.82	43.88	
Magnesium, Mg mg	21	0.665	4	AR	1		18	433	
Phosphorus, P mg	153	2.989	4	AR	1		130	3130	
Potassium, K mg	264	8.934	4	AR	1		224	5397	
Sodium, Na mg	62	2.533	4	AR	1		53	1275	
Zinc, Zn mg	5.33	0.152	4	AR	1		4.53	108.93	
Copper, Cu mg	0.077	0.002	4	AR	1		0.066	1.578	
Manganese, Mn mg	0.077	0.002	4	AR	1		0.066	1.578	
Selenium, Se µg	24.6	0.973	4	AR	1		20.9	503.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.096		1	AR	1		0.082	1.964	
Riboflavin mg	0.297	0.028	4	AR	1		0.253	6.077	
Niacin mg	4.749	0.107	4	AR	1		4.037	97.072	
Pantothenic acid mg	0.611		1	AR	1		0.519	12.491	
Vitamin B-6 mg	0.453	0.023	4	AR	1		0.385	9.255	
Folate, total µg	6		0	BFPN	4		5	117	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	6		0	BFPN	4		5	117	
Folate, DFE µg	6		0	NC	4		5	117	
Choline, total mg	48.7		1	AR	1		41.4	994.9	
Betaine mg	14.2		1	AR	1		12.1	290.0	
Vitamin B-12 µg	2.05	0.134	4	AR	1		1.74	41.86	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	8		0	NC	4		6	156	
Retinol µg	8		0	BFSN	4		6	156	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	25		0	NC	4		22	520	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.12	0.005	4	AR	1		0.10	2.38	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	AS	1		0.1	3.4	
Vitamin D IU	7		0	BFFN	4		6	138	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	32.1	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23189

Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	10.097		0	NC	4		8.583	206.385	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.017		2	AR	1		0.015	0.350	
12:0....g	0.019		2	AR	1		0.016	0.386	
13:0....g									
14:0....g	0.667	0.080	4	AR	1		0.567	13.638	
15:0....g	0.141		2	AR	1		0.120	2.888	
16:0....g	5.395	0.546	4	AR	1		4.586	110.278	
17:0....g	0.319	0.035	4	AR	1		0.271	6.510	
18:0....g	3.510	0.353	4	AR	1		2.984	71.753	
20:0....g	0.017	0.002	4	AR	1		0.014	0.337	
22:0....g									
24:0....g	0.012	0.001	4	AR	1		0.010	0.245	
Fatty acids, total monounsaturated....g	11.184		0	NC	4		9.506	228.593	
14:1....g	0.141	0.019	4	AR	1		0.120	2.886	
15:1....g	0.045		2	AR	1		0.038	0.910	
16:1 undifferentiated....g	0.751		0	AS	1		0.638	15.352	
16:1 c....g	0.697	0.045	4	AR	1		0.592	14.245	
16:1 t....g	0.054		2	AR	1		0.046	1.108	
17:1....g	0.205	0.017	4	AR	1		0.174	4.188	
18:1 undifferentiated....g	9.990		0	AS	1		8.491	204.185	
18:1 c....g	8.652	0.656	4	AR	1		7.354	176.837	
18:1 t....g	1.338	0.170	4	AR	1		1.137	27.349	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.052	0.002	4	AR	1		0.045	1.071	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.059		0	NC	4		0.900	21.646	
18:2 undifferentiated....g	0.916		0	AS	1		0.778	18.719	
18:2 n-6 c,c....g	0.725	0.044	4	AR	1		0.617	14.825	
18:2 CLAs....g	0.102	0.013	4	AR	1		0.087	2.081	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.089		2	AR	1		0.075	1.813	
18:3 undifferentiated....g	0.039		0	AS	1		0.033	0.797	
18:3 n-3 c,c,c (ALA)....g	0.039	0.003	4	AR	1		0.033	0.797	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.004		2	AR	1		0.003	0.084	
20:3 undifferentiated....g	0.026		0	AS	1		0.022	0.538	
20:3 n-3....g									
20:3 n-6....g	0.026		2	AR	1		0.022	0.538	
20:4 undifferentiated....g	0.057	0.006	4	AR	1		0.049	1.171	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003		2	AR	1		0.002	0.055	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.013		2	AR	1		0.011	0.268	
22:6 n-3 (DHA)....g	0.001	0.001	4	AR	1		0.001	0.014	
Fatty acids, total trans....g	1.481		0	NC	4		1.259	30.270	
Fatty acids, total trans-monoenoic....g	1.392		0	NC	4		1.183	28.457	
Fatty acids, total trans-polyenoic....g	0.089		0	NC	4		0.075	1.813	
Cholesterol....mg	83	1.855	4	AR	1		71	1701	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.264		0	AR	1		0.224	5.398	
Threonine....g	1.103		0	AR	1		0.938	22.550	
Isoleucine....g	1.093		0	AR	1		0.929	22.345	
Leucine....g	2.010		0	AR	1		1.708	41.083	

NDB No. 23189

Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.225		0	AR	1		1.891	45.485	
Methionine g	0.634		0	AR	1		0.539	12.961	
Cystine g	0.237		0	AR	1		0.201	4.844	
Phenylalanine g	0.939		0	AR	1		0.798	19.190	
Tyrosine g	0.870		0	AR	1		0.740	17.789	
Valine g	1.175		0	AR	1		0.999	24.026	
Arginine g	1.589		0	AR	1		1.350	32.472	
Histidine g	0.866		0	AR	1		0.736	17.702	
Alanine g	1.455		0	AR	1		1.236	29.733	
Aspartic acid g	2.273		0	AR	1		1.932	46.459	
Glutamic acid g	3.828		0	AR	1		3.254	78.247	
Glycine g	1.160		0	AR	1		0.986	23.717	
Proline g	1.049		0	AR	1		0.892	21.441	
Serine g	0.961		0	AR	1		0.817	19.651	
Hydroxyproline g	0.161		0	BFPN	4		0.137	3.287	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 2044g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23190

Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted

URMIS #1193

Refuse: 16% Bone and connective tissue 16%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	54.66	1.365	11	AR	1		46.46	1234.86	
Energy kcal	290		0	NC	4		247	6554	
Energy kJ	1214		0	NC	4		1032	27424	
Protein (N x 6.25) g	23.36	0.719	11	AR	1		19.86	527.77	
Total lipid (fat) g	21.85	2.105	11	AR	1		18.57	493.61	
Ash g	0.99	0.040	11	AR	1		0.84	22.30	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	14		2	AR	1		12	309	
Iron, Fe mg	2.13		2	AR	1		1.81	48.18	
Magnesium, Mg mg	21		2	AR	1		18	474	
Phosphorus, P mg	149		2	AR	1		127	3368	
Potassium, K mg	262		2	AR	1		223	5929	
Sodium, Na mg	64		2	AR	1		54	1436	
Zinc, Zn mg	5.39		2	AR	1		4.58	121.65	
Copper, Cu mg	0.074		2	AR	1		0.063	1.676	
Manganese, Mn mg	0.074		2	AR	1		0.063	1.676	
Selenium, Se µg	22.9		2	AR	1		19.4	516.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.071		1	AR	1		0.061	1.613	
Riboflavin mg	0.296		2	AR	1		0.252	6.696	
Niacin mg	4.897		2	AR	1		4.162	110.614	
Pantothenic acid mg	0.618		1	AR	1		0.525	13.952	
Vitamin B-6 mg	0.507		2	AR	1		0.431	11.453	
Folate, total µg	6		0	BFPN	4		5	128	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	6		0	BFPN	4		5	128	
Folate, DFE µg	6		0	NC	4		5	128	
Choline, total mg	48.2		1	AR	1		41.0	1089.6	
Betaine mg	14.1		1	AR	1		12.0	317.8	
Vitamin B-12 µg	2.11		2	AR	1		1.80	47.75	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	8		0	NC	4		7	182	
Retinol µg	8		0	BFSN	4		7	182	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	27		0	NC	4		23	607	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.07		2	AR	1		0.06	1.66	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	35.5	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23190

Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	9.562		0	NC	4		8.128	216.003	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.016		1	AR	1		0.014	0.370	
12:0....g	0.019		1	AR	1		0.016	0.422	
13:0....g									
14:0....g	0.651		2	AR	1		0.553	14.708	
15:0....g	0.126		1	AR	1		0.107	2.849	
16:0....g	5.078		2	AR	1		4.317	114.721	
17:0....g	0.278		2	AR	1		0.237	6.289	
18:0....g	3.365		2	AR	1		2.860	76.004	
20:0....g	0.018		2	AR	1		0.016	0.413	
22:0....g									
24:0....g	0.010		2	AR	1		0.009	0.226	
Fatty acids, total monounsaturated....g	10.284		0	NC	4		8.742	232.320	
14:1....g	0.138		2	AR	1		0.117	3.120	
15:1....g	0.042		1	AR	1		0.036	0.951	
16:1 undifferentiated....g	0.723		0	AS	1		0.615	16.339	
16:1 c....g	0.654		2	AR	1		0.556	14.776	
16:1 t....g	0.069		1	AR	1		0.059	1.563	
17:1....g	0.172		2	AR	1		0.146	3.881	
18:1 undifferentiated....g	9.161		0	AS	1		7.787	206.954	
18:1 c....g	7.862		2	AR	1		6.682	177.591	
18:1 t....g	1.300		2	AR	1		1.105	29.362	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.048		2	AR	1		0.040	1.075	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.003		0	NC	4		0.852	22.646	
18:2 undifferentiated....g	0.874		0	AS	1		0.743	19.744	
18:2 n-6 c,c....g	0.680		2	AR	1		0.578	15.361	
18:2 CLAs....g	0.101		2	AR	1		0.086	2.284	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.093		1	AR	1		0.079	2.099	
18:3 undifferentiated....g	0.036		0	AS	1		0.030	0.806	
18:3 n-3 c,c,c (ALA)....g	0.036		2	AR	1		0.030	0.806	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.006		1	AR	1		0.005	0.129	
20:3 undifferentiated....g	0.022		0	AS	1		0.019	0.501	
20:3 n-3....g									
20:3 n-6....g	0.022		1	AR	1		0.019	0.501	
20:4 undifferentiated....g	0.051		2	AR	1		0.043	1.150	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002		1	AR	1		0.002	0.054	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.011		1	AR	1		0.009	0.251	
22:6 n-3 (DHA)....g	0.001		2	AR	1		0.000	0.011	
Fatty acids, total trans....g	1.462		0	NC	4		1.243	33.024	
Fatty acids, total trans-monoenoic....g	1.369		0	NC	4		1.164	30.926	
Fatty acids, total trans-polyenoic....g	0.093		0	NC	4		0.079	2.099	
Cholesterol....mg	79		2	AR	1		67	1788	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.262		0	AR	1		0.223	5.917	
Threonine....g	1.122		0	AR	1		0.954	25.348	
Isoleucine....g	1.108		0	AR	1		0.942	25.038	
Leucine....g	2.070		0	AR	1		1.759	46.755	

NDB No. 23190

Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	2.310		0	AR	1		1.964	52.192	
Methionine....g	0.646		0	AR	1		0.549	14.584	
Cystine....g	0.245		0	AR	1		0.208	5.536	
Phenylalanine....g	0.954		0	AR	1		0.810	21.540	
Tyrosine....g	0.896		0	AR	1		0.761	20.231	
Valine....g	1.185		0	AR	1		1.007	26.761	
Arginine....g	1.634		0	AR	1		1.389	36.916	
Histidine....g	0.914		0	AR	1		0.777	20.647	
Alanine....g	1.470		0	AR	1		1.250	33.214	
Aspartic acid....g	2.336		0	AR	1		1.986	52.776	
Glutamic acid....g	3.902		0	AR	1		3.316	88.135	
Glycine....g	1.157		0	AR	1		0.983	26.129	
Proline....g	1.078		0	AR	1		0.916	24.352	
Serine....g	0.990		0	AR	1		0.842	22.365	
Hydroxyproline....g	0.160		0	BFPN	4		0.136	3.606	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 2259g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23146

Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted

Refuse: 32% Bone and connective tissue 16%, Separable fat 16%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	58.66		36	AR	1		49.86	1249.48	
Energy kcal	231		0	NC	4		197	4926	
Energy kJ	968		0	NC	4		823	20618	
Protein (N x 6.25) g	27.12		36	AR	1		23.05	577.62	
Total lipid (fat) g	13.64		36	AR	1		11.60	290.60	
Ash g	1.05		36	AR	1		0.90	22.47	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	11		6	AR	1		9	231	
Iron, Fe mg	2.36		6	AR	1		2.01	50.29	
Magnesium, Mg mg	24		6	AR	1		20	511	
Phosphorus, P mg	173		6	AR	1		147	3678	
Potassium, K mg	295		6	AR	1		251	6290	
Sodium, Na mg	69		6	AR	1		59	1472	
Zinc, Zn mg	6.14		6	AR	1		5.22	130.89	
Copper, Cu mg	0.085		6	AR	1		0.072	1.808	
Manganese, Mn mg	0.085		6	AR	1		0.072	1.808	
Selenium, Se µg	27.7		6	AR	1		23.5	590.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.095		2	AR	1		0.081	2.023	
Riboflavin mg	0.329		6	AR	1		0.280	7.007	
Niacin mg	5.561		6	AR	1		4.727	118.449	
Pantothenic acid mg	0.685		2	AR	1		0.582	14.591	
Vitamin B-6 mg	0.544		6	AR	1		0.462	11.583	
Folate, total µg	7		0	BFPN	4		6	140	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	7		0	BFPN	4		6	140	
Folate, DFE µg	7		0	NC	4		6	140	
Choline, total mg	55.5		2	AR	1		47.2	1182.7	
Betaine mg	16.1		2	AR	1		13.7	343.9	
Vitamin B-12 µg	2.26		6	AR	1		1.92	48.14	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		2	39	
Retinol µg	2		0	BFSN	4		2	39	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	6		0	NC	4		5	129	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.10		6	AR	1		0.09	2.18	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		1	AS	1		0.1	2.2	
Vitamin D IU	4		1	AR	1		3	87	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	33.5	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23146

Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	5.258		0	NC	4		4.470	112.001	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.007		3	AR	1		0.006	0.151	
12:0....g	0.009		3	AR	1		0.008	0.200	
13:0....g									
14:0....g	0.345		6	AR	1		0.293	7.346	
15:0....g	0.066		3	AR	1		0.056	1.402	
16:0....g	2.944		6	AR	1		2.503	62.711	
17:0....g	0.156		6	AR	1		0.133	3.323	
18:0....g	1.714		6	AR	1		1.457	36.515	
20:0....g	0.006		6	AR	1		0.005	0.119	
22:0....g									
24:0....g	0.011		6	AR	1		0.009	0.234	
Fatty acids, total monounsaturated....g	6.085		0	NC	4		5.173	129.620	
14:1....g	0.081		6	AR	1		0.069	1.731	
15:1....g	0.054		3	AR	1		0.045	1.140	
16:1 undifferentiated....g	0.421		0	AS	1		0.358	8.975	
16:1 c....g	0.410		6	AR	1		0.349	8.739	
16:1 t....g	0.011		3	AR	1		0.009	0.236	
17:1....g	0.114		6	AR	1		0.097	2.434	
18:1 undifferentiated....g	5.391		0	AS	1		4.583	114.832	
18:1 c....g	4.772		6	AR	1		4.056	101.637	
18:1 t....g	0.619		6	AR	1		0.527	13.195	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.024		6	AR	1		0.020	0.507	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.619		0	NC	4		0.526	13.192	
18:2 undifferentiated....g	0.507		0	AS	1		0.431	10.795	
18:2 n-6 c,c....g	0.452		6	AR	1		0.385	9.638	
18:2 CLAs....g	0.046		6	AR	1		0.039	0.986	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.008		3	AR	1		0.007	0.170	
18:3 undifferentiated....g	0.020		0	AS	1		0.017	0.428	
18:3 n-3 c,c,c (ALA)....g	0.020		6	AR	1		0.017	0.428	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.001		3	AR	1		0.001	0.017	
20:3 undifferentiated....g	0.018		0	AS	1		0.015	0.388	
20:3 n-3....g									
20:3 n-6....g	0.018		3	AR	1		0.015	0.388	
20:4 undifferentiated....g	0.058		6	AR	1		0.049	1.238	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003		3	AR	1		0.003	0.064	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.012		3	AR	1		0.010	0.245	
22:6 n-3 (DHA)....g	0.001		6	AR	1		0.001	0.019	
Fatty acids, total trans....g	0.639		0	NC	4		0.543	13.602	
Fatty acids, total trans-monoenoic....g	0.631		0	NC	4		0.536	13.431	
Fatty acids, total trans-polyenoic....g	0.008		0	NC	4		0.007	0.170	
Cholesterol....mg	80		6	AR	1		68	1714	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.332		0	AR	1		0.283	7.081	
Threonine....g	1.393		0	AR	1		1.184	29.680	
Isoleucine....g	1.382		0	AR	1		1.175	29.445	
Leucine....g	2.550		0	AR	1		2.168	54.325	

NDB No. 23146

Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	2.850		0	AR	1		2.423	60.710	
Methionine....g	0.787		0	AR	1		0.669	16.773	
Cystine....g	0.298		0	AR	1		0.253	6.337	
Phenylalanine....g	1.181		0	AR	1		1.004	25.159	
Tyrosine....g	1.107		0	AR	1		0.941	23.574	
Valine....g	1.461		0	AR	1		1.242	31.122	
Arginine....g	1.988		0	AR	1		1.690	42.352	
Histidine....g	1.100		0	AR	1		0.935	23.435	
Alanine....g	1.770		0	AR	1		1.504	37.692	
Aspartic acid....g	2.863		0	AR	1		2.434	60.990	
Glutamic acid....g	4.834		0	AR	1		4.109	102.967	
Glycine....g	1.277		0	AR	1		1.086	27.208	
Proline....g	1.245		0	AR	1		1.058	26.510	
Serine....g	1.203		0	AR	1		1.023	25.627	
Hydroxyproline....g	0.137		0	BFPN	4		0.116	2.917	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 2130g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23101

Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted

URMIS #2008

Refuse: 32% Bone and connective tissue 16%, separable fat 16%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	57.57		24	AR	1		48.93	1176.71	
Energy kcal	240		0	NC	4		204	4898	
Energy kJ	1003		0	NC	4		853	20501	
Protein (N x 6.25) g	27.18		24	AR	1		23.10	555.52	
Total lipid (fat) g	14.55		24	AR	1		12.36	297.30	
Ash g	1.02		24	AR	1		0.87	20.86	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	11		4	AR	1		9	217	
Iron, Fe mg	2.37		4	AR	1		2.01	48.45	
Magnesium, Mg mg	24		4	AR	1		20	492	
Phosphorus, P mg	174		4	AR	1		148	3563	
Potassium, K mg	296		4	AR	1		251	6040	
Sodium, Na mg	68		4	AR	1		58	1399	
Zinc, Zn mg	6.11		4	AR	1		5.19	124.80	
Copper, Cu mg	0.086		4	AR	1		0.073	1.762	
Manganese, Mn mg	0.086		4	AR	1		0.073	1.762	
Selenium, Se µg	28.5		4	AR	1		24.2	582.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.110		1	AR	1		0.093	2.248	
Riboflavin mg	0.328		4	AR	1		0.279	6.710	
Niacin mg	5.478		4	AR	1		4.657	111.976	
Pantothenic acid mg	0.680		1	AR	1		0.578	13.899	
Vitamin B-6 mg	0.517		4	AR	1		0.439	10.567	
Folate, total µg	7		0	BFPN	4		6	135	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	7		0	BFPN	4		6	135	
Folate, DFE µg	7		0	NC	4		6	135	
Choline, total mg	55.7		1	AR	1		47.3	1137.8	
Betaine mg	16.2		1	AR	1		13.8	330.8	
Vitamin B-12 µg	2.23		4	AR	1		1.90	45.58	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		1	32	
Retinol µg	2		0	BFSN	4		1	32	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	5		0	NC	4		4	105	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.12		4	AR	1		0.11	2.53	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		1	AS	1		0.1	2.3	
Vitamin D IU	4		1	AR	1		4	91	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	32.1	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23101

Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	5.606		0	NC	4		4.765	114.594	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.008		2	AR	1		0.007	0.161	
12:0....g	0.010		2	AR	1		0.008	0.202	
13:0....g									
14:0....g	0.358		4	AR	1		0.305	7.325	
15:0....g	0.077		2	AR	1		0.065	1.570	
16:0....g	3.142		4	AR	1		2.671	64.232	
17:0....g	0.179		4	AR	1		0.152	3.655	
18:0....g	1.815		4	AR	1		1.543	37.105	
20:0....g	0.005		4	AR	1		0.004	0.100	
22:0....g									
24:0....g	0.012		4	AR	1		0.010	0.243	
Fatty acids, total monounsaturated....g	6.622		0	NC	4		5.629	135.352	
14:1....g	0.084		4	AR	1		0.071	1.719	
15:1....g	0.054		2	AR	1		0.046	1.110	
16:1 undifferentiated....g	0.443		0	AS	1		0.377	9.065	
16:1 c....g	0.438		4	AR	1		0.372	8.953	
16:1 t....g	0.005		2	AR	1		0.005	0.112	
17:1....g	0.133		4	AR	1		0.113	2.716	
18:1 undifferentiated....g	5.881		0	AS	1		4.998	120.199	
18:1 c....g	5.229		4	AR	1		4.445	106.891	
18:1 t....g	0.651		4	AR	1		0.553	13.308	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.027		4	AR	1		0.023	0.543	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.658		0	NC	4		0.559	13.445	
18:2 undifferentiated....g	0.537		0	AS	1		0.457	10.978	
18:2 n-6 c,c....g	0.480		4	AR	1		0.408	9.809	
18:2 CLAs....g	0.048		4	AR	1		0.040	0.973	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.010		2	AR	1		0.008	0.196	
18:3 undifferentiated....g	0.022		0	AS	1		0.019	0.452	
18:3 n-3 c,c,c (ALA)....g	0.022		4	AR	1		0.019	0.452	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000		2	AR	1		0.000	0.000	
20:3 undifferentiated....g	0.021		0	AS	1		0.018	0.421	
20:3 n-3....g									
20:3 n-6....g	0.021		2	AR	1		0.018	0.421	
20:4 undifferentiated....g	0.061		4	AR	1		0.052	1.251	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003		2	AR	1		0.003	0.065	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.013		2	AR	1		0.011	0.258	
22:6 n-3 (DHA)....g	0.001		4	AR	1		0.001	0.020	
Fatty acids, total trans....g	0.666		0	NC	4		0.566	13.617	
Fatty acids, total trans-monoenoic....g	0.657		0	NC	4		0.558	13.420	
Fatty acids, total trans-polyenoic....g	0.010		0	NC	4		0.008	0.196	
Cholesterol....mg	83		4	AR	1		70	1688	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.321		0	AR	1		0.273	6.568	
Threonine....g	1.335		0	AR	1		1.134	27.280	
Isoleucine....g	1.328		0	AR	1		1.129	27.149	
Leucine....g	2.434		0	AR	1		2.069	49.744	

NDB No. 23101

Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.710		0	AR	1		2.304	55.393	
Methionine g	0.754		0	AR	1		0.641	15.415	
Cystine g	0.283		0	AR	1		0.240	5.780	
Phenylalanine g	1.131		0	AR	1		0.961	23.121	
Tyrosine g	1.058		0	AR	1		0.900	21.631	
Valine g	1.405		0	AR	1		1.195	28.725	
Arginine g	1.896		0	AR	1		1.612	38.754	
Histidine g	1.039		0	AR	1		0.883	21.237	
Alanine g	1.695		0	AR	1		1.440	34.637	
Aspartic acid g	2.731		0	AR	1		2.322	55.832	
Glutamic acid g	4.632		0	AR	1		3.937	94.672	
Glycine g	1.221		0	AR	1		1.038	24.960	
Proline g	1.185		0	AR	1		1.007	24.217	
Serine g	1.148		0	AR	1		0.976	23.470	
Hydroxyproline g	0.137		0	BFPN	4		0.117	2.805	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 2044g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23147

Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted

URMIS #1193

Refuse: 32% Bone and connective tissue 16%, Separable fat 16%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	60.30		12	AR	1		51.25	1362.14	
Energy kcal	219		0	NC	4		186	4941	
Energy kJ	915		0	NC	4		778	20670	
Protein (N x 6.25) g	27.03		12	AR	1		22.97	610.58	
Total lipid (fat) g	12.29		12	AR	1		10.45	277.63	
Ash g	1.11		12	AR	1		0.94	24.99	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	11		2	AR	1		10	253	
Iron, Fe mg	2.35		2	AR	1		1.99	53.01	
Magnesium, Mg mg	24		2	AR	1		20	540	
Phosphorus, P mg	170		2	AR	1		145	3846	
Potassium, K mg	295		2	AR	1		251	6665	
Sodium, Na mg	70		2	AR	1		60	1585	
Zinc, Zn mg	6.20		2	AR	1		5.27	140.14	
Copper, Cu mg	0.083		2	AR	1		0.071	1.875	
Manganese, Mn mg	0.083		2	AR	1		0.071	1.875	
Selenium, Se µg	26.5		2	AR	1		22.5	598.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.080		1	AR	1		0.068	1.807	
Riboflavin mg	0.330		2	AR	1		0.281	7.455	
Niacin mg	5.685		2	AR	1		4.832	128.424	
Pantothenic acid mg	0.690		1	AR	1		0.586	15.587	
Vitamin B-6 mg	0.584		2	AR	1		0.496	13.192	
Folate, total µg	7		0	BFPN	4		6	148	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	7		0	BFPN	4		6	148	
Folate, DFE µg	7		0	NC	4		6	148	
Choline, total mg	55.4		1	AR	1		47.1	1251.2	
Betaine mg	16.1		1	AR	1		13.7	363.8	
Vitamin B-12 µg	2.31		2	AR	1		1.96	52.07	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		2	50	
Retinol µg	2		0	BFSN	4		2	50	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	7		0	NC	4		6	167	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.07		2	AR	1		0.06	1.58	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		1	AS	1		0.1	2.0	
Vitamin D IU	4		1	AR	1		3	80	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	35.5	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23147

Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.736		0	NC	4		4.026	106.988	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.006		1	AR	1		0.005	0.133	
12:0....g	0.009		1	AR	1		0.007	0.197	
13:0....g									
14:0....g	0.325		2	AR	1		0.276	7.333	
15:0....g	0.049		1	AR	1		0.042	1.116	
16:0....g	2.647		2	AR	1		2.250	59.791	
17:0....g	0.122		2	AR	1		0.104	2.751	
18:0....g	1.563		2	AR	1		1.328	35.301	
20:0....g	0.007		2	AR	1		0.006	0.149	
22:0....g									
24:0....g	0.010		2	AR	1		0.008	0.217	
Fatty acids, total monounsaturated....g	5.281		0	NC	4		4.489	119.295	
14:1....g	0.077		2	AR	1		0.066	1.744	
15:1....g	0.052		1	AR	1		0.044	1.181	
16:1 undifferentiated....g	0.388		0	AS	1		0.330	8.772	
16:1 c....g	0.369		2	AR	1		0.313	8.331	
16:1 t....g	0.020		1	AR	1		0.017	0.441	
17:1....g	0.086		2	AR	1		0.073	1.950	
18:1 undifferentiated....g	4.657		0	AS	1		3.959	105.208	
18:1 c....g	4.085		2	AR	1		3.472	92.282	
18:1 t....g	0.572		2	AR	1		0.486	12.926	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.020		2	AR	1		0.017	0.441	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.562		0	NC	4		0.478	12.692	
18:2 undifferentiated....g	0.461		0	AS	1		0.392	10.420	
18:2 n-6 c,c....g	0.411		2	AR	1		0.350	9.293	
18:2 CLAs....g	0.044		2	AR	1		0.038	1.003	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.005		1	AR	1		0.005	0.124	
18:3 undifferentiated....g	0.017		0	AS	1		0.015	0.389	
18:3 n-3 c,c,c (ALA)....g	0.017		2	AR	1		0.015	0.389	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.002		1	AR	1		0.002	0.047	
20:3 undifferentiated....g	0.015		0	AS	1		0.012	0.330	
20:3 n-3....g									
20:3 n-6....g	0.015		1	AR	1		0.012	0.330	
20:4 undifferentiated....g	0.053		2	AR	1		0.045	1.204	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003		1	AR	1		0.002	0.063	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.010		1	AR	1		0.008	0.226	
22:6 n-3 (DHA)....g	0.001		2	AR	1		0.001	0.014	
Fatty acids, total trans....g	0.597		0	NC	4		0.508	13.491	
Fatty acids, total trans-monoenoic....g	0.592		0	NC	4		0.503	13.367	
Fatty acids, total trans-polyenoic....g	0.005		0	NC	4		0.005	0.124	
Cholesterol....mg	77		2	AR	1		66	1745	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.352		0	AR	1		0.300	7.962	
Threonine....g	1.505		0	AR	1		1.279	33.993	
Isoleucine....g	1.491		0	AR	1		1.268	33.687	
Leucine....g	2.779		0	AR	1		2.362	62.780	

NDB No. 23147

Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	3.118		0	AR	1		2.650	70.436	
Methionine g	0.854		0	AR	1		0.726	19.293	
Cystine g	0.325		0	AR	1		0.277	7.350	
Phenylalanine g	1.274		0	AR	1		1.083	28.787	
Tyrosine g	1.207		0	AR	1		1.026	27.256	
Valine g	1.573		0	AR	1		1.337	35.524	
Arginine g	2.169		0	AR	1		1.844	48.999	
Histidine g	1.220		0	AR	1		1.037	27.562	
Alanine g	1.911		0	AR	1		1.625	43.180	
Aspartic acid g	3.118		0	AR	1		2.650	70.436	
Glutamic acid g	5.233		0	AR	1		4.448	118.211	
Glycine g	1.383		0	AR	1		1.175	31.237	
Proline g	1.369		0	AR	1		1.164	30.931	
Serine g	1.315		0	AR	1		1.118	29.706	
Hydroxyproline g	0.136		0	BFPN	4		0.116	3.083	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 2259g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23198

Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted

Refuse: 5% Connective tissue 5%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	53.79	1.152	36	AR	1		45.73	861.25	
Energy kcal	292		0	NC	4		248	4677	
Energy kJ	1222		0	NC	4		1039	19564	
Protein (N x 6.25) g	24.30	0.367	36	AR	1		20.65	388.97	
Total lipid (fat) g	21.66	1.507	36	AR	1		18.41	346.81	
Ash g	0.93	0.035	36	AR	1		0.79	14.87	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	11	0.357	6	AR	1		9	172	
Iron, Fe mg	1.95	0.053	6	AR	1		1.66	31.20	
Magnesium, Mg mg	21	0.387	6	AR	1		18	340	
Phosphorus, P mg	155	3.129	6	AR	1		132	2485	
Potassium, K mg	286	6.237	6	AR	1		244	4586	
Sodium, Na mg	52	1.239	6	AR	1		44	834	
Zinc, Zn mg	6.09	0.038	6	AR	1		5.18	97.51	
Copper, Cu mg	0.079	0.001	6	AR	1		0.067	1.266	
Manganese, Mn mg	0.079	0.001	6	AR	1		0.067	1.266	
Selenium, Se µg	30.1	1.802	6	AR	1		25.6	482.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.080		2	AR	1		0.068	1.273	
Riboflavin mg	0.265	0.007	6	AR	1		0.226	4.247	
Niacin mg	5.023	0.096	6	AR	1		4.269	80.417	
Pantothenic acid mg	0.580		2	AR	1		0.493	9.291	
Vitamin B-6 mg	0.470	0.013	6	AR	1		0.400	7.525	
Folate, total µg	6		0	BFPN	4		5	94	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	6		0	BFPN	4		5	94	
Folate, DFE µg	6		0	NC	4		5	94	
Choline, total mg	48.6		2	AR	1		41.3	778.1	
Betaine mg	11.8		2	AR	1		10.0	188.7	
Vitamin B-12 µg	2.13	0.066	6	AR	1		1.81	34.03	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	8		0	NC	4		7	124	
Retinol µg	8		0	BFSN	4		7	124	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	26		0	NC	4		22	412	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.10	0.006	6	AR	1		0.08	1.57	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	AS	1		0.1	2.6	
Vitamin D IU	7		0	BFFN	4		6	105	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	25.1	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23198

Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	9.419		0	NC	4		8.006	150.792	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.015	0.000	3	AR	1		0.012	0.234	
12:0....g	0.017	0.000	3	AR	1		0.014	0.267	
13:0....g									
14:0....g	0.613	0.043	6	AR	1		0.521	9.819	
15:0....g	0.124	0.000	3	AR	1		0.106	1.992	
16:0....g	4.968	0.249	6	AR	1		4.223	79.541	
17:0....g	0.301	0.018	6	AR	1		0.255	4.811	
18:0....g	3.351	0.135	6	AR	1		2.848	53.650	
20:0....g	0.016	0.002	6	AR	1		0.013	0.251	
22:0....g									
24:0....g	0.014	0.003	6	AR	1		0.012	0.227	
Fatty acids, total monounsaturated....g	10.277		0	NC	4		8.735	164.530	
14:1....g	0.124	0.011	6	AR	1		0.105	1.985	
15:1....g	0.040	0.000	3	AR	1		0.034	0.642	
16:1 undifferentiated....g	0.677		0	AS	1		0.576	10.842	
16:1 c....g	0.623	0.030	6	AR	1		0.530	9.981	
16:1 t....g	0.054	0.000	3	AR	1		0.046	0.861	
17:1....g	0.188	0.010	6	AR	1		0.159	3.003	
18:1 undifferentiated....g	9.207		0	AS	1		7.826	147.398	
18:1 c....g	7.907	0.298	6	AR	1		6.721	126.594	
18:1 t....g	1.299	0.090	6	AR	1		1.104	20.803	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.041	0.007	6	AR	1		0.035	0.660	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.101		0	NC	4		0.936	17.627	
18:2 undifferentiated....g	0.936		0	AS	1		0.795	14.979	
18:2 n-6 c,c....g	0.753	0.043	6	AR	1		0.640	12.049	
18:2 CLAs....g	0.099	0.005	6	AR	1		0.084	1.579	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.084	0.000	3	AR	1		0.072	1.351	
18:3 undifferentiated....g	0.038		0	AS	1		0.032	0.604	
18:3 n-3 c,c,c (ALA)....g	0.038	0.002	6	AR	1		0.032	0.604	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.005	0.000	3	AR	1		0.004	0.074	
20:3 undifferentiated....g	0.025		0	AS	1		0.021	0.403	
20:3 n-3....g									
20:3 n-6....g	0.025	0.000	3	AR	1		0.021	0.403	
20:4 undifferentiated....g	0.077	0.020	6	AR	1		0.066	1.238	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.005	0.000	3	AR	1		0.004	0.074	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.015	0.000	3	AR	1		0.012	0.235	
22:6 n-3 (DHA)....g	0.001	0.000	6	AR	1		0.001	0.021	
Fatty acids, total trans....g	1.438		0	NC	4		1.222	23.016	
Fatty acids, total trans-monoenoic....g	1.353		0	NC	4		1.150	21.665	
Fatty acids, total trans-polyenoic....g	0.084		0	NC	4		0.072	1.351	
Cholesterol....mg	81	1.251	6	AR	1		69	1299	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.272		0	AR	1		0.231	4.352	
Threonine....g	1.145		0	AR	1		0.973	18.332	
Isoleucine....g	1.132		0	AR	1		0.962	18.118	
Leucine....g	2.094		0	AR	1		1.780	33.525	

NDB No. 23198

Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	2.327		0	AR	1		1.978	37.258	
Methionine....g	0.657		0	AR	1		0.559	10.524	
Cystine....g	0.248		0	AR	1		0.210	3.963	
Phenylalanine....g	0.974		0	AR	1		0.828	15.600	
Tyrosine....g	0.905		0	AR	1		0.769	14.493	
Valine....g	1.214		0	AR	1		1.032	19.441	
Arginine....g	1.654		0	AR	1		1.406	26.487	
Histidine....g	0.911		0	AR	1		0.774	14.579	
Alanine....g	1.506		0	AR	1		1.280	24.115	
Aspartic acid....g	2.367		0	AR	1		2.012	37.898	
Glutamic acid....g	3.972		0	AR	1		3.376	63.597	
Glycine....g	1.195		0	AR	1		1.016	19.137	
Proline....g	1.090		0	AR	1		0.926	17.450	
Serine....g	1.000		0	AR	1		0.850	16.015	
Hydroxyproline....g	0.166		0	BFPN	4		0.141	2.658	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 1601g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23199

Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

URMIS #2009

Refuse: 6% Connective tissue 6%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	52.62	1.247	24	AR	1		44.72	818.20	
Energy kcal	303		0	NC	4		257	4705	
Energy kJ	1266		0	NC	4		1076	19686	
Protein (N x 6.25) g	23.92	0.418	24	AR	1		20.34	372.02	
Total lipid (fat) g	22.98	1.616	24	AR	1		19.54	357.39	
Ash g	0.89	0.043	24	AR	1		0.76	13.90	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	11	0.444	4	AR	1		9	169	
Iron, Fe mg	2.00	0.066	4	AR	1		1.70	31.16	
Magnesium, Mg mg	21	0.481	4	AR	1		18	325	
Phosphorus, P mg	152	3.887	4	AR	1		129	2364	
Potassium, K mg	281	7.748	4	AR	1		239	4364	
Sodium, Na mg	51	1.539	4	AR	1		43	786	
Zinc, Zn mg	6.09	0.047	4	AR	1		5.18	94.76	
Copper, Cu mg	0.082	0.001	4	AR	1		0.070	1.277	
Manganese, Mn mg	0.082	0.001	4	AR	1		0.070	1.277	
Selenium, Se µg	29.5	2.239	4	AR	1		25.1	459.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.087		1	AR	1		0.074	1.359	
Riboflavin mg	0.252	0.009	4	AR	1		0.215	3.925	
Niacin mg	4.851	0.120	4	AR	1		4.123	75.427	
Pantothenic acid mg	0.590		1	AR	1		0.502	9.181	
Vitamin B-6 mg	0.464	0.017	4	AR	1		0.394	7.209	
Folate, total µg	6		0	BFPN	4		5	90	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	6		0	BFPN	4		5	90	
Folate, DFE µg	6		0	NC	4		5	90	
Choline, total mg	49.0		1	AR	1		41.6	761.3	
Betaine mg	12.4		1	AR	1		10.5	192.9	
Vitamin B-12 µg	2.20	0.081	4	AR	1		1.87	34.22	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	8		0	NC	4		6	118	
Retinol µg	8		0	BFSN	4		6	118	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	25		0	NC	4		21	393	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.11	0.007	4	AR	1		0.09	1.73	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	AS	1		0.1	2.7	
Vitamin D IU	7		0	BFFN	4		6	108	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	24.4	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23199

Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	10.044		0	NC	4		8.537	156.178	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.015		2	AR	1		0.013	0.238	
12:0....g	0.018		2	AR	1		0.015	0.272	
13:0....g									
14:0....g	0.652	0.054	4	AR	1		0.554	10.134	
15:0....g	0.130		2	AR	1		0.111	2.028	
16:0....g	5.313	0.310	4	AR	1		4.516	82.611	
17:0....g	0.321	0.022	4	AR	1		0.273	4.992	
18:0....g	3.562	0.168	4	AR	1		3.028	55.392	
20:0....g	0.017	0.003	4	AR	1		0.014	0.257	
22:0....g									
24:0....g	0.016	0.004	4	AR	1		0.014	0.255	
Fatty acids, total monounsaturated....g	11.039		0	NC	4		9.383	171.649	
14:1....g	0.133	0.014	4	AR	1		0.113	2.062	
15:1....g	0.041		2	AR	1		0.035	0.638	
16:1 undifferentiated....g	0.724		0	AS	1		0.616	11.264	
16:1 c....g	0.669	0.037	4	AR	1		0.569	10.408	
16:1 t....g	0.055		2	AR	1		0.047	0.857	
17:1....g	0.203	0.013	4	AR	1		0.172	3.149	
18:1 undifferentiated....g	9.894		0	AS	1		8.410	153.858	
18:1 c....g	8.516	0.370	4	AR	1		7.239	132.427	
18:1 t....g	1.378	0.111	4	AR	1		1.171	21.431	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.044	0.009	4	AR	1		0.037	0.678	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.173		0	NC	4		0.997	18.243	
18:2 undifferentiated....g	0.994		0	AS	1		0.845	15.458	
18:2 n-6 c,c....g	0.804	0.054	4	AR	1		0.683	12.496	
18:2 CLAs....g	0.104	0.006	4	AR	1		0.088	1.609	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.087		2	AR	1		0.074	1.353	
18:3 undifferentiated....g	0.040		0	AS	1		0.034	0.624	
18:3 n-3 c,c,c (ALA)....g	0.040	0.002	4	AR	1		0.034	0.624	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.005		2	AR	1		0.004	0.076	
20:3 undifferentiated....g	0.026		0	AS	1		0.022	0.403	
20:3 n-3....g									
20:3 n-6....g	0.026		2	AR	1		0.022	0.403	
20:4 undifferentiated....g	0.086	0.024	4	AR	1		0.073	1.331	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.006		2	AR	1		0.005	0.096	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.014		2	AR	1		0.012	0.224	
22:6 n-3 (DHA)....g	0.002	0.000	4	AR	1		0.002	0.031	
Fatty acids, total trans....g	1.520		0	NC	4		1.292	23.641	
Fatty acids, total trans-monoenoic....g	1.433		0	NC	4		1.218	22.288	
Fatty acids, total trans-polyenoic....g	0.087		0	NC	4		0.074	1.353	
Cholesterol....mg	82	1.553	4	AR	1		70	1272	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.268		0	AR	1		0.228	4.175	
Threonine....g	1.122		0	AR	1		0.953	17.441	
Isoleucine....g	1.111		0	AR	1		0.945	17.282	
Leucine....g	2.043		0	AR	1		1.737	31.774	

NDB No. 23199

Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.262		0	AR	1		1.923	35.179	
Methionine g	0.645		0	AR	1		0.548	10.024	
Cystine g	0.241		0	AR	1		0.205	3.747	
Phenylalanine g	0.954		0	AR	1		0.811	14.842	
Tyrosine g	0.885		0	AR	1		0.752	13.758	
Valine g	1.195		0	AR	1		1.016	18.582	
Arginine g	1.615		0	AR	1		1.373	25.114	
Histidine g	0.880		0	AR	1		0.748	13.691	
Alanine g	1.479		0	AR	1		1.257	22.996	
Aspartic acid g	2.311		0	AR	1		1.964	35.932	
Glutamic acid g	3.892		0	AR	1		3.308	60.517	
Glycine g	1.180		0	AR	1		1.003	18.343	
Proline g	1.066		0	AR	1		0.906	16.583	
Serine g	0.977		0	AR	1		0.831	15.199	
Hydroxyproline g	0.163		0	BFPN	4		0.139	2.542	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 1555g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23200

Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted

URMIS #1194

Refuse: 5% Connective tissue 5%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	55.56	1.435	12	AR	1		47.23	927.29	
Energy kcal	277		0	NC	4		235	4615	
Energy kJ	1157		0	NC	4		983	19310	
Protein (N x 6.25) g	24.85	0.514	12	AR	1		21.12	414.77	
Total lipid (fat) g	19.68	1.834	12	AR	1		16.73	328.47	
Ash g	0.98	0.058	12	AR	1		0.83	16.37	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	11		2	AR	1		9	176	
Iron, Fe mg	1.87		2	AR	1		1.59	31.13	
Magnesium, Mg mg	22		2	AR	1		19	365	
Phosphorus, P mg	160		2	AR	1		136	2669	
Potassium, K mg	295		2	AR	1		251	4928	
Sodium, Na mg	54		2	AR	1		46	908	
Zinc, Zn mg	6.09		2	AR	1		5.17	101.57	
Copper, Cu mg	0.075		2	AR	1		0.063	1.245	
Manganese, Mn mg	0.075		2	AR	1		0.063	1.245	
Selenium, Se µg	31.0		2	AR	1		26.4	518.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.072		1	AR	1		0.061	1.198	
Riboflavin mg	0.285		2	AR	1		0.242	4.748	
Niacin mg	5.281		2	AR	1		4.489	88.142	
Pantothenic acid mg	0.570		1	AR	1		0.485	9.517	
Vitamin B-6 mg	0.480		2	AR	1		0.408	8.006	
Folate, total µg	6		0	BFPN	4		5	101	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	6		0	BFPN	4		5	101	
Folate, DFE µg	6		0	NC	4		5	101	
Choline, total mg	48.2		1	AR	1		41.0	805.2	
Betaine mg	11.2		1	AR	1		9.5	186.4	
Vitamin B-12 µg	2.01		2	AR	1		1.71	33.59	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	8		0	NC	4		7	132	
Retinol µg	8		0	BFSN	4		7	132	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	26		0	NC	4		22	440	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.08		2	AR	1		0.07	1.30	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	2.5	
Vitamin D IU	6		0	BFFN	4		5	100	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	26.2	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23200

Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	8.482		0	NC	4		7.209	141.558	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.014		1	AR	1		0.012	0.227	
12:0....g	0.016		1	AR	1		0.013	0.262	
13:0....g									
14:0....g	0.556		2	AR	1		0.472	9.276	
15:0....g	0.116		1	AR	1		0.098	1.929	
16:0....g	4.452		2	AR	1		3.784	74.299	
17:0....g	0.270		2	AR	1		0.229	4.500	
18:0....g	3.034		2	AR	1		2.579	50.639	
20:0....g	0.015		2	AR	1		0.012	0.244	
22:0....g									
24:0....g	0.011		2	AR	1		0.009	0.182	
Fatty acids, total monounsaturated....g	9.135		0	NC	4		7.764	152.456	
14:1....g	0.111		2	AR	1		0.094	1.854	
15:1....g	0.039		1	AR	1		0.033	0.651	
16:1 undifferentiated....g	0.607		0	AS	1		0.516	10.126	
16:1 c....g	0.555		2	AR	1		0.471	9.258	
16:1 t....g	0.052		1	AR	1		0.044	0.868	
17:1....g	0.165		2	AR	1		0.140	2.754	
18:1 undifferentiated....g	8.175		0	AS	1		6.949	136.446	
18:1 c....g	6.994		2	AR	1		5.945	116.728	
18:1 t....g	1.181		2	AR	1		1.004	19.718	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.038		2	AR	1		0.032	0.626	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.992		0	NC	4		0.843	16.560	
18:2 undifferentiated....g	0.847		0	AS	1		0.720	14.140	
18:2 n-6 c,c....g	0.676		2	AR	1		0.574	11.279	
18:2 CLAs....g	0.091		2	AR	1		0.077	1.519	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.080		1	AR	1		0.068	1.342	
18:3 undifferentiated....g	0.034		0	AS	1		0.029	0.571	
18:3 n-3 c,c,c (ALA)....g	0.034		2	AR	1		0.029	0.571	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.004		1	AR	1		0.004	0.072	
20:3 undifferentiated....g	0.024		0	AS	1		0.020	0.402	
20:3 n-3....g									
20:3 n-6....g	0.024		1	AR	1		0.020	0.402	
20:4 undifferentiated....g	0.065		2	AR	1		0.055	1.085	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002		1	AR	1		0.002	0.033	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.015		1	AR	1		0.013	0.252	
22:6 n-3 (DHA)....g	0.000		2	AR	1		0.000	0.005	
Fatty acids, total trans....g	1.314		0	NC	4		1.117	21.927	
Fatty acids, total trans-monoenoic....g	1.233		0	NC	4		1.048	20.585	
Fatty acids, total trans-polyenoic....g	0.080		0	NC	4		0.068	1.342	
Cholesterol....mg	80		2	AR	1		68	1339	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.279		0	AR	1		0.237	4.650	
Threonine....g	1.194		0	AR	1		1.015	19.921	
Isoleucine....g	1.179		0	AR	1		1.002	19.677	
Leucine....g	2.202		0	AR	1		1.871	36.745	

NDB No. 23200

Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.458		0	AR	1		2.089	41.018	
Methionine g	0.687		0	AR	1		0.584	11.461	
Cystine g	0.261		0	AR	1		0.222	4.351	
Phenylalanine g	1.014		0	AR	1		0.862	16.928	
Tyrosine g	0.953		0	AR	1		0.810	15.899	
Valine g	1.260		0	AR	1		1.071	21.032	
Arginine g	1.738		0	AR	1		1.478	29.012	
Histidine g	0.972		0	AR	1		0.826	16.226	
Alanine g	1.564		0	AR	1		1.329	26.103	
Aspartic acid g	2.485		0	AR	1		2.112	41.476	
Glutamic acid g	4.150		0	AR	1		3.528	69.265	
Glycine g	1.230		0	AR	1		1.046	20.535	
Proline g	1.147		0	AR	1		0.975	19.138	
Serine g	1.053		0	AR	1		0.895	17.576	
Hydroxyproline g	0.170		0	BFPN	4		0.144	2.834	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 1669g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23159

Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted

Refuse: 24% Connective tissue 5%, Separable fat 19%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	59.55		36	AR	1		50.62	953.45	
Energy kcal	218		0	NC	4		185	3490	
Energy kJ	912		0	NC	4		775	14601	
Protein (N x 6.25) g	28.21		36	AR	1		23.98	451.69	
Total lipid (fat) g	11.68		36	AR	1		9.93	186.97	
Ash g	1.05		36	AR	1		0.89	16.82	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	8		6	AR	1		6	122	
Iron, Fe mg	2.13		6	AR	1		1.81	34.10	
Magnesium, Mg mg	24		6	AR	1		21	389	
Phosphorus, P mg	178		6	AR	1		151	2849	
Potassium, K mg	326		6	AR	1		277	5213	
Sodium, Na mg	56		6	AR	1		48	898	
Zinc, Zn mg	7.09		6	AR	1		6.03	113.57	
Copper, Cu mg	0.089		6	AR	1		0.076	1.426	
Manganese, Mn mg	0.089		6	AR	1		0.076	1.426	
Selenium, Se µg	35.5		6	AR	1		30.2	568.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.090		2	AR	1		0.077	1.441	
Riboflavin mg	0.292		6	AR	1		0.248	4.675	
Niacin mg	5.850		6	AR	1		4.972	93.658	
Pantothenic acid mg	0.645		2	AR	1		0.548	10.326	
Vitamin B-6 mg	0.540		6	AR	1		0.459	8.652	
Folate, total µg	7		0	BFPN	4		6	110	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	7		0	BFPN	4		6	110	
Folate, DFE µg	7		0	NC	4		6	110	
Choline, total mg	55.9		2	AR	1		47.5	894.3	
Betaine mg	13.3		2	AR	1		11.3	212.7	
Vitamin B-12 µg	2.33		6	AR	1		1.98	37.30	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		2	29	
Retinol µg	2		0	BFSN	4		2	29	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	6		0	NC	4		5	95	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.10		6	AR	1		0.09	1.62	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	1.8	
Vitamin D IU	4		0	BFFN	4		4	71	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	25.1	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23159

Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.535		0	NC	4		3.855	72.603	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.005		3	AR	1		0.005	0.088	
12:0....g	0.008		3	AR	1		0.007	0.123	
13:0....g									
14:0....g	0.275		6	AR	1		0.233	4.395	
15:0....g	0.059		3	AR	1		0.050	0.948	
16:0....g	2.488		6	AR	1		2.115	39.833	
17:0....g	0.148		6	AR	1		0.126	2.374	
18:0....g	1.534		6	AR	1		1.304	24.553	
20:0....g	0.003		6	AR	1		0.003	0.053	
22:0....g									
24:0....g	0.015		6	AR	1		0.013	0.237	
Fatty acids, total monounsaturated....g	5.269		0	NC	4		4.479	84.361	
14:1....g	0.060		6	AR	1		0.051	0.957	
15:1....g	0.048		3	AR	1		0.041	0.772	
16:1 undifferentiated....g	0.342		0	AS	1		0.291	5.482	
16:1 c....g	0.335		6	AR	1		0.284	5.355	
16:1 t....g	0.008		3	AR	1		0.007	0.126	
17:1....g	0.108		6	AR	1		0.091	1.721	
18:1 undifferentiated....g	4.700		0	AS	1		3.995	75.240	
18:1 c....g	4.133		6	AR	1		3.513	66.163	
18:1 t....g	0.567		6	AR	1		0.482	9.078	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.012		6	AR	1		0.010	0.189	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.696		0	NC	4		0.592	11.143	
18:2 undifferentiated....g	0.548		0	AS	1		0.466	8.780	
18:2 n-6 c,c....g	0.499		6	AR	1		0.424	7.986	
18:2 CLAs....g	0.041		6	AR	1		0.035	0.656	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.009		3	AR	1		0.007	0.138	
18:3 undifferentiated....g	0.020		0	AS	1		0.017	0.317	
18:3 n-3 c,c,c (ALA)....g	0.020		6	AR	1		0.017	0.317	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000		3	AR	1		0.000	0.000	
20:3 undifferentiated....g	0.020		0	AS	1		0.017	0.314	
20:3 n-3....g									
20:3 n-6....g	0.020		3	AR	1		0.017	0.314	
20:4 undifferentiated....g	0.086		6	AR	1		0.073	1.382	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.006		3	AR	1		0.005	0.089	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.015		3	AR	1		0.012	0.234	
22:6 n-3 (DHA)....g	0.002		6	AR	1		0.001	0.027	
Fatty acids, total trans....g	0.583		0	NC	4		0.496	9.342	
Fatty acids, total trans-monoenoic....g	0.575		0	NC	4		0.489	9.204	
Fatty acids, total trans-polyenoic....g	0.009		0	NC	4		0.007	0.138	
Cholesterol....mg	80		6	AR	1		68	1280	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.346		0	AR	1		0.294	5.537	
Threonine....g	1.450		0	AR	1		1.232	23.209	
Isoleucine....g	1.438		0	AR	1		1.222	23.026	
Leucine....g	2.653		0	AR	1		2.255	42.482	

NDB No. 23159

Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	2.965		0	AR	1		2.521	47.475	
Methionine....g	0.819		0	AR	1		0.696	13.116	
Cystine....g	0.310		0	AR	1		0.263	4.956	
Phenylalanine....g	1.229		0	AR	1		1.045	19.674	
Tyrosine....g	1.151		0	AR	1		0.979	18.435	
Valine....g	1.520		0	AR	1		1.292	24.337	
Arginine....g	2.069		0	AR	1		1.758	33.118	
Histidine....g	1.145		0	AR	1		0.973	18.325	
Alanine....g	1.841		0	AR	1		1.565	29.474	
Aspartic acid....g	2.979		0	AR	1		2.532	47.693	
Glutamic acid....g	5.029		0	AR	1		4.275	80.519	
Glycine....g	1.329		0	AR	1		1.130	21.277	
Proline....g	1.295		0	AR	1		1.101	20.730	
Serine....g	1.252		0	AR	1		1.064	20.040	
Hydroxyproline....g	0.142		0	BFPN	4		0.121	2.281	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 1601g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23160

Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted

URMIS #2009

Refuse: 25% connective tissue 6%, Separable fat 19%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	58.26		24	AR	1		49.52	905.94	
Energy kcal	229		0	NC	4		194	3555	
Energy kJ	956		0	NC	4		813	14866	
Protein (N x 6.25) g	27.87		24	AR	1		23.69	433.45	
Total lipid (fat) g	13.01		24	AR	1		11.06	202.32	
Ash g	1.01		24	AR	1		0.86	15.75	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	8		4	AR	1		7	120	
Iron, Fe mg	2.20		4	AR	1		1.87	34.28	
Magnesium, Mg mg	24		4	AR	1		20	372	
Phosphorus, P mg	175		4	AR	1		148	2716	
Potassium, K mg	319		4	AR	1		271	4964	
Sodium, Na mg	54		4	AR	1		46	844	
Zinc, Zn mg	7.12		4	AR	1		6.05	110.76	
Copper, Cu mg	0.093		4	AR	1		0.079	1.449	
Manganese, Mn mg	0.093		4	AR	1		0.079	1.449	
Selenium, Se µg	34.8		4	AR	1		29.6	541.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.100		1	AR	1		0.085	1.555	
Riboflavin mg	0.277		4	AR	1		0.235	4.303	
Niacin mg	5.657		4	AR	1		4.808	87.962	
Pantothenic acid mg	0.660		1	AR	1		0.561	10.263	
Vitamin B-6 mg	0.534		4	AR	1		0.454	8.308	
Folate, total µg	7		0	BFPN	4		6	105	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	7		0	BFPN	4		6	105	
Folate, DFE µg	7		0	NC	4		6	105	
Choline, total mg	56.5		1	AR	1		48.1	879.2	
Betaine mg	14.1		1	AR	1		12.0	219.3	
Vitamin B-12 µg	2.43		4	AR	1		2.07	37.79	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		1	24	
Retinol µg	2		0	BFSN	4		1	24	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	5		0	NC	4		4	79	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.12		4	AR	1		0.10	1.84	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	1.9	
Vitamin D IU	5		0	BFFN	4		4	76	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	24.4	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23160

Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	5.187		0	NC	4		4.409	80.660	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.006		2	AR	1		0.005	0.098	
12:0....g	0.009		2	AR	1		0.007	0.132	
13:0....g									
14:0....g	0.313		4	AR	1		0.266	4.872	
15:0....g	0.066		2	AR	1		0.056	1.031	
16:0....g	2.851		4	AR	1		2.423	44.334	
17:0....g	0.170		4	AR	1		0.144	2.640	
18:0....g	1.750		4	AR	1		1.488	27.219	
20:0....g	0.004		4	AR	1		0.003	0.062	
22:0....g									
24:0....g	0.018		4	AR	1		0.015	0.272	
Fatty acids, total monounsaturated....g	6.091		0	NC	4		5.177	94.715	
14:1....g	0.069		4	AR	1		0.059	1.073	
15:1....g	0.049		2	AR	1		0.042	0.765	
16:1 undifferentiated....g	0.394		0	AS	1		0.335	6.122	
16:1 c....g	0.385		4	AR	1		0.327	5.981	
16:1 t....g	0.009		2	AR	1		0.008	0.142	
17:1....g	0.124		4	AR	1		0.106	1.933	
18:1 undifferentiated....g	5.441		0	AS	1		4.625	84.604	
18:1 c....g	4.795		4	AR	1		4.076	74.559	
18:1 t....g	0.646		4	AR	1		0.549	10.045	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.014		4	AR	1		0.012	0.218	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.777		0	NC	4		0.660	12.078	
18:2 undifferentiated....g	0.613		0	AS	1		0.521	9.534	
18:2 n-6 c,c....g	0.556		4	AR	1		0.472	8.641	
18:2 CLAs....g	0.046		4	AR	1		0.039	0.712	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.012		2	AR	1		0.010	0.180	
18:3 undifferentiated....g	0.022		0	AS	1		0.019	0.345	
18:3 n-3 c,c,c (ALA)....g	0.022		4	AR	1		0.019	0.345	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000		2	AR	1		0.000	0.000	
20:3 undifferentiated....g	0.020		0	AS	1		0.017	0.317	
20:3 n-3....g									
20:3 n-6....g	0.020		2	AR	1		0.017	0.317	
20:4 undifferentiated....g	0.097		4	AR	1		0.082	1.504	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.008		2	AR	1		0.006	0.118	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.014		2	AR	1		0.012	0.222	
22:6 n-3 (DHA)....g	0.002		4	AR	1		0.002	0.039	
Fatty acids, total trans....g	0.667		0	NC	4		0.567	10.367	
Fatty acids, total trans-monoenoic....g	0.655		0	NC	4		0.557	10.187	
Fatty acids, total trans-polyenoic....g	0.012		0	NC	4		0.010	0.180	
Cholesterol....mg	81		4	AR	1		69	1256	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.330		0	AR	1		0.280	5.125	
Threonine....g	1.369		0	AR	1		1.164	21.285	
Isoleucine....g	1.362		0	AR	1		1.158	21.183	
Leucine....g	2.496		0	AR	1		2.122	38.813	

NDB No. 23160

Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	2.779		0	AR	1		2.363	43.220	
Methionine....g	0.773		0	AR	1		0.657	12.027	
Cystine....g	0.290		0	AR	1		0.247	4.510	
Phenylalanine....g	1.160		0	AR	1		0.986	18.040	
Tyrosine....g	1.085		0	AR	1		0.923	16.878	
Valine....g	1.441		0	AR	1		1.225	22.413	
Arginine....g	1.945		0	AR	1		1.653	30.238	
Histidine....g	1.066		0	AR	1		0.906	16.570	
Alanine....g	1.738		0	AR	1		1.477	27.025	
Aspartic acid....g	2.801		0	AR	1		2.381	43.563	
Glutamic acid....g	4.750		0	AR	1		4.038	73.868	
Glycine....g	1.252		0	AR	1		1.065	19.475	
Proline....g	1.215		0	AR	1		1.033	18.895	
Serine....g	1.178		0	AR	1		1.001	18.313	
Hydroxyproline....g	0.141		0	BFPN	4		0.120	2.189	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 1555g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23161

Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted

URMIS #1194

Refuse: 23% Connective tissue 5%, Separable fat 18%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	61.49		12	AR	1		52.27	1026.33	
Energy kcal	202		0	NC	4		172	3371	
Energy kJ	845		0	NC	4		718	14103	
Protein (N x 6.25) g	28.72		12	AR	1		24.41	479.35	
Total lipid (fat) g	9.68		12	AR	1		8.23	161.55	
Ash g	1.11		12	AR	1		0.94	18.48	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	8		2	AR	1		6	125	
Iron, Fe mg	2.02		2	AR	1		1.72	33.69	
Magnesium, Mg mg	25		2	AR	1		21	416	
Phosphorus, P mg	183		2	AR	1		155	3052	
Potassium, K mg	335		2	AR	1		285	5594	
Sodium, Na mg	59		2	AR	1		50	981	
Zinc, Zn mg	7.05		2	AR	1		5.99	117.66	
Copper, Cu mg	0.083		2	AR	1		0.071	1.385	
Manganese, Mn mg	0.083		2	AR	1		0.071	1.385	
Selenium, Se µg	36.5		2	AR	1		31.0	609.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.080		1	AR	1		0.068	1.335	
Riboflavin mg	0.315		2	AR	1		0.268	5.257	
Niacin mg	6.140		2	AR	1		5.219	102.476	
Pantothenic acid mg	0.630		1	AR	1		0.535	10.515	
Vitamin B-6 mg	0.549		2	AR	1		0.467	9.171	
Folate, total µg	7		0	BFPN	4		6	116	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	7		0	BFPN	4		6	116	
Folate, DFE µg	7		0	NC	4		6	116	
Choline, total mg	55.2		1	AR	1		46.9	920.8	
Betaine mg	12.5		1	AR	1		10.6	208.1	
Vitamin B-12 µg	2.18		2	AR	1		1.85	36.38	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		2	36	
Retinol µg	2		0	BFSN	4		2	36	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	7		0	NC	4		6	120	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.08		2	AR	1		0.06	1.27	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	1.6	
Vitamin D IU	4		0	BFFN	4		3	64	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	26.2	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23161

Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.556		0	NC	4		3.023	59.356	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.004		1	AR	1		0.004	0.070	
12:0....g	0.007		1	AR	1		0.006	0.108	
13:0....g									
14:0....g	0.216		2	AR	1		0.184	3.610	
15:0....g	0.049		1	AR	1		0.041	0.813	
16:0....g	1.943		2	AR	1		1.652	32.435	
17:0....g	0.116		2	AR	1		0.099	1.936	
18:0....g	1.208		2	AR	1		1.027	20.168	
20:0....g	0.002		2	AR	1		0.002	0.038	
22:0....g									
24:0....g	0.011		2	AR	1		0.009	0.177	
Fatty acids, total monounsaturated....g	4.037		0	NC	4		3.431	67.370	
14:1....g	0.046		2	AR	1		0.039	0.768	
15:1....g	0.047		1	AR	1		0.040	0.778	
16:1 undifferentiated....g	0.265		0	AS	1		0.225	4.428	
16:1 c....g	0.259		2	AR	1		0.220	4.328	
16:1 t....g	0.006		1	AR	1		0.005	0.100	
17:1....g	0.082		2	AR	1		0.070	1.375	
18:1 undifferentiated....g	3.588		0	AS	1		3.050	59.882	
18:1 c....g	3.139		2	AR	1		2.668	52.395	
18:1 t....g	0.449		2	AR	1		0.381	7.487	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.008		2	AR	1		0.007	0.140	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.574		0	NC	4		0.488	9.584	
18:2 undifferentiated....g	0.451		0	AS	1		0.384	7.532	
18:2 n-6 c,c....g	0.413		2	AR	1		0.351	6.899	
18:2 CLAs....g	0.034		2	AR	1		0.029	0.562	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.004		1	AR	1		0.004	0.070	
18:3 undifferentiated....g	0.016		0	AS	1		0.014	0.269	
18:3 n-3 c,c,c (ALA)....g	0.016		2	AR	1		0.014	0.269	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000		1	AR	1		0.000	0.000	
20:3 undifferentiated....g	0.018		0	AS	1		0.016	0.305	
20:3 n-3....g									
20:3 n-6....g	0.018		1	AR	1		0.016	0.305	
20:4 undifferentiated....g	0.071		2	AR	1		0.060	1.178	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002		1	AR	1		0.002	0.042	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.015		1	AR	1		0.013	0.252	
22:6 n-3 (DHA)....g	0.000		2	AR	1		0.000	0.007	
Fatty acids, total trans....g	0.459		0	NC	4		0.390	7.657	
Fatty acids, total trans-monoenoic....g	0.455		0	NC	4		0.386	7.587	
Fatty acids, total trans-polyenoic....g	0.004		0	NC	4		0.004	0.070	
Cholesterol....mg	79		2	AR	1		67	1315	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.375		0	AR	1		0.318	6.251	
Threonine....g	1.599		0	AR	1		1.359	26.687	
Isoleucine....g	1.585		0	AR	1		1.347	26.447	
Leucine....g	2.953		0	AR	1		2.510	49.287	

NDB No. 23161

Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	3.313		0	AR	1		2.816	55.298	
Methionine....g	0.908		0	AR	1		0.771	15.147	
Cystine....g	0.346		0	AR	1		0.294	5.770	
Phenylalanine....g	1.354		0	AR	1		1.151	22.600	
Tyrosine....g	1.282		0	AR	1		1.090	21.398	
Valine....g	1.671		0	AR	1		1.420	27.889	
Arginine....g	2.305		0	AR	1		1.959	38.468	
Histidine....g	1.296		0	AR	1		1.102	21.638	
Alanine....g	2.031		0	AR	1		1.726	33.900	
Aspartic acid....g	3.313		0	AR	1		2.816	55.298	
Glutamic acid....g	5.560		0	AR	1		4.726	92.805	
Glycine....g	1.469		0	AR	1		1.249	24.523	
Proline....g	1.455		0	AR	1		1.237	24.283	
Serine....g	1.397		0	AR	1		1.188	23.321	
Hydroxyproline....g	0.145		0	BFPN	4		0.123	2.421	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 1669g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23188

Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled

Refuse: 19% Bone and connective tissue 19%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	52.62	0.728	36	AR	1		44.73	200.48	
Energy kcal	309		0	NC	4		263	1179	
Energy kJ	1295		0	NC	4		1101	4934	
Protein (N x 6.25) g	22.90	0.690	36	AR	1		19.47	87.27	
Total lipid (fat) g	24.20	0.501	36	AR	1		20.57	92.22	
Ash g	0.93	0.024	36	AR	1		0.79	3.56	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	22	1.875	6	AR	1		19	85	
Iron, Fe mg	2.29	0.025	6	AR	1		1.95	8.73	
Magnesium, Mg mg	21	0.291	6	AR	1		18	82	
Phosphorus, P mg	156	0.755	6	AR	1		132	593	
Potassium, K mg	243	4.481	6	AR	1		207	928	
Sodium, Na mg	60	0.766	6	AR	1		51	227	
Zinc, Zn mg	5.05	0.051	6	AR	1		4.30	19.26	
Copper, Cu mg	0.071	0.002	6	AR	1		0.061	0.272	
Manganese, Mn mg	0.071	0.002	6	AR	1		0.061	0.272	
Selenium, Se µg	23.5	0.991	6	AR	1		20.0	89.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.088		2	AR	1		0.075	0.336	
Riboflavin mg	0.293	0.013	6	AR	1		0.249	1.115	
Niacin mg	4.733	0.099	6	AR	1		4.023	18.034	
Pantothenic acid mg	0.553		2	AR	1		0.470	2.108	
Vitamin B-6 mg	0.461	0.012	6	AR	1		0.391	1.755	
Folate, total µg	6		0	BFPN	4		5	21	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	6		0	BFPN	4		5	21	
Folate, DFE µg	6		0	NC	4		5	21	
Choline, total mg	48.0		2	AR	1		40.8	182.9	
Betaine mg	13.0		2	AR	1		11.0	49.4	
Vitamin B-12 µg	2.01	0.054	6	AR	1		1.71	7.65	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	8		0	NC	4		7	30	
Retinol µg	8		0	BFSN	4		7	30	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	26		0	NC	4		22	101	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.09	0.011	6	AR	1		0.07	0.33	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	AS	1		0.1	0.6	
Vitamin D IU	7		0	BFFN	4		6	26	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	6.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23188

Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	10.629		0	NC	4		9.034	40.495	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.017	0.000	3	AR	1		0.015	0.066	
12:0....g	0.020	0.000	3	AR	1		0.017	0.074	
13:0....g									
14:0....g	0.720	0.042	6	AR	1		0.612	2.742	
15:0....g	0.138	0.000	3	AR	1		0.117	0.525	
16:0....g	5.627	0.305	6	AR	1		4.783	21.437	
17:0....g	0.327	0.021	6	AR	1		0.278	1.247	
18:0....g	3.750	0.183	6	AR	1		3.188	14.288	
20:0....g	0.020	0.001	6	AR	1		0.017	0.074	
22:0....g									
24:0....g	0.011	0.001	6	AR	1		0.009	0.042	
Fatty acids, total monounsaturated....g	11.616		0	NC	4		9.873	44.256	
14:1....g	0.153	0.009	6	AR	1		0.130	0.581	
15:1....g	0.045	0.000	3	AR	1		0.038	0.171	
16:1 undifferentiated....g	0.789		0	AS	1		0.670	3.005	
16:1 c....g	0.727	0.019	6	AR	1		0.618	2.769	
16:1 t....g	0.062	0.000	3	AR	1		0.052	0.235	
17:1....g	0.206	0.011	6	AR	1		0.175	0.786	
18:1 undifferentiated....g	10.372		0	AS	1		8.816	39.516	
18:1 c....g	8.903	0.348	6	AR	1		7.567	33.919	
18:1 t....g	1.469	0.094	6	AR	1		1.249	5.597	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.052	0.003	6	AR	1		0.044	0.197	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.104		0	NC	4		0.938	4.206	
18:2 undifferentiated....g	0.962		0	AS	1		0.818	3.666	
18:2 n-6 c,c....g	0.754	0.019	6	AR	1		0.641	2.874	
18:2 CLAs....g	0.109	0.005	6	AR	1		0.093	0.416	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.099	0.000	3	AR	1		0.084	0.376	
18:3 undifferentiated....g	0.040		0	AS	1		0.034	0.150	
18:3 n-3 c,c,c (ALA)....g	0.040	0.003	6	AR	1		0.034	0.150	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.007	0.000	3	AR	1		0.006	0.027	
20:3 undifferentiated....g	0.025		0	AS	1		0.022	0.097	
20:3 n-3....g									
20:3 n-6....g	0.025	0.000	3	AR	1		0.022	0.097	
20:4 undifferentiated....g	0.055	0.006	6	AR	1		0.046	0.208	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002	0.000	3	AR	1		0.002	0.007	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.013	0.000	3	AR	1		0.011	0.048	
22:6 n-3 (DHA)....g	0.001	0.000	6	AR	1		0.001	0.002	
Fatty acids, total trans....g	1.629		0	NC	4		1.385	6.207	
Fatty acids, total trans-monoenoic....g	1.531		0	NC	4		1.301	5.832	
Fatty acids, total trans-polyenoic....g	0.099		0	NC	4		0.084	0.376	
Cholesterol....mg	82	0.902	6	AR	1		70	312	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.256		0	AR	1		0.218	0.976	
Threonine....g	1.079		0	AR	1		0.918	4.113	
Isoleucine....g	1.067		0	AR	1		0.907	4.065	
Leucine....g	1.974		0	AR	1		1.678	7.522	

NDB No. 23188

Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.194		0	AR	1		1.865	8.359	
Methionine g	0.620		0	AR	1		0.527	2.361	
Cystine g	0.233		0	AR	1		0.198	0.889	
Phenylalanine g	0.919		0	AR	1		0.781	3.500	
Tyrosine g	0.853		0	AR	1		0.725	3.252	
Valine g	1.145		0	AR	1		0.973	4.362	
Arginine g	1.560		0	AR	1		1.326	5.942	
Histidine g	0.858		0	AR	1		0.730	3.271	
Alanine g	1.420		0	AR	1		1.207	5.410	
Aspartic acid g	2.232		0	AR	1		1.897	8.503	
Glutamic acid g	3.745		0	AR	1		3.183	14.268	
Glycine g	1.127		0	AR	1		0.958	4.293	
Proline g	1.028		0	AR	1		0.873	3.915	
Serine g	0.943		0	AR	1		0.802	3.593	
Hydroxyproline g	0.157		0	BFPN	4		0.133	0.596	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 381g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23186

Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled

URMIS #2012

Refuse: 19% Bone and connective tissue 19%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	52.36	0.771	24	AR	1		44.50	197.91	
Energy kcal	313		0	NC	4		266	1184	
Energy kJ	1310		0	NC	4		1114	4952	
Protein (N x 6.25) g	22.71	0.706	24	AR	1		19.30	85.85	
Total lipid (fat) g	24.70	0.624	24	AR	1		20.99	93.35	
Ash g	0.90	0.026	24	AR	1		0.77	3.41	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	22	2.329	4	AR	1		19	84	
Iron, Fe mg	2.29	0.031	4	AR	1		1.95	8.66	
Magnesium, Mg mg	22	0.362	4	AR	1		18	81	
Phosphorus, P mg	156	0.938	4	AR	1		133	590	
Potassium, K mg	242	5.566	4	AR	1		206	915	
Sodium, Na mg	60	0.952	4	AR	1		51	226	
Zinc, Zn mg	5.07	0.063	4	AR	1		4.31	19.16	
Copper, Cu mg	0.073	0.002	4	AR	1		0.062	0.277	
Manganese, Mn mg	0.073	0.002	4	AR	1		0.062	0.277	
Selenium, Se µg	23.7	1.231	4	AR	1		20.2	89.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.085		1	AR	1		0.072	0.322	
Riboflavin mg	0.296	0.016	4	AR	1		0.251	1.118	
Niacin mg	4.752	0.123	4	AR	1		4.039	17.963	
Pantothenic acid mg	0.567		1	AR	1		0.482	2.142	
Vitamin B-6 mg	0.450	0.015	4	AR	1		0.382	1.699	
Folate, total µg	6		0	BFPN	4		5	21	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	6		0	BFPN	4		5	21	
Folate, DFE µg	6		0	NC	4		5	21	
Choline, total mg	48.6		1	AR	1		41.3	183.7	
Betaine mg	12.7		1	AR	1		10.8	48.0	
Vitamin B-12 µg	2.00	0.066	4	AR	1		1.70	7.57	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	8		0	NC	4		6	29	
Retinol µg	8		0	BFSN	4		6	29	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	25		0	NC	4		22	96	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.10	0.013	4	AR	1		0.08	0.36	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	AS	1		0.1	0.6	
Vitamin D IU	7		0	BFSN	4		6	26	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	5.9	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23186

Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	10.566		0	NC	4		8.981	39.940	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.017		2	AR	1		0.015	0.065	
12:0....g	0.020		2	AR	1		0.017	0.074	
13:0....g									
14:0....g	0.707	0.052	4	AR	1		0.601	2.674	
15:0....g	0.141		2	AR	1		0.120	0.534	
16:0....g	5.613	0.379	4	AR	1		4.771	21.218	
17:0....g	0.333	0.026	4	AR	1		0.283	1.260	
18:0....g	3.705	0.227	4	AR	1		3.149	14.003	
20:0....g	0.018	0.002	4	AR	1		0.015	0.067	
22:0....g									
24:0....g	0.012	0.001	4	AR	1		0.010	0.044	
Fatty acids, total monounsaturated....g	11.620		0	NC	4		9.877	43.923	
14:1....g	0.149	0.011	4	AR	1		0.126	0.561	
15:1....g	0.044		2	AR	1		0.037	0.166	
16:1 undifferentiated....g	0.788		0	AS	1		0.670	2.978	
16:1 c....g	0.726	0.024	4	AR	1		0.617	2.743	
16:1 t....g	0.062		2	AR	1		0.053	0.235	
17:1....g	0.213	0.013	4	AR	1		0.181	0.804	
18:1 undifferentiated....g	10.378		0	AS	1		8.821	39.230	
18:1 c....g	8.925	0.433	4	AR	1		7.586	33.735	
18:1 t....g	1.454	0.117	4	AR	1		1.236	5.495	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.049	0.004	4	AR	1		0.042	0.185	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.103		0	NC	4		0.937	4.167	
18:2 undifferentiated....g	0.958		0	AS	1		0.814	3.621	
18:2 n-6 c,c....g	0.757	0.024	4	AR	1		0.643	2.860	
18:2 CLAs....g	0.104	0.007	4	AR	1		0.089	0.395	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.097		2	AR	1		0.082	0.367	
18:3 undifferentiated....g	0.039		0	AS	1		0.033	0.147	
18:3 n-3 c,c,c (ALA)....g	0.039	0.004	4	AR	1		0.033	0.147	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.006		2	AR	1		0.005	0.022	
20:3 undifferentiated....g	0.026		0	AS	1		0.022	0.099	
20:3 n-3....g									
20:3 n-6....g	0.026		2	AR	1		0.022	0.099	
20:4 undifferentiated....g	0.058	0.007	4	AR	1		0.050	0.221	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002		2	AR	1		0.001	0.006	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.013		2	AR	1		0.011	0.050	
22:6 n-3 (DHA)....g	0.001	0.001	4	AR	1		0.001	0.003	
Fatty acids, total trans....g	1.613		0	NC	4		1.371	6.096	
Fatty acids, total trans-monoenoic....g	1.516		0	NC	4		1.288	5.730	
Fatty acids, total trans-polyenoic....g	0.097		0	NC	4		0.082	0.367	
Cholesterol....mg	83	1.121	4	AR	1		71	314	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.255		0	AR	1		0.217	0.963	
Threonine....g	1.065		0	AR	1		0.905	4.025	
Isoleucine....g	1.055		0	AR	1		0.897	3.988	
Leucine....g	1.940		0	AR	1		1.649	7.332	

NDB No. 23186

Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.148		0	AR	1		1.825	8.118	
Methionine g	0.612		0	AR	1		0.520	2.313	
Cystine g	0.229		0	AR	1		0.194	0.865	
Phenylalanine g	0.906		0	AR	1		0.770	3.425	
Tyrosine g	0.840		0	AR	1		0.714	3.175	
Valine g	1.134		0	AR	1		0.964	4.288	
Arginine g	1.533		0	AR	1		1.303	5.795	
Histidine g	0.836		0	AR	1		0.710	3.159	
Alanine g	1.404		0	AR	1		1.193	5.306	
Aspartic acid g	2.194		0	AR	1		1.865	8.292	
Glutamic acid g	3.694		0	AR	1		3.140	13.965	
Glycine g	1.120		0	AR	1		0.952	4.233	
Proline g	1.012		0	AR	1		0.860	3.827	
Serine g	0.928		0	AR	1		0.789	3.507	
Hydroxyproline g	0.155		0	BFPN	4		0.132	0.587	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 378g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23187

Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled

URMIS #1197

Refuse: 20% Bone and connective tissue 20%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	53.01	0.858	12	AR	1		45.06	204.10	
Energy kcal	304		0	NC	4		258	1170	
Energy kJ	1272		0	NC	4		1081	4897	
Protein (N x 6.25) g	23.19	0.740	12	AR	1		19.72	89.30	
Total lipid (fat) g	23.47	0.832	12	AR	1		19.95	90.34	
Ash g	0.98	0.030	12	AR	1		0.83	3.77	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	22		2	AR	1		19	86	
Iron, Fe mg	2.29		2	AR	1		1.95	8.83	
Magnesium, Mg mg	21		2	AR	1		18	82	
Phosphorus, P mg	155		2	AR	1		132	596	
Potassium, K mg	246		2	AR	1		209	946	
Sodium, Na mg	59		2	AR	1		50	229	
Zinc, Zn mg	5.03		2	AR	1		4.28	19.38	
Copper, Cu mg	0.069		2	AR	1		0.058	0.265	
Manganese, Mn mg	0.069		2	AR	1		0.058	0.265	
Selenium, Se µg	23.2		2	AR	1		19.7	89.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.092		1	AR	1		0.078	0.353	
Riboflavin mg	0.288		2	AR	1		0.244	1.107	
Niacin mg	4.705		2	AR	1		3.999	18.113	
Pantothenic acid mg	0.540		1	AR	1		0.459	2.079	
Vitamin B-6 mg	0.477		2	AR	1		0.405	1.836	
Folate, total µg	6		0	BFPN	4		5	22	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	6		0	BFPN	4		5	22	
Folate, DFE µg	6		0	NC	4		5	22	
Choline, total mg	47.4		1	AR	1		40.3	182.4	
Betaine mg	13.2		1	AR	1		11.2	50.9	
Vitamin B-12 µg	2.02		2	AR	1		1.71	7.76	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	8		0	NC	4		7	32	
Retinol µg	8		0	BFSN	4		7	32	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	28		0	NC	4		24	107	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.07		2	AR	1		0.06	0.27	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	AS	1		0.1	0.6	
Vitamin D IU	6		0	BFFN	4		5	25	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	6.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23187

Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	10.723		0	NC	4		9.114	41.282	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.018		1	AR	1		0.015	0.067	
12:0....g	0.020		1	AR	1		0.017	0.075	
13:0....g									
14:0....g	0.738		2	AR	1		0.628	2.843	
15:0....g	0.132		1	AR	1		0.113	0.510	
16:0....g	5.646		2	AR	1		4.799	21.738	
17:0....g	0.318		2	AR	1		0.271	1.225	
18:0....g	3.819		2	AR	1		3.246	14.701	
20:0....g	0.022		2	AR	1		0.019	0.084	
22:0....g									
24:0....g	0.010		2	AR	1		0.008	0.038	
Fatty acids, total monounsaturated....g	11.609		0	NC	4		9.868	44.696	
14:1....g	0.158		2	AR	1		0.134	0.609	
15:1....g	0.047		1	AR	1		0.040	0.180	
16:1 undifferentiated....g	0.790		0	AS	1		0.671	3.040	
16:1 c....g	0.729		2	AR	1		0.620	2.806	
16:1 t....g	0.061		1	AR	1		0.052	0.234	
17:1....g	0.197		2	AR	1		0.167	0.757	
18:1 undifferentiated....g	10.362		0	AS	1		8.808	39.894	
18:1 c....g	8.870		2	AR	1		7.540	34.151	
18:1 t....g	1.492		2	AR	1		1.268	5.743	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.056		2	AR	1		0.048	0.216	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.105		0	NC	4		0.940	4.255	
18:2 undifferentiated....g	0.968		0	AS	1		0.823	3.728	
18:2 n-6 c,c....g	0.751		2	AR	1		0.638	2.889	
18:2 CLAs....g	0.117		2	AR	1		0.099	0.450	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.101		1	AR	1		0.086	0.388	
18:3 undifferentiated....g	0.040		0	AS	1		0.034	0.155	
18:3 n-3 c,c,c (ALA)....g	0.040		2	AR	1		0.034	0.155	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.009		1	AR	1		0.008	0.036	
20:3 undifferentiated....g	0.024		0	AS	1		0.021	0.094	
20:3 n-3....g									
20:3 n-6....g	0.024		1	AR	1		0.021	0.094	
20:4 undifferentiated....g	0.049		2	AR	1		0.041	0.187	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002		1	AR	1		0.002	0.008	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.012		1	AR	1		0.010	0.046	
22:6 n-3 (DHA)....g	0.000		2	AR	1		0.000	0.001	
Fatty acids, total trans....g	1.654		0	NC	4		1.405	6.366	
Fatty acids, total trans-monoenoic....g	1.553		0	NC	4		1.320	5.978	
Fatty acids, total trans-polyenoic....g	0.101		0	NC	4		0.086	0.388	
Cholesterol....mg	80		2	AR	1		68	308	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.260		0	AR	1		0.221	1.001	
Threonine....g	1.114		0	AR	1		0.947	4.289	
Isoleucine....g	1.100		0	AR	1		0.935	4.236	
Leucine....g	2.055		0	AR	1		1.747	7.911	

NDB No. 23187

Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.294		0	AR	1		1.950	8.831	
Methionine g	0.641		0	AR	1		0.545	2.468	
Cystine g	0.243		0	AR	1		0.207	0.937	
Phenylalanine g	0.947		0	AR	1		0.805	3.645	
Tyrosine g	0.889		0	AR	1		0.756	3.423	
Valine g	1.176		0	AR	1		1.000	4.528	
Arginine g	1.622		0	AR	1		1.379	6.246	
Histidine g	0.907		0	AR	1		0.771	3.493	
Alanine g	1.460		0	AR	1		1.241	5.620	
Aspartic acid g	2.319		0	AR	1		1.971	8.930	
Glutamic acid g	3.873		0	AR	1		3.292	14.912	
Glycine g	1.148		0	AR	1		0.976	4.421	
Proline g	1.070		0	AR	1		0.910	4.120	
Serine g	0.983		0	AR	1		0.835	3.784	
Hydroxyproline g	0.158		0	BFPN	4		0.135	0.610	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 385g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23156

Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled

Refuse: 38% Bone and connective tissue 19%, Separable fat 19%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	59.69		36	AR	1		50.73	227.40	
Energy kcal	221		0	NC	4		188	844	
Energy kJ	927		0	NC	4		788	3532	
Protein (N x 6.25) g	27.40		36	AR	1		23.29	104.40	
Total lipid (fat) g	12.43		36	AR	1		10.57	47.36	
Ash g	1.09		36	AR	1		0.92	4.14	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	22		6	AR	1		19	83	
Iron, Fe mg	2.62		6	AR	1		2.23	9.98	
Magnesium, Mg mg	25		6	AR	1		22	97	
Phosphorus, P mg	184		6	AR	1		157	703	
Potassium, K mg	279		6	AR	1		237	1064	
Sodium, Na mg	67		6	AR	1		57	255	
Zinc, Zn mg	6.00		6	AR	1		5.10	22.87	
Copper, Cu mg	0.081		6	AR	1		0.069	0.309	
Manganese, Mn mg	0.081		6	AR	1		0.069	0.309	
Selenium, Se µg	28.2		6	AR	1		24.0	107.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.105		2	AR	1		0.089	0.400	
Riboflavin mg	0.334		6	AR	1		0.284	1.273	
Niacin mg	5.683		6	AR	1		4.831	21.652	
Pantothenic acid mg	0.625		2	AR	1		0.531	2.381	
Vitamin B-6 mg	0.547		6	AR	1		0.465	2.086	
Folate, total µg	7		0	BFPN	4		6	25	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	7		0	BFPN	4		6	25	
Folate, DFE µg	7		0	NC	4		6	25	
Choline, total mg	57.1		2	AR	1		48.5	217.4	
Betaine mg	15.2		2	AR	1		12.9	58.0	
Vitamin B-12 µg	2.22		6	AR	1		1.89	8.45	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		2	7	
Retinol µg	2		0	BFSN	4		2	7	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	6		0	NC	4		5	23	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.08		6	AR	1		0.07	0.32	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.4	
Vitamin D IU	4		0	BFFN	4		3	14	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	6.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23156

Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.794		0	NC	4		4.075	18.265	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.006		3	AR	1		0.005	0.024	
12:0....g	0.009		3	AR	1		0.008	0.034	
13:0....g									
14:0....g	0.322		6	AR	1		0.274	1.228	
15:0....g	0.060		3	AR	1		0.051	0.228	
16:0....g	2.682		6	AR	1		2.280	10.220	
17:0....g	0.143		6	AR	1		0.122	0.546	
18:0....g	1.555		6	AR	1		1.322	5.925	
20:0....g	0.005		6	AR	1		0.004	0.019	
22:0....g									
24:0....g	0.011		6	AR	1		0.009	0.041	
Fatty acids, total monounsaturated....g	5.628		0	NC	4		4.784	21.441	
14:1....g	0.078		6	AR	1		0.066	0.295	
15:1....g	0.057		3	AR	1		0.048	0.217	
16:1 undifferentiated....g	0.390		0	AS	1		0.332	1.486	
16:1 c....g	0.384		6	AR	1		0.326	1.463	
16:1 t....g	0.006		3	AR	1		0.005	0.023	
17:1....g	0.108		6	AR	1		0.092	0.411	
18:1 undifferentiated....g	4.978		0	AS	1		4.231	18.966	
18:1 c....g	4.389		6	AR	1		3.731	16.722	
18:1 t....g	0.589		6	AR	1		0.501	2.244	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.017		6	AR	1		0.015	0.066	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.594		0	NC	4		0.505	2.262	
18:2 undifferentiated....g	0.482		0	AS	1		0.410	1.836	
18:2 n-6 c,c....g	0.436		6	AR	1		0.371	1.662	
18:2 CLAs....g	0.039		6	AR	1		0.033	0.147	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.007		3	AR	1		0.006	0.027	
18:3 undifferentiated....g	0.017		0	AS	1		0.015	0.065	
18:3 n-3 c,c,c (ALA)....g	0.017		6	AR	1		0.015	0.065	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.002		3	AR	1		0.002	0.008	
20:3 undifferentiated....g	0.019		0	AS	1		0.016	0.070	
20:3 n-3....g									
20:3 n-6....g	0.019		3	AR	1		0.016	0.070	
20:4 undifferentiated....g	0.059		6	AR	1		0.050	0.225	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002		3	AR	1		0.002	0.009	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.012		3	AR	1		0.010	0.045	
22:6 n-3 (DHA)....g	0.001		6	AR	1		0.001	0.003	
Fatty acids, total trans....g	0.602		0	NC	4		0.512	2.294	
Fatty acids, total trans-monoenoic....g	0.595		0	NC	4		0.506	2.267	
Fatty acids, total trans-polyenoic....g	0.007		0	NC	4		0.006	0.027	
Cholesterol....mg	80		6	AR	1		68	306	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.336		0	AR	1		0.286	1.280	
Threonine....g	1.408		0	AR	1		1.197	5.364	
Isoleucine....g	1.397		0	AR	1		1.187	5.322	
Leucine....g	2.577		0	AR	1		2.191	9.819	

NDB No. 23156

Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	2.880		0	AR	1		2.448	10.973	
Methionine....g	0.796		0	AR	1		0.676	3.032	
Cystine....g	0.301		0	AR	1		0.256	1.145	
Phenylalanine....g	1.194		0	AR	1		1.015	4.547	
Tyrosine....g	1.118		0	AR	1		0.951	4.261	
Valine....g	1.476		0	AR	1		1.255	5.625	
Arginine....g	2.009		0	AR	1		1.708	7.655	
Histidine....g	1.112		0	AR	1		0.945	4.236	
Alanine....g	1.788		0	AR	1		1.520	6.812	
Aspartic acid....g	2.893		0	AR	1		2.459	11.023	
Glutamic acid....g	4.885		0	AR	1		4.152	18.610	
Glycine....g	1.291		0	AR	1		1.097	4.918	
Proline....g	1.258		0	AR	1		1.069	4.791	
Serine....g	1.216		0	AR	1		1.033	4.632	
Hydroxyproline....g	0.138		0	BFPN	4		0.118	0.527	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 381g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23157

Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled

URMIS #2012

Refuse: 38% Bone and connective tissue 19%, Separable fat 19%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	59.13		24	AR	1		50.26	223.53	
Energy kcal	229		0	NC	4		195	866	
Energy kJ	959		0	NC	4		815	3625	
Protein (N x 6.25) g	27.03		24	AR	1		22.98	102.18	
Total lipid (fat) g	13.44		24	AR	1		11.43	50.82	
Ash g	1.04		24	AR	1		0.89	3.94	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	22		4	AR	1		19	83	
Iron, Fe mg	2.61		4	AR	1		2.22	9.86	
Magnesium, Mg mg	25		4	AR	1		22	96	
Phosphorus, P mg	184		4	AR	1		157	697	
Potassium, K mg	276		4	AR	1		235	1043	
Sodium, Na mg	67		4	AR	1		57	253	
Zinc, Zn mg	6.00		4	AR	1		5.10	22.67	
Copper, Cu mg	0.083		4	AR	1		0.071	0.315	
Manganese, Mn mg	0.083		4	AR	1		0.071	0.315	
Selenium, Se µg	28.3		4	AR	1		24.1	107.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.100		1	AR	1		0.085	0.378	
Riboflavin mg	0.337		4	AR	1		0.286	1.273	
Niacin mg	5.675		4	AR	1		4.824	21.452	
Pantothenic acid mg	0.640		1	AR	1		0.544	2.419	
Vitamin B-6 mg	0.530		4	AR	1		0.451	2.005	
Folate, total µg	7		0	BFPN	4		6	25	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	7		0	BFPN	4		6	25	
Folate, DFE µg	7		0	NC	4		6	25	
Choline, total mg	57.5		1	AR	1		48.9	217.4	
Betaine mg	14.8		1	AR	1		12.6	56.0	
Vitamin B-12 µg	2.21		4	AR	1		1.88	8.34	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	1		0	NC	4		1	6	
Retinol µg	1		0	BFSN	4		1	6	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	5		0	NC	4		4	19	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.10		4	AR	1		0.08	0.37	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.4	
Vitamin D IU	4		0	BFFN	4		3	16	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	5.9	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23157

Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.897		0	NC	4		4.162	18.511	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.007		2	AR	1		0.006	0.025	
12:0....g	0.009		2	AR	1		0.008	0.035	
13:0....g									
14:0....g	0.319		4	AR	1		0.271	1.205	
15:0....g	0.066		2	AR	1		0.056	0.250	
16:0....g	2.760		4	AR	1		2.346	10.431	
17:0....g	0.157		4	AR	1		0.134	0.594	
18:0....g	1.565		4	AR	1		1.330	5.915	
20:0....g	0.003		4	AR	1		0.003	0.012	
22:0....g									
24:0....g	0.012		4	AR	1		0.010	0.044	
Fatty acids, total monounsaturated....g	5.828		0	NC	4		4.954	22.030	
14:1....g	0.075		4	AR	1		0.064	0.284	
15:1....g	0.055		2	AR	1		0.047	0.209	
16:1 undifferentiated....g	0.402		0	AS	1		0.342	1.520	
16:1 c....g	0.394		4	AR	1		0.335	1.490	
16:1 t....g	0.008		2	AR	1		0.007	0.030	
17:1....g	0.120		4	AR	1		0.102	0.453	
18:1 undifferentiated....g	5.161		0	AS	1		4.387	19.510	
18:1 c....g	4.564		4	AR	1		3.880	17.253	
18:1 t....g	0.597		4	AR	1		0.508	2.257	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.015		4	AR	1		0.012	0.055	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.607		0	NC	4		0.516	2.295	
18:2 undifferentiated....g	0.491		0	AS	1		0.417	1.854	
18:2 n-6 c,c....g	0.449		4	AR	1		0.382	1.698	
18:2 CLAs....g	0.034		4	AR	1		0.029	0.130	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.007		2	AR	1		0.006	0.026	
18:3 undifferentiated....g	0.017		0	AS	1		0.014	0.064	
18:3 n-3 c,c,c (ALA)....g	0.017		4	AR	1		0.014	0.064	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000		2	AR	1		0.000	0.001	
20:3 undifferentiated....g	0.020		0	AS	1		0.017	0.074	
20:3 n-3....g									
20:3 n-6....g	0.020		2	AR	1		0.017	0.074	
20:4 undifferentiated....g	0.064		4	AR	1		0.054	0.242	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002		2	AR	1		0.002	0.008	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.013		2	AR	1		0.011	0.047	
22:6 n-3 (DHA)....g	0.001		4	AR	1		0.001	0.005	
Fatty acids, total trans....g	0.612		0	NC	4		0.520	2.314	
Fatty acids, total trans-monoenoic....g	0.605		0	NC	4		0.514	2.287	
Fatty acids, total trans-polyenoic....g	0.007		0	NC	4		0.006	0.026	
Cholesterol....mg	82		4	AR	1		70	310	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.320		0	AR	1		0.272	1.208	
Threonine....g	1.327		0	AR	1		1.128	5.018	
Isoleucine....g	1.321		0	AR	1		1.123	4.993	
Leucine....g	2.420		0	AR	1		2.057	9.149	

NDB No. 23157

Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	2.695		0	AR	1		2.291	10.188	
Methionine....g	0.750		0	AR	1		0.638	2.835	
Cystine....g	0.281		0	AR	1		0.239	1.063	
Phenylalanine....g	1.125		0	AR	1		0.956	4.253	
Tyrosine....g	1.053		0	AR	1		0.895	3.979	
Valine....g	1.398		0	AR	1		1.188	5.283	
Arginine....g	1.886		0	AR	1		1.603	7.128	
Histidine....g	1.033		0	AR	1		0.878	3.906	
Alanine....g	1.685		0	AR	1		1.433	6.371	
Aspartic acid....g	2.717		0	AR	1		2.309	10.269	
Glutamic acid....g	4.607		0	AR	1		3.916	17.413	
Glycine....g	1.214		0	AR	1		1.032	4.591	
Proline....g	1.178		0	AR	1		1.002	4.454	
Serine....g	1.142		0	AR	1		0.971	4.317	
Hydroxyproline....g	0.137		0	BFPN	4		0.116	0.516	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 378g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23158

Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled

URMIS #1197

Refuse: 39% Bone and connective tissue 20%, Separable fat 19%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	60.51		12	AR	1		51.44	232.98	
Energy kcal	210		0	NC	4		179	809	
Energy kJ	879		0	NC	4		747	3384	
Protein (N x 6.25) g	27.96		12	AR	1		23.76	107.64	
Total lipid (fat) g	10.91		12	AR	1		9.27	42.00	
Ash g	1.15		12	AR	1		0.98	4.44	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	22		2	AR	1		19	84	
Iron, Fe mg	2.63		2	AR	1		2.24	10.14	
Magnesium, Mg mg	25		2	AR	1		22	97	
Phosphorus, P mg	185		2	AR	1		157	711	
Potassium, K mg	284		2	AR	1		241	1093	
Sodium, Na mg	67		2	AR	1		57	257	
Zinc, Zn mg	6.01		2	AR	1		5.11	23.16	
Copper, Cu mg	0.078		2	AR	1		0.066	0.300	
Manganese, Mn mg	0.078		2	AR	1		0.066	0.300	
Selenium, Se µg	28.0		2	AR	1		23.8	107.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.110		1	AR	1		0.093	0.423	
Riboflavin mg	0.330		2	AR	1		0.281	1.271	
Niacin mg	5.695		2	AR	1		4.841	21.926	
Pantothenic acid mg	0.610		1	AR	1		0.519	2.349	
Vitamin B-6 mg	0.573		2	AR	1		0.487	2.206	
Folate, total µg	7		0	BFPN	4		6	26	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	7		0	BFPN	4		6	26	
Folate, DFE µg	7		0	NC	4		6	26	
Choline, total mg	56.6		1	AR	1		48.1	217.9	
Betaine mg	15.6		1	AR	1		13.3	60.2	
Vitamin B-12 µg	2.23		2	AR	1		1.90	8.60	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		2	8	
Retinol µg	2		0	BFSN	4		2	8	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	7		0	NC	4		6	28	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.06		2	AR	1		0.05	0.24	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.3	
Vitamin D IU	3		0	BFFN	4		3	12	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	6.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23158

Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated g	4.639		0	NC	4		3.943	17.862	
4:0 g	0.000		0	Z	7		0.000	0.000	
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.006		1	AR	1		0.005	0.024	
12:0 g	0.009		1	AR	1		0.007	0.033	
13:0 g									
14:0 g	0.328		2	AR	1		0.279	1.262	
15:0 g	0.050		1	AR	1		0.043	0.194	
16:0 g	2.567		2	AR	1		2.182	9.882	
17:0 g	0.122		2	AR	1		0.104	0.471	
18:0 g	1.541		2	AR	1		1.310	5.931	
20:0 g	0.007		2	AR	1		0.006	0.028	
22:0 g									
24:0 g	0.009		2	AR	1		0.008	0.036	
Fatty acids, total monounsaturated g	5.327		0	NC	4		4.528	20.507	
14:1 g	0.081		2	AR	1		0.069	0.313	
15:1 g	0.060		1	AR	1		0.051	0.229	
16:1 undifferentiated g	0.372		0	AS	1		0.316	1.432	
16:1 c g	0.369		2	AR	1		0.313	1.419	
16:1 t g	0.003		1	AR	1		0.003	0.013	
17:1 g	0.090		2	AR	1		0.077	0.347	
18:1 undifferentiated g	4.703		0	AS	1		3.997	18.105	
18:1 c g	4.126		2	AR	1		3.507	15.885	
18:1 t g	0.577		2	AR	1		0.490	2.220	
18:1-11 t (18:1t n-7) g									
20:1 g	0.021		2	AR	1		0.018	0.082	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.573		0	NC	4		0.487	2.207	
18:2 undifferentiated g	0.469		0	AS	1		0.398	1.804	
18:2 n-6 c,c g	0.416		2	AR	1		0.354	1.602	
18:2 CLAs g	0.045		2	AR	1		0.038	0.173	
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.007		1	AR	1		0.006	0.028	
18:3 undifferentiated g	0.017		0	AS	1		0.015	0.067	
18:3 n-3 c,c,c (ALA) g	0.017		2	AR	1		0.015	0.067	
18:3 n-6 c,c,c g									
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.004		1	AR	1		0.004	0.017	
20:3 undifferentiated g	0.017		0	AS	1		0.014	0.065	
20:3 n-3 g									
20:3 n-6 g	0.017		1	AR	1		0.014	0.065	
20:4 undifferentiated g	0.052		2	AR	1		0.044	0.199	
20:4 n-6 g									
20:5 n-3 (EPA) g	0.003		1	AR	1		0.002	0.011	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.011		1	AR	1		0.009	0.043	
22:6 n-3 (DHA) g	0.001		2	AR	1		0.000	0.002	
Fatty acids, total trans g	0.587		0	NC	4		0.499	2.261	
Fatty acids, total trans-monoenoic g	0.580		0	NC	4		0.493	2.233	
Fatty acids, total trans-polyenoic g	0.007		0	NC	4		0.006	0.028	
Cholesterol mg	78		2	AR	1		66	301	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.365		0	AR	1		0.310	1.404	
Threonine g	1.557		0	AR	1		1.323	5.993	
Isoleucine g	1.543		0	AR	1		1.311	5.939	
Leucine g	2.875		0	AR	1		2.443	11.067	

NDB No. 23158

Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	3.225		0	AR	1		2.741	12.417	
Methionine g	0.883		0	AR	1		0.751	3.401	
Cystine g	0.337		0	AR	1		0.286	1.296	
Phenylalanine g	1.318		0	AR	1		1.120	5.075	
Tyrosine g	1.248		0	AR	1		1.061	4.805	
Valine g	1.627		0	AR	1		1.383	6.263	
Arginine g	2.244		0	AR	1		1.907	8.638	
Histidine g	1.262		0	AR	1		1.073	4.859	
Alanine g	1.977		0	AR	1		1.681	7.612	
Aspartic acid g	3.225		0	AR	1		2.741	12.417	
Glutamic acid g	5.413		0	AR	1		4.601	20.839	
Glycine g	1.430		0	AR	1		1.216	5.507	
Proline g	1.416		0	AR	1		1.204	5.453	
Serine g	1.360		0	AR	1		1.156	5.237	
Hydroxyproline g	0.141		0	BFPN	4		0.120	0.544	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 385g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23227

Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled

Refuse: 5% Connective tissue 5%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	55.59	0.470	36	AR	1		47.25	139.53	
Energy kcal	271		0	NC	4		230	679	
Energy kJ	1132		0	NC	4		962	2841	
Protein (N x 6.25) g	24.85	0.267	36	AR	1		21.12	62.37	
Total lipid (fat) g	19.02	0.667	36	AR	1		16.16	47.73	
Ash g	0.99	0.017	36	AR	1		0.84	2.48	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	12		0	BFNN	4		10	29	
Iron, Fe mg	2.40		0	BFNN	4		2.04	6.03	
Magnesium, Mg mg	23		0	BFNN	4		20	59	
Phosphorus, P mg	163		0	BFNN	4		139	410	
Potassium, K mg	279		0	BFNN	4		237	699	
Sodium, Na mg	58		0	BFNN	4		49	146	
Zinc, Zn mg	6.34		0	BFNN	4		5.39	15.91	
Copper, Cu mg	0.085		0	BFNN	4		0.072	0.214	
Manganese, Mn mg									
Selenium, Se µg	31.8		0	BFNN	4		27.1	79.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.074		0	BFPN	4		0.063	0.186	
Riboflavin mg	0.301		0	BFPN	4		0.255	0.754	
Niacin mg	5.149		0	BFPN	4		4.376	12.923	
Pantothenic acid mg									
Vitamin B-6 mg	0.500		0	BFPN	4		0.425	1.256	
Folate, total µg	6		0	BFPN	4		5	15	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	6		0	BFPN	4		5	15	
Folate, DFE µg	6		0	NC	4		5	15	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	2.20		0	BFPN	4		1.87	5.53	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	7		0	NC	4		6	19	
Retinol µg	7		0	BFSN	4		6	19	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	25		0	NC	4		21	62	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.4	
Vitamin D IU	6		0	BFFN	4		5	14	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	3.9	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23227

Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	8.443		0	BFFN	4		7.176	21.192	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.014		0	BFFN	4		0.012	0.034	
12:0....g	0.015		0	BFFN	4		0.013	0.037	
13:0....g									
14:0....g	0.562		0	BFFN	4		0.478	1.411	
15:0....g									
16:0....g	4.455		0	BFFN	4		3.786	11.181	
17:0....g									
18:0....g	2.995		0	BFFN	4		2.546	7.517	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	9.171		0	BFFN	4		7.795	23.019	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.613		0	BFFN	4		0.521	1.540	
17:1....g									
18:1 undifferentiated....g	8.202		0	BFFN	4		6.971	20.586	
20:1....g	0.040		0	BFFN	4		0.034	0.101	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.896		0	BFFN	4		0.761	2.248	
18:2 undifferentiated....g	0.775		0	BFFN	4		0.659	1.945	
18:3 undifferentiated....g	0.033		0	BFFN	4		0.028	0.082	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.049		0	BFFN	4		0.041	0.122	
20:5 n-3 (EPA)....g	0.001		0	BFFN	4		0.001	0.002	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.013		0	BFFN	4		0.011	0.032	
22:6 n-3 (DHA)....g	0.001		0	BFFN	4		0.001	0.002	
Fatty acids, total trans....g									
Cholesterol....mg	78		0	BFSN	4		67	197	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.278		0	AR	1		0.236	0.698	
Threonine....g	1.171		0	AR	1		0.995	2.939	
Isoleucine....g	1.157		0	AR	1		0.984	2.905	
Leucine....g	2.142		0	AR	1		1.820	5.376	
Lysine....g	2.380		0	AR	1		2.023	5.974	
Methionine....g	0.672		0	AR	1		0.571	1.688	
Cystine....g	0.253		0	AR	1		0.215	0.635	
Phenylalanine....g	0.997		0	AR	1		0.847	2.501	
Tyrosine....g	0.926		0	AR	1		0.787	2.324	
Valine....g	1.242		0	AR	1		1.056	3.117	
Arginine....g	1.692		0	AR	1		1.438	4.247	
Histidine....g	0.931		0	AR	1		0.792	2.338	
Alanine....g	1.541		0	AR	1		1.309	3.867	
Aspartic acid....g	2.421		0	AR	1		2.058	6.077	
Glutamic acid....g	4.063		0	AR	1		3.453	10.198	
Glycine....g	1.223		0	AR	1		1.039	3.069	
Proline....g	1.115		0	AR	1		0.948	2.798	
Serine....g	1.023		0	AR	1		0.870	2.568	
Hydroxyproline....g	0.170		0	BFPN	4		0.144	0.426	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 23227

Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 251g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23230

Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw

Refuse: 4% Connective tissue 4%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	63.02	0.640	36	AR	1		53.57	205.46	
Energy kcal	228		0	NC	4		194	743	
Energy kJ	954		0	NC	4		811	3110	
Protein (N x 6.25) g	19.26	0.171	36	AR	1		16.37	62.78	
Total lipid (fat) g	16.71	0.651	36	AR	1		14.21	54.49	
Ash g	0.88	0.035	36	AR	1		0.75	2.88	
Carbohydrate, by difference g	0.12		0	NC	4		0.10	0.39	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	8		0	BFNN	4		7	26	
Iron, Fe mg	1.81		0	BFNN	4		1.54	5.89	
Magnesium, Mg mg	20		0	BFNN	4		17	65	
Phosphorus, P mg	137		0	BFNN	4		117	447	
Potassium, K mg	246		0	BFNN	4		209	801	
Sodium, Na mg	52		0	BFNN	4		44	169	
Zinc, Zn mg	4.96		0	BFNN	4		4.22	16.19	
Copper, Cu mg	0.070		0	BFNN	4		0.059	0.228	
Manganese, Mn mg									
Selenium, Se µg	24.2		0	BFNN	4		20.5	78.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.099		0	BFPN	4		0.084	0.322	
Riboflavin mg	0.244		0	BFPN	4		0.208	0.797	
Niacin mg	4.782		0	BFPN	4		4.064	15.588	
Pantothenic acid mg									
Vitamin B-6 mg	0.407		0	BFPN	4		0.346	1.325	
Folate, total µg	3		0	BFPN	4		3	10	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	3		0	BFPN	4		3	10	
Folate, DFE µg	3		0	NC	4		3	10	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	1.73		0	BFPN	4		1.47	5.65	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	4		0	NC	4		4	15	
Retinol µg	4		0	BFSN	4		4	15	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	15		0	NC	4		13	49	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.4	
Vitamin D IU	5		0	BFFN	4		4	17	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	4.9	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23230

Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	7.363		0	BFFN	4		6.259	24.004	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.013		0	BFFN	4		0.011	0.043	
12:0....g	0.013		0	BFFN	4		0.011	0.041	
13:0....g									
14:0....g	0.491		0	BFFN	4		0.417	1.600	
15:0....g									
16:0....g	3.909		0	BFFN	4		3.323	12.744	
17:0....g									
18:0....g	2.590		0	BFFN	4		2.202	8.444	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.880		0	BFFN	4		6.698	25.688	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.518		0	BFFN	4		0.440	1.688	
17:1....g									
18:1 undifferentiated....g	7.074		0	BFFN	4		6.013	23.061	
20:1....g	0.032		0	BFFN	4		0.028	0.106	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.794		0	BFFN	4		0.675	2.587	
18:2 undifferentiated....g	0.689		0	BFFN	4		0.585	2.245	
18:3 undifferentiated....g	0.022		0	BFFN	4		0.019	0.073	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.050		0	BFFN	4		0.042	0.162	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.011		0	BFFN	4		0.009	0.034	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.001	
Fatty acids, total trans....g									
Cholesterol....mg	68		0	BFSN	4		58	222	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.215		0	AR	1		0.183	0.703	
Threonine....g	0.908		0	AR	1		0.772	2.959	
Isoleucine....g	0.897		0	AR	1		0.763	2.925	
Leucine....g	1.660		0	AR	1		1.411	5.411	
Lysine....g	1.845		0	AR	1		1.568	6.014	
Methionine....g	0.521		0	AR	1		0.443	1.699	
Cystine....g	0.196		0	AR	1		0.167	0.640	
Phenylalanine....g	0.772		0	AR	1		0.657	2.518	
Tyrosine....g	0.718		0	AR	1		0.610	2.339	
Valine....g	0.963		0	AR	1		0.818	3.138	
Arginine....g	1.311		0	AR	1		1.115	4.275	
Histidine....g	0.722		0	AR	1		0.614	2.353	
Alanine....g	1.194		0	AR	1		1.015	3.892	
Aspartic acid....g	1.876		0	AR	1		1.595	6.117	
Glutamic acid....g	3.149		0	AR	1		2.677	10.265	
Glycine....g	0.948		0	AR	1		0.805	3.089	
Proline....g	0.864		0	AR	1		0.734	2.817	
Serine....g	0.793		0	AR	1		0.674	2.585	
Hydroxyproline....g	0.132		0	BFPN	4		0.112	0.429	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 23230

Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 326g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23228

Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

URMIS #2024

Refuse: 5% Connective tissue 5%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	54.37	0.585	24	AR	1		46.21	131.56	
Energy kcal	285		0	NC	4		243	691	
Energy kJ	1194		0	NC	4		1015	2889	
Protein (N x 6.25) g	23.89	0.333	24	AR	1		20.30	57.81	
Total lipid (fat) g	21.10	0.831	24	AR	1		17.93	51.05	
Ash g	0.95	0.019	24	AR	1		0.80	2.29	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	12		0	BFNN	4		11	30	
Iron, Fe mg	2.49		0	BFNN	4		2.11	6.02	
Magnesium, Mg mg	23		0	BFNN	4		19	55	
Phosphorus, P mg	159		0	BFNN	4		135	385	
Potassium, K mg	264		0	BFNN	4		224	638	
Sodium, Na mg	58		0	BFNN	4		49	140	
Zinc, Zn mg	6.23		0	BFNN	4		5.30	15.08	
Copper, Cu mg	0.081		0	BFNN	4		0.069	0.196	
Manganese, Mn mg									
Selenium, Se µg	29.2		0	BFNN	4		24.8	70.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.073		0	BFPN	4		0.062	0.177	
Riboflavin mg	0.306		0	BFPN	4		0.260	0.741	
Niacin mg	4.863		0	BFPN	4		4.133	11.768	
Pantothenic acid mg									
Vitamin B-6 mg	0.458		0	BFPN	4		0.389	1.107	
Folate, total µg	6		0	BFPN	4		5	14	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	6		0	BFPN	4		5	14	
Folate, DFE µg	6		0	NC	4		5	14	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	2.22		0	BFPN	4		1.88	5.37	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	7		0	NC	4		6	18	
Retinol µg	7		0	BFSN	4		6	18	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	24		0	NC	4		21	59	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	AS	1		0.1	0.4	
Vitamin D IU	6		0	BFFN	4		5	15	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	3.8	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23228

Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	9.244		0	BFFN	4		7.857	22.371	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.015		0	BFFN	4		0.013	0.036	
12:0....g	0.016		0	BFFN	4		0.014	0.039	
13:0....g									
14:0....g	0.614		0	BFFN	4		0.522	1.486	
15:0....g									
16:0....g	4.876		0	BFFN	4		4.144	11.799	
17:0....g									
18:0....g	3.280		0	BFFN	4		2.788	7.937	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	10.087		0	BFFN	4		8.574	24.411	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.673		0	BFFN	4		0.572	1.630	
17:1....g									
18:1 undifferentiated....g	9.028		0	BFFN	4		7.674	21.848	
20:1....g	0.043		0	BFFN	4		0.037	0.105	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.949		0	BFFN	4		0.807	2.298	
18:2 undifferentiated....g	0.828		0	BFFN	4		0.703	2.003	
18:3 undifferentiated....g	0.035		0	BFFN	4		0.029	0.084	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.048		0	BFFN	4		0.040	0.115	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.001	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.012		0	BFFN	4		0.010	0.030	
22:6 n-3 (DHA)....g	0.001		0	BFFN	4		0.001	0.002	
Fatty acids, total trans....g									
Cholesterol....mg	80		0	BFSN	4		68	193	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.268		0	AR	1		0.228	0.649	
Threonine....g	1.120		0	AR	1		0.952	2.710	
Isoleucine....g	1.110		0	AR	1		0.943	2.685	
Leucine....g	2.040		0	AR	1		1.734	4.937	
Lysine....g	2.259		0	AR	1		1.920	5.466	
Methionine....g	0.644		0	AR	1		0.547	1.558	
Cystine....g	0.241		0	AR	1		0.204	0.582	
Phenylalanine....g	0.953		0	AR	1		0.810	2.306	
Tyrosine....g	0.883		0	AR	1		0.751	2.138	
Valine....g	1.193		0	AR	1		1.014	2.887	
Arginine....g	1.613		0	AR	1		1.371	3.902	
Histidine....g	0.879		0	AR	1		0.747	2.127	
Alanine....g	1.476		0	AR	1		1.255	3.573	
Aspartic acid....g	2.307		0	AR	1		1.961	5.583	
Glutamic acid....g	3.886		0	AR	1		3.303	9.403	
Glycine....g	1.178		0	AR	1		1.001	2.850	
Proline....g	1.065		0	AR	1		0.905	2.577	
Serine....g	0.976		0	AR	1		0.829	2.362	
Hydroxyproline....g	0.163		0	BFPN	4		0.139	0.395	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 23228

Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 242g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23231

Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw

URMIS #2024

Refuse: 4% Connective tissue 4%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	61.82	0.724	24	AR	1		52.55	195.36	
Energy kcal	241		0	NC	4		205	763	
Energy kJ	1010		0	NC	4		859	3192	
Protein (N x 6.25) g	18.69	0.213	24	AR	1		15.88	59.05	
Total lipid (fat) g	18.43	0.792	24	AR	1		15.66	58.23	
Ash g	0.87	0.036	24	AR	1		0.74	2.74	
Carbohydrate, by difference g	0.20		0	NC	4		0.17	0.62	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	8		0	BFNN	4		7	27	
Iron, Fe mg	1.86		0	BFNN	4		1.58	5.89	
Magnesium, Mg mg	19		0	BFNN	4		16	61	
Phosphorus, P mg	133		0	BFNN	4		113	419	
Potassium, K mg	231		0	BFNN	4		196	729	
Sodium, Na mg	51		0	BFNN	4		44	162	
Zinc, Zn mg	4.86		0	BFNN	4		4.13	15.34	
Copper, Cu mg	0.065		0	BFNN	4		0.055	0.205	
Manganese, Mn mg									
Selenium, Se µg	24.0		0	BFNN	4		20.4	75.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.109		0	BFPN	4		0.093	0.345	
Riboflavin mg	0.248		0	BFPN	4		0.210	0.782	
Niacin mg	4.704		0	BFPN	4		3.999	14.866	
Pantothenic acid mg									
Vitamin B-6 mg	0.411		0	BFPN	4		0.349	1.298	
Folate, total µg	3		0	BFPN	4		3	9	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	3		0	BFPN	4		3	9	
Folate, DFE µg	3		0	NC	4		3	9	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	1.78		0	BFPN	4		1.51	5.63	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	4		0	NC	4		4	14	
Retinol µg	4		0	BFSN	4		4	14	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	15		0	NC	4		13	47	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.4	
Vitamin D IU	6		0	BFFN	4		5	18	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	4.8	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23231

Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated g	8.074		0	BFFN	4		6.863	25.514	
4:0 g	0.000		0	Z	7		0.000	0.000	
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.015		0	BFFN	4		0.012	0.046	
12:0 g	0.014		0	BFFN	4		0.012	0.044	
13:0 g									
14:0 g	0.537		0	BFFN	4		0.456	1.697	
15:0 g									
16:0 g	4.285		0	BFFN	4		3.642	13.540	
17:0 g									
18:0 g	2.842		0	BFFN	4		2.416	8.980	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	8.611		0	BFFN	4		7.319	27.211	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.563		0	BFFN	4		0.478	1.779	
17:1 g									
18:1 undifferentiated g	7.733		0	BFFN	4		6.573	24.436	
20:1 g	0.035		0	BFFN	4		0.030	0.112	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.861		0	BFFN	4		0.732	2.721	
18:2 undifferentiated g	0.747		0	BFFN	4		0.635	2.362	
18:3 undifferentiated g	0.025		0	BFFN	4		0.022	0.080	
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.053		0	BFFN	4		0.045	0.169	
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000	0.000	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.011		0	BFFN	4		0.009	0.034	
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000	0.001	
Fatty acids, total trans g									
Cholesterol mg	66		0	BFSN	4		56	210	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.210		0	AR	1		0.178	0.663	
Threonine g	0.876		0	AR	1		0.745	2.768	
Isoleucine g	0.868		0	AR	1		0.738	2.743	
Leucine g	1.596		0	AR	1		1.357	5.044	
Lysine g	1.767		0	AR	1		1.502	5.584	
Methionine g	0.504		0	AR	1		0.428	1.591	
Cystine g	0.188		0	AR	1		0.160	0.595	
Phenylalanine g	0.746		0	AR	1		0.634	2.356	
Tyrosine g	0.691		0	AR	1		0.587	2.184	
Valine g	0.933		0	AR	1		0.793	2.949	
Arginine g	1.262		0	AR	1		1.072	3.986	
Histidine g	0.688		0	AR	1		0.585	2.173	
Alanine g	1.155		0	AR	1		0.982	3.650	
Aspartic acid g	1.805		0	AR	1		1.534	5.703	
Glutamic acid g	3.040		0	AR	1		2.584	9.606	
Glycine g	0.921		0	AR	1		0.783	2.912	
Proline g	0.833		0	AR	1		0.708	2.632	
Serine g	0.763		0	AR	1		0.649	2.412	
Hydroxyproline g	0.128		0	BFPN	4		0.109	0.403	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	

NDB No. 23231

Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 316g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23229

Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

URMIS #1209

Refuse: 5% Connective tissue 5%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	57.42	0.781	12	AR	1		48.81	152.74	
Energy kcal	248		0	NC	4		211	660	
Energy kJ	1039		0	NC	4		883	2764	
Protein (N x 6.25) g	26.29	0.444	12	AR	1		22.35	69.94	
Total lipid (fat) g	15.90	1.109	12	AR	1		13.51	42.29	
Ash g	1.05	0.023	12	AR	1		0.89	2.79	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	10		0	BFNN	4		9	28	
Iron, Fe mg	2.28		0	BFNN	4		1.94	6.06	
Magnesium, Mg mg	25		0	BFNN	4		21	65	
Phosphorus, P mg	170		0	BFNN	4		144	451	
Potassium, K mg	301		0	BFNN	4		256	800	
Sodium, Na mg	58		0	BFNN	4		50	155	
Zinc, Zn mg	6.50		0	BFNN	4		5.52	17.28	
Copper, Cu mg	0.091		0	BFNN	4		0.078	0.243	
Manganese, Mn mg									
Selenium, Se µg	35.8		0	BFNN	4		30.4	95.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.075		0	BFPN	4		0.064	0.200	
Riboflavin mg	0.291		0	BFPN	4		0.248	0.775	
Niacin mg	5.580		0	BFPN	4		4.743	14.842	
Pantothenic acid mg									
Vitamin B-6 mg	0.565		0	BFPN	4		0.480	1.503	
Folate, total µg	6		0	BFPN	4		5	17	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	6		0	BFPN	4		5	17	
Folate, DFE µg	6		0	NC	4		5	17	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	2.18		0	BFPN	4		1.86	5.81	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	8		0	NC	4		6	20	
Retinol µg	8		0	BFSN	4		6	20	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	25		0	NC	4		21	67	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.3	
Vitamin D IU	5		0	BFFN	4		4	13	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	4.2	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23229

Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	7.226		0	BFFN	4		6.142	19.222	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.011		0	BFFN	4		0.010	0.030	
12:0....g	0.013		0	BFFN	4		0.011	0.034	
13:0....g									
14:0....g	0.484		0	BFFN	4		0.411	1.287	
15:0....g									
16:0....g	3.815		0	BFFN	4		3.243	10.148	
17:0....g									
18:0....g	2.562		0	BFFN	4		2.178	6.816	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.786		0	BFFN	4		6.618	20.710	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.523		0	BFFN	4		0.444	1.391	
17:1....g									
18:1 undifferentiated....g	6.954		0	BFFN	4		5.911	18.497	
20:1....g	0.035		0	BFFN	4		0.030	0.093	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.810		0	BFFN	4		0.689	2.156	
18:2 undifferentiated....g	0.692		0	BFFN	4		0.588	1.840	
18:3 undifferentiated....g	0.030		0	BFFN	4		0.025	0.079	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.049		0	BFFN	4		0.042	0.131	
20:5 n-3 (EPA)....g	0.001		0	BFFN	4		0.001	0.004	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.013		0	BFFN	4		0.011	0.035	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.001	
Fatty acids, total trans....g									
Cholesterol....mg	77		0	BFSN	4		65	204	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.295		0	AR	1		0.251	0.784	
Threonine....g	1.263		0	AR	1		1.073	3.359	
Isoleucine....g	1.247		0	AR	1		1.060	3.318	
Leucine....g	2.329		0	AR	1		1.980	6.196	
Lysine....g	2.600		0	AR	1		2.210	6.916	
Methionine....g	0.727		0	AR	1		0.618	1.932	
Cystine....g	0.276		0	AR	1		0.234	0.734	
Phenylalanine....g	1.073		0	AR	1		0.912	2.854	
Tyrosine....g	1.008		0	AR	1		0.857	2.681	
Valine....g	1.333		0	AR	1		1.133	3.546	
Arginine....g	1.839		0	AR	1		1.563	4.892	
Histidine....g	1.029		0	AR	1		0.874	2.736	
Alanine....g	1.655		0	AR	1		1.406	4.401	
Aspartic acid....g	2.629		0	AR	1		2.235	6.993	
Glutamic acid....g	4.391		0	AR	1		3.732	11.679	
Glycine....g	1.302		0	AR	1		1.106	3.462	
Proline....g	1.213		0	AR	1		1.031	3.227	
Serine....g	1.114		0	AR	1		0.947	2.964	
Hydroxyproline....g	0.180		0	BFPN	4		0.153	0.478	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 23229

Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 266g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23232

Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw

URMIS #1209

Refuse: 3% Connective tissue 3%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	64.83	0.880	12	AR	1		55.10	220.41	
Energy kcal	208		0	NC	4		177	706	
Energy kJ	869		0	NC	4		739	2955	
Protein (N x 6.25) g	20.12	0.284	12	AR	1		17.10	68.40	
Total lipid (fat) g	14.14	1.038	12	AR	1		12.02	48.09	
Ash g	0.91	0.038	12	AR	1		0.78	3.10	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	7		0	BFNN	4		6	24	
Iron, Fe mg	1.72		0	BFNN	4		1.46	5.85	
Magnesium, Mg mg	21		0	BFNN	4		18	70	
Phosphorus, P mg	144		0	BFNN	4		123	491	
Potassium, K mg	268		0	BFNN	4		228	913	
Sodium, Na mg	52		0	BFNN	4		44	178	
Zinc, Zn mg	5.13		0	BFNN	4		4.36	17.43	
Copper, Cu mg	0.078		0	BFNN	4		0.066	0.264	
Manganese, Mn mg									
Selenium, Se µg	24.4		0	BFNN	4		20.7	82.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.088		0	BFPN	4		0.075	0.300	
Riboflavin mg	0.239		0	BFPN	4		0.203	0.814	
Niacin mg	4.896		0	BFPN	4		4.162	16.648	
Pantothenic acid mg									
Vitamin B-6 mg	0.399		0	BFPN	4		0.340	1.358	
Folate, total µg	3		0	BFPN	4		3	11	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	3		0	BFPN	4		3	11	
Folate, DFE µg	3		0	NC	4		3	11	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	1.66		0	BFPN	4		1.41	5.63	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	5		0	NC	4		4	15	
Retinol µg	5		0	BFSN	4		4	15	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	15		0	NC	4		13	51	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.4	
Vitamin D IU	5		0	BFFN	4		4	16	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	5.1	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23232

Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	6.290		0	BFFN	4		5.347	21.386	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.011		0	BFFN	4		0.009	0.038	
12:0....g	0.010		0	BFFN	4		0.009	0.035	
13:0....g									
14:0....g	0.421		0	BFFN	4		0.358	1.432	
15:0....g									
16:0....g	3.342		0	BFFN	4		2.841	11.364	
17:0....g									
18:0....g	2.211		0	BFFN	4		1.879	7.517	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.773		0	BFFN	4		5.757	23.027	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.449		0	BFFN	4		0.382	1.527	
17:1....g									
18:1 undifferentiated....g	6.077		0	BFFN	4		5.165	20.660	
20:1....g	0.028		0	BFFN	4		0.024	0.095	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.691		0	BFFN	4		0.587	2.348	
18:2 undifferentiated....g	0.599		0	BFFN	4		0.509	2.037	
18:3 undifferentiated....g	0.019		0	BFFN	4		0.016	0.063	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.044		0	BFFN	4		0.037	0.149	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.010		0	BFFN	4		0.008	0.034	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	61		0	BFSN	4		52	208	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.226		0	AR	1		0.192	0.767	
Threonine....g	0.966		0	AR	1		0.821	3.285	
Isoleucine....g	0.954		0	AR	1		0.811	3.245	
Leucine....g	1.782		0	AR	1		1.515	6.059	
Lysine....g	1.989		0	AR	1		1.691	6.764	
Methionine....g	0.556		0	AR	1		0.472	1.890	
Cystine....g	0.211		0	AR	1		0.179	0.717	
Phenylalanine....g	0.821		0	AR	1		0.698	2.791	
Tyrosine....g	0.771		0	AR	1		0.655	2.622	
Valine....g	1.020		0	AR	1		0.867	3.468	
Arginine....g	1.407		0	AR	1		1.196	4.784	
Histidine....g	0.787		0	AR	1		0.669	2.676	
Alanine....g	1.266		0	AR	1		1.076	4.304	
Aspartic acid....g	2.012		0	AR	1		1.710	6.839	
Glutamic acid....g	3.359		0	AR	1		2.855	11.422	
Glycine....g	0.996		0	AR	1		0.847	3.386	
Proline....g	0.928		0	AR	1		0.789	3.156	
Serine....g	0.852		0	AR	1		0.725	2.898	
Hydroxyproline....g	0.137		0	BFPN	4		0.117	0.467	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 23232

Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 340g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23174

Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled

Refuse: 26% Connective tissue 5%, Separable fat 16%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	60.91		36	AR	1		51.78		
Energy kcal	206		0	NC	4		175		
Energy kJ	861		0	NC	4		732		
Protein (N x 6.25) g	28.11		36	AR	1		23.89		
Total lipid (fat) g	10.37		36	AR	1		8.82		
Ash g	1.09		36	AR	1		0.93		
Carbohydrate, by difference g	0.00		0	NC	4		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	7		6	AR	1		6		
Iron, Fe mg	2.53		6	AR	1		2.15		
Magnesium, Mg mg	25		6	AR	1		22		
Phosphorus, P mg	177		6	AR	1		150		
Potassium, K mg	296		6	AR	1		252		
Sodium, Na mg	59		6	AR	1		50		
Zinc, Zn mg	7.00		6	AR	1		5.95		
Copper, Cu mg	0.090		6	AR	1		0.077		
Manganese, Mn mg	0.090		6	AR	1		0.077		
Selenium, Se µg	35.6		6	AR	1		30.3		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.080		2	AR	1		0.068		
Riboflavin mg	0.323		6	AR	1		0.275		
Niacin mg	5.799		6	AR	1		4.929		
Pantothenic acid mg	0.595		2	AR	1		0.506		
Vitamin B-6 mg	0.558		6	AR	1		0.474		
Folate, total µg	7		0	BFPN	4		6		
Folic acid µg	0		0	BFPN	4		0		
Folate, food µg	7		0	BFPN	4		6		
Folate, DFE µg	7		0	NC	4		6		
Choline, total mg	57.0		2	AR	1		48.4		
Betaine mg	13.5		2	AR	1		11.5		
Vitamin B-12 µg	2.32		6	AR	1		1.97		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	2		0	NC	4		1		
Retinol µg	2		0	BFSN	4		1		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	6		0	NC	4		5		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.10		6	AR	1		0.08		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1		
Vitamin D IU	4		0	BFFN	4		3		
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23174

Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.200		0	NC	4		3.570		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g	0.005		3	AR	1		0.005		
12:0....g	0.007		3	AR	1		0.006		
13:0....g									
14:0....g	0.269		6	AR	1		0.228		
15:0....g	0.055		3	AR	1		0.047		
16:0....g	2.330		6	AR	1		1.981		
17:0....g	0.136		6	AR	1		0.116		
18:0....g	1.385		6	AR	1		1.177		
20:0....g	0.002		6	AR	1		0.002		
22:0....g									
24:0....g	0.011		6	AR	1		0.009		
Fatty acids, total monounsaturated....g	4.866		0	NC	4		4.136		
14:1....g	0.057		6	AR	1		0.049		
15:1....g	0.051		3	AR	1		0.043		
16:1 undifferentiated....g	0.325		0	AS	1		0.276		
16:1 c....g	0.316		6	AR	1		0.269		
16:1 t....g	0.009		3	AR	1		0.007		
17:1....g	0.098		6	AR	1		0.084		
18:1 undifferentiated....g	4.321		0	AS	1		3.673		
18:1 c....g	3.820		6	AR	1		3.247		
18:1 t....g	0.501		6	AR	1		0.426		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.014		6	AR	1		0.012		
22:1 undifferentiated....g	0.000		0	Z	7		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.548		0	NC	4		0.466		
18:2 undifferentiated....g	0.437		0	AS	1		0.372		
18:2 n-6 c,c....g	0.400		6	AR	1		0.340		
18:2 CLAs....g	0.030		6	AR	1		0.026		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.007		3	AR	1		0.006		
18:3 undifferentiated....g	0.017		0	AS	1		0.014		
18:3 n-3 c,c,c (ALA)....g	0.017		6	AR	1		0.014		
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g	0.000		3	AR	1		0.000		
20:3 undifferentiated....g	0.018		0	AS	1		0.015		
20:3 n-3....g									
20:3 n-6....g	0.018		3	AR	1		0.015		
20:4 undifferentiated....g	0.060		6	AR	1		0.051		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001		3	AR	1		0.001		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.014		3	AR	1		0.012		
22:6 n-3 (DHA)....g	0.001		6	AR	1		0.001		
Fatty acids, total trans....g	0.517		0	NC	4		0.439		
Fatty acids, total trans-monoenoic....g	0.509		0	NC	4		0.433		
Fatty acids, total trans-polyenoic....g	0.007		0	NC	4		0.006		
Cholesterol....mg	79		6	AR	1		67		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.345		0	AR	1		0.293		
Threonine....g	1.444		0	AR	1		1.228		
Isoleucine....g	1.433		0	AR	1		1.218		
Leucine....g	2.644		0	AR	1		2.247		

NDB No. 23174

Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	2.955		0	AR	1		2.511		
Methionine....g	0.816		0	AR	1		0.694		
Cystine....g	0.308		0	AR	1		0.262		
Phenylalanine....g	1.224		0	AR	1		1.041		
Tyrosine....g	1.147		0	AR	1		0.975		
Valine....g	1.515		0	AR	1		1.287		
Arginine....g	2.061		0	AR	1		1.752		
Histidine....g	1.140		0	AR	1		0.969		
Alanine....g	1.834		0	AR	1		1.559		
Aspartic acid....g	2.968		0	AR	1		2.523		
Glutamic acid....g	5.011		0	AR	1		4.259		
Glycine....g	1.324		0	AR	1		1.126		
Proline....g	1.290		0	AR	1		1.097		
Serine....g	1.247		0	AR	1		1.060		
Hydroxyproline....g	0.142		0	BFPN	4		0.121		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23175

Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw

Refuse: 24% Connective tissue 4%, Separable fat 17%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	69.93		36	AR	1		59.44		
Energy kcal	154		0	NC	4		131		
Energy kJ	645		0	NC	4		548		
Protein (N x 6.25) g	21.85		36	AR	1		18.57		
Total lipid (fat) g	7.41		36	AR	1		6.30		
Ash g	0.98		36	AR	1		0.83		
Carbohydrate, by difference g	0.00		0	NC	4		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	6		6	AR	1		5		
Iron, Fe mg	1.94		6	AR	1		1.65		
Magnesium, Mg mg	23		6	AR	1		19		
Phosphorus, P mg	156		6	AR	1		132		
Potassium, K mg	276		6	AR	1		235		
Sodium, Na mg	56		6	AR	1		47		
Zinc, Zn mg	5.67		6	AR	1		4.82		
Copper, Cu mg	0.076		6	AR	1		0.065		
Manganese, Mn mg	0.075		6	AR	1		0.064		
Selenium, Se µg	27.3		6	AR	1		23.2		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.115		2	AR	1		0.098		
Riboflavin mg	0.271		6	AR	1		0.230		
Niacin mg	5.555		6	AR	1		4.722		
Pantothenic acid mg	0.530		2	AR	1		0.450		
Vitamin B-6 mg	0.467		6	AR	1		0.397		
Folate, total µg	4		0	BFPN	4		3		
Folic acid µg	0		0	BFPN	4		0		
Folate, food µg	4		0	BFPN	4		3		
Folate, DFE µg	4		0	NC	4		3		
Choline, total mg	48.7		2	AR	1		41.4		
Betaine mg	13.9		2	AR	1		11.8		
Vitamin B-12 µg	1.87		6	AR	1		1.59		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	2		0	NC	4		2		
Retinol µg	2		0	BFSN	4		2		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	7		0	NC	4		6		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.15		6	AR	1		0.13		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1		
Vitamin D IU	3		0	BFFN	4		3		
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23175

Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.759		0	NC	4		2.346		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g	0.003		3	AR	1		0.002		
12:0....g	0.004		3	AR	1		0.003		
13:0....g									
14:0....g	0.167		6	AR	1		0.142		
15:0....g	0.034		3	AR	1		0.029		
16:0....g	1.540		6	AR	1		1.309		
17:0....g	0.088		6	AR	1		0.075		
18:0....g	0.914		6	AR	1		0.777		
20:0....g	0.001		6	AR	1		0.001		
22:0....g									
24:0....g	0.010		6	AR	1		0.008		
Fatty acids, total monounsaturated....g	3.277		0	NC	4		2.786		
14:1....g	0.036		6	AR	1		0.031		
15:1....g	0.034		3	AR	1		0.029		
16:1 undifferentiated....g	0.201		0	AS	1		0.171		
16:1 c....g	0.194		6	AR	1		0.165		
16:1 t....g	0.006		3	AR	1		0.005		
17:1....g	0.066		6	AR	1		0.056		
18:1 undifferentiated....g	2.934		0	AS	1		2.494		
18:1 c....g	2.630		6	AR	1		2.235		
18:1 t....g	0.304		6	AR	1		0.258		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.006		6	AR	1		0.005		
22:1 undifferentiated....g	0.000		0	Z	7		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.439		0	NC	4		0.373		
18:2 undifferentiated....g	0.349		0	AS	1		0.297		
18:2 n-6 c,c....g	0.325		6	AR	1		0.276		
18:2 CLAs....g	0.021		6	AR	1		0.018		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.003		3	AR	1		0.003		
18:3 undifferentiated....g	0.006		0	AS	1		0.005		
18:3 n-3 c,c,c (ALA)....g	0.006		6	AR	1		0.005		
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g	0.000		3	AR	1		0.000		
20:3 undifferentiated....g	0.012		0	AS	1		0.010		
20:3 n-3....g									
20:3 n-6....g	0.012		3	AR	1		0.010		
20:4 undifferentiated....g	0.061		6	AR	1		0.052		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		3	AR	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.011		3	AR	1		0.009		
22:6 n-3 (DHA)....g	0.000		6	AR	1		0.000		
Fatty acids, total trans....g	0.313		0	NC	4		0.266		
Fatty acids, total trans-monoenoic....g	0.310		0	NC	4		0.264		
Fatty acids, total trans-polyenoic....g	0.003		0	NC	4		0.003		
Cholesterol....mg	66		6	AR	1		56		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.270		0	AR	1		0.229		
Threonine....g	1.130		0	AR	1		0.961		
Isoleucine....g	1.121		0	AR	1		0.953		
Leucine....g	2.068		0	AR	1		1.758		

NDB No. 23175

Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	2.312		0	AR	1		1.965		
Methionine....g	0.639		0	AR	1		0.543		
Cystine....g	0.241		0	AR	1		0.205		
Phenylalanine....g	0.958		0	AR	1		0.814		
Tyrosine....g	0.898		0	AR	1		0.763		
Valine....g	1.185		0	AR	1		1.007		
Arginine....g	1.613		0	AR	1		1.371		
Histidine....g	0.892		0	AR	1		0.758		
Alanine....g	1.435		0	AR	1		1.220		
Aspartic acid....g	2.322		0	AR	1		1.974		
Glutamic acid....g	3.920		0	AR	1		3.332		
Glycine....g	1.036		0	AR	1		0.881		
Proline....g	1.009		0	AR	1		0.858		
Serine....g	0.976		0	AR	1		0.829		
Hydroxyproline....g	0.111		0	BFPN	4		0.094		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23176

Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled

URMIS #2024

Refuse: 27% Connective tissue 5%, Separable fat 18%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	60.09		24	AR	1		51.07	145.41	
Energy kcal	215		0	NC	4		183	521	
Energy kJ	901		0	NC	4		766	2180	
Protein (N x 6.25) g	27.39		24	AR	1		23.29	66.29	
Total lipid (fat) g	11.75		24	AR	1		9.99	28.43	
Ash g	1.06		24	AR	1		0.90	2.56	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	8		4	AR	1		7	20	
Iron, Fe mg	2.65		4	AR	1		2.25	6.41	
Magnesium, Mg mg	25		4	AR	1		21	60	
Phosphorus, P mg	174		4	AR	1		148	421	
Potassium, K mg	282		4	AR	1		240	682	
Sodium, Na mg	60		4	AR	1		51	144	
Zinc, Zn mg	6.97		4	AR	1		5.92	16.86	
Copper, Cu mg	0.087		4	AR	1		0.074	0.210	
Manganese, Mn mg	0.087		4	AR	1		0.074	0.210	
Selenium, Se µg	33.0		4	AR	1		28.1	79.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.080		1	AR	1		0.068	0.194	
Riboflavin mg	0.335		4	AR	1		0.285	0.811	
Niacin mg	5.545		4	AR	1		4.713	13.419	
Pantothenic acid mg	0.590		1	AR	1		0.501	1.428	
Vitamin B-6 mg	0.514		4	AR	1		0.437	1.245	
Folate, total µg	7		0	BFPN	4		6	16	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	7		0	BFPN	4		6	16	
Folate, DFE µg	7		0	NC	4		6	16	
Choline, total mg	57.7		1	AR	1		49.0	139.6	
Betaine mg	13.9		1	AR	1		11.8	33.6	
Vitamin B-12 µg	2.37		4	AR	1		2.01	5.73	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	1		0	NC	4		1	3	
Retinol µg	1		0	BFSN	4		1	3	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	5		0	NC	4		4	12	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.12		4	AR	1		0.10	0.28	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.3	
Vitamin D IU	4		0	BFFN	4		4	11	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	3.8	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23176

Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.645		0	NC	4		3.948	11.241	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.006		2	AR	1		0.005	0.015	
12:0....g	0.007		2	AR	1		0.006	0.017	
13:0....g									
14:0....g	0.295		4	AR	1		0.251	0.714	
15:0....g	0.061		2	AR	1		0.052	0.147	
16:0....g	2.571		4	AR	1		2.185	6.222	
17:0....g	0.154		4	AR	1		0.131	0.373	
18:0....g	1.538		4	AR	1		1.307	3.722	
20:0....g	0.002		4	AR	1		0.002	0.005	
22:0....g									
24:0....g	0.011		4	AR	1		0.009	0.026	
Fatty acids, total monounsaturated....g	5.433		0	NC	4		4.618	13.148	
14:1....g	0.062		4	AR	1		0.053	0.150	
15:1....g	0.049		2	AR	1		0.041	0.117	
16:1 undifferentiated....g	0.359		0	AS	1		0.305	0.869	
16:1 c....g	0.347		4	AR	1		0.295	0.839	
16:1 t....g	0.012		2	AR	1		0.011	0.030	
17:1....g	0.112		4	AR	1		0.095	0.270	
18:1 undifferentiated....g	4.837		0	AS	1		4.112	11.706	
18:1 c....g	4.285		4	AR	1		3.642	10.370	
18:1 t....g	0.552		4	AR	1		0.469	1.336	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.015		4	AR	1		0.013	0.036	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.554		0	NC	4		0.471	1.341	
18:2 undifferentiated....g	0.449		0	AS	1		0.382	1.088	
18:2 n-6 c,c....g	0.411		4	AR	1		0.349	0.994	
18:2 CLAs....g	0.032		4	AR	1		0.027	0.077	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.007		2	AR	1		0.006	0.017	
18:3 undifferentiated....g	0.017		0	AS	1		0.015	0.041	
18:3 n-3 c,c,c (ALA)....g	0.017		4	AR	1		0.015	0.041	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.001		2	AR	1		0.001	0.002	
20:3 undifferentiated....g	0.016		0	AS	1		0.014	0.038	
20:3 n-3....g									
20:3 n-6....g	0.016		2	AR	1		0.014	0.038	
20:4 undifferentiated....g	0.056		4	AR	1		0.048	0.137	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		2	AR	1		0.000	0.001	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.013		2	AR	1		0.011	0.031	
22:6 n-3 (DHA)....g	0.001		4	AR	1		0.001	0.003	
Fatty acids, total trans....g	0.572		0	NC	4		0.486	1.383	
Fatty acids, total trans-monoenoic....g	0.565		0	NC	4		0.480	1.366	
Fatty acids, total trans-polyenoic....g	0.007		0	NC	4		0.006	0.017	
Cholesterol....mg	80		4	AR	1		68	193	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.323		0	AR	1		0.274	0.781	
Threonine....g	1.341		0	AR	1		1.140	3.244	
Isoleucine....g	1.334		0	AR	1		1.134	3.229	
Leucine....g	2.445		0	AR	1		2.078	5.916	

NDB No. 23176

Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.722		0	AR	1		2.314	6.588	
Methionine g	0.758		0	AR	1		0.644	1.833	
Cystine g	0.284		0	AR	1		0.241	0.687	
Phenylalanine g	1.136		0	AR	1		0.966	2.750	
Tyrosine g	1.063		0	AR	1		0.904	2.572	
Valine g	1.412		0	AR	1		1.200	3.416	
Arginine g	1.904		0	AR	1		1.619	4.609	
Histidine g	1.044		0	AR	1		0.887	2.526	
Alanine g	1.702		0	AR	1		1.447	4.119	
Aspartic acid g	2.744		0	AR	1		2.332	6.640	
Glutamic acid g	4.652		0	AR	1		3.955	11.259	
Glycine g	1.227		0	AR	1		1.043	2.968	
Proline g	1.190		0	AR	1		1.012	2.880	
Serine g	1.153		0	AR	1		0.980	2.791	
Hydroxyproline g	0.138		0	BFPN	4		0.117	0.334	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 242g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23177

Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw

URMIS #2024

Refuse: 25% Connective tissue 4%, Separable fat 18%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	69.22		24	AR	1		58.83	218.72	
Energy kcal	162		0	NC	4		138	513	
Energy kJ	679		0	NC	4		577	2146	
Protein (N x 6.25) g	21.44		24	AR	1		18.23	67.76	
Total lipid (fat) g	8.50		24	AR	1		7.22	26.86	
Ash g	0.97		24	AR	1		0.82	3.06	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	7		4	AR	1		6	21	
Iron, Fe mg	2.04		4	AR	1		1.73	6.44	
Magnesium, Mg mg	22		4	AR	1		19	71	
Phosphorus, P mg	153		4	AR	1		130	483	
Potassium, K mg	262		4	AR	1		223	829	
Sodium, Na mg	56		4	AR	1		48	177	
Zinc, Zn mg	5.63		4	AR	1		4.78	17.78	
Copper, Cu mg	0.071		4	AR	1		0.061	0.225	
Manganese, Mn mg	0.071		4	AR	1		0.061	0.225	
Selenium, Se µg	27.5		4	AR	1		23.4	86.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.130		1	AR	1		0.110	0.411	
Riboflavin mg	0.278		4	AR	1		0.237	0.879	
Niacin mg	5.538		4	AR	1		4.708	17.501	
Pantothenic acid mg	0.530		1	AR	1		0.450	1.675	
Vitamin B-6 mg	0.479		4	AR	1		0.407	1.513	
Folate, total µg	3		0	BFPN	4		3	11	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	3		0	BFPN	4		3	11	
Folate, DFE µg	3		0	NC	4		3	11	
Choline, total mg	47.9		1	AR	1		40.7	151.3	
Betaine mg	14.2		1	AR	1		12.1	44.8	
Vitamin B-12 µg	1.96		4	AR	1		1.66	6.18	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		2	6	
Retinol µg	2		0	BFSN	4		2	6	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	6		0	NC	4		5	20	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.18		4	AR	1		0.16	0.58	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.3	
Vitamin D IU	4		0	BFFN	4		3	11	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	4.8	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23177

Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated g	3.057		0	NC	4		2.599	9.660	
4:0 g	0.000		0	Z	7		0.000	0.000	
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.004		2	AR	1		0.003	0.011	
12:0 g	0.005		2	AR	1		0.004	0.015	
13:0 g									
14:0 g	0.184		4	AR	1		0.156	0.580	
15:0 g	0.038		2	AR	1		0.032	0.119	
16:0 g	1.699		4	AR	1		1.444	5.367	
17:0 g	0.099		4	AR	1		0.084	0.312	
18:0 g	1.018		4	AR	1		0.865	3.216	
20:0 g	0.002		4	AR	1		0.001	0.005	
22:0 g									
24:0 g	0.011		4	AR	1		0.009	0.034	
Fatty acids, total monounsaturated g	3.576		0	NC	4		3.039	11.299	
14:1 g	0.040		4	AR	1		0.034	0.125	
15:1 g	0.035		2	AR	1		0.029	0.109	
16:1 undifferentiated g	0.215		0	AS	1		0.183	0.681	
16:1 c g	0.208		4	AR	1		0.177	0.658	
16:1 t g	0.007		2	AR	1		0.006	0.023	
17:1 g	0.075		4	AR	1		0.063	0.236	
18:1 undifferentiated g	3.204		0	AS	1		2.724	10.126	
18:1 c g	2.855		4	AR	1		2.427	9.022	
18:1 t g	0.349		4	AR	1		0.297	1.103	
18:1-11 t (18:1t n-7) g									
20:1 g	0.007		4	AR	1		0.006	0.022	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.467		0	NC	4		0.397	1.477	
18:2 undifferentiated g	0.372		0	AS	1		0.316	1.176	
18:2 n-6 c,c g	0.342		4	AR	1		0.291	1.082	
18:2 CLAs g	0.024		4	AR	1		0.021	0.077	
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.005		2	AR	1		0.005	0.017	
18:3 undifferentiated g	0.007		0	AS	1		0.006	0.022	
18:3 n-3 c,c,c (ALA) g	0.007		4	AR	1		0.006	0.022	
18:3 n-6 c,c,c g									
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.000		2	AR	1		0.000	0.000	
20:3 undifferentiated g	0.013		0	AS	1		0.011	0.041	
20:3 n-3 g									
20:3 n-6 g	0.013		2	AR	1		0.011	0.041	
20:4 undifferentiated g	0.064		4	AR	1		0.054	0.202	
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		2	AR	1		0.000	0.000	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.011		2	AR	1		0.009	0.034	
22:6 n-3 (DHA) g	0.001		4	AR	1		0.001	0.002	
Fatty acids, total trans g	0.362		0	NC	4		0.308	1.143	
Fatty acids, total trans-monoenoic g	0.356		0	NC	4		0.303	1.126	
Fatty acids, total trans-polyenoic g	0.005		0	NC	4		0.005	0.017	
Cholesterol mg	63		4	AR	1		53	198	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.256		0	AR	1		0.217	0.808	
Threonine g	1.062		0	AR	1		0.903	3.355	
Isoleucine g	1.057		0	AR	1		0.898	3.339	
Leucine g	1.936		0	AR	1		1.646	6.118	

NDB No. 23177

Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	2.156		0	AR	1		1.833	6.813	
Methionine....g	0.600		0	AR	1		0.510	1.896	
Cystine....g	0.225		0	AR	1		0.191	0.711	
Phenylalanine....g	0.900		0	AR	1		0.765	2.844	
Tyrosine....g	0.842		0	AR	1		0.716	2.661	
Valine....g	1.118		0	AR	1		0.950	3.533	
Arginine....g	1.508		0	AR	1		1.282	4.767	
Histidine....g	0.827		0	AR	1		0.703	2.612	
Alanine....g	1.348		0	AR	1		1.146	4.260	
Aspartic acid....g	2.173		0	AR	1		1.847	6.867	
Glutamic acid....g	3.685		0	AR	1		3.132	11.644	
Glycine....g	0.971		0	AR	1		0.826	3.070	
Proline....g	0.943		0	AR	1		0.801	2.979	
Serine....g	0.914		0	AR	1		0.776	2.887	
Hydroxyproline....g	0.109		0	BFPN	4		0.093	0.345	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 316g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23178

Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled

URMIS #1209

Refuse: 24% Connective tissue 5%, Separable fat 13%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	62.15		12	AR	1		52.83	165.32	
Energy kcal	191		0	NC	4		163	509	
Energy kJ	801		0	NC	4		681	2131	
Protein (N x 6.25) g	29.18		12	AR	1		24.81	77.63	
Total lipid (fat) g	8.31		12	AR	1		7.06	22.09	
Ash g	1.15		12	AR	1		0.97	3.05	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	6		2	AR	1		5	16	
Iron, Fe mg	2.34		2	AR	1		1.99	6.22	
Magnesium, Mg mg	26		2	AR	1		22	70	
Phosphorus, P mg	181		2	AR	1		154	482	
Potassium, K mg	318		2	AR	1		270	845	
Sodium, Na mg	59		2	AR	1		50	156	
Zinc, Zn mg	7.05		2	AR	1		5.99	18.74	
Copper, Cu mg	0.096		2	AR	1		0.082	0.255	
Manganese, Mn mg	0.096		2	AR	1		0.082	0.255	
Selenium, Se µg	39.5		2	AR	1		33.6	105.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.080		1	AR	1		0.068	0.213	
Riboflavin mg	0.305		2	AR	1		0.259	0.811	
Niacin mg	6.180		2	AR	1		5.253	16.439	
Pantothenic acid mg	0.600		1	AR	1		0.510	1.596	
Vitamin B-6 mg	0.623		2	AR	1		0.530	1.657	
Folate, total µg	7		0	BFPN	4		6	19	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	7		0	BFPN	4		6	19	
Folate, DFE µg	7		0	NC	4		6	19	
Choline, total mg	56.3		1	AR	1		47.8	149.7	
Betaine mg	13.1		1	AR	1		11.1	34.8	
Vitamin B-12 µg	2.25		2	AR	1		1.91	5.99	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		2	6	
Retinol µg	2		0	BFSN	4		2	6	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	7		0	NC	4		6	19	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.07		2	AR	1		0.06	0.20	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.2	
Vitamin D IU	3		0	BFFN	4		3	9	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	4.2	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23178

Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.534		0	NC	4		3.004	9.399	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.004		1	AR	1		0.004	0.012	
12:0....g	0.006		1	AR	1		0.005	0.017	
13:0....g									
14:0....g	0.229		2	AR	1		0.194	0.608	
15:0....g	0.048		1	AR	1		0.040	0.127	
16:0....g	1.969		2	AR	1		1.674	5.237	
17:0....g	0.109		2	AR	1		0.093	0.291	
18:0....g	1.156		2	AR	1		0.983	3.075	
20:0....g	0.002		2	AR	1		0.002	0.005	
22:0....g									
24:0....g	0.010		2	AR	1		0.009	0.027	
Fatty acids, total monounsaturated....g	4.015		0	NC	4		3.413	10.681	
14:1....g	0.050		2	AR	1		0.043	0.134	
15:1....g	0.055		1	AR	1		0.046	0.145	
16:1 undifferentiated....g	0.273		0	AS	1		0.232	0.727	
16:1 c....g	0.271		2	AR	1		0.230	0.720	
16:1 t....g	0.003		1	AR	1		0.002	0.007	
17:1....g	0.079		2	AR	1		0.067	0.209	
18:1 undifferentiated....g	3.546		0	AS	1		3.014	9.433	
18:1 c....g	3.123		2	AR	1		2.654	8.306	
18:1 t....g	0.424		2	AR	1		0.360	1.127	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.012		2	AR	1		0.010	0.032	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.539		0	NC	4		0.458	1.433	
18:2 undifferentiated....g	0.419		0	AS	1		0.356	1.114	
18:2 n-6 c,c....g	0.383		2	AR	1		0.326	1.019	
18:2 CLAs....g	0.028		2	AR	1		0.023	0.073	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.008		1	AR	1		0.007	0.021	
18:3 undifferentiated....g	0.017		0	AS	1		0.014	0.045	
18:3 n-3 c,c,c (ALA)....g	0.017		2	AR	1		0.014	0.045	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000		1	AR	1		0.000	0.000	
20:3 undifferentiated....g	0.020		0	AS	1		0.017	0.053	
20:3 n-3....g									
20:3 n-6....g	0.020		1	AR	1		0.017	0.053	
20:4 undifferentiated....g	0.064		2	AR	1		0.055	0.172	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002		1	AR	1		0.002	0.006	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.016		1	AR	1		0.014	0.043	
22:6 n-3 (DHA)....g	0.001		2	AR	1		0.000	0.001	
Fatty acids, total trans....g	0.434		0	NC	4		0.369	1.155	
Fatty acids, total trans-monoenoic....g	0.426		0	NC	4		0.362	1.134	
Fatty acids, total trans-polyenoic....g	0.008		0	NC	4		0.007	0.021	
Cholesterol....mg	77		2	AR	1		66	206	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.378		0	AR	1		0.321	1.005	
Threonine....g	1.613		0	AR	1		1.371	4.291	
Isoleucine....g	1.599		0	AR	1		1.359	4.253	
Leucine....g	2.979		0	AR	1		2.532	7.925	

NDB No. 23178

Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	3.343		0	AR	1		2.841	8.892	
Methionine g	0.916		0	AR	1		0.778	2.435	
Cystine g	0.349		0	AR	1		0.296	0.928	
Phenylalanine g	1.366		0	AR	1		1.161	3.634	
Tyrosine g	1.293		0	AR	1		1.099	3.441	
Valine g	1.686		0	AR	1		1.433	4.484	
Arginine g	2.325		0	AR	1		1.977	6.185	
Histidine g	1.308		0	AR	1		1.112	3.479	
Alanine g	2.049		0	AR	1		1.742	5.451	
Aspartic acid g	3.343		0	AR	1		2.841	8.892	
Glutamic acid g	5.610		0	AR	1		4.768	14.922	
Glycine g	1.482		0	AR	1		1.260	3.943	
Proline g	1.468		0	AR	1		1.248	3.905	
Serine g	1.410		0	AR	1		1.198	3.750	
Hydroxyproline g	0.146		0	BFPN	4		0.124	0.389	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 266g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23179

Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw

URMIS #1209

Refuse: 22% Connective tissue 3%, Separable fat 14%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	71.00		12	AR	1		60.35		
Energy kcal	142		0	NC	4		121		
Energy kJ	594		0	NC	4		505		
Protein (N x 6.25) g	22.46		12	AR	1		19.09		
Total lipid (fat) g	5.78		12	AR	1		4.91		
Ash g	1.00		12	AR	1		0.85		
Carbohydrate, by difference g	0.00		0	NC	4		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	5		2	AR	1		4		
Iron, Fe mg	1.80		2	AR	1		1.53		
Magnesium, Mg mg	23		2	AR	1		20		
Phosphorus, P mg	160		2	AR	1		136		
Potassium, K mg	297		2	AR	1		252		
Sodium, Na mg	55		2	AR	1		47		
Zinc, Zn mg	5.72		2	AR	1		4.87		
Copper, Cu mg	0.084		2	AR	1		0.071		
Manganese, Mn mg	0.082		2	AR	1		0.069		
Selenium, Se µg	27.0		2	AR	1		23.0		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.100		1	AR	1		0.085		
Riboflavin mg	0.260		2	AR	1		0.221		
Niacin mg	5.580		2	AR	1		4.743		
Pantothenic acid mg	0.530		1	AR	1		0.450		
Vitamin B-6 mg	0.449		2	AR	1		0.382		
Folate, total µg	4		0	BFPN	4		3		
Folic acid µg	0		0	BFPN	4		0		
Folate, food µg	4		0	BFPN	4		3		
Folate, DFE µg	4		0	NC	4		3		
Choline, total mg	49.4		1	AR	1		42.0		
Betaine mg	13.6		1	AR	1		11.6		
Vitamin B-12 µg	1.75		2	AR	1		1.48		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	2		0	NC	4		2		
Retinol µg	2		0	BFSN	4		2		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	8		0	NC	4		6		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.10		2	AR	1		0.08		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1		
Vitamin D IU	3		0	BFFN	4		2		
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23179

Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.313		0	NC	4		1.966		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g	0.002		1	AR	1		0.001		
12:0....g	0.002		1	AR	1		0.002		
13:0....g									
14:0....g	0.141		2	AR	1		0.120		
15:0....g	0.028		1	AR	1		0.024		
16:0....g	1.302		2	AR	1		1.106		
17:0....g	0.071		2	AR	1		0.060		
18:0....g	0.759		2	AR	1		0.645		
20:0....g	0.000		2	AR	1		0.000		
22:0....g									
24:0....g	0.008		2	AR	1		0.007		
Fatty acids, total monounsaturated....g	2.830		0	NC	4		2.405		
14:1....g	0.031		2	AR	1		0.026		
15:1....g	0.034		1	AR	1		0.028		
16:1 undifferentiated....g	0.178		0	AS	1		0.152		
16:1 c....g	0.173		2	AR	1		0.147		
16:1 t....g	0.005		1	AR	1		0.004		
17:1....g	0.054		2	AR	1		0.046		
18:1 undifferentiated....g	2.528		0	AS	1		2.149		
18:1 c....g	2.292		2	AR	1		1.948		
18:1 t....g	0.236		2	AR	1		0.201		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.005		2	AR	1		0.005		
22:1 undifferentiated....g	0.000		0	Z	7		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.396		0	NC	4		0.337		
18:2 undifferentiated....g	0.314		0	AS	1		0.267		
18:2 n-6 c,c....g	0.299		2	AR	1		0.254		
18:2 CLAs....g	0.015		2	AR	1		0.013		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.000		1	AR	1		0.000		
18:3 undifferentiated....g	0.003		0	AS	1		0.003		
18:3 n-3 c,c,c (ALA)....g	0.003		2	AR	1		0.003		
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g	0.000		1	AR	1		0.000		
20:3 undifferentiated....g	0.011		0	AS	1		0.010		
20:3 n-3....g									
20:3 n-6....g	0.011		1	AR	1		0.010		
20:4 undifferentiated....g	0.056		2	AR	1		0.048		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		1	AR	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.011		1	AR	1		0.009		
22:6 n-3 (DHA)....g	0.000		2	AR	1		0.000		
Fatty acids, total trans....g	0.241		0	NC	4		0.205		
Fatty acids, total trans-monoenoic....g	0.241		0	NC	4		0.205		
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000		
Cholesterol....mg	70		2	AR	1		60		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.293		0	AR	1		0.249		
Threonine....g	1.251		0	AR	1		1.063		
Isoleucine....g	1.239		0	AR	1		1.053		
Leucine....g	2.310		0	AR	1		1.963		

NDB No. 23179

Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.591		0	AR	1		2.203		
Methionine g	0.710		0	AR	1		0.603		
Cystine g	0.270		0	AR	1		0.230		
Phenylalanine g	1.059		0	AR	1		0.900		
Tyrosine g	1.003		0	AR	1		0.852		
Valine g	1.307		0	AR	1		1.111		
Arginine g	1.803		0	AR	1		1.532		
Histidine g	1.014		0	AR	1		0.862		
Alanine g	1.589		0	AR	1		1.350		
Aspartic acid g	2.591		0	AR	1		2.203		
Glutamic acid g	4.349		0	AR	1		3.697		
Glycine g	1.149		0	AR	1		0.977		
Proline g	1.138		0	AR	1		0.967		
Serine g	1.093		0	AR	1		0.929		
Hydroxyproline g	0.113		0	BFPN	4		0.096		
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23197

Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled

Refuse: 6% Connective tissue 6%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	54.49	0.429	36	AR	1		46.32	158.58	
Energy kcal	291		0	NC	4		247	847	
Energy kJ	1218		0	NC	4		1035	3544	
Protein (N x 6.25) g	23.69	0.339	36	AR	1		20.13	68.93	
Total lipid (fat) g	21.81	0.605	36	AR	1		18.54	63.47	
Ash g	0.90	0.029	36	AR	1		0.76	2.61	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	11	0.641	6	AR	1		9	32	
Iron, Fe mg	2.24	0.045	6	AR	1		1.91	6.53	
Magnesium, Mg mg	22	0.403	6	AR	1		19	64	
Phosphorus, P mg	152	4.222	6	AR	1		129	443	
Potassium, K mg	260	5.705	6	AR	1		221	756	
Sodium, Na mg	54	0.646	6	AR	1		46	158	
Zinc, Zn mg	5.91	0.271	6	AR	1		5.03	17.21	
Copper, Cu mg	0.080	0.002	6	AR	1		0.068	0.231	
Manganese, Mn mg	0.080	0.002	6	AR	1		0.068	0.231	
Selenium, Se µg	29.7	2.624	6	AR	1		25.2	86.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.071		2	AR	1		0.060	0.205	
Riboflavin mg	0.287	0.014	6	AR	1		0.244	0.834	
Niacin mg	4.908	0.173	6	AR	1		4.171	14.281	
Pantothenic acid mg	0.536		2	AR	1		0.456	1.561	
Vitamin B-6 mg	0.477	0.025	6	AR	1		0.405	1.388	
Folate, total µg	6		0	BFPN	4		5	17	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	6		0	BFPN	4		5	17	
Folate, DFE µg	6		0	NC	4		5	17	
Choline, total mg	48.8		2	AR	1		41.5	142.0	
Betaine mg	11.8		2	AR	1		10.0	34.3	
Vitamin B-12 µg	2.10	0.018	6	AR	1		1.79	6.12	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	8		0	NC	4		6	22	
Retinol µg	8		0	BFSN	4		6	22	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	25		0	NC	4		22	74	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.10	0.004	6	AR	1		0.08	0.28	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	AS	1		0.1	0.5	
Vitamin D IU	7		0	BFFN	4		6	19	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	4.6	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23197

Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	9.684		0	NC	4		8.231	28.180	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.016	0.000	3	AR	1		0.013	0.045	
12:0....g	0.017	0.000	3	AR	1		0.014	0.049	
13:0....g									
14:0....g	0.645	0.039	6	AR	1		0.548	1.877	
15:0....g	0.128	0.000	3	AR	1		0.109	0.373	
16:0....g	5.109	0.264	6	AR	1		4.343	14.868	
17:0....g	0.307	0.022	6	AR	1		0.261	0.893	
18:0....g	3.435	0.149	6	AR	1		2.920	9.996	
20:0....g	0.016	0.002	6	AR	1		0.014	0.047	
22:0....g									
24:0....g	0.011	0.002	6	AR	1		0.009	0.032	
Fatty acids, total monounsaturated....g	10.519		0	NC	4		8.941	30.609	
14:1....g	0.130	0.010	6	AR	1		0.111	0.379	
15:1....g	0.042	0.000	3	AR	1		0.035	0.121	
16:1 undifferentiated....g	0.704		0	AS	1		0.598	2.047	
16:1 c....g	0.645	0.028	6	AR	1		0.548	1.875	
16:1 t....g	0.059	0.000	3	AR	1		0.050	0.172	
17:1....g	0.190	0.012	6	AR	1		0.162	0.553	
18:1 undifferentiated....g	9.407		0	AS	1		7.996	27.375	
18:1 c....g	8.080	0.334	6	AR	1		6.868	23.513	
18:1 t....g	1.327	0.105	6	AR	1		1.128	3.862	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.046	0.005	6	AR	1		0.039	0.134	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.027		0	NC	4		0.873	2.990	
18:2 undifferentiated....g	0.889		0	AS	1		0.755	2.586	
18:2 n-6 c,c....g	0.700	0.007	6	AR	1		0.595	2.038	
18:2 CLAs....g	0.097	0.005	6	AR	1		0.082	0.282	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.092	0.000	3	AR	1		0.078	0.267	
18:3 undifferentiated....g	0.038		0	AS	1		0.032	0.109	
18:3 n-3 c,c,c (ALA)....g	0.038	0.003	6	AR	1		0.032	0.109	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.005	0.000	3	AR	1		0.005	0.016	
20:3 undifferentiated....g	0.024		0	AS	1		0.020	0.070	
20:3 n-3....g									
20:3 n-6....g	0.024	0.000	3	AR	1		0.020	0.070	
20:4 undifferentiated....g	0.056	0.008	6	AR	1		0.047	0.162	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001	0.000	3	AR	1		0.001	0.002	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.014	0.000	3	AR	1		0.012	0.042	
22:6 n-3 (DHA)....g	0.001	0.000	6	AR	1		0.001	0.002	
Fatty acids, total trans....g	1.478		0	NC	4		1.256	4.300	
Fatty acids, total trans-monoenoic....g	1.386		0	NC	4		1.178	4.033	
Fatty acids, total trans-polyenoic....g	0.092		0	NC	4		0.078	0.267	
Cholesterol....mg	80	1.699	6	AR	1		68	234	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.265		0	AR	1		0.225	0.771	
Threonine....g	1.116		0	AR	1		0.949	3.248	
Isoleucine....g	1.103		0	AR	1		0.938	3.211	
Leucine....g	2.041		0	AR	1		1.735	5.941	

NDB No. 23197

Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.269		0	AR	1		1.928	6.602	
Methionine g	0.641		0	AR	1		0.545	1.865	
Cystine g	0.241		0	AR	1		0.205	0.702	
Phenylalanine g	0.950		0	AR	1		0.807	2.764	
Tyrosine g	0.883		0	AR	1		0.750	2.568	
Valine g	1.184		0	AR	1		1.006	3.445	
Arginine g	1.613		0	AR	1		1.371	4.693	
Histidine g	0.888		0	AR	1		0.755	2.583	
Alanine g	1.468		0	AR	1		1.248	4.273	
Aspartic acid g	2.308		0	AR	1		1.962	6.716	
Glutamic acid g	3.873		0	AR	1		3.292	11.269	
Glycine g	1.165		0	AR	1		0.991	3.391	
Proline g	1.063		0	AR	1		0.903	3.092	
Serine g	0.975		0	AR	1		0.829	2.838	
Hydroxyproline g	0.162		0	BFPN	4		0.138	0.471	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 291g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23195

Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled

URMIS #2018

Refuse: 6% Connective tissue 6%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	53.50	0.535	24	AR	1		45.48	150.34	
Energy kcal	303		0	NC	4		258	853	
Energy kJ	1269		0	NC	4		1079	3566	
Protein (N x 6.25) g	22.92	0.391	24	AR	1		19.48	64.41	
Total lipid (fat) g	23.52	0.753	24	AR	1		19.99	66.10	
Ash g	0.88	0.031	24	AR	1		0.75	2.46	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	12	0.797	4	AR	1		10	33	
Iron, Fe mg	2.33	0.056	4	AR	1		1.98	6.54	
Magnesium, Mg mg	21	0.500	4	AR	1		18	60	
Phosphorus, P mg	149	5.245	4	AR	1		126	418	
Potassium, K mg	247	7.087	4	AR	1		210	694	
Sodium, Na mg	54	0.803	4	AR	1		46	152	
Zinc, Zn mg	5.84	0.336	4	AR	1		4.96	16.40	
Copper, Cu mg	0.076	0.003	4	AR	1		0.065	0.214	
Manganese, Mn mg	0.076	0.003	4	AR	1		0.065	0.214	
Selenium, Se µg	27.4	3.260	4	AR	1		23.2	76.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.070		1	AR	1		0.060	0.197	
Riboflavin mg	0.294	0.017	4	AR	1		0.250	0.826	
Niacin mg	4.666	0.215	4	AR	1		3.966	13.112	
Pantothenic acid mg	0.529		1	AR	1		0.450	1.486	
Vitamin B-6 mg	0.439	0.031	4	AR	1		0.373	1.234	
Folate, total µg	6		0	BFPN	4		5	16	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	6		0	BFPN	4		5	16	
Folate, DFE µg	6		0	NC	4		5	16	
Choline, total mg	48.9		1	AR	1		41.5	137.3	
Betaine mg	12.0		1	AR	1		10.2	33.8	
Vitamin B-12 µg	2.13	0.022	4	AR	1		1.81	5.98	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	7		0	NC	4		6	21	
Retinol µg	7		0	BFSN	4		6	21	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	25		0	NC	4		21	70	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.11	0.005	4	AR	1		0.09	0.31	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	AS	1		0.2	0.5	
Vitamin D IU	7		0	BFFN	4		6	20	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	4.4	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23195

Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	10.307		0	NC	4		8.761	28.962	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.017		2	AR	1		0.014	0.047	
12:0....g	0.018		2	AR	1		0.015	0.050	
13:0....g									
14:0....g	0.685	0.048	4	AR	1		0.582	1.923	
15:0....g	0.138		2	AR	1		0.117	0.387	
16:0....g	5.436	0.328	4	AR	1		4.621	15.275	
17:0....g	0.329	0.027	4	AR	1		0.280	0.925	
18:0....g	3.657	0.185	4	AR	1		3.108	10.276	
20:0....g	0.017	0.002	4	AR	1		0.014	0.047	
22:0....g									
24:0....g	0.011	0.002	4	AR	1		0.009	0.031	
Fatty acids, total monounsaturated....g	11.247		0	NC	4		9.560	31.603	
14:1....g	0.138	0.012	4	AR	1		0.117	0.386	
15:1....g	0.039		2	AR	1		0.033	0.110	
16:1 undifferentiated....g	0.751		0	AS	1		0.638	2.110	
16:1 c....g	0.685	0.035	4	AR	1		0.582	1.925	
16:1 t....g	0.066		2	AR	1		0.056	0.185	
17:1....g	0.205	0.015	4	AR	1		0.174	0.576	
18:1 undifferentiated....g	10.066		0	AS	1		8.556	28.285	
18:1 c....g	8.658	0.415	4	AR	1		7.360	24.330	
18:1 t....g	1.408	0.131	4	AR	1		1.196	3.955	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.049	0.006	4	AR	1		0.041	0.136	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.059		0	NC	4		0.900	2.975	
18:2 undifferentiated....g	0.923		0	AS	1		0.784	2.593	
18:2 n-6 c,c....g	0.724	0.009	4	AR	1		0.615	2.034	
18:2 CLAs....g	0.101	0.006	4	AR	1		0.086	0.285	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.097		2	AR	1		0.083	0.273	
18:3 undifferentiated....g	0.039		0	AS	1		0.033	0.108	
18:3 n-3 c,c,c (ALA)....g	0.039	0.004	4	AR	1		0.033	0.108	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.006		2	AR	1		0.005	0.017	
20:3 undifferentiated....g	0.023		0	AS	1		0.020	0.066	
20:3 n-3....g									
20:3 n-6....g	0.023		2	AR	1		0.020	0.066	
20:4 undifferentiated....g	0.053	0.010	4	AR	1		0.045	0.149	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		2	AR	1		0.000	0.001	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.014		2	AR	1		0.012	0.038	
22:6 n-3 (DHA)....g	0.001	0.000	4	AR	1		0.001	0.003	
Fatty acids, total trans....g	1.571		0	NC	4		1.335	4.413	
Fatty acids, total trans-monoenoic....g	1.473		0	NC	4		1.252	4.140	
Fatty acids, total trans-polyenoic....g	0.097		0	NC	4		0.083	0.273	
Cholesterol....mg	81	2.111	4	AR	1		69	228	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.257		0	AR	1		0.219	0.723	
Threonine....g	1.075		0	AR	1		0.913	3.019	
Isoleucine....g	1.065		0	AR	1		0.905	2.992	
Leucine....g	1.958		0	AR	1		1.664	5.501	

NDB No. 23195

Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	2.167		0	AR	1		1.842	6.090	
Methionine....g	0.618		0	AR	1		0.525	1.735	
Cystine....g	0.231		0	AR	1		0.196	0.649	
Phenylalanine....g	0.914		0	AR	1		0.777	2.570	
Tyrosine....g	0.848		0	AR	1		0.721	2.382	
Valine....g	1.145		0	AR	1		0.973	3.217	
Arginine....g	1.547		0	AR	1		1.315	4.348	
Histidine....g	0.844		0	AR	1		0.717	2.370	
Alanine....g	1.417		0	AR	1		1.204	3.981	
Aspartic acid....g	2.214		0	AR	1		1.882	6.221	
Glutamic acid....g	3.729		0	AR	1		3.169	10.477	
Glycine....g	1.130		0	AR	1		0.961	3.176	
Proline....g	1.022		0	AR	1		0.868	2.871	
Serine....g	0.936		0	AR	1		0.796	2.631	
Hydroxyproline....g	0.157		0	BFPN	4		0.133	0.440	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 281g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23196

Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled

URMIS #1203

Refuse: 6% Connective tissue 6%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	55.98	0.713	12	AR	1		47.59	171.31	
Energy kcal	273		0	NC	4		232	834	
Energy kJ	1140		0	NC	4		969	3488	
Protein (N x 6.25) g	24.83	0.486	12	AR	1		21.11	75.99	
Total lipid (fat) g	19.25	1.005	12	AR	1		16.36	58.90	
Ash g	0.93	0.035	12	AR	1		0.79	2.84	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	10		2	AR	1		8	30	
Iron, Fe mg	2.12		2	AR	1		1.80	6.47	
Magnesium, Mg mg	23		2	AR	1		19	70	
Phosphorus, P mg	157		2	AR	1		134	482	
Potassium, K mg	279		2	AR	1		237	855	
Sodium, Na mg	54		2	AR	1		46	166	
Zinc, Zn mg	6.03		2	AR	1		5.13	18.45	
Copper, Cu mg	0.085		2	AR	1		0.072	0.259	
Manganese, Mn mg	0.085		2	AR	1		0.072	0.259	
Selenium, Se µg	33.2		2	AR	1		28.2	101.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.071		1	AR	1		0.060	0.218	
Riboflavin mg	0.275		2	AR	1		0.234	0.842	
Niacin mg	5.270		2	AR	1		4.479	16.126	
Pantothenic acid mg	0.544		1	AR	1		0.462	1.665	
Vitamin B-6 mg	0.534		2	AR	1		0.454	1.633	
Folate, total µg	6		0	BFPN	4		5	18	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	6		0	BFPN	4		5	18	
Folate, DFE µg	6		0	NC	4		5	18	
Choline, total mg	48.8		1	AR	1		41.4	149.2	
Betaine mg	11.6		1	AR	1		9.9	35.5	
Vitamin B-12 µg	2.06		2	AR	1		1.75	6.31	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	8		0	NC	4		7	24	
Retinol µg	8		0	BFSN	4		7	24	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	26		0	NC	4		22	80	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.08		2	AR	1		0.07	0.24	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.4	
Vitamin D IU	6		0	BFFN	4		5	18	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	4.8	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23196

Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated g	8.749		0	NC	4		7.437	26.772	
4:0 g	0.000		0	Z	7		0.000	0.000	
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.014		1	AR	1		0.012	0.042	
12:0 g	0.016		1	AR	1		0.013	0.047	
13:0 g									
14:0 g	0.586		2	AR	1		0.498	1.792	
15:0 g	0.114		1	AR	1		0.097	0.349	
16:0 g	4.619		2	AR	1		3.926	14.134	
17:0 g	0.273		2	AR	1		0.232	0.836	
18:0 g	3.102		2	AR	1		2.637	9.493	
20:0 g	0.015		2	AR	1		0.013	0.045	
22:0 g									
24:0 g	0.011		2	AR	1		0.009	0.032	
Fatty acids, total monounsaturated g	9.426		0	NC	4		8.012	28.844	
14:1 g	0.119		2	AR	1		0.101	0.365	
15:1 g	0.045		1	AR	1		0.039	0.139	
16:1 undifferentiated g	0.633		0	AS	1		0.538	1.937	
16:1 c g	0.584		2	AR	1		0.496	1.786	
16:1 t g	0.049		1	AR	1		0.042	0.150	
17:1 g	0.168		2	AR	1		0.143	0.513	
18:1 undifferentiated g	8.419		0	AS	1		7.156	25.761	
18:1 c g	7.213		2	AR	1		6.131	22.071	
18:1 t g	1.206		2	AR	1		1.025	3.690	
18:1-11 t (18:1t n-7) g									
20:1 g	0.042		2	AR	1		0.036	0.129	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.981		0	NC	4		0.834	3.002	
18:2 undifferentiated g	0.838		0	AS	1		0.712	2.563	
18:2 n-6 c,c g	0.665		2	AR	1		0.565	2.034	
18:2 CLAs g	0.090		2	AR	1		0.076	0.275	
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.083		1	AR	1		0.070	0.254	
18:3 undifferentiated g	0.036		0	AS	1		0.031	0.110	
18:3 n-3 c,c,c (ALA) g	0.036		2	AR	1		0.031	0.110	
18:3 n-6 c,c,c g									
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.005		1	AR	1		0.004	0.015	
20:3 undifferentiated g	0.025		0	AS	1		0.021	0.077	
20:3 n-3 g									
20:3 n-6 g	0.025		1	AR	1		0.021	0.077	
20:4 undifferentiated g	0.060		2	AR	1		0.051	0.182	
20:4 n-6 g									
20:5 n-3 (EPA) g	0.002		1	AR	1		0.001	0.005	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.016		1	AR	1		0.014	0.049	
22:6 n-3 (DHA) g	0.000		2	AR	1		0.000	0.001	
Fatty acids, total trans g	1.338		0	NC	4		1.137	4.094	
Fatty acids, total trans-monoenoic g	1.255		0	NC	4		1.067	3.840	
Fatty acids, total trans-polyenoic g	0.083		0	NC	4		0.070	0.254	
Cholesterol mg	79		2	AR	1		67	242	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.278		0	AR	1		0.237	0.852	
Threonine g	1.193		0	AR	1		1.014	3.650	
Isoleucine g	1.178		0	AR	1		1.001	3.605	
Leucine g	2.200		0	AR	1		1.870	6.732	

NDB No. 23196

Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	2.456		0	AR	1		2.087	7.515	
Methionine....g	0.686		0	AR	1		0.583	2.100	
Cystine....g	0.261		0	AR	1		0.221	0.797	
Phenylalanine....g	1.014		0	AR	1		0.861	3.101	
Tyrosine....g	0.952		0	AR	1		0.809	2.913	
Valine....g	1.259		0	AR	1		1.070	3.853	
Arginine....g	1.737		0	AR	1		1.476	5.315	
Histidine....g	0.971		0	AR	1		0.826	2.973	
Alanine....g	1.563		0	AR	1		1.328	4.782	
Aspartic acid....g	2.483		0	AR	1		2.111	7.599	
Glutamic acid....g	4.147		0	AR	1		3.525	12.690	
Glycine....g	1.229		0	AR	1		1.045	3.762	
Proline....g	1.146		0	AR	1		0.974	3.506	
Serine....g	1.052		0	AR	1		0.894	3.220	
Hydroxyproline....g	0.170		0	BFPN	4		0.144	0.519	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 306g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23100

Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled

Refuse: 26% connective tissue 6%, Separable fat 20%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	61.36		36	AR	1		52.16	178.57	
Energy kcal	207		0	NC	4		176	602	
Energy kJ	866		0	NC	4		736	2520	
Protein (N x 6.25) g	27.97		36	AR	1		23.77	81.39	
Total lipid (fat) g	10.57		36	AR	1		8.99	30.77	
Ash g	1.02		36	AR	1		0.87	2.98	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	7		6	AR	1		6	21	
Iron, Fe mg	2.53		6	AR	1		2.15	7.35	
Magnesium, Mg mg	25		6	AR	1		22	74	
Phosphorus, P mg	177		6	AR	1		150	515	
Potassium, K mg	296		6	AR	1		252	862	
Sodium, Na mg	59		6	AR	1		50	172	
Zinc, Zn mg	7.00		6	AR	1		5.95	20.36	
Copper, Cu mg	0.090		6	AR	1		0.077	0.263	
Manganese, Mn mg	0.090		6	AR	1		0.077	0.263	
Selenium, Se µg	35.6		6	AR	1		30.3	103.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.080		2	AR	1		0.068	0.233	
Riboflavin mg	0.323		6	AR	1		0.275	0.940	
Niacin mg	5.799		6	AR	1		4.929	16.875	
Pantothenic acid mg	0.595		2	AR	1		0.506	1.731	
Vitamin B-6 mg	0.558		6	AR	1		0.474	1.623	
Folate, total µg	7		0	BFPN	4		6	20	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	7		0	BFPN	4		6	20	
Folate, DFE µg	7		0	NC	4		6	20	
Choline, total mg	57.0		2	AR	1		48.4	165.8	
Betaine mg	13.5		2	AR	1		11.5	39.2	
Vitamin B-12 µg	2.32		6	AR	1		1.97	6.75	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		1	5	
Retinol µg	2		0	BFSN	4		1	5	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	6		0	NC	4		5	17	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.10		6	AR	1		0.08	0.29	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		1	AS	1		0.1	0.3	
Vitamin D IU	4		1	AR	1		3	12	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	4.6	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23100

Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.200		0	NC	4		3.570	12.223	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.005		3	AR	1		0.005	0.016	
12:0....g	0.007		3	AR	1		0.006	0.020	
13:0....g									
14:0....g	0.269		6	AR	1		0.228	0.781	
15:0....g	0.055		3	AR	1		0.047	0.161	
16:0....g	2.330		6	AR	1		1.981	6.781	
17:0....g	0.136		6	AR	1		0.116	0.397	
18:0....g	1.385		6	AR	1		1.177	4.031	
20:0....g	0.002		6	AR	1		0.002	0.006	
22:0....g									
24:0....g	0.011		6	AR	1		0.009	0.031	
Fatty acids, total monounsaturated....g	4.866		0	NC	4		4.136	14.159	
14:1....g	0.057		6	AR	1		0.049	0.166	
15:1....g	0.051		3	AR	1		0.043	0.148	
16:1 undifferentiated....g	0.325		0	AS	1		0.276	0.945	
16:1 c....g	0.316		6	AR	1		0.269	0.920	
16:1 t....g	0.009		3	AR	1		0.007	0.025	
17:1....g	0.098		6	AR	1		0.084	0.286	
18:1 undifferentiated....g	4.321		0	AS	1		3.673	12.573	
18:1 c....g	3.820		6	AR	1		3.247	11.116	
18:1 t....g	0.501		6	AR	1		0.426	1.457	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.014		6	AR	1		0.012	0.040	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.548		0	NC	4		0.466	1.595	
18:2 undifferentiated....g	0.437		0	AS	1		0.372	1.272	
18:2 n-6 c,c....g	0.400		6	AR	1		0.340	1.163	
18:2 CLAs....g	0.030		6	AR	1		0.026	0.088	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.007		3	AR	1		0.006	0.022	
18:3 undifferentiated....g	0.017		0	AS	1		0.014	0.049	
18:3 n-3 c,c,c (ALA)....g	0.017		6	AR	1		0.014	0.049	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000		3	AR	1		0.000	0.001	
20:3 undifferentiated....g	0.018		0	AS	1		0.015	0.051	
20:3 n-3....g									
20:3 n-6....g	0.018		3	AR	1		0.015	0.051	
20:4 undifferentiated....g	0.060		6	AR	1		0.051	0.174	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001		3	AR	1		0.001	0.003	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.014		3	AR	1		0.012	0.041	
22:6 n-3 (DHA)....g	0.001		6	AR	1		0.001	0.003	
Fatty acids, total trans....g	0.517		0	NC	4		0.439	1.503	
Fatty acids, total trans-monoenoic....g	0.509		0	NC	4		0.433	1.482	
Fatty acids, total trans-polyenoic....g	0.007		0	NC	4		0.006	0.022	
Cholesterol....mg	79		6	AR	1		67	229	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.343		0	AR	1		0.291	0.998	
Threonine....g	1.437		0	AR	1		1.222	4.182	
Isoleucine....g	1.426		0	AR	1		1.212	4.149	
Leucine....g	2.631		0	AR	1		2.236	7.655	

NDB No. 23100

Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	2.940		0	AR	1		2.499	8.555	
Methionine....g	0.812		0	AR	1		0.690	2.364	
Cystine....g	0.307		0	AR	1		0.261	0.893	
Phenylalanine....g	1.218		0	AR	1		1.036	3.545	
Tyrosine....g	1.142		0	AR	1		0.970	3.322	
Valine....g	1.507		0	AR	1		1.281	4.385	
Arginine....g	2.051		0	AR	1		1.743	5.968	
Histidine....g	1.135		0	AR	1		0.965	3.302	
Alanine....g	1.825		0	AR	1		1.551	5.311	
Aspartic acid....g	2.953		0	AR	1		2.510	8.594	
Glutamic acid....g	4.986		0	AR	1		4.238	14.509	
Glycine....g	1.318		0	AR	1		1.120	3.834	
Proline....g	1.284		0	AR	1		1.091	3.736	
Serine....g	1.241		0	AR	1		1.055	3.611	
Hydroxyproline....g	0.141		0	BFPN	4		0.120	0.411	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 291g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23148

Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled

URMIS #2018

Refuse: 27% connective tissue 5%, Separable fat 22%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	60.57		24	AR	1		51.48	170.19	
Energy kcal	217		0	NC	4		184	609	
Energy kJ	908		0	NC	4		772	2551	
Protein (N x 6.25) g	27.30		24	AR	1		23.20	76.71	
Total lipid (fat) g	11.97		24	AR	1		10.17	33.63	
Ash g	1.01		24	AR	1		0.86	2.83	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	8		4	AR	1		7	23	
Iron, Fe mg	2.65		4	AR	1		2.25	7.45	
Magnesium, Mg mg	25		4	AR	1		21	70	
Phosphorus, P mg	174		4	AR	1		148	489	
Potassium, K mg	282		4	AR	1		240	792	
Sodium, Na mg	60		4	AR	1		51	167	
Zinc, Zn mg	6.97		4	AR	1		5.92	19.57	
Copper, Cu mg	0.087		4	AR	1		0.074	0.244	
Manganese, Mn mg	0.087		4	AR	1		0.074	0.244	
Selenium, Se µg	33.0		4	AR	1		28.1	92.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.080		1	AR	1		0.068	0.225	
Riboflavin mg	0.335		4	AR	1		0.285	0.941	
Niacin mg	5.545		4	AR	1		4.713	15.581	
Pantothenic acid mg	0.590		1	AR	1		0.501	1.658	
Vitamin B-6 mg	0.514		4	AR	1		0.437	1.445	
Folate, total µg	7		0	BFPN	4		6	19	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	7		0	BFPN	4		6	19	
Folate, DFE µg	7		0	NC	4		6	19	
Choline, total mg	57.7		1	AR	1		49.0	162.1	
Betaine mg	13.9		1	AR	1		11.8	39.0	
Vitamin B-12 µg	2.37		4	AR	1		2.01	6.65	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	1		0	NC	4		1	4	
Retinol µg	1		0	BFSN	4		1	4	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	5		0	NC	4		4	13	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.12		4	AR	1		0.10	0.33	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		1	AS	1		0.1	0.3	
Vitamin D IU	4		1	AR	1		4	13	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	4.4	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23148

Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.645		0	NC	4		3.948	13.052	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.006		2	AR	1		0.005	0.017	
12:0....g	0.007		2	AR	1		0.006	0.020	
13:0....g									
14:0....g	0.295		4	AR	1		0.251	0.829	
15:0....g	0.061		2	AR	1		0.052	0.170	
16:0....g	2.571		4	AR	1		2.185	7.224	
17:0....g	0.154		4	AR	1		0.131	0.434	
18:0....g	1.538		4	AR	1		1.307	4.321	
20:0....g	0.002		4	AR	1		0.002	0.006	
22:0....g									
24:0....g	0.011		4	AR	1		0.009	0.031	
Fatty acids, total monounsaturated....g	5.433		0	NC	4		4.618	15.267	
14:1....g	0.062		4	AR	1		0.053	0.174	
15:1....g	0.049		2	AR	1		0.041	0.136	
16:1 undifferentiated....g	0.359		0	AS	1		0.305	1.010	
16:1 c....g	0.347		4	AR	1		0.295	0.975	
16:1 t....g	0.012		2	AR	1		0.011	0.035	
17:1....g	0.112		4	AR	1		0.095	0.313	
18:1 undifferentiated....g	4.837		0	AS	1		4.112	13.592	
18:1 c....g	4.285		4	AR	1		3.642	12.041	
18:1 t....g	0.552		4	AR	1		0.469	1.551	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.015		4	AR	1		0.013	0.042	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.554		0	NC	4		0.471	1.557	
18:2 undifferentiated....g	0.449		0	AS	1		0.382	1.263	
18:2 n-6 c,c....g	0.411		4	AR	1		0.349	1.154	
18:2 CLAs....g	0.032		4	AR	1		0.027	0.089	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.007		2	AR	1		0.006	0.020	
18:3 undifferentiated....g	0.017		0	AS	1		0.015	0.048	
18:3 n-3 c,c,c (ALA)....g	0.017		4	AR	1		0.015	0.048	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.001		2	AR	1		0.001	0.002	
20:3 undifferentiated....g	0.016		0	AS	1		0.014	0.045	
20:3 n-3....g									
20:3 n-6....g	0.016		2	AR	1		0.014	0.045	
20:4 undifferentiated....g	0.056		4	AR	1		0.048	0.159	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		2	AR	1		0.000	0.001	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.013		2	AR	1		0.011	0.037	
22:6 n-3 (DHA)....g	0.001		4	AR	1		0.001	0.004	
Fatty acids, total trans....g	0.572		0	NC	4		0.486	1.606	
Fatty acids, total trans-monoenoic....g	0.565		0	NC	4		0.480	1.586	
Fatty acids, total trans-polyenoic....g	0.007		0	NC	4		0.006	0.020	
Cholesterol....mg	80		4	AR	1		68	224	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.323		0	AR	1		0.274	0.907	
Threonine....g	1.341		0	AR	1		1.140	3.767	
Isoleucine....g	1.334		0	AR	1		1.134	3.749	
Leucine....g	2.445		0	AR	1		2.078	6.869	

NDB No. 23148

Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	2.722		0	AR	1		2.314	7.649	
Methionine....g	0.758		0	AR	1		0.644	2.129	
Cystine....g	0.284		0	AR	1		0.241	0.798	
Phenylalanine....g	1.136		0	AR	1		0.966	3.193	
Tyrosine....g	1.063		0	AR	1		0.904	2.987	
Valine....g	1.412		0	AR	1		1.200	3.967	
Arginine....g	1.904		0	AR	1		1.619	5.351	
Histidine....g	1.044		0	AR	1		0.887	2.933	
Alanine....g	1.702		0	AR	1		1.447	4.783	
Aspartic acid....g	2.744		0	AR	1		2.332	7.710	
Glutamic acid....g	4.652		0	AR	1		3.955	13.073	
Glycine....g	1.227		0	AR	1		1.043	3.447	
Proline....g	1.190		0	AR	1		1.012	3.344	
Serine....g	1.153		0	AR	1		0.980	3.241	
Hydroxyproline....g	0.138		0	BFPN	4		0.117	0.387	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 281g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23149

Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled

URMIS #1203

Refuse: 25% Connective tissue 6%, Separable fat 19%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	62.56		12	AR	1		53.17	191.43	
Energy kcal	192		0	NC	4		163	588	
Energy kJ	804		0	NC	4		683	2460	
Protein (N x 6.25) g	28.98		12	AR	1		24.63	88.67	
Total lipid (fat) g	8.48		12	AR	1		7.21	25.95	
Ash g	1.05		12	AR	1		0.89	3.22	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	6		2	AR	1		5	19	
Iron, Fe mg	2.34		2	AR	1		1.99	7.15	
Magnesium, Mg mg	26		2	AR	1		22	80	
Phosphorus, P mg	181		2	AR	1		154	555	
Potassium, K mg	318		2	AR	1		270	972	
Sodium, Na mg	59		2	AR	1		50	179	
Zinc, Zn mg	7.05		2	AR	1		5.99	21.56	
Copper, Cu mg	0.096		2	AR	1		0.082	0.294	
Manganese, Mn mg	0.096		2	AR	1		0.082	0.294	
Selenium, Se µg	39.5		2	AR	1		33.6	120.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.080		1	AR	1		0.068	0.245	
Riboflavin mg	0.305		2	AR	1		0.259	0.933	
Niacin mg	6.180		2	AR	1		5.253	18.911	
Pantothenic acid mg	0.600		1	AR	1		0.510	1.836	
Vitamin B-6 mg	0.623		2	AR	1		0.530	1.906	
Folate, total µg	7		0	BFPN	4		6	22	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	7		0	BFPN	4		6	22	
Folate, DFE µg	7		0	NC	4		6	22	
Choline, total mg	56.3		1	AR	1		47.8	172.2	
Betaine mg	13.1		1	AR	1		11.1	40.0	
Vitamin B-12 µg	2.25		2	AR	1		1.91	6.89	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		2	6	
Retinol µg	2		0	BFSN	4		2	6	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	7		0	NC	4		6	21	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.07		2	AR	1		0.06	0.23	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		1	AS	1		0.1	0.3	
Vitamin D IU	3		1	AR	1		3	10	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	4.8	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23149

Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.534		0	NC	4		3.004	10.813	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.004		1	AR	1		0.004	0.013	
12:0....g	0.006		1	AR	1		0.005	0.020	
13:0....g									
14:0....g	0.229		2	AR	1		0.194	0.699	
15:0....g	0.048		1	AR	1		0.040	0.146	
16:0....g	1.969		2	AR	1		1.674	6.025	
17:0....g	0.109		2	AR	1		0.093	0.335	
18:0....g	1.156		2	AR	1		0.983	3.538	
20:0....g	0.002		2	AR	1		0.002	0.006	
22:0....g									
24:0....g	0.010		2	AR	1		0.009	0.031	
Fatty acids, total monounsaturated....g	4.015		0	NC	4		3.413	12.287	
14:1....g	0.050		2	AR	1		0.043	0.154	
15:1....g	0.055		1	AR	1		0.046	0.167	
16:1 undifferentiated....g	0.273		0	AS	1		0.232	0.836	
16:1 c....g	0.271		2	AR	1		0.230	0.828	
16:1 t....g	0.003		1	AR	1		0.002	0.008	
17:1....g	0.079		2	AR	1		0.067	0.241	
18:1 undifferentiated....g	3.546		0	AS	1		3.014	10.851	
18:1 c....g	3.123		2	AR	1		2.654	9.555	
18:1 t....g	0.424		2	AR	1		0.360	1.296	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.012		2	AR	1		0.010	0.037	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.539		0	NC	4		0.458	1.648	
18:2 undifferentiated....g	0.419		0	AS	1		0.356	1.281	
18:2 n-6 c,c....g	0.383		2	AR	1		0.326	1.172	
18:2 CLAs....g	0.028		2	AR	1		0.023	0.084	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.008		1	AR	1		0.007	0.024	
18:3 undifferentiated....g	0.017		0	AS	1		0.014	0.052	
18:3 n-3 c,c,c (ALA)....g	0.017		2	AR	1		0.014	0.052	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000		1	AR	1		0.000	0.000	
20:3 undifferentiated....g	0.020		0	AS	1		0.017	0.061	
20:3 n-3....g									
20:3 n-6....g	0.020		1	AR	1		0.017	0.061	
20:4 undifferentiated....g	0.064		2	AR	1		0.055	0.197	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002		1	AR	1		0.002	0.006	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.016		1	AR	1		0.014	0.049	
22:6 n-3 (DHA)....g	0.001		2	AR	1		0.000	0.002	
Fatty acids, total trans....g	0.434		0	NC	4		0.369	1.329	
Fatty acids, total trans-monoenoic....g	0.426		0	NC	4		0.362	1.304	
Fatty acids, total trans-polyenoic....g	0.008		0	NC	4		0.007	0.024	
Cholesterol....mg	77		2	AR	1		66	237	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.378		0	AR	1		0.321	1.156	
Threonine....g	1.613		0	AR	1		1.371	4.936	
Isoleucine....g	1.599		0	AR	1		1.359	4.892	
Leucine....g	2.979		0	AR	1		2.532	9.117	

NDB No. 23149

Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	3.343		0	AR	1		2.841	10.229	
Methionine....g	0.916		0	AR	1		0.778	2.802	
Cystine....g	0.349		0	AR	1		0.296	1.067	
Phenylalanine....g	1.366		0	AR	1		1.161	4.180	
Tyrosine....g	1.293		0	AR	1		1.099	3.958	
Valine....g	1.686		0	AR	1		1.433	5.159	
Arginine....g	2.325		0	AR	1		1.977	7.116	
Histidine....g	1.308		0	AR	1		1.112	4.002	
Alanine....g	2.049		0	AR	1		1.742	6.271	
Aspartic acid....g	3.343		0	AR	1		2.841	10.229	
Glutamic acid....g	5.610		0	AR	1		4.768	17.166	
Glycine....g	1.482		0	AR	1		1.260	4.536	
Proline....g	1.468		0	AR	1		1.248	4.492	
Serine....g	1.410		0	AR	1		1.198	4.314	
Hydroxyproline....g	0.146		0	BFPN	4		0.124	0.448	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 306g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23192

Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Refuse: 14% Bone and connective tissue 14%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	60.80	1.143	36	AR	1		51.68	280.88	1597.11
Energy kcal	255		0	NC	4		217	1180	6708
Energy kJ	1068		0	NC	4		908	4934	28056
Protein (N x 6.25) g	18.13	0.408	36	AR	1		15.41	83.75	476.23
Total lipid (fat) g	20.31	1.363	36	AR	1		17.27	93.85	533.64
Ash g	0.85	0.021	36	AR	1		0.73	3.95	22.45
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	0.00
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total g	0.00		0	Z	7		0.00	0.00	0.00
Starch g									
Minerals:									
Calcium, Ca mg	10	0.387	6	AR	1		9	47	269
Iron, Fe mg	1.74	0.034	6	AR	1		1.48	8.05	45.79
Magnesium, Mg mg	18	0.440	6	AR	1		15	83	472
Phosphorus, P mg	128	3.233	6	AR	1		109	592	3365
Potassium, K mg	233	5.783	6	AR	1		198	1078	6127
Sodium, Na mg	56	1.058	6	AR	1		48	260	1477
Zinc, Zn mg	4.12	0.109	6	AR	1		3.50	19.05	108.29
Copper, Cu mg	0.064	0.004	6	AR	1		0.054	0.294	1.673
Manganese, Mn mg	0.064	0.004	6	AR	1		0.054	0.294	1.673
Selenium, Se µg	18.3	0.653	6	AR	1		15.5	84.3	479.4
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.084		2	AR	1		0.071	0.389	2.209
Riboflavin mg	0.236	0.007	6	AR	1		0.200	1.088	6.189
Niacin mg	4.273	0.098	6	AR	1		3.632	19.743	112.260
Pantothenic acid mg	0.481		2	AR	1		0.409	2.221	12.631
Vitamin B-6 mg	0.413	0.020	6	AR	1		0.351	1.908	10.847
Folate, total µg	3		0	BFPN	4		2	13	76
Folic acid µg	0		0	BFPN	4		0	0	0
Folate, food µg	3		0	BFPN	4		2	13	76
Folate, DFE µg	3		0	NC	4		2	13	76
Choline, total mg	43.1		2	AR	1		36.7	199.2	1132.8
Betaine mg	13.5		2	AR	1		11.5	62.5	355.5
Vitamin B-12 µg	1.74	0.058	6	AR	1		1.48	8.05	45.78
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	5		0	NC	4		4	22	125
Retinol µg	5		0	BFSN	4		4	22	125
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	16		0	NC	4		13	73	416
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.15	0.014	6	AR	1		0.12	0.68	3.85
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	AS	1		0.1	0.7	4.0
Vitamin D IU	6		0	BFFN	4		5	28	159
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	7.0	39.7
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23192

Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated g	9.097		0	NC	4		7.732	42.026	238.965
4:0 g	0.000		0	Z	7		0.000	0.000	0.000
6:0 g	0.000		0	Z	7		0.000	0.000	0.000
8:0 g	0.000		0	Z	7		0.000	0.000	0.000
10:0 g	0.017	0.000	3	AR	1		0.015	0.079	0.449
12:0 g	0.016	0.000	3	AR	1		0.014	0.076	0.431
13:0 g									
14:0 g	0.620	0.039	6	AR	1		0.527	2.863	16.280
15:0 g	0.119	0.000	3	AR	1		0.101	0.552	3.137
16:0 g	4.849	0.284	6	AR	1		4.122	22.404	127.394
17:0 g	0.277	0.017	6	AR	1		0.236	1.281	7.282
18:0 g	3.174	0.180	6	AR	1		2.698	14.663	83.376
20:0 g	0.014	0.001	6	AR	1		0.012	0.066	0.373
22:0 g									
24:0 g	0.009	0.001	6	AR	1		0.008	0.043	0.244
Fatty acids, total monounsaturated g	9.717		0	NC	4		8.259	44.892	255.260
14:1 g	0.120	0.007	6	AR	1		0.102	0.554	3.150
15:1 g	0.034	0.000	3	AR	1		0.029	0.158	0.898
16:1 undifferentiated g	0.667		0	AS	1		0.567	3.081	17.519
16:1 c g	0.605	0.022	6	AR	1		0.514	2.795	15.893
16:1 t g	0.062	0.000	3	AR	1		0.053	0.286	1.626
17:1 g	0.164	0.008	6	AR	1		0.140	0.759	4.316
18:1 undifferentiated g	8.691		0	AS	1		7.388	40.154	228.323
18:1 c g	7.537	0.371	6	AR	1		6.407	34.823	198.007
18:1 t g	1.154	0.082	6	AR	1		0.981	5.331	30.316
18:1-11 t (18:1t n-7) g									
20:1 g	0.040	0.004	6	AR	1		0.034	0.185	1.053
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.907		0	NC	4		0.771	4.190	23.824
18:2 undifferentiated g	0.798		0	AS	1		0.678	3.685	20.956
18:2 n-6 c,c g	0.612	0.026	6	AR	1		0.520	2.828	16.080
18:2 CLAs g	0.093	0.005	6	AR	1		0.079	0.427	2.430
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.093	0.000	3	AR	1		0.079	0.430	2.446
18:3 undifferentiated g	0.029		0	AS	1		0.024	0.132	0.751
18:3 n-3 c,c,c (ALA) g	0.029	0.004	6	AR	1		0.024	0.132	0.751
18:3 n-6 c,c,c g									
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c g	0.004	0.000	3	AR	1		0.004	0.020	0.116
20:3 undifferentiated g	0.022		0	AS	1		0.018	0.100	0.567
20:3 n-3 g									
20:3 n-6 g	0.022	0.000	3	AR	1		0.018	0.100	0.567
20:4 undifferentiated g	0.044	0.004	6	AR	1		0.037	0.202	1.151
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000	0.000	3	AR	1		0.000	0.001	0.008
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.010	0.000	3	AR	1		0.009	0.048	0.273
22:6 n-3 (DHA) g	0.000	0.000	6	AR	1		0.000	0.000	0.003
Fatty acids, total trans g	1.309		0	NC	4		1.113	6.048	34.387
Fatty acids, total trans-monoenoic g	1.216		0	NC	4		1.034	5.617	31.942
Fatty acids, total trans-polyenoic g	0.093		0	NC	4		0.079	0.430	2.446
Cholesterol mg	69	0.699	6	AR	1		59	319	1812
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.203		0	AR	1		0.172	0.937	5.329
Threonine g	0.854		0	AR	1		0.726	3.947	22.445
Isoleucine g	0.844		0	AR	1		0.718	3.901	22.183
Leucine g	1.563		0	AR	1		1.328	7.219	41.047

NDB No. 23192

Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	1.736		0	AR	1		1.476	8.023	45.618
Methionine....g	0.491		0	AR	1		0.417	2.266	12.886
Cystine....g	0.185		0	AR	1		0.157	0.853	4.852
Phenylalanine....g	0.727		0	AR	1		0.618	3.359	19.100
Tyrosine....g	0.675		0	AR	1		0.574	3.121	17.745
Valine....g	0.906		0	AR	1		0.770	4.186	23.803
Arginine....g	1.234		0	AR	1		1.049	5.703	32.429
Histidine....g	0.679		0	AR	1		0.578	3.139	17.849
Alanine....g	1.124		0	AR	1		0.955	5.192	29.525
Aspartic acid....g	1.766		0	AR	1		1.501	8.160	46.401
Glutamic acid....g	2.964		0	AR	1		2.519	13.694	77.865
Glycine....g	0.892		0	AR	1		0.758	4.121	23.431
Proline....g	0.813		0	AR	1		0.691	3.757	21.365
Serine....g	0.746		0	AR	1		0.634	3.448	19.608
Hydroxyproline....g	0.124		0	BFPN	4		0.105	0.572	3.254
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 462g: 1 steak

Measure 3 = 2627g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23193

Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw

URMIS #2012/2008

Refuse: 14% Bone and connective tissue 14%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	60.35	1.170	24	AR	1		51.30	275.19	1613.69
Energy kcal	260		0	NC	4		221	1187	6961
Energy kJ	1089		0	NC	4		926	4966	29120
Protein (N x 6.25) g	17.92	0.420	24	AR	1		15.23	81.72	479.23
Total lipid (fat) g	20.96	1.409	24	AR	1		17.82	95.58	560.49
Ash g	0.84	0.022	24	AR	1		0.71	3.83	22.46
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	0.00
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total g	0.00		0	Z	7		0.00	0.00	0.00
Starch g									
Minerals:									
Calcium, Ca mg	10	0.481	4	AR	1		8	45	265
Iron, Fe mg	1.73	0.043	4	AR	1		1.47	7.91	46.37
Magnesium, Mg mg	18	0.547	4	AR	1		15	83	486
Phosphorus, P mg	131	4.016	4	AR	1		111	598	3505
Potassium, K mg	231	7.185	4	AR	1		196	1051	6164
Sodium, Na mg	57	1.315	4	AR	1		49	260	1527
Zinc, Zn mg	4.04	0.135	4	AR	1		3.44	18.44	108.13
Copper, Cu mg	0.064	0.005	4	AR	1		0.054	0.292	1.711
Manganese, Mn mg	0.064	0.005	4	AR	1		0.054	0.292	1.711
Selenium, Se µg	18.6	0.811	4	AR	1		15.8	84.9	497.9
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.084		1	AR	1		0.072	0.384	2.254
Riboflavin mg	0.244	0.008	4	AR	1		0.207	1.110	6.511
Niacin mg	4.153	0.122	4	AR	1		3.530	18.935	111.038
Pantothenic acid mg	0.466		1	AR	1		0.396	2.126	12.469
Vitamin B-6 mg	0.397	0.025	4	AR	1		0.337	1.809	10.610
Folate, total µg	3		0	BFPN	4		2	13	77
Folic acid µg	0		0	BFPN	4		0	0	0
Folate, food µg	3		0	BFPN	4		2	13	77
Folate, DFE µg	3		0	NC	4		2	13	77
Choline, total mg	44.1		1	AR	1		37.5	201.1	1179.3
Betaine mg	13.8		1	AR	1		11.7	62.9	368.6
Vitamin B-12 µg	1.74	0.071	4	AR	1		1.48	7.92	46.44
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	5		0	NC	4		4	21	124
Retinol µg	5		0	BFSN	4		4	21	124
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	15		0	NC	4		13	70	412
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.15	0.017	4	AR	1		0.13	0.70	4.10
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	AS	1		0.1	0.8	4.4
Vitamin D IU	7		0	BFFN	4		6	30	176
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	6.9	40.4
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23193

Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	9.265		0	NC	4		7.875	42.247	247.741
4:0....g	0.000		0	Z	7		0.000	0.000	0.000
6:0....g	0.000		0	Z	7		0.000	0.000	0.000
8:0....g	0.000		0	Z	7		0.000	0.000	0.000
10:0....g	0.017		2	AR	1		0.015	0.078	0.460
12:0....g	0.016		2	AR	1		0.014	0.075	0.439
13:0....g									
14:0....g	0.631	0.049	4	AR	1		0.536	2.875	16.860
15:0....g	0.123		2	AR	1		0.105	0.562	3.297
16:0....g	4.960	0.353	4	AR	1		4.216	22.618	132.630
17:0....g	0.285	0.021	4	AR	1		0.242	1.301	7.626
18:0....g	3.209	0.223	4	AR	1		2.727	14.631	85.798
20:0....g	0.014	0.002	4	AR	1		0.012	0.064	0.374
22:0....g									
24:0....g	0.010	0.001	4	AR	1		0.008	0.044	0.257
Fatty acids, total monounsaturated....g	9.929		0	NC	4		8.440	45.276	265.501
14:1....g	0.121	0.009	4	AR	1		0.103	0.551	3.233
15:1....g	0.034		2	AR	1		0.029	0.156	0.915
16:1 undifferentiated....g	0.683		0	AS	1		0.580	3.114	18.258
16:1 c....g	0.622	0.027	4	AR	1		0.528	2.834	16.622
16:1 t....g	0.061		2	AR	1		0.052	0.279	1.636
17:1....g	0.171	0.010	4	AR	1		0.146	0.781	4.578
18:1 undifferentiated....g	8.879		0	AS	1		7.547	40.490	237.432
18:1 c....g	7.709	0.460	4	AR	1		6.552	35.152	206.131
18:1 t....g	1.171	0.102	4	AR	1		0.995	5.338	31.302
18:1-11 t (18:1t n-7)....g									
20:1....g	0.041	0.005	4	AR	1		0.035	0.185	1.086
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.921		0	NC	4		0.783	4.198	24.617
18:2 undifferentiated....g	0.809		0	AS	1		0.688	3.690	21.641
18:2 n-6 c,c....g	0.625	0.032	4	AR	1		0.532	2.852	16.723
18:2 CLAs....g	0.092	0.006	4	AR	1		0.078	0.420	2.465
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.092		2	AR	1		0.078	0.418	2.452
18:3 undifferentiated....g	0.029		0	AS	1		0.024	0.130	0.762
18:3 n-3 c,c,c (ALA)....g	0.029	0.005	4	AR	1		0.024	0.130	0.762
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c....g	0.004		2	AR	1		0.004	0.020	0.118
20:3 undifferentiated....g	0.022		0	AS	1		0.019	0.100	0.586
20:3 n-3....g									
20:3 n-6....g	0.022		2	AR	1		0.019	0.100	0.586
20:4 undifferentiated....g	0.045	0.005	4	AR	1		0.038	0.205	1.203
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001		2	AR	1		0.001	0.003	0.016
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.011		2	AR	1		0.009	0.049	0.289
22:6 n-3 (DHA)....g	0.000	0.000	4	AR	1		0.000	0.000	0.003
Fatty acids, total trans....g	1.324		0	NC	4		1.125	6.035	35.390
Fatty acids, total trans-monoenoic....g	1.232		0	NC	4		1.047	5.617	32.938
Fatty acids, total trans-polyenoic....g	0.092		0	NC	4		0.078	0.418	2.452
Cholesterol....mg	70	0.868	4	AR	1		59	318	1865
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.201		0	AR	1		0.171	0.917	5.378
Threonine....g	0.840		0	AR	1		0.714	3.831	22.467
Isoleucine....g	0.833		0	AR	1		0.708	3.796	22.262
Leucine....g	1.531		0	AR	1		1.301	6.980	40.931

NDB No. 23193

Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	1.695		0	AR	1		1.440	7.728	45.316
Methionine g	0.483		0	AR	1		0.410	2.202	12.913
Cystine g	0.180		0	AR	1		0.153	0.823	4.826
Phenylalanine g	0.715		0	AR	1		0.608	3.260	19.119
Tyrosine g	0.663		0	AR	1		0.563	3.022	17.723
Valine g	0.895		0	AR	1		0.761	4.082	23.937
Arginine g	1.210		0	AR	1		1.028	5.517	32.352
Histidine g	0.660		0	AR	1		0.561	3.008	17.637
Alanine g	1.108		0	AR	1		0.942	5.052	29.622
Aspartic acid g	1.731		0	AR	1		1.471	7.893	46.287
Glutamic acid g	2.915		0	AR	1		2.478	13.294	77.957
Glycine g	0.884		0	AR	1		0.751	4.029	23.629
Proline g	0.799		0	AR	1		0.679	3.643	21.361
Serine g	0.732		0	AR	1		0.622	3.339	19.579
Hydroxyproline g	0.122		0	BFPN	4		0.104	0.558	3.275
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 456g: 1 steak

Measure 3 = 2674g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23194

Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw

URMIS #1197/1193

Refuse: 15% Bone and connective tissue 15%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	61.47	1.229	12	AR	1		52.25	289.52	1571.74
Energy kcal	248		0	NC	4		211	1167	6337
Energy kJ	1037		0	NC	4		881	4884	26516
Protein (N x 6.25) g	18.44	0.444	12	AR	1		15.67	86.84	471.46
Total lipid (fat) g	19.34	1.507	12	AR	1		16.44	91.11	494.61
Ash g	0.88	0.025	12	AR	1		0.74	4.13	22.40
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	0.00
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total g	0.00		0	Z	7		0.00	0.00	0.00
Starch g									
Minerals:									
Calcium, Ca mg	11		2	AR	1		9	51	275
Iron, Fe mg	1.76		2	AR	1		1.49	8.27	44.91
Magnesium, Mg mg	18		2	AR	1		15	83	450
Phosphorus, P mg	124		2	AR	1		105	582	3162
Potassium, K mg	237		2	AR	1		202	1118	6069
Sodium, Na mg	55		2	AR	1		47	259	1404
Zinc, Zn mg	4.24		2	AR	1		3.60	19.97	108.42
Copper, Cu mg	0.063		2	AR	1		0.054	0.298	1.616
Manganese, Mn mg	0.063		2	AR	1		0.054	0.298	1.616
Selenium, Se µg	17.7		2	AR	1		15.0	83.4	452.5
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.084		1	AR	1		0.071	0.394	2.140
Riboflavin mg	0.224		2	AR	1		0.190	1.055	5.725
Niacin mg	4.454		2	AR	1		3.786	20.979	113.894
Pantothenic acid mg	0.495		1	AR	1		0.421	2.332	12.662
Vitamin B-6 mg	0.437		2	AR	1		0.371	2.058	11.174
Folate, total µg	3		0	BFPN	4		3	14	75
Folic acid µg	0		0	BFPN	4		0	0	0
Folate, food µg	3		0	BFPN	4		3	14	75
Folate, DFE µg	3		0	NC	4		3	14	75
Choline, total mg	42.1		1	AR	1		35.8	198.5	1077.6
Betaine mg	13.3		1	AR	1		11.3	62.5	339.5
Vitamin B-12 µg	1.75		2	AR	1		1.49	8.25	44.78
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	5		0	NC	4		4	23	126
Retinol µg	5		0	BFSN	4		4	23	126
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	16		0	NC	4		14	77	421
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.14		2	AR	1		0.12	0.64	3.48
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.6	3.4
Vitamin D IU	5		0	BFFN	4		4	25	135
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	7.1	38.7
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23194

Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated g	8.844		0	NC	4		7.517	41.655	226.139
4:0 g	0.000		0	Z	7		0.000	0.000	0.000
6:0 g	0.000		0	Z	7		0.000	0.000	0.000
8:0 g	0.000		0	Z	7		0.000	0.000	0.000
10:0 g	0.017		1	AR	1		0.014	0.080	0.435
12:0 g	0.016		1	AR	1		0.014	0.077	0.419
13:0 g									
14:0 g	0.604		2	AR	1		0.513	2.843	15.434
15:0 g	0.113		1	AR	1		0.096	0.534	2.900
16:0 g	4.684		2	AR	1		3.981	22.059	119.757
17:0 g	0.265		2	AR	1		0.225	1.249	6.779
18:0 g	3.122		2	AR	1		2.654	14.704	79.827
20:0 g	0.014		2	AR	1		0.012	0.067	0.366
22:0 g									
24:0 g	0.009		2	AR	1		0.007	0.041	0.222
Fatty acids, total monounsaturated g	9.399		0	NC	4		7.989	44.270	240.335
14:1 g	0.119		2	AR	1		0.101	0.559	3.033
15:1 g	0.034		1	AR	1		0.029	0.162	0.880
16:1 undifferentiated g	0.643		0	AS	1		0.546	3.028	16.439
16:1 c g	0.580		2	AR	1		0.493	2.733	14.836
16:1 t g	0.063		1	AR	1		0.053	0.295	1.603
17:1 g	0.154		2	AR	1		0.131	0.725	3.935
18:1 undifferentiated g	8.410		0	AS	1		7.148	39.610	215.039
18:1 c g	7.280		2	AR	1		6.188	34.291	186.160
18:1 t g	1.129		2	AR	1		0.960	5.319	28.879
18:1-11 t (18:1t n-7) g									
20:1 g	0.040		2	AR	1		0.034	0.186	1.010
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.886		0	NC	4		0.753	4.174	22.658
18:2 undifferentiated g	0.780		0	AS	1		0.663	3.673	19.942
18:2 n-6 c,c g	0.592		2	AR	1		0.503	2.789	15.140
18:2 CLAs g	0.093		2	AR	1		0.079	0.436	2.368
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.095		1	AR	1		0.081	0.448	2.434
18:3 undifferentiated g	0.029		0	AS	1		0.024	0.135	0.734
18:3 n-3 c,c,c (ALA) g	0.029		2	AR	1		0.024	0.135	0.734
18:3 n-6 c,c,c g									
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c g	0.005		1	AR	1		0.004	0.022	0.118
20:3 undifferentiated g	0.021		0	AS	1		0.018	0.099	0.537
20:3 n-3 g									
20:3 n-6 g	0.021		1	AR	1		0.018	0.099	0.537
20:4 undifferentiated g	0.042		2	AR	1		0.036	0.197	1.071
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		1	AR	1		0.000	0.000	0.000
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.010		1	AR	1		0.009	0.047	0.256
22:6 n-3 (DHA) g	0.000		2	AR	1		0.000	0.000	0.000
Fatty acids, total trans g	1.287		0	NC	4		1.094	6.063	32.916
Fatty acids, total trans-monoenoic g	1.192		0	NC	4		1.013	5.615	30.482
Fatty acids, total trans-polyenoic g	0.095		0	NC	4		0.081	0.448	2.434
Cholesterol mg	68		2	AR	1		58	320	1736
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.207		0	AR	1		0.176	0.974	5.286
Threonine g	0.886		0	AR	1		0.753	4.171	22.644
Isoleucine g	0.875		0	AR	1		0.744	4.120	22.367
Leucine g	1.633		0	AR	1		1.388	7.693	41.766

NDB No. 23194

Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	1.823		0	AR	1		1.550	8.588	46.623
Methionine....g	0.509		0	AR	1		0.433	2.400	13.027
Cystine....g	0.193		0	AR	1		0.164	0.911	4.946
Phenylalanine....g	0.753		0	AR	1		0.640	3.544	19.242
Tyrosine....g	0.707		0	AR	1		0.601	3.329	18.072
Valine....g	0.935		0	AR	1		0.795	4.403	23.906
Arginine....g	1.290		0	AR	1		1.096	6.074	32.977
Histidine....g	0.721		0	AR	1		0.613	3.397	18.444
Alanine....g	1.160		0	AR	1		0.986	5.465	29.670
Aspartic acid....g	1.844		0	AR	1		1.567	8.684	47.144
Glutamic acid....g	3.079		0	AR	1		2.617	14.502	78.731
Glycine....g	0.913		0	AR	1		0.776	4.299	23.341
Proline....g	0.851		0	AR	1		0.723	4.007	21.753
Serine....g	0.781		0	AR	1		0.664	3.680	19.978
Hydroxyproline....g	0.126		0	BFPN	4		0.107	0.593	3.221
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 471g: 1 steak

Measure 3 = 2557g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23150

Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw

Refuse: 35% Bone and connective tissue 14%, Separable fat 21%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	69.24		36	AR	1		58.85	319.87	1818.80
Energy kcal	166		0	NC	4		141	768	4367
Energy kJ	696		0	NC	4		592	3216	18284
Protein (N x 6.25) g	21.22		36	AR	1		18.04	98.03	557.40
Total lipid (fat) g	9.04		36	AR	1		7.69	41.77	237.53
Ash g	0.97		36	AR	1		0.83	4.49	25.51
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	0.00
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total g	0.00		0	Z	7		0.00	0.00	0.00
Starch g									
Minerals:									
Calcium, Ca mg	9		6	AR	1		8	43	247
Iron, Fe mg	1.96		6	AR	1		1.67	9.06	51.52
Magnesium, Mg mg	21		6	AR	1		18	99	561
Phosphorus, P mg	152		6	AR	1		130	704	4004
Potassium, K mg	275		6	AR	1		233	1269	7216
Sodium, Na mg	64		6	AR	1		55	297	1690
Zinc, Zn mg	4.89		6	AR	1		4.16	22.59	128.44
Copper, Cu mg	0.073		6	AR	1		0.062	0.335	1.907
Manganese, Mn mg	0.073		6	AR	1		0.062	0.335	1.907
Selenium, Se µg	21.1		6	AR	1		17.9	97.5	554.3
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.100		2	AR	1		0.085	0.462	2.627
Riboflavin mg	0.269		6	AR	1		0.229	1.243	7.066
Niacin mg	5.080		6	AR	1		4.318	23.470	133.451
Pantothenic acid mg	0.540		2	AR	1		0.459	2.495	14.186
Vitamin B-6 mg	0.488		6	AR	1		0.415	2.257	12.833
Folate, total µg	3		0	BFPN	4		3	16	89
Folic acid µg	0		0	BFPN	4		0	0	0
Folate, food µg	3		0	BFPN	4		3	16	89
Folate, DFE µg	3		0	NC	4		3	16	89
Choline, total mg	50.5		2	AR	1		42.9	233.1	1325.7
Betaine mg	15.8		2	AR	1		13.5	73.1	415.8
Vitamin B-12 µg	1.94		6	AR	1		1.65	8.98	51.04
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	2		0	NC	4		2	10	55
Retinol µg	2		0	BFSN	4		2	10	55
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	7		0	NC	4		6	32	184
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.15		6	AR	1		0.13	0.70	4.00
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		1	AS	1		0.1	0.4	2.3
Vitamin D IU	4		1	AR	1		3	16	93
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	7.0	39.7
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23150

Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated g	3.544		0	NC	4		3.012	16.373	93.100
4:0 g	0.000		0	Z	7		0.000	0.000	0.000
6:0 g	0.000		0	Z	7		0.000	0.000	0.000
8:0 g	0.000		0	Z	7		0.000	0.000	0.000
10:0 g	0.005		3	AR	1		0.004	0.021	0.121
12:0 g	0.006		3	AR	1		0.005	0.028	0.158
13:0 g									
14:0 g	0.235		6	AR	1		0.200	1.086	6.173
15:0 g	0.041		3	AR	1		0.035	0.189	1.077
16:0 g	1.984		6	AR	1		1.687	9.167	52.125
17:0 g	0.105		6	AR	1		0.089	0.483	2.748
18:0 g	1.159		6	AR	1		0.985	5.356	30.455
20:0 g	0.001		6	AR	1		0.001	0.003	0.018
22:0 g									
24:0 g	0.009		6	AR	1		0.007	0.040	0.226
Fatty acids, total monounsaturated g	4.130		0	NC	4		3.511	19.081	108.497
14:1 g	0.051		6	AR	1		0.043	0.234	1.329
15:1 g	0.043		3	AR	1		0.036	0.196	1.116
16:1 undifferentiated g	0.292		0	AS	1		0.248	1.349	7.671
16:1 c g	0.280		6	AR	1		0.238	1.294	7.358
16:1 t g	0.012		3	AR	1		0.010	0.055	0.313
17:1 g	0.079		6	AR	1		0.067	0.364	2.070
18:1 undifferentiated g	3.656		0	AS	1		3.108	16.893	96.056
18:1 c g	3.227		6	AR	1		2.743	14.911	84.786
18:1 t g	0.429		6	AR	1		0.365	1.982	11.270
18:1-11 t (18:1t n-7) g									
20:1 g	0.010		6	AR	1		0.008	0.045	0.255
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.436		0	NC	4		0.370	2.013	11.447
18:2 undifferentiated g	0.358		0	AS	1		0.304	1.652	9.394
18:2 n-6 c,c g	0.323		6	AR	1		0.275	1.493	8.490
18:2 CLAs g	0.028		6	AR	1		0.024	0.131	0.743
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.006		3	AR	1		0.005	0.028	0.160
18:3 undifferentiated g	0.009		0	AS	1		0.007	0.041	0.231
18:3 n-3 c,c,c (ALA) g	0.009		6	AR	1		0.007	0.041	0.231
18:3 n-6 c,c,c g									
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c g	0.000		3	AR	1		0.000	0.000	0.000
20:3 undifferentiated g	0.014		0	AS	1		0.012	0.063	0.357
20:3 n-3 g									
20:3 n-6 g	0.014		3	AR	1		0.012	0.063	0.357
20:4 undifferentiated g	0.046		6	AR	1		0.039	0.213	1.213
20:4 n-6 g									
20:5 n-3 (EPA) g	0.001		3	AR	1		0.000	0.002	0.013
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.009		3	AR	1		0.008	0.042	0.236
22:6 n-3 (DHA) g	0.000		6	AR	1		0.000	0.000	0.002
Fatty acids, total trans g	0.447		0	NC	4		0.380	2.065	11.742
Fatty acids, total trans-monoenoic g	0.441		0	NC	4		0.375	2.037	11.582
Fatty acids, total trans-polyenoic g	0.006		0	NC	4		0.005	0.028	0.160
Cholesterol mg	64		6	AR	1		54	295	1679
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.260		0	AR	1		0.221	1.202	6.833
Threonine g	1.090		0	AR	1		0.927	5.037	28.641
Isoleucine g	1.082		0	AR	1		0.919	4.997	28.414
Leucine g	1.996		0	AR	1		1.696	9.220	52.424

NDB No. 23150

Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	2.230		0	AR	1		1.896	10.303	58.585
Methionine....g	0.616		0	AR	1		0.524	2.847	16.186
Cystine....g	0.233		0	AR	1		0.198	1.075	6.115
Phenylalanine....g	0.924		0	AR	1		0.786	4.270	24.279
Tyrosine....g	0.866		0	AR	1		0.736	4.001	22.749
Valine....g	1.143		0	AR	1		0.972	5.282	30.033
Arginine....g	1.556		0	AR	1		1.322	7.188	40.869
Histidine....g	0.861		0	AR	1		0.732	3.977	22.614
Alanine....g	1.385		0	AR	1		1.177	6.397	36.372
Aspartic acid....g	2.240		0	AR	1		1.904	10.351	58.855
Glutamic acid....g	3.782		0	AR	1		3.215	17.475	99.363
Glycine....g	0.999		0	AR	1		0.850	4.618	26.256
Proline....g	0.974		0	AR	1		0.828	4.499	25.582
Serine....g	0.941		0	AR	1		0.800	4.349	24.729
Hydroxyproline....g	0.107		0	BFPN	4		0.091	0.495	2.815
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 462g: 1 steak

Measure 3 = 2627g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23151

Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw

URMIS #2012/2008

Refuse: 36% Bone and connective tissue 14%, Separable fat 22%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	68.58		24	AR	1		58.30	312.75	1833.95
Energy kcal	173		0	NC	4		147	791	4639
Energy kJ	726		0	NC	4		617	3311	19413
Protein (N x 6.25) g	20.93		24	AR	1		17.79	95.43	559.62
Total lipid (fat) g	9.97		24	AR	1		8.48	45.48	266.71
Ash g	0.95		24	AR	1		0.81	4.33	25.42
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	0.00
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total g	0.00		0	Z	7		0.00	0.00	0.00
Starch g									
Minerals:									
Calcium, Ca mg	9		4	AR	1		8	41	242
Iron, Fe mg	1.95		4	AR	1		1.65	8.87	52.01
Magnesium, Mg mg	22		4	AR	1		18	98	576
Phosphorus, P mg	156		4	AR	1		132	709	4160
Potassium, K mg	270		4	AR	1		230	1232	7226
Sodium, Na mg	65		4	AR	1		56	298	1746
Zinc, Zn mg	4.77		4	AR	1		4.05	21.74	127.46
Copper, Cu mg	0.073		4	AR	1		0.062	0.332	1.944
Manganese, Mn mg	0.073		4	AR	1		0.062	0.332	1.944
Selenium, Se µg	21.5		4	AR	1		18.3	98.0	574.9
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.100		1	AR	1		0.085	0.456	2.674
Riboflavin mg	0.278		4	AR	1		0.237	1.269	7.441
Niacin mg	4.907		4	AR	1		4.171	22.375	131.205
Pantothenic acid mg	0.520		1	AR	1		0.442	2.371	13.905
Vitamin B-6 mg	0.467		4	AR	1		0.397	2.127	12.474
Folate, total µg	3		0	BFPN	4		3	15	90
Folic acid µg	0		0	BFPN	4		0	0	0
Folate, food µg	3		0	BFPN	4		3	15	90
Folate, DFE µg	3		0	NC	4		3	15	90
Choline, total mg	51.5		1	AR	1		43.8	235.0	1377.9
Betaine mg	16.1		1	AR	1		13.7	73.4	430.4
Vitamin B-12 µg	1.93		4	AR	1		1.64	8.81	51.65
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	2		0	NC	4		2	9	52
Retinol µg	2		0	BFSN	4		2	9	52
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	7		0	NC	4		6	30	174
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.16		4	AR	1		0.14	0.73	4.30
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		1	AS	1		0.1	0.5	2.9
Vitamin D IU	4		1	AR	1		4	20	115
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	6.9	40.4
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23151

Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated g	3.880		0	NC	4		3.298	17.693	103.755
4:0 g	0.000		0	Z	7		0.000	0.000	0.000
6:0 g	0.000		0	Z	7		0.000	0.000	0.000
8:0 g	0.000		0	Z	7		0.000	0.000	0.000
10:0 g	0.005		2	AR	1		0.004	0.023	0.136
12:0 g	0.006		2	AR	1		0.005	0.029	0.171
13:0 g									
14:0 g	0.257		4	AR	1		0.218	1.171	6.867
15:0 g	0.049		2	AR	1		0.041	0.222	1.302
16:0 g	2.187		4	AR	1		1.859	9.970	58.467
17:0 g	0.119		4	AR	1		0.101	0.542	3.176
18:0 g	1.248		4	AR	1		1.061	5.692	33.377
20:0 g	0.001		4	AR	1		0.001	0.003	0.018
22:0 g									
24:0 g	0.009		4	AR	1		0.008	0.041	0.240
Fatty acids, total monounsaturated g	4.531		0	NC	4		3.852	20.663	121.168
14:1 g	0.054		4	AR	1		0.046	0.244	1.433
15:1 g	0.042		2	AR	1		0.036	0.192	1.126
16:1 undifferentiated g	0.322		0	AS	1		0.274	1.469	8.615
16:1 c g	0.310		4	AR	1		0.263	1.411	8.276
16:1 t g	0.013		2	AR	1		0.011	0.058	0.339
17:1 g	0.090		4	AR	1		0.077	0.411	2.409
18:1 undifferentiated g	4.012		0	AS	1		3.411	18.296	107.291
18:1 c g	3.546		4	AR	1		3.014	16.168	94.812
18:1 t g	0.467		4	AR	1		0.397	2.128	12.479
18:1-11 t (18:1t n-7) g									
20:1 g	0.011		4	AR	1		0.009	0.050	0.294
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.464		0	NC	4		0.395	2.117	12.414
18:2 undifferentiated g	0.383		0	AS	1		0.325	1.746	10.236
18:2 n-6 c,c g	0.346		4	AR	1		0.294	1.579	9.257
18:2 CLAs g	0.030		4	AR	1		0.025	0.135	0.792
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.007		2	AR	1		0.006	0.032	0.187
18:3 undifferentiated g	0.009		0	AS	1		0.008	0.041	0.243
18:3 n-3 c,c,c (ALA) g	0.009		4	AR	1		0.008	0.041	0.243
18:3 n-6 c,c,c g									
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c g	0.000		2	AR	1		0.000	0.000	0.000
20:3 undifferentiated g	0.014		0	AS	1		0.012	0.066	0.385
20:3 n-3 g									
20:3 n-6 g	0.014		2	AR	1		0.012	0.066	0.385
20:4 undifferentiated g	0.048		4	AR	1		0.041	0.217	1.275
20:4 n-6 g									
20:5 n-3 (EPA) g	0.001		2	AR	1		0.001	0.004	0.021
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.009		2	AR	1		0.008	0.043	0.251
22:6 n-3 (DHA) g	0.000		4	AR	1		0.000	0.000	0.002
Fatty acids, total trans g	0.486		0	NC	4		0.413	2.218	13.006
Fatty acids, total trans-monoenoic g	0.479		0	NC	4		0.407	2.186	12.819
Fatty acids, total trans-polyenoic g	0.007		0	NC	4		0.006	0.032	0.187
Cholesterol mg	65		4	AR	1		55	296	1738
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.247		0	AR	1		0.210	1.128	6.617
Threonine g	1.028		0	AR	1		0.874	4.686	27.481
Isoleucine g	1.023		0	AR	1		0.869	4.664	27.349
Leucine g	1.874		0	AR	1		1.593	8.545	50.111

NDB No. 23151

Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	2.087		0	AR	1		1.774	9.516	55.801
Methionine....g	0.581		0	AR	1		0.494	2.648	15.528
Cystine....g	0.218		0	AR	1		0.185	0.993	5.823
Phenylalanine....g	0.871		0	AR	1		0.740	3.972	23.291
Tyrosine....g	0.815		0	AR	1		0.693	3.716	21.791
Valine....g	1.082		0	AR	1		0.920	4.935	28.936
Arginine....g	1.460		0	AR	1		1.241	6.657	39.039
Histidine....g	0.800		0	AR	1		0.680	3.648	21.394
Alanine....g	1.305		0	AR	1		1.109	5.950	34.892
Aspartic acid....g	2.103		0	AR	1		1.788	9.591	56.243
Glutamic acid....g	3.567		0	AR	1		3.032	16.264	95.370
Glycine....g	0.940		0	AR	1		0.799	4.288	25.144
Proline....g	0.912		0	AR	1		0.775	4.160	24.395
Serine....g	0.884		0	AR	1		0.752	4.032	23.643
Hydroxyproline....g	0.106		0	BFPN	4		0.090	0.482	2.826
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 456g: 1 steak

Measure 3 = 2674g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23152

Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw

URMIS #1197/1193

Refuse: 35% Bone and connective tissue 15%, Separable fat 20%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	70.21		12	AR	1		59.68	330.69	1795.29
Energy kcal	155		0	NC	4		132	732	3974
Energy kJ	650		0	NC	4		553	3062	16621
Protein (N x 6.25) g	21.65		12	AR	1		18.41	101.99	553.67
Total lipid (fat) g	7.64		12	AR	1		6.50	36.00	195.43
Ash g	1.00		12	AR	1		0.85	4.72	25.61
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	0.00
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total g	0.00		0	Z	7		0.00	0.00	0.00
Starch g									
Minerals:									
Calcium, Ca mg	10		2	AR	1		8	47	255
Iron, Fe mg	1.99		2	AR	1		1.69	9.35	50.77
Magnesium, Mg mg	21		2	AR	1		18	99	538
Phosphorus, P mg	148		2	AR	1		126	696	3776
Potassium, K mg	281		2	AR	1		239	1325	7195
Sodium, Na mg	63		2	AR	1		53	296	1609
Zinc, Zn mg	5.07		2	AR	1		4.31	23.89	129.70
Copper, Cu mg	0.072		2	AR	1		0.062	0.341	1.854
Manganese, Mn mg	0.072		2	AR	1		0.062	0.341	1.854
Selenium, Se µg	20.5		2	AR	1		17.4	96.6	524.2
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.100		1	AR	1		0.085	0.471	2.557
Riboflavin mg	0.255		2	AR	1		0.217	1.201	6.520
Niacin mg	5.340		2	AR	1		4.539	25.151	136.544
Pantothenic acid mg	0.560		1	AR	1		0.476	2.638	14.319
Vitamin B-6 mg	0.521		2	AR	1		0.443	2.456	13.334
Folate, total µg	3		0	BFPN	4		3	16	89
Folic acid µg	0		0	BFPN	4		0	0	0
Folate, food µg	3		0	BFPN	4		3	16	89
Folate, DFE µg	3		0	NC	4		3	16	89
Choline, total mg	49.4		1	AR	1		42.0	232.7	1263.2
Betaine mg	15.6		1	AR	1		13.2	73.3	397.9
Vitamin B-12 µg	1.96		2	AR	1		1.67	9.23	50.12
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	2		0	NC	4		2	11	59
Retinol µg	2		0	BFSN	4		2	11	59
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	8		0	NC	4		7	36	197
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.14		2	AR	1		0.12	0.65	3.55
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		1	AS	1		0.1	0.3	1.5
Vitamin D IU	2		1	AR	1		2	11	60
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	7.1	38.7
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23152

Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated g	3.039		0	NC	4		2.583	14.315	77.714
4:0 g	0.000		0	Z	7		0.000	0.000	0.000
6:0 g	0.000		0	Z	7		0.000	0.000	0.000
8:0 g	0.000		0	Z	7		0.000	0.000	0.000
10:0 g	0.004		1	AR	1		0.003	0.018	0.099
12:0 g	0.005		1	AR	1		0.004	0.025	0.135
13:0 g									
14:0 g	0.202		2	AR	1		0.172	0.952	5.170
15:0 g	0.029		1	AR	1		0.025	0.138	0.752
16:0 g	1.681		2	AR	1		1.429	7.916	42.975
17:0 g	0.083		2	AR	1		0.071	0.393	2.133
18:0 g	1.026		2	AR	1		0.872	4.831	26.229
20:0 g	0.001		2	AR	1		0.001	0.003	0.015
22:0 g									
24:0 g	0.008		2	AR	1		0.007	0.038	0.205
Fatty acids, total monounsaturated g	3.528		0	NC	4		2.999	16.618	90.215
14:1 g	0.046		2	AR	1		0.039	0.217	1.179
15:1 g	0.043		1	AR	1		0.037	0.203	1.105
16:1 undifferentiated g	0.247		0	AS	1		0.210	1.161	6.305
16:1 c g	0.236		2	AR	1		0.201	1.111	6.032
16:1 t g	0.011		1	AR	1		0.009	0.050	0.274
17:1 g	0.062		2	AR	1		0.053	0.291	1.580
18:1 undifferentiated g	3.123		0	AS	1		2.654	14.708	79.847
18:1 c g	2.750		2	AR	1		2.338	12.953	70.323
18:1 t g	0.373		2	AR	1		0.317	1.754	9.525
18:1-11 t (18:1t n-7) g									
20:1 g	0.008		2	AR	1		0.007	0.037	0.199
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.393		0	NC	4		0.334	1.852	10.053
18:2 undifferentiated g	0.320		0	AS	1		0.272	1.507	8.179
18:2 n-6 c,c g	0.289		2	AR	1		0.245	1.359	7.379
18:2 CLAs g	0.026		2	AR	1		0.023	0.125	0.677
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.005		1	AR	1		0.004	0.023	0.123
18:3 undifferentiated g	0.008		0	AS	1		0.007	0.039	0.212
18:3 n-3 c,c,c (ALA) g	0.008		2	AR	1		0.007	0.039	0.212
18:3 n-6 c,c,c g									
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c g	0.000		1	AR	1		0.000	0.000	0.000
20:3 undifferentiated g	0.013		0	AS	1		0.011	0.059	0.322
20:3 n-3 g									
20:3 n-6 g	0.013		1	AR	1		0.011	0.059	0.322
20:4 undifferentiated g	0.044		2	AR	1		0.037	0.207	1.125
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		1	AR	1		0.000	0.000	0.000
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.008		1	AR	1		0.007	0.040	0.215
22:6 n-3 (DHA) g	0.000		2	AR	1		0.000	0.000	0.000
Fatty acids, total trans g	0.388		0	NC	4		0.330	1.827	9.921
Fatty acids, total trans-monoenoic g	0.383		0	NC	4		0.326	1.805	9.798
Fatty acids, total trans-polyenoic g	0.005		0	NC	4		0.004	0.023	0.123
Cholesterol mg	62		2	AR	1		53	293	1592
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.282		0	AR	1		0.240	1.330	7.220
Threonine g	1.206		0	AR	1		1.025	5.678	30.825
Isoleucine g	1.195		0	AR	1		1.015	5.627	30.548
Leucine g	2.226		0	AR	1		1.892	10.486	56.929

NDB No. 23152

Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	2.498		0	AR	1		2.123	11.765	63.872
Methionine....g	0.684		0	AR	1		0.582	3.223	17.495
Cystine....g	0.261		0	AR	1		0.222	1.228	6.665
Phenylalanine....g	1.021		0	AR	1		0.868	4.808	26.104
Tyrosine....g	0.967		0	AR	1		0.822	4.553	24.715
Valine....g	1.260		0	AR	1		1.071	5.934	32.214
Arginine....g	1.738		0	AR	1		1.477	8.185	44.433
Histidine....g	0.977		0	AR	1		0.831	4.604	24.993
Alanine....g	1.531		0	AR	1		1.302	7.213	39.156
Aspartic acid....g	2.498		0	AR	1		2.123	11.765	63.872
Glutamic acid....g	4.192		0	AR	1		3.563	19.745	107.194
Glycine....g	1.108		0	AR	1		0.942	5.218	28.326
Proline....g	1.097		0	AR	1		0.932	5.166	28.048
Serine....g	1.053		0	AR	1		0.895	4.962	26.937
Hydroxyproline....g	0.109		0	BFPN	4		0.093	0.515	2.796
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 471g: 1 steak

Measure 3 = 2557g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23201

Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Refuse: 4% Connective tissue 4%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	61.77	0.904	36	AR	1		52.51	223.00	1331.22
Energy kcal	244		0	NC	4		207	881	5258
Energy kJ	1021		0	NC	4		868	3686	22003
Protein (N x 6.25) g	18.85	0.173	36	AR	1		16.03	68.06	406.31
Total lipid (fat) g	18.73	0.949	36	AR	1		15.92	67.61	403.62
Ash g	0.89	0.014	36	AR	1		0.75	3.20	19.08
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	0.00
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total g	0.00		0	Z	7		0.00	0.00	0.00
Starch g									
Minerals:									
Calcium, Ca mg	8	0.379	6	AR	1		6	27	164
Iron, Fe mg	1.74	0.042	6	AR	1		1.48	6.28	37.49
Magnesium, Mg mg	19	0.354	6	AR	1		16	69	412
Phosphorus, P mg	132	3.142	6	AR	1		112	477	2846
Potassium, K mg	236	4.621	6	AR	1		201	853	5094
Sodium, Na mg	50	0.909	6	AR	1		42	180	1073
Zinc, Zn mg	4.78	0.243	6	AR	1		4.06	17.25	102.95
Copper, Cu mg	0.067	0.002	6	AR	1		0.057	0.243	1.448
Manganese, Mn mg	0.067	0.002	6	AR	1		0.057	0.240	1.433
Selenium, Se µg	23.3	2.095	6	AR	1		19.8	84.0	501.3
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.097		2	AR	1		0.082	0.349	2.082
Riboflavin mg	0.239	0.005	6	AR	1		0.203	0.864	5.155
Niacin mg	4.681	0.053	6	AR	1		3.979	16.899	100.882
Pantothenic acid mg	0.477		2	AR	1		0.405	1.720	10.269
Vitamin B-6 mg	0.398	0.012	6	AR	1		0.338	1.437	8.577
Folate, total µg	3		0	BFPN	4		3	11	65
Folic acid µg	0		0	BFPN	4		0	0	0
Folate, food µg	3		0	BFPN	4		3	11	65
Folate, DFE µg	3		0	NC	4		3	11	65
Choline, total mg	42.1		2	AR	1		35.8	152.0	907.7
Betaine mg	12.1		2	AR	1		10.3	43.9	261.8
Vitamin B-12 µg	1.70	0.072	6	AR	1		1.44	6.12	36.54
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	5		0	NC	4		4	17	100
Retinol µg	5		0	BFSN	4		4	17	100
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	15		0	NC	4		13	56	333
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.14	0.004	6	AR	1		0.12	0.52	3.12
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.5	3.2
Vitamin D IU	6		0	BFFN	4		5	21	127
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	5.5	32.6
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23201

Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated g	8.251		0	NC	4		7.013	29.786	177.811
4:0 g	0.000		0	Z	7		0.000	0.000	0.000
6:0 g	0.000		0	Z	7		0.000	0.000	0.000
8:0 g	0.000		0	Z	7		0.000	0.000	0.000
10:0 g	0.015	0.000	3	AR	1		0.013	0.053	0.319
12:0 g	0.014	0.000	3	AR	1		0.012	0.051	0.304
13:0 g									
14:0 g	0.550	0.036	6	AR	1		0.468	1.986	11.855
15:0 g	0.108	0.000	3	AR	1		0.092	0.391	2.336
16:0 g	4.381	0.234	6	AR	1		3.724	15.814	94.404
17:0 g	0.257	0.017	6	AR	1		0.218	0.926	5.528
18:0 g	2.903	0.128	6	AR	1		2.467	10.478	62.551
20:0 g	0.014	0.001	6	AR	1		0.012	0.049	0.295
22:0 g									
24:0 g	0.010	0.002	6	AR	1		0.009	0.037	0.220
Fatty acids, total monounsaturated g	8.830		0	NC	4		7.506	31.876	190.287
14:1 g	0.106	0.008	6	AR	1		0.090	0.384	2.293
15:1 g	0.028	0.000	3	AR	1		0.024	0.103	0.612
16:1 undifferentiated g	0.580		0	AS	1		0.493	2.095	12.503
16:1 c g	0.526	0.026	6	AR	1		0.447	1.899	11.335
16:1 t g	0.054	0.000	3	AR	1		0.046	0.196	1.168
17:1 g	0.152	0.009	6	AR	1		0.129	0.547	3.267
18:1 undifferentiated g	7.927		0	AS	1		6.738	28.616	170.827
18:1 c g	6.898	0.288	6	AR	1		5.864	24.903	148.661
18:1 t g	1.029	0.067	6	AR	1		0.874	3.713	22.166
18:1-11 t (18:1t n-7) g									
20:1 g	0.036	0.005	6	AR	1		0.031	0.131	0.784
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.889		0	NC	4		0.756	3.211	19.167
18:2 undifferentiated g	0.772		0	AS	1		0.656	2.786	16.632
18:2 n-6 c,c g	0.603	0.022	6	AR	1		0.512	2.175	12.986
18:2 CLAs g	0.084	0.004	6	AR	1		0.071	0.304	1.812
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.085	0.000	3	AR	1		0.072	0.307	1.834
18:3 undifferentiated g	0.025		0	AS	1		0.021	0.091	0.543
18:3 n-3 c,c,c (ALA) g	0.025	0.004	6	AR	1		0.021	0.091	0.543
18:3 n-6 c,c,c g									
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c g	0.005	0.000	3	AR	1		0.004	0.017	0.099
20:3 undifferentiated g	0.020		0	AS	1		0.017	0.072	0.429
20:3 n-3 g									
20:3 n-6 g	0.020	0.000	3	AR	1		0.017	0.072	0.429
20:4 undifferentiated g	0.056	0.011	6	AR	1		0.047	0.201	1.200
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000	0.000	3	AR	1		0.000	0.000	0.002
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.012	0.000	3	AR	1		0.010	0.043	0.254
22:6 n-3 (DHA) g	0.000	0.000	6	AR	1		0.000	0.001	0.006
Fatty acids, total trans g	1.168		0	NC	4		0.993	4.216	25.168
Fatty acids, total trans-monoenoic g	1.083		0	NC	4		0.920	3.909	23.334
Fatty acids, total trans-polyenoic g	0.085		0	NC	4		0.072	0.307	1.834
Cholesterol mg	70	1.183	6	AR	1		60	254	1514
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.211		0	AR	1		0.179	0.762	4.546
Threonine g	0.889		0	AR	1		0.755	3.208	19.149
Isoleucine g	0.878		0	AR	1		0.747	3.171	18.926
Leucine g	1.625		0	AR	1		1.381	5.867	35.021

NDB No. 23201

Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	1.806		0	AR	1		1.535	6.520	38.920
Methionine....g	0.510		0	AR	1		0.434	1.842	10.994
Cystine....g	0.192		0	AR	1		0.163	0.693	4.140
Phenylalanine....g	0.756		0	AR	1		0.643	2.730	16.296
Tyrosine....g	0.703		0	AR	1		0.597	2.536	15.139
Valine....g	0.942		0	AR	1		0.801	3.402	20.308
Arginine....g	1.284		0	AR	1		1.091	4.635	27.668
Histidine....g	0.707		0	AR	1		0.601	2.551	15.229
Alanine....g	1.169		0	AR	1		0.994	4.220	25.190
Aspartic acid....g	1.837		0	AR	1		1.561	6.632	39.588
Glutamic acid....g	3.083		0	AR	1		2.620	11.129	66.433
Glycine....g	0.928		0	AR	1		0.788	3.349	19.991
Proline....g	0.846		0	AR	1		0.719	3.054	18.228
Serine....g	0.776		0	AR	1		0.660	2.802	16.729
Hydroxyproline....g	0.129		0	BFPN	4		0.110	0.465	2.776
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 361g: 1 steak

Measure 3 = 2155g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23202

Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw

URMIS #2018/2009

Refuse: 4% Connective tissue 4%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	60.90	0.947	24	AR	1		51.77	213.16	1293.59
Energy kcal	253		0	NC	4		215	886	5376
Energy kJ	1059		0	NC	4		900	3707	22493
Protein (N x 6.25) g	18.39	0.215	24	AR	1		15.63	64.36	390.59
Total lipid (fat) g	19.95	1.023	24	AR	1		16.96	69.82	423.73
Ash g	0.87	0.017	24	AR	1		0.74	3.03	18.41
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	0.00
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total g	0.00		0	Z	7		0.00	0.00	0.00
Starch g									
Minerals:									
Calcium, Ca mg	8	0.470	4	AR	1		7	28	173
Iron, Fe mg	1.81	0.052	4	AR	1		1.54	6.32	38.38
Magnesium, Mg mg	19	0.440	4	AR	1		16	66	398
Phosphorus, P mg	128	3.903	4	AR	1		109	450	2729
Potassium, K mg	224	5.740	4	AR	1		190	783	4749
Sodium, Na mg	50	1.130	4	AR	1		42	174	1058
Zinc, Zn mg	4.71	0.302	4	AR	1		4.00	16.48	99.98
Copper, Cu mg	0.063	0.002	4	AR	1		0.053	0.220	1.334
Manganese, Mn mg	0.063	0.003	4	AR	1		0.053	0.220	1.334
Selenium, Se µg	23.3	2.602	4	AR	1		19.8	81.5	494.5
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.107		1	AR	1		0.091	0.376	2.281
Riboflavin mg	0.244	0.006	4	AR	1		0.207	0.853	5.174
Niacin mg	4.629	0.066	4	AR	1		3.935	16.203	98.326
Pantothenic acid mg	0.474		1	AR	1		0.402	1.657	10.057
Vitamin B-6 mg	0.404	0.015	4	AR	1		0.344	1.415	8.587
Folate, total µg	3		0	BFPN	4		3	10	63
Folic acid µg	0		0	BFPN	4		0	0	0
Folate, food µg	3		0	BFPN	4		3	10	63
Folate, DFE µg	3		0	NC	4		3	10	63
Choline, total mg	41.1		1	AR	1		35.0	143.9	873.4
Betaine mg	12.3		1	AR	1		10.4	42.9	260.4
Vitamin B-12 µg	1.75	0.090	4	AR	1		1.49	6.14	37.25
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	5		0	NC	4		4	16	97
Retinol µg	5		0	BFSN	4		4	16	97
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	15		0	NC	4		13	53	323
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.17	0.005	4	AR	1		0.15	0.60	3.65
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	AS	1		0.1	0.5	3.3
Vitamin D IU	6		0	BFFN	4		5	21	130
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	5.3	32.1
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23202

Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated g	8.741		0	NC	4		7.430	30.594	185.661
4:0 g	0.000		0	Z	7		0.000	0.000	0.000
6:0 g	0.000		0	Z	7		0.000	0.000	0.000
8:0 g	0.000		0	Z	7		0.000	0.000	0.000
10:0 g	0.016		2	AR	1		0.014	0.056	0.338
12:0 g	0.015		2	AR	1		0.013	0.053	0.323
13:0 g									
14:0 g	0.581	0.045	4	AR	1		0.494	2.035	12.347
15:0 g	0.114		2	AR	1		0.097	0.400	2.428
16:0 g	4.639	0.291	4	AR	1		3.943	16.236	98.528
17:0 g	0.273	0.021	4	AR	1		0.232	0.956	5.803
18:0 g	3.077	0.158	4	AR	1		2.615	10.768	65.347
20:0 g	0.015	0.001	4	AR	1		0.013	0.052	0.314
22:0 g									
24:0 g	0.011	0.002	4	AR	1		0.009	0.039	0.234
Fatty acids, total monounsaturated g	9.322		0	NC	4		7.924	32.628	198.008
14:1 g	0.113	0.010	4	AR	1		0.096	0.394	2.390
15:1 g	0.029		2	AR	1		0.024	0.100	0.605
16:1 undifferentiated g	0.609		0	AS	1		0.518	2.133	12.944
16:1 c g	0.553	0.032	4	AR	1		0.470	1.934	11.737
16:1 t g	0.057		2	AR	1		0.048	0.199	1.206
17:1 g	0.162	0.011	4	AR	1		0.138	0.567	3.443
18:1 undifferentiated g	8.372		0	AS	1		7.116	29.301	177.813
18:1 c g	7.274	0.357	4	AR	1		6.183	25.459	154.500
18:1 t g	1.098	0.083	4	AR	1		0.933	3.842	23.313
18:1-11 t (18:1t n-7) g									
20:1 g	0.038	0.006	4	AR	1		0.033	0.134	0.813
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.932		0	NC	4		0.792	3.262	19.798
18:2 undifferentiated g	0.809		0	AS	1		0.688	2.832	17.185
18:2 n-6 c,c g	0.629	0.028	4	AR	1		0.535	2.202	13.362
18:2 CLAs g	0.090	0.005	4	AR	1		0.077	0.315	1.912
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.090		2	AR	1		0.077	0.315	1.912
18:3 undifferentiated g	0.027		0	AS	1		0.023	0.096	0.582
18:3 n-3 c,c,c (ALA) g	0.027	0.005	4	AR	1		0.023	0.096	0.582
18:3 n-6 c,c,c g									
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c g	0.005		2	AR	1		0.004	0.017	0.104
20:3 undifferentiated g	0.021		0	AS	1		0.018	0.073	0.442
20:3 n-3 g									
20:3 n-6 g	0.021		2	AR	1		0.018	0.073	0.442
20:4 undifferentiated g	0.058	0.013	4	AR	1		0.049	0.203	1.230
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		2	AR	1		0.000	0.000	0.002
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.012		2	AR	1		0.010	0.041	0.246
22:6 n-3 (DHA) g	0.000	0.000	4	AR	1		0.000	0.001	0.006
Fatty acids, total trans g	1.244		0	NC	4		1.058	4.355	26.431
Fatty acids, total trans-monoenoic g	1.154		0	NC	4		0.981	4.040	24.519
Fatty acids, total trans-polyenoic g	0.090		0	NC	4		0.077	0.315	1.912
Cholesterol mg	68	1.470	4	AR	1		58	238	1445
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.206		0	AR	1		0.175	0.722	4.383
Threonine g	0.862		0	AR	1		0.733	3.017	18.311
Isoleucine g	0.854		0	AR	1		0.726	2.990	18.144
Leucine g	1.571		0	AR	1		1.335	5.497	33.360

NDB No. 23202

Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	1.739		0	AR	1		1.478	6.086	36.934
Methionine....g	0.496		0	AR	1		0.421	1.734	10.525
Cystine....g	0.185		0	AR	1		0.157	0.648	3.933
Phenylalanine....g	0.734		0	AR	1		0.624	2.568	15.583
Tyrosine....g	0.680		0	AR	1		0.578	2.380	14.445
Valine....g	0.919		0	AR	1		0.781	3.215	19.509
Arginine....g	1.241		0	AR	1		1.055	4.345	26.367
Histidine....g	0.677		0	AR	1		0.575	2.369	14.374
Alanine....g	1.137		0	AR	1		0.966	3.978	24.143
Aspartic acid....g	1.776		0	AR	1		1.510	6.216	37.725
Glutamic acid....g	2.991		0	AR	1		2.543	10.470	63.537
Glycine....g	0.907		0	AR	1		0.771	3.173	19.258
Proline....g	0.820		0	AR	1		0.697	2.869	17.410
Serine....g	0.751		0	AR	1		0.639	2.629	15.957
Hydroxyproline....g	0.126		0	BFPN	4		0.107	0.440	2.669
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 350g: 1 steak

Measure 3 = 2124g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23213

Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw

URMIS #1203/1194

Refuse: 3% Connective tissue 3%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	63.08	1.036	12	AR	1		53.62	237.18	1389.62
Energy kcal	230		0	NC	4		196	866	5074
Energy kJ	964		0	NC	4		819	3625	21237
Protein (N x 6.25) g	19.55	0.287	12	AR	1		16.62	73.52	430.74
Total lipid (fat) g	16.90	1.169	12	AR	1		14.36	63.54	372.28
Ash g	0.91	0.022	12	AR	1		0.78	3.44	20.13
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	0.00
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total g	0.00		0	Z	7		0.00	0.00	0.00
Starch g									
Minerals:									
Calcium, Ca mg	7		2	AR	1		6	26	150
Iron, Fe mg	1.64		2	AR	1		1.39	6.16	36.12
Magnesium, Mg mg	20		2	AR	1		17	74	433
Phosphorus, P mg	137		2	AR	1		117	517	3028
Potassium, K mg	256		2	AR	1		217	961	5630
Sodium, Na mg	50		2	AR	1		42	187	1096
Zinc, Zn mg	4.88		2	AR	1		4.15	18.36	107.55
Copper, Cu mg	0.074		2	AR	1		0.063	0.278	1.630
Manganese, Mn mg	0.072		2	AR	1		0.061	0.270	1.584
Selenium, Se µg	23.2		2	AR	1		19.7	87.3	511.6
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.086		1	AR	1		0.073	0.322	1.888
Riboflavin mg	0.233		2	AR	1		0.198	0.875	5.126
Niacin mg	4.759		2	AR	1		4.045	17.895	104.845
Pantothenic acid mg	0.480		1	AR	1		0.408	1.804	10.568
Vitamin B-6 mg	0.388		2	AR	1		0.330	1.460	8.554
Folate, total µg	3		0	BFPN	4		3	12	69
Folic acid µg	0		0	BFPN	4		0	0	0
Folate, food µg	3		0	BFPN	4		3	12	69
Folate, DFE µg	3		0	NC	4		3	12	69
Choline, total mg	43.1		1	AR	1		36.6	162.1	949.9
Betaine mg	12.0		1	AR	1		10.2	45.3	265.2
Vitamin B-12 µg	1.61		2	AR	1		1.37	6.05	35.45
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	5		0	NC	4		4	18	104
Retinol µg	5		0	BFSN	4		4	18	104
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	16		0	NC	4		13	59	347
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.10		2	AR	1		0.09	0.39	2.29
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.5	3.0
Vitamin D IU	5		0	BFFN	4		5	21	121
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	5.7	33.3
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23213

Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated g	7.515		0	NC	4		6.388	28.258	165.564
4:0 g	0.000		0	Z	7		0.000	0.000	0.000
6:0 g	0.000		0	Z	7		0.000	0.000	0.000
8:0 g	0.000		0	Z	7		0.000	0.000	0.000
10:0 g	0.013		1	AR	1		0.011	0.050	0.291
12:0 g	0.012		1	AR	1		0.010	0.046	0.269
13:0 g									
14:0 g	0.503		2	AR	1		0.428	1.892	11.083
15:0 g	0.100		1	AR	1		0.085	0.374	2.194
16:0 g	3.993		2	AR	1		3.394	15.015	87.975
17:0 g	0.231		2	AR	1		0.197	0.870	5.098
18:0 g	2.642		2	AR	1		2.245	9.933	58.197
20:0 g	0.012		2	AR	1		0.010	0.045	0.267
22:0 g									
24:0 g	0.009		2	AR	1		0.007	0.033	0.192
Fatty acids, total monounsaturated g	8.092		0	NC	4		6.878	30.426	178.267
14:1 g	0.097		2	AR	1		0.083	0.366	2.144
15:1 g	0.028		1	AR	1		0.024	0.106	0.621
16:1 undifferentiated g	0.537		0	AS	1		0.456	2.018	11.824
16:1 c g	0.486		2	AR	1		0.413	1.828	10.711
16:1 t g	0.051		1	AR	1		0.043	0.190	1.113
17:1 g	0.136		2	AR	1		0.116	0.511	2.994
18:1 undifferentiated g	7.260		0	AS	1		6.171	27.299	159.947
18:1 c g	6.335		2	AR	1		5.385	23.820	139.562
18:1 t g	0.925		2	AR	1		0.787	3.479	20.384
18:1-11 t (18:1t n-7) g									
20:1 g	0.034		2	AR	1		0.028	0.126	0.738
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.825		0	NC	4		0.702	3.103	18.181
18:2 undifferentiated g	0.716		0	AS	1		0.609	2.692	15.773
18:2 n-6 c,c g	0.563		2	AR	1		0.479	2.117	12.403
18:2 CLAs g	0.075		2	AR	1		0.064	0.283	1.659
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.078		1	AR	1		0.066	0.292	1.712
18:3 undifferentiated g	0.022		0	AS	1		0.019	0.083	0.489
18:3 n-3 c,c,c (ALA) g	0.022		2	AR	1		0.019	0.083	0.489
18:3 n-6 c,c,c g									
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c g	0.004		1	AR	1		0.003	0.015	0.090
20:3 undifferentiated g	0.019		0	AS	1		0.016	0.070	0.412
20:3 n-3 g									
20:3 n-6 g	0.019		1	AR	1		0.016	0.070	0.412
20:4 undifferentiated g	0.052		2	AR	1		0.045	0.197	1.154
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		1	AR	1		0.000	0.000	0.000
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.012		1	AR	1		0.010	0.045	0.262
22:6 n-3 (DHA) g	0.000		2	AR	1		0.000	0.000	0.000
Fatty acids, total trans g	1.054		0	NC	4		0.895	3.961	23.209
Fatty acids, total trans-monoenoic g	0.976		0	NC	4		0.829	3.669	21.497
Fatty acids, total trans-polyenoic g	0.078		0	NC	4		0.066	0.292	1.712
Cholesterol mg	74		2	AR	1		63	277	1620
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.219		0	AR	1		0.186	0.824	4.829
Threonine g	0.939		0	AR	1		0.798	3.531	20.688
Isoleucine g	0.928		0	AR	1		0.788	3.488	20.435
Leucine g	1.732		0	AR	1		1.472	6.513	38.159

NDB No. 23213

Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	1.934		0	AR	1		1.644	7.270	42.597
Methionine g	0.540		0	AR	1		0.459	2.031	11.902
Cystine g	0.205		0	AR	1		0.174	0.771	4.519
Phenylalanine g	0.798		0	AR	1		0.678	3.000	17.580
Tyrosine g	0.750		0	AR	1		0.637	2.818	16.512
Valine g	0.991		0	AR	1		0.843	3.728	21.841
Arginine g	1.368		0	AR	1		1.162	5.142	30.129
Histidine g	0.765		0	AR	1		0.650	2.876	16.851
Alanine g	1.231		0	AR	1		1.046	4.627	27.108
Aspartic acid g	1.955		0	AR	1		1.662	7.352	43.073
Glutamic acid g	3.265		0	AR	1		2.775	12.277	71.932
Glycine g	0.968		0	AR	1		0.823	3.640	21.325
Proline g	0.902		0	AR	1		0.767	3.392	19.875
Serine g	0.829		0	AR	1		0.704	3.115	18.253
Hydroxyproline g	0.134		0	BFPN	4		0.114	0.502	2.943
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 376g: 1 steak

Measure 3 = 2203g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23153

Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw

Refuse: 24% Connective tissue 4%, Separable fat 20%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	70.14		36	AR	1		59.62	253.22	1511.61
Energy kcal	156		0	NC	4		132	562	3357
Energy kJ	652		0	NC	4		554	2354	14051
Protein (N x 6.25) g	21.99		36	AR	1		18.69	79.39	473.95
Total lipid (fat) g	7.54		36	AR	1		6.41	27.21	162.41
Ash g	1.01		36	AR	1		0.86	3.64	21.73
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	0.00
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total g	0.00		0	Z	7		0.00	0.00	0.00
Starch g									
Minerals:									
Calcium, Ca mg	6		6	AR	1		5	22	131
Iron, Fe mg	1.94		6	AR	1		1.65	7.01	41.86
Magnesium, Mg mg	23		6	AR	1		19	82	487
Phosphorus, P mg	156		6	AR	1		132	563	3358
Potassium, K mg	276		6	AR	1		235	997	5952
Sodium, Na mg	56		6	AR	1		47	201	1202
Zinc, Zn mg	5.67		6	AR	1		4.82	20.46	122.11
Copper, Cu mg	0.076		6	AR	1		0.065	0.276	1.646
Manganese, Mn mg	0.075		6	AR	1		0.064	0.272	1.625
Selenium, Se µg	27.3		6	AR	1		23.2	98.6	588.3
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.115		2	AR	1		0.098	0.415	2.478
Riboflavin mg	0.271		6	AR	1		0.230	0.978	5.840
Niacin mg	5.555		6	AR	1		4.722	20.054	119.710
Pantothenic acid mg	0.530		2	AR	1		0.450	1.913	11.421
Vitamin B-6 mg	0.467		6	AR	1		0.397	1.685	10.061
Folate, total µg	4		0	BFPN	4		3	13	76
Folic acid µg	0		0	BFPN	4		0	0	0
Folate, food µg	4		0	BFPN	4		3	13	76
Folate, DFE µg	4		0	NC	4		3	13	76
Choline, total mg	48.7		2	AR	1		41.4	175.7	1048.7
Betaine mg	13.9		2	AR	1		11.8	50.2	299.9
Vitamin B-12 µg	1.87		6	AR	1		1.59	6.75	40.32
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	2		0	NC	4		2	7	44
Retinol µg	2		0	BFSN	4		2	7	44
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	7		0	NC	4		6	25	146
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.15		6	AR	1		0.13	0.54	3.22
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		1	AS	1		0.1	0.3	1.8
Vitamin D IU	3		1	AR	1		3	12	71
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	5.5	32.6
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23153

Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated g	2.759		0	NC	4		2.346	9.962	59.467
4:0 g	0.000		0	Z	7		0.000	0.000	0.000
6:0 g	0.000		0	Z	7		0.000	0.000	0.000
8:0 g	0.000		0	Z	7		0.000	0.000	0.000
10:0 g	0.003		3	AR	1		0.002	0.010	0.060
12:0 g	0.004		3	AR	1		0.003	0.014	0.082
13:0 g									
14:0 g	0.167		6	AR	1		0.142	0.602	3.592
15:0 g	0.034		3	AR	1		0.029	0.122	0.726
16:0 g	1.540		6	AR	1		1.309	5.558	33.181
17:0 g	0.088		6	AR	1		0.075	0.317	1.892
18:0 g	0.914		6	AR	1		0.777	3.301	19.703
20:0 g	0.001		6	AR	1		0.001	0.003	0.019
22:0 g									
24:0 g	0.010		6	AR	1		0.008	0.035	0.211
Fatty acids, total monounsaturated g	3.277		0	NC	4		2.786	11.831	70.625
14:1 g	0.036		6	AR	1		0.031	0.130	0.778
15:1 g	0.034		3	AR	1		0.029	0.123	0.735
16:1 undifferentiated g	0.201		0	AS	1		0.171	0.724	4.323
16:1 c g	0.194		6	AR	1		0.165	0.701	4.187
16:1 t g	0.006		3	AR	1		0.005	0.023	0.136
17:1 g	0.066		6	AR	1		0.056	0.239	1.429
18:1 undifferentiated g	2.934		0	AS	1		2.494	10.591	63.223
18:1 c g	2.630		6	AR	1		2.235	9.494	56.672
18:1 t g	0.304		6	AR	1		0.258	1.097	6.551
18:1-11 t (18:1t n-7) g									
20:1 g	0.006		6	AR	1		0.005	0.023	0.138
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.439		0	NC	4		0.373	1.585	9.462
18:2 undifferentiated g	0.349		0	AS	1		0.297	1.260	7.521
18:2 n-6 c,c g	0.325		6	AR	1		0.276	1.174	7.006
18:2 CLAs g	0.021		6	AR	1		0.018	0.075	0.446
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.003		3	AR	1		0.003	0.012	0.069
18:3 undifferentiated g	0.006		0	AS	1		0.005	0.020	0.120
18:3 n-3 c,c,c (ALA) g	0.006		6	AR	1		0.005	0.020	0.120
18:3 n-6 c,c,c g									
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c g	0.000		3	AR	1		0.000	0.000	0.000
20:3 undifferentiated g	0.012		0	AS	1		0.010	0.044	0.265
20:3 n-3 g									
20:3 n-6 g	0.012		3	AR	1		0.010	0.044	0.265
20:4 undifferentiated g	0.061		6	AR	1		0.052	0.220	1.315
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		3	AR	1		0.000	0.000	0.000
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.011		3	AR	1		0.009	0.039	0.235
22:6 n-3 (DHA) g	0.000		6	AR	1		0.000	0.001	0.006
Fatty acids, total trans g	0.313		0	NC	4		0.266	1.132	6.755
Fatty acids, total trans-monoenoic g	0.310		0	NC	4		0.264	1.120	6.687
Fatty acids, total trans-polyenoic g	0.003		0	NC	4		0.003	0.012	0.069
Cholesterol mg	66		6	AR	1		56	237	1417
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.270		0	AR	1		0.229	0.973	5.810
Threonine g	1.130		0	AR	1		0.961	4.079	24.353
Isoleucine g	1.121		0	AR	1		0.953	4.047	24.160
Leucine g	2.068		0	AR	1		1.758	7.467	44.575

NDB No. 23153

Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.312		0	AR	1		1.965	8.345	49.814
Methionine g	0.639		0	AR	1		0.543	2.305	13.763
Cystine g	0.241		0	AR	1		0.205	0.871	5.200
Phenylalanine g	0.958		0	AR	1		0.814	3.458	20.644
Tyrosine g	0.898		0	AR	1		0.763	3.240	19.343
Valine g	1.185		0	AR	1		1.007	4.278	25.536
Arginine g	1.613		0	AR	1		1.371	5.821	34.750
Histidine g	0.892		0	AR	1		0.758	3.221	19.228
Alanine g	1.435		0	AR	1		1.220	5.181	30.927
Aspartic acid g	2.322		0	AR	1		1.974	8.383	50.043
Glutamic acid g	3.920		0	AR	1		3.332	14.153	84.486
Glycine g	1.036		0	AR	1		0.881	3.740	22.325
Proline g	1.009		0	AR	1		0.858	3.644	21.752
Serine g	0.976		0	AR	1		0.829	3.522	21.027
Hydroxyproline g	0.111		0	BFPN	4		0.094	0.401	2.393
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 361g: 1 steak

Measure 3 = 2155g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23154

Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw

URMIS #2018/2009

Refuse: 25% Connective tissue 4%, Separable fat 21%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	69.65		24	AR	1		59.20	243.76	1479.26
Energy kcal	161		0	NC	4		137	564	3421
Energy kJ	674		0	NC	4		573	2359	14316
Protein (N x 6.25) g	21.62		24	AR	1		18.38	75.68	459.26
Total lipid (fat) g	8.29		24	AR	1		7.04	29.01	176.02
Ash g	0.99		24	AR	1		0.84	3.48	21.10
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	0.00
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total g	0.00		0	Z	7		0.00	0.00	0.00
Starch g									
Minerals:									
Calcium, Ca mg	7		4	AR	1		6	23	142
Iron, Fe mg	2.04		4	AR	1		1.73	7.14	43.31
Magnesium, Mg mg	22		4	AR	1		19	78	474
Phosphorus, P mg	153		4	AR	1		130	535	3244
Potassium, K mg	262		4	AR	1		223	919	5575
Sodium, Na mg	56		4	AR	1		48	197	1193
Zinc, Zn mg	5.63		4	AR	1		4.78	19.70	119.53
Copper, Cu mg	0.071		4	AR	1		0.061	0.250	1.514
Manganese, Mn mg	0.071		4	AR	1		0.061	0.250	1.514
Selenium, Se µg	27.5		4	AR	1		23.4	96.3	584.1
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.130		1	AR	1		0.110	0.455	2.761
Riboflavin mg	0.278		4	AR	1		0.237	0.974	5.911
Niacin mg	5.538		4	AR	1		4.708	19.384	117.633
Pantothenic acid mg	0.530		1	AR	1		0.450	1.855	11.257
Vitamin B-6 mg	0.479		4	AR	1		0.407	1.676	10.169
Folate, total µg	3		0	BFPN	4		3	12	73
Folic acid µg	0		0	BFPN	4		0	0	0
Folate, food µg	3		0	BFPN	4		3	12	73
Folate, DFE µg	3		0	NC	4		3	12	73
Choline, total mg	47.9		1	AR	1		40.7	167.6	1017.1
Betaine mg	14.2		1	AR	1		12.1	49.7	301.3
Vitamin B-12 µg	1.96		4	AR	1		1.66	6.84	41.52
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	2		0	NC	4		2	7	40
Retinol µg	2		0	BFSN	4		2	7	40
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	6		0	NC	4		5	22	134
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.18		4	AR	1		0.16	0.64	3.91
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		1	AS	1		0.1	0.3	1.8
Vitamin D IU	3		1	AR	1		3	12	73
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	5.3	32.1
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23154

Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated g	3.057		0	NC	4		2.599	10.700	64.932
4:0 g	0.000		0	Z	7		0.000	0.000	0.000
6:0 g	0.000		0	Z	7		0.000	0.000	0.000
8:0 g	0.000		0	Z	7		0.000	0.000	0.000
10:0 g	0.004		2	AR	1		0.003	0.013	0.076
12:0 g	0.005		2	AR	1		0.004	0.017	0.102
13:0 g									
14:0 g	0.184		4	AR	1		0.156	0.643	3.902
15:0 g	0.038		2	AR	1		0.032	0.132	0.798
16:0 g	1.699		4	AR	1		1.444	5.945	36.076
17:0 g	0.099		4	AR	1		0.084	0.346	2.100
18:0 g	1.018		4	AR	1		0.865	3.562	21.614
20:0 g	0.002		4	AR	1		0.001	0.005	0.032
22:0 g									
24:0 g	0.011		4	AR	1		0.009	0.038	0.232
Fatty acids, total monounsaturated g	3.576		0	NC	4		3.039	12.515	75.950
14:1 g	0.040		4	AR	1		0.034	0.139	0.843
15:1 g	0.035		2	AR	1		0.029	0.121	0.735
16:1 undifferentiated g	0.215		0	AS	1		0.183	0.754	4.577
16:1 c g	0.208		4	AR	1		0.177	0.729	4.424
16:1 t g	0.007		2	AR	1		0.006	0.025	0.153
17:1 g	0.075		4	AR	1		0.063	0.261	1.585
18:1 undifferentiated g	3.204		0	AS	1		2.724	11.215	68.061
18:1 c g	2.855		4	AR	1		2.427	9.993	60.644
18:1 t g	0.349		4	AR	1		0.297	1.222	7.417
18:1-11 t (18:1t n-7) g									
20:1 g	0.007		4	AR	1		0.006	0.025	0.149
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.467		0	NC	4		0.397	1.636	9.929
18:2 undifferentiated g	0.372		0	AS	1		0.316	1.303	7.907
18:2 n-6 c,c g	0.342		4	AR	1		0.291	1.198	7.273
18:2 CLAs g	0.024		4	AR	1		0.021	0.086	0.520
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.005		2	AR	1		0.005	0.019	0.115
18:3 undifferentiated g	0.007		0	AS	1		0.006	0.025	0.149
18:3 n-3 c,c,c (ALA) g	0.007		4	AR	1		0.006	0.025	0.149
18:3 n-6 c,c,c g									
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c g	0.000		2	AR	1		0.000	0.000	0.000
20:3 undifferentiated g	0.013		0	AS	1		0.011	0.045	0.274
20:3 n-3 g									
20:3 n-6 g	0.013		2	AR	1		0.011	0.045	0.274
20:4 undifferentiated g	0.064		4	AR	1		0.054	0.224	1.359
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		2	AR	1		0.000	0.000	0.000
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.011		2	AR	1		0.009	0.037	0.227
22:6 n-3 (DHA) g	0.001		4	AR	1		0.001	0.002	0.013
Fatty acids, total trans g	0.362		0	NC	4		0.308	1.266	7.684
Fatty acids, total trans-monoenoic g	0.356		0	NC	4		0.303	1.247	7.570
Fatty acids, total trans-polyenoic g	0.005		0	NC	4		0.005	0.019	0.115
Cholesterol mg	63		4	AR	1		53	220	1332
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.256		0	AR	1		0.217	0.895	5.430
Threonine g	1.062		0	AR	1		0.903	3.716	22.553
Isoleucine g	1.057		0	AR	1		0.898	3.698	22.444
Leucine g	1.936		0	AR	1		1.646	6.777	41.124

NDB No. 23154

Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	2.156		0	AR	1		1.833	7.546	45.794
Methionine....g	0.600		0	AR	1		0.510	2.100	12.744
Cystine....g	0.225		0	AR	1		0.191	0.787	4.778
Phenylalanine....g	0.900		0	AR	1		0.765	3.150	19.114
Tyrosine....g	0.842		0	AR	1		0.716	2.947	17.883
Valine....g	1.118		0	AR	1		0.950	3.913	23.747
Arginine....g	1.508		0	AR	1		1.282	5.279	32.038
Histidine....g	0.827		0	AR	1		0.703	2.893	17.557
Alanine....g	1.348		0	AR	1		1.146	4.718	28.635
Aspartic acid....g	2.173		0	AR	1		1.847	7.606	46.157
Glutamic acid....g	3.685		0	AR	1		3.132	12.897	78.266
Glycine....g	0.971		0	AR	1		0.826	3.400	20.635
Proline....g	0.943		0	AR	1		0.801	3.299	20.020
Serine....g	0.914		0	AR	1		0.776	3.197	19.403
Hydroxyproline....g	0.109		0	BFPN	4		0.093	0.382	2.319
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 350g: 1 steak

Measure 3 = 2124g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23155

Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw

URMIS #1203/1194

Refuse: 21% Connective tissue 3%, Separable fat 18%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	70.89		12	AR	1		60.26	266.56	1561.79
Energy kcal	148		0	NC	4		126	556	3258
Energy kJ	619		0	NC	4		526	2327	13637
Protein (N x 6.25) g	22.55		12	AR	1		19.17	84.78	496.75
Total lipid (fat) g	6.41		12	AR	1		5.45	24.10	141.21
Ash g	1.03		12	AR	1		0.88	3.88	22.71
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	0.00
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total g	0.00		0	Z	7		0.00	0.00	0.00
Starch g									
Minerals:									
Calcium, Ca mg	5		2	AR	1		4	20	114
Iron, Fe mg	1.80		2	AR	1		1.53	6.76	39.59
Magnesium, Mg mg	23		2	AR	1		20	86	507
Phosphorus, P mg	160		2	AR	1		136	603	3535
Potassium, K mg	297		2	AR	1		252	1116	6536
Sodium, Na mg	55		2	AR	1		47	207	1215
Zinc, Zn mg	5.72		2	AR	1		4.87	21.52	126.11
Copper, Cu mg	0.084		2	AR	1		0.071	0.316	1.850
Manganese, Mn mg	0.082		2	AR	1		0.069	0.306	1.795
Selenium, Se µg	27.0		2	AR	1		23.0	101.5	594.8
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.100		1	AR	1		0.085	0.376	2.203
Riboflavin mg	0.260		2	AR	1		0.221	0.978	5.728
Niacin mg	5.580		2	AR	1		4.743	20.981	122.927
Pantothenic acid mg	0.530		1	AR	1		0.450	1.993	11.676
Vitamin B-6 mg	0.449		2	AR	1		0.382	1.688	9.891
Folate, total µg	4		0	BFPN	4		3	14	79
Folic acid µg	0		0	BFPN	4		0	0	0
Folate, food µg	4		0	BFPN	4		3	14	79
Folate, DFE µg	4		0	NC	4		3	14	79
Choline, total mg	49.4		1	AR	1		42.0	185.9	1089.2
Betaine mg	13.6		1	AR	1		11.6	51.3	300.7
Vitamin B-12 µg	1.75		2	AR	1		1.48	6.56	38.44
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	2		0	NC	4		2	8	50
Retinol µg	2		0	BFSN	4		2	8	50
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	8		0	NC	4		6	28	166
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.10		2	AR	1		0.08	0.37	2.15
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		1	AS	1		0.1	0.3	1.7
Vitamin D IU	3		1	AR	1		3	12	68
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	5.7	33.3
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23155

Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.313		0	NC	4		1.966	8.698	50.961
4:0....g	0.000		0	Z	7		0.000	0.000	0.000
6:0....g	0.000		0	Z	7		0.000	0.000	0.000
8:0....g	0.000		0	Z	7		0.000	0.000	0.000
10:0....g	0.002		1	AR	1		0.001	0.006	0.037
12:0....g	0.002		1	AR	1		0.002	0.009	0.051
13:0....g									
14:0....g	0.141		2	AR	1		0.120	0.531	3.113
15:0....g	0.028		1	AR	1		0.024	0.105	0.614
16:0....g	1.302		2	AR	1		1.106	4.894	28.674
17:0....g	0.071		2	AR	1		0.060	0.267	1.566
18:0....g	0.759		2	AR	1		0.645	2.855	16.727
20:0....g	0.000		2	AR	1		0.000	0.000	0.000
22:0....g									
24:0....g	0.008		2	AR	1		0.007	0.030	0.178
Fatty acids, total monounsaturated....g	2.830		0	NC	4		2.405	10.639	62.335
14:1....g	0.031		2	AR	1		0.026	0.115	0.676
15:1....g	0.034		1	AR	1		0.028	0.126	0.738
16:1 undifferentiated....g	0.178		0	AS	1		0.152	0.670	3.928
16:1 c....g	0.173		2	AR	1		0.147	0.652	3.818
16:1 t....g	0.005		1	AR	1		0.004	0.019	0.110
17:1....g	0.054		2	AR	1		0.046	0.203	1.187
18:1 undifferentiated....g	2.528		0	AS	1		2.149	9.504	55.685
18:1 c....g	2.292		2	AR	1		1.948	8.616	50.482
18:1 t....g	0.236		2	AR	1		0.201	0.888	5.203
18:1-11 t (18:1t n-7)....g									
20:1....g	0.005		2	AR	1		0.005	0.021	0.121
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.396		0	NC	4		0.337	1.490	8.732
18:2 undifferentiated....g	0.314		0	AS	1		0.267	1.182	6.924
18:2 n-6 c,c....g	0.299		2	AR	1		0.254	1.125	6.593
18:2 CLAs....g	0.015		2	AR	1		0.013	0.056	0.330
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.000		1	AR	1		0.000	0.000	0.000
18:3 undifferentiated....g	0.003		0	AS	1		0.003	0.013	0.075
18:3 n-3 c,c,c (ALA)....g	0.003		2	AR	1		0.003	0.013	0.075
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000		1	AR	1		0.000	0.000	0.000
20:3 undifferentiated....g	0.011		0	AS	1		0.010	0.042	0.249
20:3 n-3....g									
20:3 n-6....g	0.011		1	AR	1		0.010	0.042	0.249
20:4 undifferentiated....g	0.056		2	AR	1		0.048	0.212	1.242
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		1	AR	1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.011		1	AR	1		0.009	0.041	0.242
22:6 n-3 (DHA)....g	0.000		2	AR	1		0.000	0.000	0.000
Fatty acids, total trans....g	0.241		0	NC	4		0.205	0.907	5.313
Fatty acids, total trans-monoenoic....g	0.241		0	NC	4		0.205	0.907	5.313
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000	0.000	0.000
Cholesterol....mg	70		2	AR	1		60	264	1548
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.294		0	AR	1		0.250	1.106	6.478
Threonine....g	1.255		0	AR	1		1.067	4.720	27.656
Isoleucine....g	1.244		0	AR	1		1.057	4.678	27.407
Leucine....g	2.318		0	AR	1		1.971	8.717	51.076

NDB No. 23155

Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	2.601		0	AR	1		2.211	9.781	57.305
Methionine....g	0.712		0	AR	1		0.606	2.679	15.696
Cystine....g	0.271		0	AR	1		0.231	1.021	5.979
Phenylalanine....g	1.063		0	AR	1		0.904	3.997	23.420
Tyrosine....g	1.007		0	AR	1		0.856	3.785	22.174
Valine....g	1.312		0	AR	1		1.115	4.933	28.901
Arginine....g	1.810		0	AR	1		1.538	6.804	39.864
Histidine....g	1.018		0	AR	1		0.865	3.827	22.423
Alanine....g	1.595		0	AR	1		1.355	5.996	35.130
Aspartic acid....g	2.601		0	AR	1		2.211	9.781	57.305
Glutamic acid....g	4.366		0	AR	1		3.711	16.414	96.173
Glycine....g	1.154		0	AR	1		0.981	4.337	25.413
Proline....g	1.142		0	AR	1		0.971	4.295	25.164
Serine....g	1.097		0	AR	1		0.932	4.125	24.168
Hydroxyproline....g	0.114		0	BFPN	4		0.097	0.428	2.509
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 376g: 1 steak

Measure 3 = 2203g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13952

Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

ribeye

Refuse: 8% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	57.52	0.591	20	PAK	1		48.89	134.02	
Energy kcal	249		0	NC	4		212	581	
Energy kJ	1043		0	NC	4		887	2431	
Protein (N x 6.25) g	27.27	0.378	20	PAK	1		23.18	63.53	
Total lipid (fat) g	14.74	0.788	20	PAK	1		12.53	34.34	
Ash g	1.10	0.020	20	PAK	1		0.93	2.56	
Carbohydrate, by difference g	0.00		0	NR	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	20		0	BFFN	4		17	47	
Iron, Fe mg	1.75		0	BFFN	4		1.49	4.08	
Magnesium, Mg mg	23		0	BFFN	4		19	53	
Phosphorus, P mg	212		0	BFFN	4		180	493	
Potassium, K mg	340		0	BFFN	4		289	793	
Sodium, Na mg	56		0	BFFN	4		48	131	
Zinc, Zn mg	4.93		0	BFFN	4		4.19	11.48	
Copper, Cu mg	0.082		0	BFFN	4		0.070	0.191	
Manganese, Mn mg	0.010		0	BFFN	4		0.008	0.022	
Selenium, Se µg	29.5		0	BFFN	4		25.1	68.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.074		0	BFPN	4		0.063	0.172	
Riboflavin mg	0.131		0	BFPN	4		0.112	0.306	
Niacin mg	7.257		0	BFPN	4		6.169	16.909	
Pantothenic acid mg	0.538		0	BFPN	4		0.457	1.252	
Vitamin B-6 mg	0.571		0	BFPN	4		0.485	1.329	
Folate, total µg	8		0	BFPN	4		7	20	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	8		0	BFPN	4		7	20	
Folate, DFE µg	8		0	NC	4		7	20	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	1.60		0	BFPN	4		1.36	3.74	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.45		0	BFSN	4		0.38	1.05	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.6		0	BFSN	4		1.4	3.8	
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 13952

Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	5.720		0	NC	4		4.862	13.328	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.022		0	BFFN	4		0.019	0.051	
12:0....g	0.026		0	BFFN	4		0.022	0.062	
13:0....g									
14:0....g	0.428		0	BFFN	4		0.364	0.997	
15:0....g									
16:0....g	3.399		0	BFFN	4		2.889	7.919	
17:0....g									
18:0....g	1.845		0	BFFN	4		1.568	4.299	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.034		0	NC	4		5.129	14.059	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.508		0	BFFN	4		0.431	1.183	
17:1....g									
18:1 undifferentiated....g	5.509		0	BFFN	4		4.682	12.835	
20:1....g	0.018		0	BFFN	4		0.015	0.041	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.547		0	NC	4		0.465	1.275	
18:2 undifferentiated....g	0.402		0	BFFN	4		0.341	0.936	
18:3 undifferentiated....g	0.093		0	BFFN	4		0.079	0.216	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.053		0	BFFN	4		0.045	0.123	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	89		0	BFSN	4		75	207	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.179		0	PAK	1		0.152	0.418	
Threonine....g	1.089		0	PAK	1		0.926	2.538	
Isoleucine....g	1.241		0	PAK	1		1.054	2.890	
Leucine....g	2.169		0	PAK	1		1.844	5.054	
Lysine....g	2.304		0	PAK	1		1.959	5.369	
Methionine....g	0.710		0	PAK	1		0.604	1.654	
Cystine....g	0.352		0	PAK	1		0.299	0.820	
Phenylalanine....g	1.077		0	PAK	1		0.915	2.509	
Tyrosine....g	0.869		0	PAK	1		0.739	2.024	
Valine....g	1.353		0	PAK	1		1.150	3.152	
Arginine....g	1.763		0	PAK	1		1.499	4.108	
Histidine....g	0.870		0	PAK	1		0.740	2.028	
Alanine....g	1.658		0	PAK	1		1.409	3.862	
Aspartic acid....g	2.484		0	PAK	1		2.111	5.787	
Glutamic acid....g	4.093		0	PAK	1		3.479	9.538	
Glycine....g	1.660		0	PAK	1		1.411	3.869	
Proline....g	1.300		0	PAK	1		1.105	3.029	
Serine....g	1.074		0	PAK	1		0.913	2.503	
Hydroxyproline....g	0.286		0	BFPN	4		0.243	0.667	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

NDB No. 13952

Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 233g: 1 steak (yield from 295 g raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13951

Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled

ribeye

Refuse: 8% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	59.16	0.464	10	PAK	1		50.29	136.66	
Energy kcal	234		0	NC	4		199	541	
Energy kJ	979		0	NC	4		832	2262	
Protein (N x 6.25) g	27.95	0.451	10	PAK	1		23.76	64.57	
Total lipid (fat) g	12.71	0.528	10	PAK	1		10.81	29.37	
Ash g	1.12	0.021	10	PAK	1		0.95	2.58	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	22		0	BFFN	4		19	52	
Iron, Fe mg	1.70		0	BFFN	4		1.45	3.93	
Magnesium, Mg mg	24		0	BFFN	4		20	55	
Phosphorus, P mg	223		0	BFFN	4		189	514	
Potassium, K mg	355		0	BFFN	4		302	820	
Sodium, Na mg	59		0	BFFN	4		50	136	
Zinc, Zn mg	5.06		0	BFFN	4		4.30	11.69	
Copper, Cu mg	0.076		0	BFFN	4		0.065	0.176	
Manganese, Mn mg	0.010		0	BFFN	4		0.008	0.022	
Selenium, Se µg	30.1		0	BFFN	4		25.6	69.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.081		0	BFPN	4		0.069	0.188	
Riboflavin mg	0.146		0	BFPN	4		0.124	0.338	
Niacin mg	7.301		0	BFPN	4		6.206	16.866	
Pantothenic acid mg	0.552		0	BFPN	4		0.469	1.274	
Vitamin B-6 mg	0.612		0	BFPN	4		0.521	1.415	
Folate, total µg	9		0	BFPN	4		7	20	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	9		0	BFPN	4		7	20	
Folate, DFE µg	9		0	NC	4		7	20	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	1.45		0	BFPN	4		1.23	3.35	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.44		0	BFSN	4		0.37	1.01	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.5		0	BFSN	4		1.3	3.6	
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 13951

Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	4.934		0	NC	4		4.194	11.398	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.019		0	BFFN	4		0.016	0.044	
12:0....g	0.023		0	BFFN	4		0.019	0.053	
13:0....g									
14:0....g	0.369		0	BFFN	4		0.314	0.853	
15:0....g									
16:0....g	2.932		0	BFFN	4		2.492	6.772	
17:0....g									
18:0....g	1.592		0	BFFN	4		1.353	3.676	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.205		0	NC	4		4.424	12.023	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.438		0	BFFN	4		0.372	1.011	
17:1....g									
18:1 undifferentiated....g	4.752		0	BFFN	4		4.039	10.976	
20:1....g	0.015		0	BFFN	4		0.013	0.035	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.472		0	NC	4		0.401	1.090	
18:2 undifferentiated....g	0.346		0	BFFN	4		0.294	0.800	
18:3 undifferentiated....g	0.080		0	BFFN	4		0.068	0.185	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.046		0	BFFN	4		0.039	0.105	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	92		0	BFSN	4		78	212	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.184		0	PAK	1		0.156	0.424	
Threonine....g	1.117		0	PAK	1		0.949	2.579	
Isoleucine....g	1.272		0	PAK	1		1.081	2.938	
Leucine....g	2.224		0	PAK	1		1.890	5.136	
Lysine....g	2.362		0	PAK	1		2.008	5.457	
Methionine....g	0.728		0	PAK	1		0.619	1.681	
Cystine....g	0.361		0	PAK	1		0.307	0.833	
Phenylalanine....g	1.104		0	PAK	1		0.938	2.550	
Tyrosine....g	0.891		0	PAK	1		0.757	2.058	
Valine....g	1.387		0	PAK	1		1.179	3.203	
Arginine....g	1.807		0	PAK	1		1.536	4.175	
Histidine....g	0.892		0	PAK	1		0.758	2.061	
Alanine....g	1.699		0	PAK	1		1.444	3.925	
Aspartic acid....g	2.546		0	PAK	1		2.164	5.881	
Glutamic acid....g	4.196		0	PAK	1		3.567	9.693	
Glycine....g	1.702		0	PAK	1		1.447	3.932	
Proline....g	1.333		0	PAK	1		1.133	3.078	
Serine....g	1.101		0	PAK	1		0.936	2.543	
Hydroxyproline....g	0.294		0	BFPN	4		0.250	0.678	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

NDB No. 13951

Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 231g: 1 steak (yield from 294 g raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13284

Beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, raw

Refuse: 37% Bone and connective tissue and separable fat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	71.33		0	NR	4		60.63		
Energy kcal	149		0	BFYN	4		127		
Energy kJ	625		0	BFYN	4		532		
Protein g	21.17		0	BFYN	4		17.99		
Total lipid (fat) g	6.57		0	BFYN	4		5.58		
Ash g	0.93		0	BFYN	4		0.79		
Carbohydrate, by difference g	0.00		0	BFYN	4		0.00		
Fiber, total dietary g	0.0		0	BFYN	4		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	10		0	BFYN	4		8		
Iron, Fe mg	1.94		0	BFYN	4		1.65		
Magnesium, Mg mg	20		0	BFYN	4		17		
Phosphorus, P mg	157		0	BFYN	4		133		
Potassium, K mg	297		0	BFYN	4		253		
Sodium, Na mg	52		0	BFYN	4		44		
Zinc, Zn mg	5.28		0	BFYN	4		4.49		
Copper, Cu mg	0.076		0	BFYN	4		0.064		
Manganese, Mn mg	0.012		0	BFYN	4		0.010		
Selenium, Se µg	16.5		0	BFYN	4		14.1		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	BFYN	4		0.0		
Thiamin mg	0.076		0	BFYN	4		0.064		
Riboflavin mg	0.166		0	BFYN	4		0.141		
Niacin mg	3.624		0	BFYN	4		3.080		
Pantothenic acid mg	0.257		0	BFYN	4		0.218		
Vitamin B-6 mg	0.302		0	BFYN	4		0.257		
Folate, total µg	6		0	BFYN	4		5		
Folic acid µg	0		0	BFYN	4		0		
Folate, food µg	6		0	BFYN	4		5		
Folate, DFE µg	6		0	NC	4		5		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	2.51		0	BFYN	4		2.13		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	0		0	BFYN	4		0		
Retinol µg	0		0	BFYN	4		0		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	0		0	BFYN	4		0		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13284

Beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.650		0	BFYN	4		2.253		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g	0.008		0	BFYN	4		0.006		
12:0....g	0.008		0	BFYN	4		0.006		
13:0....g									
14:0....g	0.204		0	BFYN	4		0.173		
15:0....g									
16:0....g	1.570		0	BFYN	4		1.335		
17:0....g									
18:0....g	0.868		0	BFYN	4		0.738		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.771		0	BFYN	4		2.355		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.219		0	BFYN	4		0.186		
17:1....g									
18:1 undifferentiated....g	2.552		0	BFYN	4		2.169		
20:1....g	0.000		0	BFYN	4		0.000		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.189		0	BFYN	4		0.160		
18:2 undifferentiated....g	0.159		0	BFYN	4		0.135		
18:3 undifferentiated....g	0.015		0	BFYN	4		0.013		
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.015		0	BFYN	4		0.013		
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	60		0	BFYN	4		51		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.237		0	BFYN	4		0.202		
Threonine....g	0.925		0	BFYN	4		0.786		
Isoleucine....g	0.952		0	BFYN	4		0.809		
Leucine....g	1.673		0	BFYN	4		1.422		
Lysine....g	1.761		0	BFYN	4		1.497		
Methionine....g	0.542		0	BFYN	4		0.461		
Cystine....g	0.237		0	BFYN	4		0.202		
Phenylalanine....g	0.827		0	BFYN	4		0.703		
Tyrosine....g	0.711		0	BFYN	4		0.605		
Valine....g	1.030		0	BFYN	4		0.875		
Arginine....g	1.338		0	BFYN	4		1.137		
Histidine....g	0.725		0	BFYN	4		0.616		
Alanine....g	1.277		0	BFYN	4		1.085		
Aspartic acid....g	1.934		0	BFYN	4		1.644		
Glutamic acid....g	3.180		0	BFYN	4		2.703		
Glycine....g	1.155		0	BFYN	4		0.982		
Proline....g	0.935		0	BFYN	4		0.794		
Serine....g	0.809		0	BFYN	4		0.688		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 13284

Beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23233

Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised

Refuse: 61% Bone and connective tissue 61%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	46.49	1.524	36	AR	1		39.52	538.84	
Energy kcal	360		0	NC	4		306	4170	
Energy kJ	1505		0	NC	4		1279	17443	
Protein (N x 6.25) g	24.23	0.497	36	AR	1		20.59	280.78	
Total lipid (fat) g	29.21	1.653	36	AR	1		24.83	338.50	
Ash g	0.62	0.023	36	AR	1		0.53	7.19	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	23		0	BFNN	4		20	270	
Iron, Fe mg	2.40		0	BFNN	4		2.04	27.85	
Magnesium, Mg mg	22		0	BFNN	4		19	260	
Phosphorus, P mg	163		0	BFNN	4		139	1892	
Potassium, K mg	255		0	BFNN	4		217	2959	
Sodium, Na mg	63		0	BFNN	4		53	725	
Zinc, Zn mg	5.30		0	BFNN	4		4.50	61.42	
Copper, Cu mg	0.075		0	BFNN	4		0.064	0.868	
Manganese, Mn mg									
Selenium, Se µg	24.6		0	BFNN	4		20.9	285.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.093		0	BFPN	4		0.079	1.082	
Riboflavin mg	0.309		0	BFPN	4		0.263	3.587	
Niacin mg	5.006		0	BFPN	4		4.256	58.025	
Pantothenic acid mg									
Vitamin B-6 mg	0.487		0	BFPN	4		0.414	5.645	
Folate, total µg	6		0	BFPN	4		5	68	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	6		0	BFPN	4		5	68	
Folate, DFE µg	6		0	NC	4		5	68	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	2.12		0	BFPN	4		1.80	24.61	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	9		0	NC	4		8	104	
Retinol µg	9		0	BFSN	4		8	104	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	30		0	NC	4		25	345	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	AS	1		0.2	2.3	
Vitamin D IU	8		0	BFFN	4		7	90	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	18.2	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23233

Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	12.990		0	BFFN	4		11.042	150.558	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.022		0	BFFN	4		0.019	0.252	
12:0....g	0.023		0	BFFN	4		0.020	0.272	
13:0....g									
14:0....g	0.861		0	BFFN	4		0.732	9.981	
15:0....g									
16:0....g	6.819		0	BFFN	4		5.796	79.035	
17:0....g									
18:0....g	4.660		0	BFFN	4		3.961	54.007	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	14.191		0	BFFN	4		12.062	164.475	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.956		0	BFFN	4		0.813	11.080	
17:1....g									
18:1 undifferentiated....g	12.693		0	BFFN	4		10.789	147.111	
20:1....g	0.066		0	BFFN	4		0.056	0.766	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.203		0	BFFN	4		1.023	13.946	
18:2 undifferentiated....g	1.059		0	BFFN	4		0.901	12.279	
18:3 undifferentiated....g	0.050		0	BFFN	4		0.042	0.578	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.047		0	BFFN	4		0.040	0.545	
20:5 n-3 (EPA)....g	0.001		0	BFFN	4		0.001	0.010	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.013		0	BFFN	4		0.011	0.151	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.001	
Fatty acids, total trans....g									
Cholesterol....mg	87		0	BFSN	4		74	1008	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.271		0	AR	1		0.230	3.142	
Threonine....g	1.142		0	AR	1		0.971	13.233	
Isoleucine....g	1.128		0	AR	1		0.959	13.079	
Leucine....g	2.088		0	AR	1		1.775	24.201	
Lysine....g	2.321		0	AR	1		1.973	26.896	
Methionine....g	0.655		0	AR	1		0.557	7.597	
Cystine....g	0.247		0	AR	1		0.210	2.861	
Phenylalanine....g	0.972		0	AR	1		0.826	11.261	
Tyrosine....g	0.903		0	AR	1		0.767	10.462	
Valine....g	1.211		0	AR	1		1.029	14.034	
Arginine....g	1.650		0	AR	1		1.402	19.120	
Histidine....g	0.908		0	AR	1		0.772	10.524	
Alanine....g	1.502		0	AR	1		1.277	17.408	
Aspartic acid....g	2.360		0	AR	1		2.006	27.357	
Glutamic acid....g	3.961		0	AR	1		3.367	45.909	
Glycine....g	1.192		0	AR	1		1.013	13.815	
Proline....g	1.087		0	AR	1		0.924	12.597	
Serine....g	0.997		0	AR	1		0.848	11.561	
Hydroxyproline....g	0.166		0	BFPN	4		0.141	1.919	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 23233

Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 1159g: 1 ribs

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23236

Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw

Refuse: 52% Bone and connective tissue 52%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	53.91	1.474	36	AR	1		45.83	855.60	
Energy kcal	324		0	NC	4		275	5135	
Energy kJ	1354		0	NC	4		1151	21488	
Protein (N x 6.25) g	16.15	0.443	36	AR	1		13.73	256.30	
Total lipid (fat) g	28.42	1.709	36	AR	1		24.16	451.09	
Ash g	0.73	0.050	36	AR	1		0.62	11.58	
Carbohydrate, by difference g	0.78		0	NC	4		0.67	12.43	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	10		0	BFNN	4		8	152	
Iron, Fe mg	1.63		0	BFNN	4		1.39	25.87	
Magnesium, Mg mg	17		0	BFNN	4		14	266	
Phosphorus, P mg	120		0	BFNN	4		102	1901	
Potassium, K mg	218		0	BFNN	4		185	3461	
Sodium, Na mg	53		0	BFNN	4		45	834	
Zinc, Zn mg	3.85		0	BFNN	4		3.28	61.17	
Copper, Cu mg	0.060		0	BFNN	4		0.051	0.945	
Manganese, Mn mg									
Selenium, Se µg	17.1		0	BFNN	4		14.5	270.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.075		0	BFPN	4		0.064	1.189	
Riboflavin mg	0.210		0	BFPN	4		0.178	3.331	
Niacin mg	3.807		0	BFPN	4		3.236	60.417	
Pantothenic acid mg									
Vitamin B-6 mg	0.368		0	BFPN	4		0.313	5.838	
Folate, total µg	3		0	BFPN	4		2	41	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	3		0	BFPN	4		2	41	
Folate, DFE µg	3		0	NC	4		2	41	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	1.55		0	BFPN	4		1.32	24.64	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	6		0	NC	4		5	89	
Retinol µg	6		0	BFSN	4		5	89	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	19		0	NC	4		16	295	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	AS	1		0.2	3.4	
Vitamin D IU	9		0	BFFN	4		7	137	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	24.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23236

Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated g	12.643		0	NC	4		10.746	200.638	
4:0 g	0.000		0	Z	7		0.000	0.000	
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.021	0.000	3	AR	1		0.018	0.336	
12:0 g	0.023	0.000	3	AR	1		0.019	0.362	
13:0 g									
14:0 g	0.838	0.040	6	AR	1		0.712	13.301	
15:0 g	0.168	0.000	3	AR	1		0.142	2.658	
16:0 g	6.637	0.263	6	AR	1		5.641	105.324	
17:0 g	0.390	0.021	6	AR	1		0.332	6.191	
18:0 g	4.535	0.170	6	AR	1		3.855	71.970	
20:0 g	0.021	0.002	6	AR	1		0.018	0.330	
22:0 g									
24:0 g	0.010	0.001	6	AR	1		0.009	0.165	
Fatty acids, total monounsaturated g	13.811		0	NC	4		11.740	219.184	
14:1 g	0.178	0.009	6	AR	1		0.151	2.828	
15:1 g	0.039	0.000	3	AR	1		0.033	0.622	
16:1 undifferentiated g	0.930		0	AS	1		0.791	14.765	
16:1 c g	0.850	0.020	6	AR	1		0.723	13.490	
16:1 t g	0.080	0.000	3	AR	1		0.068	1.276	
17:1 g	0.246	0.010	6	AR	1		0.209	3.904	
18:1 undifferentiated g	12.353		0	AS	1		10.500	196.044	
18:1 c g	10.663	0.306	6	AR	1		9.064	169.225	
18:1 t g	1.690	0.106	6	AR	1		1.436	26.819	
18:1-11 t (18:1t n-7) g									
20:1 g	0.064	0.002	6	AR	1		0.055	1.020	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.171		0	NC	4		0.995	18.585	
18:2 undifferentiated g	1.031		0	AS	1		0.876	16.364	
18:2 n-6 c,c g	0.786	0.021	6	AR	1		0.668	12.469	
18:2 CLAs g	0.135	0.011	6	AR	1		0.115	2.139	
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.111	0.000	3	AR	1		0.094	1.755	
18:3 undifferentiated g	0.049		0	AS	1		0.041	0.770	
18:3 n-3 c,c,c (ALA) g	0.049	0.003	6	AR	1		0.041	0.770	
18:3 n-6 c,c,c g									
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.006	0.000	3	AR	1		0.005	0.098	
20:3 undifferentiated g	0.026		0	AS	1		0.022	0.411	
20:3 n-3 g									
20:3 n-6 g	0.026	0.000	3	AR	1		0.022	0.411	
20:4 undifferentiated g	0.046	0.004	6	AR	1		0.039	0.727	
20:4 n-6 g									
20:5 n-3 (EPA) g	0.001	0.000	3	AR	1		0.001	0.013	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.013	0.000	3	AR	1		0.011	0.202	
22:6 n-3 (DHA) g	0.000	0.000	6	AR	1		0.000	0.002	
Fatty acids, total trans g	1.881		0	NC	4		1.599	29.850	
Fatty acids, total trans-monoenoic g	1.770		0	NC	4		1.505	28.095	
Fatty acids, total trans-polyenoic g	0.111		0	NC	4		0.094	1.755	
Cholesterol mg	75	2.403	6	AR	1		64	1189	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.181		0	AR	1		0.154	2.868	
Threonine g	0.761		0	AR	1		0.647	12.079	
Isoleucine g	0.752		0	AR	1		0.639	11.939	
Leucine g	1.392		0	AR	1		1.183	22.091	

NDB No. 23236

Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	1.547		0	AR	1		1.315	24.551	
Methionine g	0.437		0	AR	1		0.371	6.935	
Cystine g	0.165		0	AR	1		0.140	2.611	
Phenylalanine g	0.648		0	AR	1		0.551	10.279	
Tyrosine g	0.602		0	AR	1		0.511	9.550	
Valine g	0.807		0	AR	1		0.686	12.810	
Arginine g	1.100		0	AR	1		0.935	17.453	
Histidine g	0.605		0	AR	1		0.515	9.606	
Alanine g	1.001		0	AR	1		0.851	15.890	
Aspartic acid g	1.574		0	AR	1		1.338	24.972	
Glutamic acid g	2.641		0	AR	1		2.244	41.906	
Glycine g	0.795		0	AR	1		0.675	12.610	
Proline g	0.725		0	AR	1		0.616	11.498	
Serine g	0.665		0	AR	1		0.565	10.553	
Hydroxyproline g	0.110		0	BFPN	4		0.094	1.751	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 1587g: 1 ribs

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23234

Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised

URMIS #1997

Refuse: 60% Bone and connective tissue 60%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	45.56	1.557	24	AR	1		38.73	545.39	
Energy kcal	372		0	NC	4		316	4452	
Energy kJ	1556		0	NC	4		1323	18625	
Protein (N x 6.25) g	23.34	0.551	24	AR	1		19.84	279.37	
Total lipid (fat) g	30.95	1.722	24	AR	1		26.31	370.51	
Ash g	0.59	0.029	24	AR	1		0.50	7.03	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	23		0	BFNN	4		19	272	
Iron, Fe mg	2.34		0	BFNN	4		1.99	28.06	
Magnesium, Mg mg	22		0	BFNN	4		19	264	
Phosphorus, P mg	160		0	BFNN	4		136	1913	
Potassium, K mg	248		0	BFNN	4		210	2964	
Sodium, Na mg	61		0	BFNN	4		52	733	
Zinc, Zn mg	5.19		0	BFNN	4		4.41	62.08	
Copper, Cu mg	0.075		0	BFNN	4		0.064	0.897	
Manganese, Mn mg									
Selenium, Se µg	24.3		0	BFNN	4		20.6	290.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.087		0	BFPN	4		0.074	1.047	
Riboflavin mg	0.304		0	BFPN	4		0.258	3.639	
Niacin mg	4.884		0	BFPN	4		4.151	58.458	
Pantothenic acid mg									
Vitamin B-6 mg	0.462		0	BFPN	4		0.393	5.531	
Folate, total µg	6		0	BFPN	4		5	68	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	6		0	BFPN	4		5	68	
Folate, DFE µg	6		0	NC	4		5	68	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	2.06		0	BFPN	4		1.75	24.62	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	9		0	NC	4		7	104	
Retinol µg	9		0	BFSN	4		7	104	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	29		0	NC	4		25	348	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	AS	1		0.2	2.5	
Vitamin D IU	8		0	BFFN	4		7	100	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	18.8	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23234

Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	13.770		0	BFFN	4		11.704	164.824	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.023		0	BFFN	4		0.020	0.276	
12:0....g	0.025		0	BFFN	4		0.021	0.299	
13:0....g									
14:0....g	0.908		0	BFFN	4		0.772	10.865	
15:0....g									
16:0....g	7.238		0	BFFN	4		6.153	86.643	
17:0....g									
18:0....g	4.934		0	BFFN	4		4.194	59.063	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	15.072		0	BFFN	4		12.811	180.407	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.013		0	BFFN	4		0.861	12.125	
17:1....g									
18:1 undifferentiated....g	13.488		0	BFFN	4		11.465	161.454	
20:1....g	0.070		0	BFFN	4		0.060	0.843	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.263		0	BFFN	4		1.073	15.112	
18:2 undifferentiated....g	1.115		0	BFFN	4		0.947	13.342	
18:3 undifferentiated....g	0.052		0	BFFN	4		0.044	0.626	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.049		0	BFFN	4		0.042	0.585	
20:5 n-3 (EPA)....g	0.001		0	BFFN	4		0.001	0.007	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.012		0	BFFN	4		0.011	0.149	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.004	
Fatty acids, total trans....g									
Cholesterol....mg	88		0	BFSN	4		75	1054	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.262		0	AR	1		0.223	3.135	
Threonine....g	1.094		0	AR	1		0.930	13.097	
Isoleucine....g	1.084		0	AR	1		0.922	12.978	
Leucine....g	1.993		0	AR	1		1.694	23.861	
Lysine....g	2.207		0	AR	1		1.876	26.418	
Methionine....g	0.629		0	AR	1		0.535	7.528	
Cystine....g	0.235		0	AR	1		0.200	2.813	
Phenylalanine....g	0.931		0	AR	1		0.791	11.146	
Tyrosine....g	0.863		0	AR	1		0.734	10.332	
Valine....g	1.166		0	AR	1		0.991	13.954	
Arginine....g	1.576		0	AR	1		1.339	18.860	
Histidine....g	0.859		0	AR	1		0.730	10.282	
Alanine....g	1.443		0	AR	1		1.226	17.269	
Aspartic acid....g	2.254		0	AR	1		1.916	26.983	
Glutamic acid....g	3.797		0	AR	1		3.227	45.446	
Glycine....g	1.151		0	AR	1		0.978	13.775	
Proline....g	1.040		0	AR	1		0.884	12.453	
Serine....g	0.954		0	AR	1		0.810	11.414	
Hydroxyproline....g	0.159		0	BFPN	4		0.136	1.909	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 23234

Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 1197g: 1 ribs

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23237

Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw

URMIS #1997

Refuse:53% Bone and connective tissue 53%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	52.74	1.517	24	AR	1		44.83	845.99	
Energy kcal	336		0	NC	4		285	5383	
Energy kJ	1404		0	NC	4		1193	22520	
Protein (N x 6.25) g	15.75	0.458	24	AR	1		13.39	252.64	
Total lipid (fat) g	29.89	1.771	24	AR	1		25.41	479.42	
Ash g	0.72	0.051	24	AR	1		0.61	11.48	
Carbohydrate, by difference g	0.90		0	NC	4		0.77	14.48	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	9		0	BFNN	4		8	148	
Iron, Fe mg	1.61		0	BFNN	4		1.37	25.85	
Magnesium, Mg mg	17		0	BFNN	4		14	271	
Phosphorus, P mg	122		0	BFNN	4		104	1953	
Potassium, K mg	214		0	BFNN	4		182	3436	
Sodium, Na mg	53		0	BFNN	4		45	851	
Zinc, Zn mg	3.76		0	BFNN	4		3.19	60.27	
Copper, Cu mg	0.059		0	BFNN	4		0.051	0.954	
Manganese, Mn mg									
Selenium, Se µg	17.3		0	BFNN	4		14.7	277.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.074		0	BFPN	4		0.063	1.188	
Riboflavin mg	0.214		0	BFPN	4		0.182	3.433	
Niacin mg	3.649		0	BFPN	4		3.102	58.536	
Pantothenic acid mg									
Vitamin B-6 mg	0.349		0	BFPN	4		0.296	5.594	
Folate, total µg	3		0	BFPN	4		2	40	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	3		0	BFPN	4		2	40	
Folate, DFE µg	3		0	NC	4		2	40	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	1.53		0	BFPN	4		1.30	24.48	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	6		0	NC	4		5	88	
Retinol µg	6		0	BFSN	4		5	88	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	18		0	NC	4		16	295	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	24.3	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23237

Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	13.296		0	NC	4		11.302	213.273	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.022		2	AR	1		0.019	0.358	
12:0....g	0.024		2	AR	1		0.020	0.387	
13:0....g									
14:0....g	0.877	0.050	4	AR	1		0.745	14.059	
15:0....g	0.176		2	AR	1		0.150	2.828	
16:0....g	6.990	0.326	4	AR	1		5.941	112.112	
17:0....g	0.410	0.026	4	AR	1		0.349	6.583	
18:0....g	4.765	0.211	4	AR	1		4.050	76.424	
20:0....g	0.022	0.002	4	AR	1		0.018	0.348	
22:0....g									
24:0....g	0.011	0.001	4	AR	1		0.009	0.175	
Fatty acids, total monounsaturated....g	14.553		0	NC	4		12.370	233.437	
14:1....g	0.185	0.011	4	AR	1		0.157	2.961	
15:1....g	0.038		2	AR	1		0.033	0.614	
16:1 undifferentiated....g	0.978		0	AS	1		0.831	15.689	
16:1 c....g	0.897	0.025	4	AR	1		0.762	14.381	
16:1 t....g	0.082		2	AR	1		0.069	1.307	
17:1....g	0.260	0.013	4	AR	1		0.221	4.169	
18:1 undifferentiated....g	13.025		0	AS	1		11.071	208.913	
18:1 c....g	11.271	0.380	4	AR	1		9.581	180.792	
18:1 t....g	1.753	0.132	4	AR	1		1.490	28.121	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.068	0.003	4	AR	1		0.058	1.091	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.219		0	NC	4		1.036	19.554	
18:2 undifferentiated....g	1.076		0	AS	1		0.915	17.264	
18:2 n-6 c,c....g	0.827	0.026	4	AR	1		0.703	13.270	
18:2 CLAs....g	0.135	0.013	4	AR	1		0.114	2.161	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.114		2	AR	1		0.097	1.833	
18:3 undifferentiated....g	0.051		0	AS	1		0.043	0.810	
18:3 n-3 c,c,c (ALA)....g	0.051	0.004	4	AR	1		0.043	0.810	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.006		2	AR	1		0.005	0.101	
20:3 undifferentiated....g	0.026		0	AS	1		0.022	0.415	
20:3 n-3....g									
20:3 n-6....g	0.026		2	AR	1		0.022	0.415	
20:4 undifferentiated....g	0.047	0.005	4	AR	1		0.040	0.757	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001		2	AR	1		0.001	0.010	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.012		2	AR	1		0.010	0.192	
22:6 n-3 (DHA)....g	0.000	0.000	4	AR	1		0.000	0.005	
Fatty acids, total trans....g	1.949		0	NC	4		1.657	31.262	
Fatty acids, total trans-monoenoic....g	1.835		0	NC	4		1.559	29.429	
Fatty acids, total trans-polyenoic....g	0.114		0	NC	4		0.097	1.833	
Cholesterol....mg	76	2.985	4	AR	1		65	1226	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.177		0	AR	1		0.150	2.835	
Threonine....g	0.738		0	AR	1		0.628	11.844	
Isoleucine....g	0.732		0	AR	1		0.622	11.736	
Leucine....g	1.345		0	AR	1		1.143	21.578	

NDB No. 23237

Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	1.489		0	AR	1		1.266	23.889	
Methionine g	0.424		0	AR	1		0.361	6.808	
Cystine g	0.159		0	AR	1		0.135	2.544	
Phenylalanine g	0.628		0	AR	1		0.534	10.079	
Tyrosine g	0.582		0	AR	1		0.495	9.343	
Valine g	0.787		0	AR	1		0.669	12.619	
Arginine g	1.063		0	AR	1		0.904	17.055	
Histidine g	0.580		0	AR	1		0.493	9.298	
Alanine g	0.974		0	AR	1		0.828	15.616	
Aspartic acid g	1.521		0	AR	1		1.293	24.401	
Glutamic acid g	2.562		0	AR	1		2.178	41.097	
Glycine g	0.777		0	AR	1		0.660	12.456	
Proline g	0.702		0	AR	1		0.597	11.261	
Serine g	0.643		0	AR	1		0.547	10.321	
Hydroxyproline g	0.108		0	BFPN	4		0.091	1.726	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 1604g: 1 ribs

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23235

Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised

URMIS #1182

Refuse: 62% Bone and connective tissue 63%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	47.88	1.629	12	AR	1		40.70	527.68	
Energy kcal	341		0	NC	4		290	3763	
Energy kJ	1429		0	NC	4		1215	15748	
Protein (N x 6.25) g	25.56	0.654	12	AR	1		21.72	281.63	
Total lipid (fat) g	26.59	1.865	12	AR	1		22.60	292.98	
Ash g	0.67	0.039	12	AR	1		0.57	7.38	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	24		0	BFNN	4		21	267	
Iron, Fe mg	2.49		0	BFNN	4		2.12	27.44	
Magnesium, Mg mg	23		0	BFNN	4		20	255	
Phosphorus, P mg	168		0	BFNN	4		143	1853	
Potassium, K mg	267		0	BFNN	4		227	2940	
Sodium, Na mg	64		0	BFNN	4		55	711	
Zinc, Zn mg	5.46		0	BFNN	4		4.64	60.21	
Copper, Cu mg	0.075		0	BFNN	4		0.063	0.823	
Manganese, Mn mg									
Selenium, Se µg	25.1		0	BFNN	4		21.4	277.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.101		0	BFPN	4		0.086	1.113	
Riboflavin mg	0.317		0	BFPN	4		0.269	3.492	
Niacin mg	5.184		0	BFPN	4		4.406	57.127	
Pantothenic acid mg									
Vitamin B-6 mg	0.525		0	BFPN	4		0.447	5.791	
Folate, total µg	6		0	BFPN	4		5	68	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	6		0	BFPN	4		5	68	
Folate, DFE µg	6		0	NC	4		5	68	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	2.22		0	BFPN	4		1.89	24.47	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	9		0	NC	4		8	102	
Retinol µg	9		0	BFSN	4		8	102	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	31		0	NC	4		26	341	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	AS	1		0.1	1.9	
Vitamin D IU	7		0	BFFN	4		6	77	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	17.3	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23235

Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	11.822		0	BFFN	4		10.049	130.283	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.020		0	BFFN	4		0.017	0.220	
12:0....g	0.021		0	BFFN	4		0.018	0.233	
13:0....g									
14:0....g	0.791		0	BFFN	4		0.673	8.720	
15:0....g									
16:0....g	6.191		0	BFFN	4		5.262	68.226	
17:0....g									
18:0....g	4.248		0	BFFN	4		3.611	46.813	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	12.872		0	BFFN	4		10.941	141.849	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.871		0	BFFN	4		0.740	9.599	
17:1....g									
18:1 undifferentiated....g	11.501		0	BFFN	4		9.776	126.743	
20:1....g	0.060		0	BFFN	4		0.051	0.657	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.115		0	BFFN	4		0.948	12.289	
18:2 undifferentiated....g	0.976		0	BFFN	4		0.830	10.761	
18:3 undifferentiated....g	0.046		0	BFFN	4		0.039	0.509	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.044		0	BFFN	4		0.038	0.489	
20:5 n-3 (EPA)....g	0.001		0	BFFN	4		0.001	0.015	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.014		0	BFFN	4		0.012	0.156	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	85		0	BFSN	4		73	941	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.287		0	AR	1		0.244	3.157	
Threonine....g	1.227		0	AR	1		1.043	13.527	
Isoleucine....g	1.212		0	AR	1		1.031	13.361	
Leucine....g	2.264		0	AR	1		1.924	24.950	
Lysine....g	2.527		0	AR	1		2.148	27.851	
Methionine....g	0.706		0	AR	1		0.600	7.782	
Cystine....g	0.268		0	AR	1		0.228	2.954	
Phenylalanine....g	1.043		0	AR	1		0.887	11.494	
Tyrosine....g	0.980		0	AR	1		0.833	10.796	
Valine....g	1.296		0	AR	1		1.102	14.281	
Arginine....g	1.788		0	AR	1		1.519	19.699	
Histidine....g	1.000		0	AR	1		0.850	11.018	
Alanine....g	1.608		0	AR	1		1.367	17.724	
Aspartic acid....g	2.556		0	AR	1		2.172	28.163	
Glutamic acid....g	4.268		0	AR	1		3.628	47.031	
Glycine....g	1.265		0	AR	1		1.075	13.943	
Proline....g	1.179		0	AR	1		1.002	12.995	
Serine....g	1.083		0	AR	1		0.921	11.935	
Hydroxyproline....g	0.175		0	BFPN	4		0.148	1.924	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 23235

Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 1102g: 1 ribs

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23238

Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw

URMIS #1182

Refuse:52% Bone and connective tissue 52%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	55.67	1.608	12	AR	1		47.32	869.55	
Energy kcal	305		0	NC	4		260	4771	
Energy kJ	1278		0	NC	4		1086	19962	
Protein (N x 6.25) g	16.75	0.490	12	AR	1		14.24	261.62	
Total lipid (fat) g	26.23	1.899	12	AR	1		22.29	409.67	
Ash g	0.75	0.052	12	AR	1		0.64	11.73	
Carbohydrate, by difference g	0.60		0	NC	4		0.51	9.43	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	10		0	BFNN	4		9	158	
Iron, Fe mg	1.66		0	BFNN	4		1.41	25.88	
Magnesium, Mg mg	17		0	BFNN	4		14	259	
Phosphorus, P mg	117		0	BFNN	4		99	1822	
Potassium, K mg	224		0	BFNN	4		190	3498	
Sodium, Na mg	52		0	BFNN	4		44	809	
Zinc, Zn mg	4.00		0	BFNN	4		3.40	62.49	
Copper, Cu mg	0.060		0	BFNN	4		0.051	0.931	
Manganese, Mn mg									
Selenium, Se µg	16.7		0	BFNN	4		14.2	260.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.076		0	BFPN	4		0.065	1.188	
Riboflavin mg	0.203		0	BFPN	4		0.173	3.177	
Niacin mg	4.046		0	BFPN	4		3.439	63.203	
Pantothenic acid mg									
Vitamin B-6 mg	0.397		0	BFPN	4		0.337	6.201	
Folate, total µg	3		0	BFPN	4		2	42	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	3		0	BFPN	4		2	42	
Folate, DFE µg	3		0	NC	4		2	42	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	1.59		0	BFPN	4		1.35	24.85	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	6		0	NC	4		5	89	
Retinol µg	6		0	BFSN	4		5	89	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	19		0	NC	4		16	296	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	AS	1		0.2	2.8	
Vitamin D IU	7		0	BFFN	4		6	112	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	23.6	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23238

Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	11.663		0	NC	4		9.913	182.174	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.020		1	AR	1		0.017	0.308	
12:0....g	0.021		1	AR	1		0.018	0.326	
13:0....g									
14:0....g	0.781		2	AR	1		0.664	12.193	
15:0....g	0.154		1	AR	1		0.131	2.412	
16:0....g	6.108		2	AR	1		5.191	95.401	
17:0....g	0.360		2	AR	1		0.306	5.620	
18:0....g	4.191		2	AR	1		3.562	65.459	
20:0....g	0.020		2	AR	1		0.017	0.306	
22:0....g									
24:0....g	0.010		2	AR	1		0.008	0.150	
Fatty acids, total monounsaturated....g	12.698		0	NC	4		10.794	198.347	
14:1....g	0.169		2	AR	1		0.143	2.632	
15:1....g	0.041		1	AR	1		0.035	0.637	
16:1 undifferentiated....g	0.859		0	AS	1		0.730	13.422	
16:1 c....g	0.780		2	AR	1		0.663	12.188	
16:1 t....g	0.079		1	AR	1		0.067	1.234	
17:1....g	0.225		2	AR	1		0.191	3.513	
18:1 undifferentiated....g	11.346		0	AS	1		9.644	177.225	
18:1 c....g	9.751		2	AR	1		8.288	152.311	
18:1 t....g	1.595		2	AR	1		1.356	24.914	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.059		2	AR	1		0.050	0.918	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.100		0	NC	4		0.935	17.184	
18:2 undifferentiated....g	0.963		0	AS	1		0.819	15.047	
18:2 n-6 c,c....g	0.724		2	AR	1		0.615	11.301	
18:2 CLAs....g	0.135		2	AR	1		0.115	2.107	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.105		1	AR	1		0.089	1.639	
18:3 undifferentiated....g	0.046		0	AS	1		0.039	0.712	
18:3 n-3 c,c,c (ALA)....g	0.046		2	AR	1		0.039	0.712	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.006		1	AR	1		0.005	0.097	
20:3 undifferentiated....g	0.026		0	AS	1		0.022	0.405	
20:3 n-3....g									
20:3 n-6....g	0.026		1	AR	1		0.022	0.405	
20:4 undifferentiated....g	0.044		2	AR	1		0.037	0.684	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001		1	AR	1		0.001	0.020	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.014		1	AR	1		0.012	0.219	
22:6 n-3 (DHA)....g	0.000		2	AR	1		0.000	0.000	
Fatty acids, total trans....g	1.779		0	NC	4		1.512	27.786	
Fatty acids, total trans-monoenoic....g	1.674		0	NC	4		1.423	26.148	
Fatty acids, total trans-polyenoic....g	0.105		0	NC	4		0.089	1.639	
Cholesterol....mg	73		2	AR	1		62	1135	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.188		0	AR	1		0.160	2.933	
Threonine....g	0.804		0	AR	1		0.684	12.566	
Isoleucine....g	0.795		0	AR	1		0.675	12.412	
Leucine....g	1.484		0	AR	1		1.261	23.177	

NDB No. 23238

Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	1.656		0	AR	1		1.408	25.873	
Methionine g	0.463		0	AR	1		0.393	7.229	
Cystine g	0.176		0	AR	1		0.149	2.744	
Phenylalanine g	0.684		0	AR	1		0.581	10.678	
Tyrosine g	0.642		0	AR	1		0.546	10.029	
Valine g	0.849		0	AR	1		0.722	13.266	
Arginine g	1.172		0	AR	1		0.996	18.300	
Histidine g	0.655		0	AR	1		0.557	10.235	
Alanine g	1.054		0	AR	1		0.896	16.465	
Aspartic acid g	1.675		0	AR	1		1.424	26.162	
Glutamic acid g	2.797		0	AR	1		2.377	43.690	
Glycine g	0.829		0	AR	1		0.705	12.953	
Proline g	0.773		0	AR	1		0.657	12.071	
Serine g	0.710		0	AR	1		0.603	11.087	
Hydroxyproline g	0.114		0	BFPN	4		0.097	1.788	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 1562g: 1 ribs

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23180

Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, braised

Refuse: 69% Bone and connective tissue 61%, Separable fat 8%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	51.12		36	AR	1		43.45	592.46	
Energy kcal	299		0	NC	4		254	3460	
Energy kJ	1249		0	NC	4		1062	14476	
Protein (N x 6.25) g	28.36		36	AR	1		24.11	328.71	
Total lipid (fat) g	20.57		36	AR	1		17.48	238.37	
Ash g	0.64		36	AR	1		0.54	7.43	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	22		0	BFNN	4		19	258	
Iron, Fe mg	2.66		0	BFNN	4		2.26	30.82	
Magnesium, Mg mg	26		0	BFNN	4		22	298	
Phosphorus, P mg	187		0	BFNN	4		159	2171	
Potassium, K mg	284		0	BFNN	4		241	3286	
Sodium, Na mg	68		0	BFNN	4		58	787	
Zinc, Zn mg	6.10		0	BFNN	4		5.18	70.66	
Copper, Cu mg	0.082		0	BFNN	4		0.070	0.956	
Manganese, Mn mg									
Selenium, Se µg	28.6		0	BFNN	4		24.3	331.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.109		0	BFPN	4		0.092	1.259	
Riboflavin mg	0.346		0	BFPN	4		0.294	4.007	
Niacin mg	5.882		0	BFPN	4		5.000	68.174	
Pantothenic acid mg									
Vitamin B-6 mg	0.567		0	BFPN	4		0.482	6.567	
Folate, total µg	7		0	BFPN	4		6	80	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	7		0	BFPN	4		6	80	
Folate, DFE µg	7		0	NC	4		6	80	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	2.30		0	BFPN	4		1.95	26.61	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		2	25	
Retinol µg	2		0	BFSN	4		2	25	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	7		0	NC	4		6	83	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.10		0	BFSN	4		0.09	1.18	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	AS	1		0.1	1.8	
Vitamin D IU	6		0	BFFN	4		5	71	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	18.2	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23180

Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	8.103		0	BFFN	4		6.887	93.910	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.009		0	BFFN	4		0.008	0.104	
12:0....g	0.015		0	BFFN	4		0.012	0.169	
13:0....g									
14:0....g	0.514		0	BFFN	4		0.437	5.961	
15:0....g									
16:0....g	4.365		0	BFFN	4		3.710	50.590	
17:0....g									
18:0....g	2.813		0	BFFN	4		2.391	32.602	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	9.271		0	BFFN	4		7.880	107.446	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.593		0	BFFN	4		0.504	6.876	
17:1....g									
18:1 undifferentiated....g	8.294		0	BFFN	4		7.050	96.124	
20:1....g	0.038		0	BFFN	4		0.033	0.443	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.805		0	BFFN	4		0.685	9.333	
18:2 undifferentiated....g	0.677		0	BFFN	4		0.576	7.849	
18:3 undifferentiated....g	0.036		0	BFFN	4		0.031	0.417	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.056		0	BFFN	4		0.048	0.651	
20:5 n-3 (EPA)....g	0.001		0	BFFN	4		0.001	0.013	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.013		0	BFFN	4		0.011	0.153	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.004	
Fatty acids, total trans....g									
Cholesterol....mg	90		0	BFSN	4		76	1042	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.348		0	AR	1		0.296	4.030	
Threonine....g	1.457		0	AR	1		1.239	16.890	
Isoleucine....g	1.446		0	AR	1		1.229	16.757	
Leucine....g	2.667		0	AR	1		2.267	30.916	
Lysine....g	2.981		0	AR	1		2.534	34.549	
Methionine....g	0.824		0	AR	1		0.700	9.545	
Cystine....g	0.311		0	AR	1		0.264	3.606	
Phenylalanine....g	1.235		0	AR	1		1.050	14.318	
Tyrosine....g	1.158		0	AR	1		0.984	13.416	
Valine....g	1.528		0	AR	1		1.299	17.711	
Arginine....g	2.080		0	AR	1		1.768	24.102	
Histidine....g	1.151		0	AR	1		0.978	13.336	
Alanine....g	1.851		0	AR	1		1.573	21.450	
Aspartic acid....g	2.995		0	AR	1		2.545	34.708	
Glutamic acid....g	5.056		0	AR	1		4.297	58.597	
Glycine....g	1.336		0	AR	1		1.136	15.484	
Proline....g	1.302		0	AR	1		1.106	15.086	
Serine....g	1.258		0	AR	1		1.070	14.584	
Hydroxyproline....g	0.143		0	BFPN	4		0.122	1.660	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 23180

Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 1159g: 1 ribs

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23181

Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, raw

Refuse: 64% Bone and connective tissue 52%, Separable fat 12%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	61.70		36	AR	1		52.44	979.17	
Energy kcal	239		0	NC	4		204	3801	
Energy kJ	1002		0	NC	4		852	15902	
Protein (N x 6.25) g	19.11		36	AR	1		16.25	303.34	
Total lipid (fat) g	17.91		36	AR	1		15.22	284.20	
Ash g	0.82		36	AR	1		0.69	12.95	
Carbohydrate, by difference g	0.46		0	NC	4		0.39	7.35	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	9		0	BFNN	4		8	140	
Iron, Fe mg	1.84		0	BFNN	4		1.57	29.22	
Magnesium, Mg mg	20		0	BFNN	4		17	318	
Phosphorus, P mg	143		0	BFNN	4		122	2271	
Potassium, K mg	258		0	BFNN	4		219	4093	
Sodium, Na mg	60		0	BFNN	4		51	959	
Zinc, Zn mg	4.59		0	BFNN	4		3.90	72.84	
Copper, Cu mg	0.068		0	BFNN	4		0.058	1.081	
Manganese, Mn mg									
Selenium, Se µg	19.8		0	BFNN	4		16.8	314.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.090		0	BFPN	4		0.077	1.430	
Riboflavin mg	0.242		0	BFPN	4		0.206	3.846	
Niacin mg	4.576		0	BFPN	4		3.890	72.626	
Pantothenic acid mg									
Vitamin B-6 mg	0.440		0	BFPN	4		0.374	6.984	
Folate, total µg	3		0	BFPN	4		3	49	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	3		0	BFPN	4		3	49	
Folate, DFE µg	3		0	NC	4		3	49	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	1.75		0	BFPN	4		1.49	27.78	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg									
Retinol µg									
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU									
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.08		0	BFSN	4		0.07	1.26	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23181

Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated g	7.055		0	NC	4		5.997	111.965	
4:0 g	0.000		0	Z	7		0.000	0.000	
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.008		3	AR	1		0.007	0.124	
12:0 g	0.013		3	AR	1		0.011	0.201	
13:0 g									
14:0 g	0.448		6	AR	1		0.381	7.107	
15:0 g	0.094		3	AR	1		0.080	1.490	
16:0 g	3.801		6	AR	1		3.231	60.317	
17:0 g	0.226		6	AR	1		0.192	3.583	
18:0 g	2.449		6	AR	1		2.082	38.870	
20:0 g	0.007		6	AR	1		0.006	0.114	
22:0 g									
24:0 g	0.010		6	AR	1		0.008	0.159	
Fatty acids, total monounsaturated g	8.072		0	NC	4		6.861	128.104	
14:1 g	0.096		6	AR	1		0.082	1.522	
15:1 g	0.051		3	AR	1		0.044	0.812	
16:1 undifferentiated g	0.517		0	AS	1		0.439	8.198	
16:1 c g	0.489		6	AR	1		0.416	7.765	
16:1 t g	0.027		3	AR	1		0.023	0.433	
17:1 g	0.154		6	AR	1		0.131	2.438	
18:1 undifferentiated g	7.221		0	AS	1		6.138	114.605	
18:1 c g	6.290		6	AR	1		5.347	99.827	
18:1 t g	0.931		6	AR	1		0.792	14.778	
18:1-11 t (18:1t n-7) g									
20:1 g	0.033		6	AR	1		0.028	0.528	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.701		0	NC	4		0.596	11.128	
18:2 undifferentiated g	0.590		0	AS	1		0.501	9.358	
18:2 n-6 c,c g	0.511		6	AR	1		0.434	8.108	
18:2 CLAs g	0.064		6	AR	1		0.054	1.017	
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.015		3	AR	1		0.012	0.233	
18:3 undifferentiated g	0.031		0	AS	1		0.027	0.497	
18:3 n-3 c,c,c (ALA) g	0.031		6	AR	1		0.027	0.497	
18:3 n-6 c,c,c g									
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.000		3	AR	1		0.000	0.000	
20:3 undifferentiated g	0.019		0	AS	1		0.016	0.294	
20:3 n-3 g									
20:3 n-6 g	0.019		3	AR	1		0.016	0.294	
20:4 undifferentiated g	0.049		6	AR	1		0.042	0.776	
20:4 n-6 g									
20:5 n-3 (EPA) g	0.001		3	AR	1		0.001	0.016	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.012		3	AR	1		0.010	0.183	
22:6 n-3 (DHA) g	0.000		6	AR	1		0.000	0.005	
Fatty acids, total trans g	0.973		0	NC	4		0.827	15.445	
Fatty acids, total trans-monoenoic g	0.959		0	NC	4		0.815	15.211	
Fatty acids, total trans-polyenoic g	0.015		0	NC	4		0.012	0.233	
Cholesterol mg	70		6	AR	1		60	1118	
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

NDB No. 23181

Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 1587g: 1 ribs

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23182

Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised

URMIS #1997

Refuse: 69% Bone and connective tissue 60%, Separable fat 9%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	50.50		24	AR	1		42.92	604.43	
Energy kcal	306		0	NC	4		260	3668	
Energy kJ	1282		0	NC	4		1090	15346	
Protein (N x 6.25) g	27.75		24	AR	1		23.59	332.19	
Total lipid (fat) g	21.72		24	AR	1		18.46	259.96	
Ash g	0.60		24	AR	1		0.51	7.20	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	22		0	BFNN	4		19	265	
Iron, Fe mg	2.64		0	BFNN	4		2.25	31.65	
Magnesium, Mg mg	26		0	BFNN	4		22	308	
Phosphorus, P mg	187		0	BFNN	4		159	2235	
Potassium, K mg	280		0	BFNN	4		238	3348	
Sodium, Na mg	68		0	BFNN	4		58	811	
Zinc, Zn mg	6.08		0	BFNN	4		5.16	72.73	
Copper, Cu mg	0.084		0	BFNN	4		0.072	1.010	
Manganese, Mn mg									
Selenium, Se µg	28.7		0	BFNN	4		24.4	343.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.103		0	BFPN	4		0.087	1.229	
Riboflavin mg	0.346		0	BFPN	4		0.294	4.138	
Niacin mg	5.826		0	BFPN	4		4.952	69.742	
Pantothenic acid mg									
Vitamin B-6 mg	0.544		0	BFPN	4		0.463	6.517	
Folate, total µg	7		0	BFPN	4		6	81	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	7		0	BFPN	4		6	81	
Folate, DFE µg	7		0	NC	4		6	81	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	2.27		0	BFPN	4		1.93	27.12	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		2	22	
Retinol µg	2		0	BFSN	4		2	22	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	6		0	NC	4		5	72	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	AS	1		0.1	2.0	
Vitamin D IU	7		0	BFFN	4		6	80	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	18.8	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23182

Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	8.763		0	BFFN	4		7.449	104.895	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.010		0	BFFN	4		0.008	0.119	
12:0....g	0.016		0	BFFN	4		0.013	0.189	
13:0....g									
14:0....g	0.551		0	BFFN	4		0.468	6.590	
15:0....g									
16:0....g	4.727		0	BFFN	4		4.018	56.577	
17:0....g									
18:0....g	3.043		0	BFFN	4		2.586	36.424	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	10.042		0	BFFN	4		8.536	120.201	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.641		0	BFFN	4		0.545	7.672	
17:1....g									
18:1 undifferentiated....g	8.995		0	BFFN	4		7.646	107.675	
20:1....g	0.042		0	BFFN	4		0.036	0.504	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.846		0	BFFN	4		0.719	10.122	
18:2 undifferentiated....g	0.718		0	BFFN	4		0.610	8.592	
18:3 undifferentiated....g	0.038		0	BFFN	4		0.032	0.452	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.057		0	BFFN	4		0.048	0.681	
20:5 n-3 (EPA)....g	0.001		0	BFFN	4		0.001	0.008	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.012		0	BFFN	4		0.010	0.138	
22:6 n-3 (DHA)....g	0.001		0	BFFN	4		0.000	0.007	
Fatty acids, total trans....g									
Cholesterol....mg	91		0	BFSN	4		77	1087	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.328		0	AR	1		0.279	3.928	
Threonine....g	1.363		0	AR	1		1.158	16.313	
Isoleucine....g	1.356		0	AR	1		1.153	16.234	
Leucine....g	2.485		0	AR	1		2.112	29.746	
Lysine....g	2.767		0	AR	1		2.352	33.123	
Methionine....g	0.770		0	AR	1		0.655	9.218	
Cystine....g	0.289		0	AR	1		0.245	3.456	
Phenylalanine....g	1.155		0	AR	1		0.982	13.826	
Tyrosine....g	1.081		0	AR	1		0.919	12.935	
Valine....g	1.435		0	AR	1		1.220	17.177	
Arginine....g	1.936		0	AR	1		1.646	23.174	
Histidine....g	1.061		0	AR	1		0.902	12.699	
Alanine....g	1.730		0	AR	1		1.471	20.712	
Aspartic acid....g	2.789		0	AR	1		2.371	33.386	
Glutamic acid....g	4.729		0	AR	1		4.020	56.612	
Glycine....g	1.247		0	AR	1		1.060	14.925	
Proline....g	1.210		0	AR	1		1.028	14.481	
Serine....g	1.172		0	AR	1		0.997	14.035	
Hydroxyproline....g	0.140		0	BFPN	4		0.119	1.678	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 23182

Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 1197g: 1 ribs

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23183

Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, raw

URMIS #1997

Refuse: 66% Bone and connective tissue 53%, Separable fat 13%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	60.48		24	AR	1		51.41	970.15	
Energy kcal	252		0	NC	4		214	4037	
Energy kJ	1053		0	NC	4		895	16890	
Protein (N x 6.25) g	18.72		24	AR	1		15.91	300.22	
Total lipid (fat) g	19.36		24	AR	1		16.46	310.55	
Ash g	0.80		24	AR	1		0.68	12.82	
Carbohydrate, by difference g	0.64		0	NC	4		0.54	10.27	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	8		0	BFNN	4		7	136	
Iron, Fe mg	1.83		0	BFNN	4		1.55	29.33	
Magnesium, Mg mg	20		0	BFNN	4		17	325	
Phosphorus, P mg	146		0	BFNN	4		124	2346	
Potassium, K mg	254		0	BFNN	4		216	4075	
Sodium, Na mg	61		0	BFNN	4		52	985	
Zinc, Zn mg	4.48		0	BFNN	4		3.81	71.88	
Copper, Cu mg	0.068		0	BFNN	4		0.058	1.096	
Manganese, Mn mg									
Selenium, Se µg	20.2		0	BFNN	4		17.2	324.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.089		0	BFPN	4		0.076	1.435	
Riboflavin mg	0.249		0	BFPN	4		0.212	3.992	
Niacin mg	4.388		0	BFPN	4		3.730	70.388	
Pantothenic acid mg									
Vitamin B-6 mg	0.417		0	BFPN	4		0.355	6.692	
Folate, total µg	3		0	BFPN	4		3	48	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	3		0	BFPN	4		3	48	
Folate, DFE µg	3		0	NC	4		3	48	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	1.73		0	BFPN	4		1.47	27.71	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		2	39	
Retinol µg	2		0	BFSN	4		2	39	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	8		0	NC	4		7	132	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	AS	1		0.2	3.4	
Vitamin D IU	8		0	BFFN	4		7	134	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	24.3	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23183

Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated g	7.812		0	NC	4		6.640	125.307	
4:0 g	0.000		0	Z	7		0.000	0.000	
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.009		2	AR	1		0.008	0.143	
12:0 g	0.014		2	AR	1		0.012	0.226	
13:0 g									
14:0 g	0.491		4	AR	1		0.417	7.872	
15:0 g	0.104		2	AR	1		0.088	1.663	
16:0 g	4.214		4	AR	1		3.582	67.586	
17:0 g	0.250		4	AR	1		0.212	4.007	
18:0 g	2.713		4	AR	1		2.306	43.512	
20:0 g	0.008		4	AR	1		0.007	0.127	
22:0 g									
24:0 g	0.011		4	AR	1		0.009	0.172	
Fatty acids, total monounsaturated g	8.952		0	NC	4		7.609	143.591	
14:1 g	0.103		4	AR	1		0.087	1.650	
15:1 g	0.050		2	AR	1		0.043	0.805	
16:1 undifferentiated g	0.571		0	AS	1		0.486	9.165	
16:1 c g	0.545		4	AR	1		0.463	8.737	
16:1 t g	0.027		2	AR	1		0.023	0.428	
17:1 g	0.171		4	AR	1		0.145	2.741	
18:1 undifferentiated g	8.019		0	AS	1		6.816	128.628	
18:1 c g	7.017		4	AR	1		5.965	112.561	
18:1 t g	1.002		4	AR	1		0.851	16.067	
18:1-11 t (18:1t n-7) g									
20:1 g	0.038		4	AR	1		0.032	0.602	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.754		0	NC	4		0.641	12.092	
18:2 undifferentiated g	0.640		0	AS	1		0.544	10.264	
18:2 n-6 c,c g	0.561		4	AR	1		0.477	8.993	
18:2 CLAs g	0.063		4	AR	1		0.053	1.003	
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.017		2	AR	1		0.014	0.268	
18:3 undifferentiated g	0.034		0	AS	1		0.029	0.541	
18:3 n-3 c,c,c (ALA) g	0.034		4	AR	1		0.029	0.541	
18:3 n-6 c,c,c g									
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.000		2	AR	1		0.000	0.000	
20:3 undifferentiated g	0.018		0	AS	1		0.015	0.292	
20:3 n-3 g									
20:3 n-6 g	0.018		2	AR	1		0.015	0.292	
20:4 undifferentiated g	0.051		4	AR	1		0.043	0.813	
20:4 n-6 g									
20:5 n-3 (EPA) g	0.001		2	AR	1		0.001	0.010	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.010		2	AR	1		0.009	0.165	
22:6 n-3 (DHA) g	0.001		4	AR	1		0.000	0.008	
Fatty acids, total trans g	1.045		0	NC	4		0.888	16.763	
Fatty acids, total trans-monoenoic g	1.028		0	NC	4		0.874	16.495	
Fatty acids, total trans-polyenoic g	0.017		0	NC	4		0.014	0.268	
Cholesterol mg	72		4	AR	1		62	1162	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.221		0	AR	1		0.188	3.550	
Threonine g	0.919		0	AR	1		0.781	14.743	
Isoleucine g	0.915		0	AR	1		0.777	14.672	
Leucine g	1.676		0	AR	1		1.425	26.883	

NDB No. 23183

Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	1.866		0	AR	1		1.586	29.935	
Methionine g	0.519		0	AR	1		0.441	8.331	
Cystine g	0.195		0	AR	1		0.166	3.124	
Phenylalanine g	0.779		0	AR	1		0.662	12.495	
Tyrosine g	0.729		0	AR	1		0.619	11.690	
Valine g	0.968		0	AR	1		0.823	15.524	
Arginine g	1.306		0	AR	1		1.110	20.943	
Histidine g	0.716		0	AR	1		0.608	11.477	
Alanine g	1.167		0	AR	1		0.992	18.718	
Aspartic acid g	1.881		0	AR	1		1.599	30.173	
Glutamic acid g	3.190		0	AR	1		2.711	51.163	
Glycine g	0.841		0	AR	1		0.715	13.489	
Proline g	0.816		0	AR	1		0.694	13.087	
Serine g	0.791		0	AR	1		0.672	12.684	
Hydroxyproline g	0.095		0	BFPN	4		0.080	1.516	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 1604g: 1 ribs

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23184

Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, cooked, braised

URMIS #1182

Refuse: 69% Bone and connective tissue 62%, Separable fat 7%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	52.05		12	AR	1		44.24	573.62	
Energy kcal	287		0	NC	4		244	3159	
Energy kJ	1199		0	NC	4		1019	13213	
Protein (N x 6.25) g	29.28		12	AR	1		24.89	322.63	
Total lipid (fat) g	18.84		12	AR	1		16.01	207.62	
Ash g	0.70		12	AR	1		0.59	7.71	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	22		0	BFNN	4		19	246	
Iron, Fe mg	2.68		0	BFNN	4		2.28	29.56	
Magnesium, Mg mg	26		0	BFNN	4		22	284	
Phosphorus, P mg	188		0	BFNN	4		160	2074	
Potassium, K mg	289		0	BFNN	4		246	3187	
Sodium, Na mg	68		0	BFNN	4		58	750	
Zinc, Zn mg	6.13		0	BFNN	4		5.21	67.52	
Copper, Cu mg	0.079		0	BFNN	4		0.068	0.876	
Manganese, Mn mg									
Selenium, Se µg	28.5		0	BFNN	4		24.2	314.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.115		0	BFPN	4		0.098	1.269	
Riboflavin mg	0.346		0	BFPN	4		0.294	3.808	
Niacin mg	5.964		0	BFPN	4		5.069	65.720	
Pantothenic acid mg									
Vitamin B-6 mg	0.600		0	BFPN	4		0.510	6.612	
Folate, total µg	7		0	BFPN	4		6	78	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	7		0	BFPN	4		6	78	
Folate, DFE µg	7		0	NC	4		6	78	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	2.34		0	BFPN	4		1.99	25.79	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	3		0	NC	4		2	29	
Retinol µg	3		0	BFSN	4		2	29	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	9		0	NC	4		8	98	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	1.5	
Vitamin D IU	5		0	BFFN	4		5	59	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	17.3	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23184

Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	7.091		0	BFFN	4		6.027	78.140	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.008		0	BFFN	4		0.006	0.083	
12:0....g	0.013		0	BFFN	4		0.011	0.138	
13:0....g									
14:0....g	0.459		0	BFFN	4		0.390	5.060	
15:0....g									
16:0....g	3.811		0	BFFN	4		3.239	41.996	
17:0....g									
18:0....g	2.461		0	BFFN	4		2.092	27.116	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.088		0	BFFN	4		6.875	89.131	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.520		0	BFFN	4		0.442	5.736	
17:1....g									
18:1 undifferentiated....g	7.217		0	BFFN	4		6.134	79.530	
20:1....g	0.032		0	BFFN	4		0.027	0.355	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.745		0	BFFN	4		0.633	8.209	
18:2 undifferentiated....g	0.616		0	BFFN	4		0.524	6.789	
18:3 undifferentiated....g	0.033		0	BFFN	4		0.028	0.367	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.055		0	BFFN	4		0.047	0.610	
20:5 n-3 (EPA)....g	0.002		0	BFFN	4		0.002	0.020	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.016		0	BFFN	4		0.013	0.174	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	89		0	BFSN	4		75	976	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.382		0	AR	1		0.325	4.207	
Threonine....g	1.630		0	AR	1		1.385	17.962	
Isoleucine....g	1.615		0	AR	1		1.373	17.801	
Leucine....g	3.010		0	AR	1		2.559	33.174	
Lysine....g	3.377		0	AR	1		2.871	37.219	
Methionine....g	0.925		0	AR	1		0.786	10.195	
Cystine....g	0.352		0	AR	1		0.300	3.884	
Phenylalanine....g	1.380		0	AR	1		1.173	15.211	
Tyrosine....g	1.307		0	AR	1		1.111	14.402	
Valine....g	1.703		0	AR	1		1.448	18.771	
Arginine....g	2.350		0	AR	1		1.997	25.892	
Histidine....g	1.322		0	AR	1		1.123	14.564	
Alanine....g	2.070		0	AR	1		1.760	22.817	
Aspartic acid....g	3.377		0	AR	1		2.871	37.219	
Glutamic acid....g	5.668		0	AR	1		4.818	62.464	
Glycine....g	1.498		0	AR	1		1.273	16.506	
Proline....g	1.483		0	AR	1		1.261	16.344	
Serine....g	1.424		0	AR	1		1.211	15.697	
Hydroxyproline....g	0.148		0	BFPN	4		0.126	1.629	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 23184

Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 1102g: 1 ribs

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23185

Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw

URMIS #1182

Refuse: 63% Bone and connective tissue 52%, Separable fat 11%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	63.52		12	AR	1		54.00	992.24	
Energy kcal	221		0	NC	4		188	3455	
Energy kJ	925		0	NC	4		786	14449	
Protein (N x 6.25) g	19.71		12	AR	1		16.75	307.88	
Total lipid (fat) g	15.73		12	AR	1		13.37	245.67	
Ash g	0.84		12	AR	1		0.71	13.13	
Carbohydrate, by difference g	0.20		0	NC	4		0.17	3.08	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	9		0	BFNN	4		8	146	
Iron, Fe mg	1.86		0	BFNN	4		1.58	29.06	
Magnesium, Mg mg	20		0	BFNN	4		17	308	
Phosphorus, P mg	138		0	BFNN	4		118	2161	
Potassium, K mg	264		0	BFNN	4		224	4118	
Sodium, Na mg	59		0	BFNN	4		50	921	
Zinc, Zn mg	4.75		0	BFNN	4		4.04	74.23	
Copper, Cu mg	0.068		0	BFNN	4		0.058	1.061	
Manganese, Mn mg									
Selenium, Se µg	19.2		0	BFNN	4		16.3	300.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.091		0	BFPN	4		0.077	1.422	
Riboflavin mg	0.232		0	BFPN	4		0.197	3.626	
Niacin mg	4.861		0	BFPN	4		4.132	75.927	
Pantothenic acid mg									
Vitamin B-6 mg	0.475		0	BFPN	4		0.403	7.415	
Folate, total µg	3		0	BFPN	4		3	49	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	3		0	BFPN	4		3	49	
Folate, DFE µg	3		0	NC	4		3	49	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	1.78		0	BFPN	4		1.52	27.87	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	3		0	NC	4		2	44	
Retinol µg	3		0	BFSN	4		2	44	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	9		0	NC	4		8	147	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	1.9	
Vitamin D IU	5		0	BFFN	4		4	76	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	23.6	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23185

Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	5.920		0	NC	4		5.032	92.463	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.006		1	AR	1		0.005	0.098	
12:0....g	0.010		1	AR	1		0.009	0.164	
13:0....g									
14:0....g	0.383		2	AR	1		0.326	5.987	
15:0....g	0.079		1	AR	1		0.067	1.237	
16:0....g	3.181		2	AR	1		2.704	49.693	
17:0....g	0.190		2	AR	1		0.161	2.963	
18:0....g	2.054		2	AR	1		1.746	32.086	
20:0....g	0.006		2	AR	1		0.005	0.095	
22:0....g									
24:0....g	0.009		2	AR	1		0.008	0.139	
Fatty acids, total monounsaturated....g	6.752		0	NC	4		5.739	105.469	
14:1....g	0.086		2	AR	1		0.073	1.336	
15:1....g	0.053		1	AR	1		0.045	0.825	
16:1 undifferentiated....g	0.435		0	AS	1		0.369	6.787	
16:1 c....g	0.406		2	AR	1		0.345	6.346	
16:1 t....g	0.028		1	AR	1		0.024	0.440	
17:1....g	0.128		2	AR	1		0.109	1.995	
18:1 undifferentiated....g	6.025		0	AS	1		5.121	94.107	
18:1 c....g	5.200		2	AR	1		4.420	81.216	
18:1 t....g	0.825		2	AR	1		0.701	12.891	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.027		2	AR	1		0.023	0.420	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.622		0	NC	4		0.529	9.713	
18:2 undifferentiated....g	0.514		0	AS	1		0.437	8.033	
18:2 n-6 c,c....g	0.436		2	AR	1		0.371	6.813	
18:2 CLAs....g	0.067		2	AR	1		0.057	1.039	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.012		1	AR	1		0.010	0.181	
18:3 undifferentiated....g	0.028		0	AS	1		0.024	0.434	
18:3 n-3 c,c,c (ALA)....g	0.028		2	AR	1		0.024	0.434	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000		1	AR	1		0.000	0.000	
20:3 undifferentiated....g	0.019		0	AS	1		0.016	0.295	
20:3 n-3....g									
20:3 n-6....g	0.019		1	AR	1		0.016	0.295	
20:4 undifferentiated....g	0.046		2	AR	1		0.039	0.721	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002		1	AR	1		0.001	0.023	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.013		1	AR	1		0.011	0.206	
22:6 n-3 (DHA)....g	0.000		2	AR	1		0.000	0.000	
Fatty acids, total trans....g	0.865		0	NC	4		0.735	13.513	
Fatty acids, total trans-monoenoic....g	0.853		0	NC	4		0.725	13.332	
Fatty acids, total trans-polyenoic....g	0.012		0	NC	4		0.010	0.181	
Cholesterol....mg	67		2	AR	1		57	1052	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.257		0	AR	1		0.218	4.015	
Threonine....g	1.097		0	AR	1		0.933	17.141	
Isoleucine....g	1.087		0	AR	1		0.924	16.986	
Leucine....g	2.027		0	AR	1		1.723	31.656	

NDB No. 23185

Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.274		0	AR	1		1.933	35.517	
Methionine g	0.623		0	AR	1		0.529	9.728	
Cystine g	0.237		0	AR	1		0.202	3.706	
Phenylalanine g	0.929		0	AR	1		0.790	14.516	
Tyrosine g	0.880		0	AR	1		0.748	13.743	
Valine g	1.147		0	AR	1		0.975	17.913	
Arginine g	1.582		0	AR	1		1.345	24.708	
Histidine g	0.890		0	AR	1		0.756	13.898	
Alanine g	1.394		0	AR	1		1.185	21.773	
Aspartic acid g	2.274		0	AR	1		1.933	35.517	
Glutamic acid g	3.816		0	AR	1		3.244	59.607	
Glycine g	1.008		0	AR	1		0.857	15.751	
Proline g	0.998		0	AR	1		0.849	15.596	
Serine g	0.959		0	AR	1		0.815	14.979	
Hydroxyproline g	0.100		0	BFPN	4		0.085	1.555	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 1562g: 1 ribs

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13490

Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat, select, cooked, broiled

ribeye

Refuse: 18% Bone and connective tissue 8%, sep fat 10%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	63.87	0.585	10	A	1		54.29	147.55	
Energy kcal	182		0	NC	4		155	421	
Energy kJ	763		0	NC	4		649	1763	
Protein (N x 6.25) g	29.93	0.391	10	A	1		25.44	69.15	
Total lipid (fat) g	6.05	0.305	10	A	1		5.14	13.98	
Ash g	1.19	0.023	10	A	1		1.01	2.76	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	21		0	BFNN	4		18	50	
Iron, Fe mg	1.84		0	BFNN	4		1.56	4.24	
Magnesium, Mg mg	26		0	BFNN	4		22	60	
Phosphorus, P mg	242		0	BFNN	4		206	560	
Potassium, K mg	392		0	BFNN	4		333	906	
Sodium, Na mg	63		0	BFNN	4		54	146	
Zinc, Zn mg	5.46		0	BFNN	4		4.64	12.62	
Copper, Cu mg	0.081		0	BFNN	4		0.069	0.188	
Manganese, Mn mg	0.011		0	BFNN	4		0.009	0.025	
Selenium, Se µg	37.3		0	BFNN	4		31.7	86.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.085		0	BFPN	4		0.073	0.197	
Riboflavin mg	0.159		0	BFPN	4		0.135	0.366	
Niacin mg	8.748		0	BFPN	4		7.436	20.207	
Pantothenic acid mg	0.590		0	BFPN	4		0.501	1.362	
Vitamin B-6 mg	0.661		0	BFPN	4		0.562	1.528	
Folate, total µg	10		0	BFPN	4		9	23	
Folic acid µg									
Folate, food µg	10		0	BFPN	4		9	23	
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	1.43		0	BFPN	4		1.22	3.30	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.38		0	BFSN	4		0.33	0.89	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.4		0	BFSN	4		1.2	3.2	
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 13490

Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	2.305		0	NC	4		1.960	5.325	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.002		0	BFFN	4		0.002	0.006	
12:0....g	0.007		0	BFFN	4		0.006	0.017	
13:0....g									
14:0....g	0.164		0	BFFN	4		0.139	0.379	
15:0....g									
16:0....g	1.343		0	BFFN	4		1.141	3.102	
17:0....g									
18:0....g	0.789		0	BFFN	4		0.671	1.822	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.416		0	NC	4		2.053	5.580	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.181		0	BFFN	4		0.154	0.419	
17:1....g									
18:1 undifferentiated....g	2.232		0	BFFN	4		1.897	5.156	
20:1....g	0.002		0	BFFN	4		0.002	0.006	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.223		0	NC	4		0.189	0.515	
18:2 undifferentiated....g	0.176		0	BFFN	4		0.150	0.407	
18:3 undifferentiated....g	0.017		0	BFFN	4		0.015	0.040	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.029		0	BFFN	4		0.025	0.068	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	95		0	BFSN	4		80	219	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.197		0	A	1		0.167	0.454	
Threonine....g	1.196		0	A	1		1.016	2.762	
Isoleucine....g	1.362		0	A	1		1.158	3.146	
Leucine....g	2.381		0	A	1		2.024	5.500	
Lysine....g	2.530		0	A	1		2.150	5.844	
Methionine....g	0.779		0	A	1		0.663	1.801	
Cystine....g	0.386		0	A	1		0.328	0.892	
Phenylalanine....g	1.182		0	A	1		1.005	2.731	
Tyrosine....g	0.954		0	A	1		0.811	2.203	
Valine....g	1.485		0	A	1		1.262	3.430	
Arginine....g	1.936		0	A	1		1.645	4.471	
Histidine....g	0.955		0	A	1		0.812	2.207	
Alanine....g	1.820		0	A	1		1.547	4.204	
Aspartic acid....g	2.726		0	A	1		2.318	6.298	
Glutamic acid....g	4.494		0	A	1		3.820	10.380	
Glycine....g	1.823		0	A	1		1.549	4.210	
Proline....g	1.427		0	A	1		1.213	3.296	
Serine....g	1.179		0	A	1		1.002	2.724	
Hydroxyproline....g	0.314		0	BFPN	4		0.267	0.726	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

NDB No. 13490

Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 231g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate**3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13096

Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled

ribeye

Refuse: 8% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	55.87	0.813	10	PAK	1		47.49	131.86	
Energy kcal	265		0	NC	4		225	625	
Energy kJ	1108		0	NC	4		941	2614	
Protein (N x 6.25) g	26.58	0.544	10	PAK	1		22.60	62.73	
Total lipid (fat) g	16.76	1.196	10	PAK	1		14.25	39.56	
Ash g	1.08	0.034	10	PAK	1		0.91	2.54	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	18		0	BFFN	4		15	42	
Iron, Fe mg	1.80		0	BFFN	4		1.53	4.25	
Magnesium, Mg mg	22		0	BFFN	4		18	51	
Phosphorus, P mg	201		0	BFFN	4		170	473	
Potassium, K mg	326		0	BFFN	4		277	769	
Sodium, Na mg	53		0	BFFN	4		45	126	
Zinc, Zn mg	4.79		0	BFFN	4		4.07	11.31	
Copper, Cu mg	0.088		0	BFFN	4		0.074	0.207	
Manganese, Mn mg	0.009		0	BFFN	4		0.008	0.022	
Selenium, Se µg	28.9		0	BFFN	4		24.6	68.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.066		0	BFPN	4		0.056	0.156	
Riboflavin mg	0.117		0	BFPN	4		0.099	0.276	
Niacin mg	7.209		0	BFPN	4		6.128	17.014	
Pantothenic acid mg	0.523		0	BFPN	4		0.445	1.235	
Vitamin B-6 mg	0.530		0	BFPN	4		0.450	1.250	
Folate, total µg	8		0	BFPN	4		7	20	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	8		0	BFPN	4		7	20	
Folate, DFE µg	8		0	NC	4		7	20	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	1.75		0	BFPN	4		1.49	4.14	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.47		0	BFSN	4		0.40	1.11	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.7		0	BFSN	4		1.4	4.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 13096

Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	6.506		0	NC	4		5.530	15.355	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.025		0	BFFN	4		0.021	0.059	
12:0....g	0.030		0	BFFN	4		0.026	0.071	
13:0....g									
14:0....g	0.487		0	BFFN	4		0.414	1.149	
15:0....g									
16:0....g	3.866		0	BFFN	4		3.286	9.123	
17:0....g									
18:0....g	2.099		0	BFFN	4		1.784	4.952	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.863		0	NC	4		5.833	16.196	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.577		0	BFFN	4		0.491	1.362	
17:1....g									
18:1 undifferentiated....g	6.266		0	BFFN	4		5.326	14.787	
20:1....g	0.020		0	BFFN	4		0.017	0.047	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.622		0	NC	4		0.529	1.469	
18:2 undifferentiated....g	0.457		0	BFFN	4		0.388	1.078	
18:3 undifferentiated....g	0.105		0	BFFN	4		0.090	0.249	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.060		0	BFFN	4		0.051	0.142	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	88		0	BFSN	4		75	207	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.175		0	PAK	1		0.148	0.412	
Threonine....g	1.062		0	PAK	1		0.903	2.506	
Isoleucine....g	1.209		0	PAK	1		1.028	2.854	
Leucine....g	2.115		0	PAK	1		1.797	4.990	
Lysine....g	2.246		0	PAK	1		1.910	5.302	
Methionine....g	0.692		0	PAK	1		0.588	1.634	
Cystine....g	0.343		0	PAK	1		0.292	0.810	
Phenylalanine....g	1.050		0	PAK	1		0.892	2.478	
Tyrosine....g	0.847		0	PAK	1		0.720	1.999	
Valine....g	1.319		0	PAK	1		1.121	3.112	
Arginine....g	1.719		0	PAK	1		1.461	4.057	
Histidine....g	0.848		0	PAK	1		0.721	2.002	
Alanine....g	1.616		0	PAK	1		1.374	3.814	
Aspartic acid....g	2.421		0	PAK	1		2.058	5.714	
Glutamic acid....g	3.991		0	PAK	1		3.392	9.418	
Glycine....g	1.619		0	PAK	1		1.376	3.820	
Proline....g	1.267		0	PAK	1		1.077	2.991	
Serine....g	1.047		0	PAK	1		0.890	2.471	
Hydroxyproline....g	0.279		0	BFPN	4		0.237	0.659	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

NDB No. 13096

Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 236g: 1 steak (yield from 297 g raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13095

Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, raw

Delmonico, ribeye

Refuse: 4% Connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	58.03		0		1		16.45	263.22	
Energy kcal	274		0	NC	4		78	1243	
Energy kJ	1146				4		325	5200	
Protein (N x 6.25) g	17.51		0		1		4.96	79.43	
Total lipid (fat) g	22.07		0		1		6.26	100.11	
Ash g	0.85		0		1		0.24	3.86	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	10		0		1		3	45	
Iron, Fe mg	1.87		0		1		0.53	8.48	
Magnesium, Mg mg	18		0		1		5	82	
Phosphorus, P mg	168		0		1		48	762	
Potassium, K mg	305		0		1		86	1383	
Sodium, Na mg	56		0		1		16	254	
Zinc, Zn mg	3.85		0		1		1.09	17.46	
Copper, Cu mg	0.060		0		1		0.017	0.272	
Manganese, Mn mg	0.012		0		1		0.003	0.054	
Selenium, Se µg	16.5		0	PIE	4		4.7	74.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.080		0		1		0.023	0.363	
Riboflavin mg	0.130		0		1		0.037	0.590	
Niacin mg	3.230		0		1		0.916	14.651	
Pantothenic acid mg	0.290		0		1		0.082	1.315	
Vitamin B-6 mg	0.360		0		1		0.102	1.633	
Folate, total µg	5		0		1		1	23	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	5		0		1		1	23	
Folate, DFE µg	5		0	NC	4		1	23	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	3.11		0		1		0.88	14.11	
Vitamin A, RAE µg	0		0		1		0	0	
Retinol µg	0		0		1		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0		1		0	0	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 13095

Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	9.000		0		1		2.552	40.824	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.070		0		1		0.020	0.318	
12:0....g	0.050		0		1		0.014	0.227	
13:0....g									
14:0....g	0.710		0		1		0.201	3.221	
15:0....g									
16:0....g	5.410		0		1		1.534	24.540	
17:0....g									
18:0....g	2.760		0		1		0.782	12.519	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	9.580		0		1		2.716	43.455	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.080		0		1		0.306	4.899	
17:1....g									
18:1 undifferentiated....g	8.470		0		1		2.401	38.420	
20:1....g	0.030		0		1		0.009	0.136	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.770		0		1		0.218	3.493	
18:2 undifferentiated....g	0.510		0		1		0.145	2.313	
18:3 undifferentiated....g	0.240		0		1		0.068	1.089	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.020		0		1		0.006	0.091	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	68		0		1		19	308	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.196		0		1		0.056	0.889	
Threonine....g	0.765		0		1		0.217	3.470	
Isoleucine....g	0.787		0		1		0.223	3.570	
Leucine....g	1.384		0		1		0.392	6.278	
Lysine....g	1.457		0		1		0.413	6.609	
Methionine....g	0.448		0		1		0.127	2.032	
Cystine....g	0.196		0		1		0.056	0.889	
Phenylalanine....g	0.684		0		1		0.194	3.103	
Tyrosine....g	0.588		0		1		0.167	2.667	
Valine....g	0.852		0		1		0.242	3.865	
Arginine....g	1.107		0		1		0.314	5.021	
Histidine....g	0.600		0		1		0.170	2.722	
Alanine....g	1.056		0		1		0.299	4.790	
Aspartic acid....g	1.600		0		1		0.454	7.258	
Glutamic acid....g	2.631		0		1		0.746	11.934	
Glycine....g	0.955		0		1		0.271	4.332	
Proline....g	0.773		0		1		0.219	3.506	
Serine....g	0.670		0		1		0.190	3.039	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13095

Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13098

Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled

Delmonico, ribeye

Refuse: 19% Bone and connective tissue 7%, sep fat 12%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	61.30	0.609	10	A	1		52.11	144.67	
Energy kcal	205		0	NC	4		174	483	
Energy kJ	856		0	NC	4		727	2020	
Protein (N x 6.25) g	28.88	0.453	10	A	1		24.55	68.16	
Total lipid (fat) g	9.01	0.561	10	A	1		7.65	21.25	
Ash g	1.17	0.033	10	A	1		0.99	2.75	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	16		0	BFNN	4		14	38	
Iron, Fe mg	1.98		0	BFNN	4		1.68	4.68	
Magnesium, Mg mg	25		0	BFNN	4		21	58	
Phosphorus, P mg	227		0	BFNN	4		193	535	
Potassium, K mg	363		0	BFNN	4		309	858	
Sodium, Na mg	60		0	BFNN	4		51	143	
Zinc, Zn mg	5.49		0	BFNN	4		4.67	12.96	
Copper, Cu mg	0.092		0	BFNN	4		0.078	0.218	
Manganese, Mn mg	0.011		0	BFNN	4		0.009	0.025	
Selenium, Se µg	33.6		0	BFNN	4		28.5	79.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.077		0	BFPN	4		0.065	0.181	
Riboflavin mg	0.148		0	BFPN	4		0.126	0.349	
Niacin mg	8.521		0	BFPN	4		7.242	20.108	
Pantothenic acid mg	0.567		0	BFPN	4		0.482	1.339	
Vitamin B-6 mg	0.601		0	BFPN	4		0.511	1.419	
Folate, total µg	10		0	BFPN	4		8	23	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	10		0	BFPN	4		8	23	
Folate, DFE µg	10		0	NC	4		8	23	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	1.80		0	BFPN	4		1.53	4.25	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.41		0	BFSN	4		0.35	0.97	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.5		0	BFSN	4		1.2	3.5	
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 13098

Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	3.430		0	NC	4		2.916	8.096	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.004		0	BFFN	4		0.003	0.008	
12:0....g	0.011		0	BFFN	4		0.009	0.026	
13:0....g									
14:0....g	0.244		0	BFFN	4		0.208	0.576	
15:0....g									
16:0....g	1.998		0	BFFN	4		1.698	4.715	
17:0....g									
18:0....g	1.174		0	BFFN	4		0.998	2.770	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.595		0	NC	4		3.055	8.483	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.270		0	BFFN	4		0.229	0.636	
17:1....g									
18:1 undifferentiated....g	3.321		0	BFFN	4		2.823	7.838	
20:1....g	0.004		0	BFFN	4		0.003	0.008	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.332		0	NC	4		0.282	0.783	
18:2 undifferentiated....g	0.262		0	BFFN	4		0.223	0.619	
18:3 undifferentiated....g	0.026		0	BFFN	4		0.022	0.060	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.044		0	BFFN	4		0.037	0.103	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	90		0	BFSN	4		76	212	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.190		0	A	1		0.161	0.448	
Threonine....g	1.154		0	A	1		0.981	2.723	
Isoleucine....g	1.314		0	A	1		1.117	3.101	
Leucine....g	2.297		0	A	1		1.953	5.422	
Lysine....g	2.441		0	A	1		2.075	5.760	
Methionine....g	0.752		0	A	1		0.639	1.775	
Cystine....g	0.373		0	A	1		0.317	0.880	
Phenylalanine....g	1.141		0	A	1		0.970	2.692	
Tyrosine....g	0.920		0	A	1		0.782	2.172	
Valine....g	1.433		0	A	1		1.218	3.381	
Arginine....g	1.867		0	A	1		1.587	4.407	
Histidine....g	0.922		0	A	1		0.783	2.175	
Alanine....g	1.756		0	A	1		1.492	4.144	
Aspartic acid....g	2.631		0	A	1		2.236	6.208	
Glutamic acid....g	4.336		0	A	1		3.685	10.232	
Glycine....g	1.759		0	A	1		1.495	4.150	
Proline....g	1.377		0	A	1		1.170	3.249	
Serine....g	1.138		0	A	1		0.967	2.685	
Hydroxyproline....g	0.303		0	BFPN	4		0.258	0.716	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

NDB No. 13098

Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 236g: 1 steak (yield from 297g raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13097

Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, raw

Delmonico, ribeye

Refuse: 25% Connective tissue 4%, separable fat 21%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	68.70		0		1		19.48	311.62	
Energy kcal	161		0	NC	4		46	730	
Energy kJ	674				4		191	3056	
Protein (N x 6.25) g	20.13		0		1		5.71	91.31	
Total lipid (fat) g	8.30		0		1		2.35	37.65	
Ash g	1.01		0		1		0.29	4.58	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	10		0		1		3	45	
Iron, Fe mg	2.18		0		1		0.62	9.89	
Magnesium, Mg mg	22		0		1		6	100	
Phosphorus, P mg	196		0		1		56	889	
Potassium, K mg	373		0		1		106	1692	
Sodium, Na mg	63		0		1		18	286	
Zinc, Zn mg	4.66		0		1		1.32	21.14	
Copper, Cu mg	0.067		0		1		0.019	0.304	
Manganese, Mn mg	0.014		0		1		0.004	0.064	
Selenium, Se µg	17.1		0	BFZN	4		4.8	77.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.090		0		1		0.026	0.408	
Riboflavin mg	0.150		0		1		0.043	0.680	
Niacin mg	3.740		0		1		1.060	16.965	
Pantothenic acid mg	0.340		0		1		0.096	1.542	
Vitamin B-6 mg	0.420		0		1		0.119	1.905	
Folate, total µg	6		0		1		2	27	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	6		0		1		2	27	
Folate, DFE µg	6		0	NC	4		2	27	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	3.57		0		1		1.01	16.19	
Vitamin A, RAE µg	0		0		1		0	0	
Retinol µg	0		0		1		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0		1		0	0	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 13097

Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	3.230		0		1		0.916	14.651	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.240		0		1		0.068	1.089	
15:0....g									
16:0....g	1.930		0		1		0.547	8.754	
17:0....g									
18:0....g	1.060		0		1		0.301	4.808	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.560		0		1		1.009	16.148	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.290		0		1		0.082	1.315	
17:1....g									
18:1 undifferentiated....g	3.260		0		1		0.924	14.787	
20:1....g	0.010		0		1		0.003	0.045	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.270		0		1		0.077	1.225	
18:2 undifferentiated....g	0.240		0		1		0.068	1.089	
18:3 undifferentiated....g	0.010		0		1		0.003	0.045	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.020		0		1		0.006	0.091	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	59		0		1		17	268	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.225		0		1		0.064	1.021	
Threonine....g	0.879		0		1		0.249	3.987	
Isoleucine....g	0.905		0		1		0.257	4.105	
Leucine....g	1.591		0		1		0.451	7.217	
Lysine....g	1.675		0		1		0.475	7.598	
Methionine....g	0.515		0		1		0.146	2.336	
Cystine....g	0.225		0		1		0.064	1.021	
Phenylalanine....g	0.786		0		1		0.223	3.565	
Tyrosine....g	0.676		0		1		0.192	3.066	
Valine....g	0.979		0		1		0.278	4.441	
Arginine....g	1.272		0		1		0.361	5.770	
Histidine....g	0.689		0		1		0.195	3.125	
Alanine....g	1.214		0		1		0.344	5.507	
Aspartic acid....g	1.839		0		1		0.521	8.342	
Glutamic acid....g	3.025		0		1		0.858	13.721	
Glycine....g	1.098		0		1		0.311	4.981	
Proline....g	0.889		0		1		0.252	4.033	
Serine....g	0.770		0		1		0.218	3.493	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13097

Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate**3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13386

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, choice, cooked, roasted

Refuse: 16% Bone

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	46.10		0		1		39.19	133.69	
Energy kcal	372		0	NC	4		316	1079	
Energy kJ	1556				4		1323	4514	
Protein (N x 6.25) g	22.80		0		1		19.38	66.12	
Total lipid (fat) g	30.49		0		1		25.92	88.42	
Ash g	0.90		0		1		0.77	2.61	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	10		0		1		9	29	
Iron, Fe mg	2.33		0		1		1.98	6.76	
Magnesium, Mg mg	20		0		1		17	58	
Phosphorus, P mg	172		0		1		146	499	
Potassium, K mg	290		0		1		247	841	
Sodium, Na mg	64		0		1		54	186	
Zinc, Zn mg	5.76		0		1		4.90	16.70	
Copper, Cu mg	0.088		0		1		0.075	0.255	
Manganese, Mn mg	0.013		0		1		0.011	0.038	
Selenium, Se µg	21.2		0	BFYN	4		18.0	61.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.070		0		1		0.060	0.203	
Riboflavin mg	0.190		0		1		0.162	0.551	
Niacin mg	3.640		0		1		3.094	10.556	
Pantothenic acid mg	0.370		0		1		0.315	1.073	
Vitamin B-6 mg	0.230		0		1		0.196	0.667	
Folate, total µg	7		0		1		6	20	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	7		0		1		6	20	
Folate, DFE µg	7		0	NC	4		6	20	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	2.33		0		1		1.98	6.76	
Vitamin A, RAE µg	0		0		1		0	0	
Retinol µg	0		0		1		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0		1		0	0	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 13386

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	12.290		0		1		10.447	35.641	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.080		0		1		0.068	0.232	
12:0....g	0.080		0		1		0.068	0.232	
13:0....g									
14:0....g	0.990		0		1		0.842	2.871	
15:0....g									
16:0....g	7.510		0		1		6.384	21.779	
17:0....g									
18:0....g	3.630		0		1		3.086	10.527	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	13.040		0		1		11.084	37.816	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.260		0		1		1.071	3.654	
17:1....g									
18:1 undifferentiated....g	11.730		0		1		9.971	34.017	
20:1....g	0.060		0		1		0.051	0.174	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.050		0		1		0.893	3.045	
18:2 undifferentiated....g	0.710		0		1		0.604	2.059	
18:3 undifferentiated....g	0.310		0		1		0.264	0.899	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.030		0		1		0.026	0.087	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	85		0		1		72	247	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.255		0		1		0.217	0.740	
Threonine....g	0.996		0		1		0.847	2.888	
Isoleucine....g	1.025		0		1		0.871	2.973	
Leucine....g	1.802		0		1		1.532	5.226	
Lysine....g	1.897		0		1		1.612	5.501	
Methionine....g	0.584		0		1		0.496	1.694	
Cystine....g	0.255		0		1		0.217	0.740	
Phenylalanine....g	0.890		0		1		0.757	2.581	
Tyrosine....g	0.766		0		1		0.651	2.221	
Valine....g	1.109		0		1		0.943	3.216	
Arginine....g	1.441		0		1		1.225	4.179	
Histidine....g	0.781		0		1		0.664	2.265	
Alanine....g	1.376		0		1		1.170	3.990	
Aspartic acid....g	2.083		0		1		1.771	6.041	
Glutamic acid....g	3.426		0		1		2.912	9.935	
Glycine....g	1.244		0		1		1.057	3.608	
Proline....g	1.007		0		1		0.856	2.920	
Serine....g	0.872		0		1		0.741	2.529	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13386

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, choice, cooked, roasted

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 290g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13387

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, select, cooked, roasted

Refuse: 17% Bone

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	49.53		0		1		42.10	141.66	
Energy kcal	331		0	NC	4		281	947	
Energy kJ	1385				4		1177	3961	
Protein (N x 6.25) g	23.48		0		1		19.96	67.15	
Total lipid (fat) g	25.54		0		1		21.71	73.04	
Ash g	0.93		0		1		0.79	2.66	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	9		0		1		8	26	
Iron, Fe mg	2.40		0		1		2.04	6.86	
Magnesium, Mg mg	20		0		1		17	57	
Phosphorus, P mg	177		0		1		150	506	
Potassium, K mg	300		0		1		255	858	
Sodium, Na mg	65		0		1		55	186	
Zinc, Zn mg	6.01		0		1		5.11	17.19	
Copper, Cu mg	0.091		0		1		0.077	0.260	
Manganese, Mn mg	0.014		0		1		0.012	0.040	
Selenium, Se µg	21.5		0	BFYN	4		18.3	61.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.070		0		1		0.060	0.200	
Riboflavin mg	0.190		0		1		0.162	0.543	
Niacin mg	3.750		0		1		3.188	10.725	
Pantothenic acid mg	0.380		0		1		0.323	1.087	
Vitamin B-6 mg	0.230		0		1		0.196	0.658	
Folate, total µg	8		0		1		7	23	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	8		0		1		7	23	
Folate, DFE µg	8		0	NC	4		7	23	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	2.37		0		1		2.01	6.78	
Vitamin A, RAE µg	0		0		1		0	0	
Retinol µg	0		0		1		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0		1		0	0	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 13387

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	10.300		0		1		8.755	29.458	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.070		0		1		0.060	0.200	
12:0....g	0.070		0		1		0.060	0.200	
13:0....g									
14:0....g	0.830		0		1		0.706	2.374	
15:0....g									
16:0....g	6.300		0		1		5.355	18.018	
17:0....g									
18:0....g	3.030		0		1		2.576	8.666	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	10.930		0		1		9.291	31.260	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.060		0		1		0.901	3.032	
17:1....g									
18:1 undifferentiated....g	9.830		0		1		8.356	28.114	
20:1....g	0.050		0		1		0.043	0.143	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.890		0		1		0.757	2.545	
18:2 undifferentiated....g	0.590		0		1		0.502	1.687	
18:3 undifferentiated....g	0.270		0		1		0.230	0.772	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.020		0		1		0.017	0.057	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	84		0		1		71	240	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.263		0		1		0.224	0.752	
Threonine....g	1.026		0		1		0.872	2.934	
Isoleucine....g	1.056		0		1		0.898	3.020	
Leucine....g	1.856		0		1		1.578	5.308	
Lysine....g	1.954		0		1		1.661	5.588	
Methionine....g	0.601		0		1		0.511	1.719	
Cystine....g	0.263		0		1		0.224	0.752	
Phenylalanine....g	0.917		0		1		0.779	2.623	
Tyrosine....g	0.789		0		1		0.671	2.257	
Valine....g	1.142		0		1		0.971	3.266	
Arginine....g	1.484		0		1		1.261	4.244	
Histidine....g	0.804		0		1		0.683	2.299	
Alanine....g	1.416		0		1		1.204	4.050	
Aspartic acid....g	2.145		0		1		1.823	6.135	
Glutamic acid....g	3.528		0		1		2.999	10.090	
Glycine....g	1.281		0		1		1.089	3.664	
Proline....g	1.037		0		1		0.881	2.966	
Serine....g	0.898		0		1		0.763	2.568	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13387

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, select, cooked, roasted

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 286g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate**3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13839

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled

Refuse: 21% Bone

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	48.74		0	PAE	4		41.43	130.14	
Energy kcal	338		0	NC	4		287	902	
Energy kJ	1414				4		1202	3776	
Protein (N x 6.25) g	21.55		0	PAE	4		18.32	57.54	
Total lipid (fat) g	27.22		0	PAE	4		23.14	72.68	
Ash g	1.04		0	PAE	4		0.88	2.78	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	10		0	PAE	4		9	27	
Iron, Fe mg	2.19		0	PAE	4		1.86	5.85	
Magnesium, Mg mg	19		0	PAE	4		16	51	
Phosphorus, P mg	182		0	PAE	4		155	486	
Potassium, K mg	309		0	PAE	4		263	825	
Sodium, Na mg	64		0	PAE	4		54	171	
Zinc, Zn mg	5.07		0	PAE	4		4.31	13.54	
Copper, Cu mg	0.079		0	PAE	4		0.067	0.211	
Manganese, Mn mg	0.013		0	PAE	4		0.011	0.035	
Selenium, Se µg	21.0		0	BFYN	4		17.9	56.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.070		0	PAE	4		0.060	0.187	
Riboflavin mg	0.160		0	PAE	4		0.136	0.427	
Niacin mg	2.780		0	PAE	4		2.363	7.423	
Pantothenic acid mg	0.350		0	PAE	4		0.298	0.935	
Vitamin B-6 mg	0.230		0	PAE	4		0.196	0.614	
Folate, total µg	6		0	PAE	4		5	16	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	6		0	PAE	4		5	16	
Folate, DFE µg	6		0	NC	4		5	16	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	2.89		0	PAE	4		2.46	7.72	
Vitamin A, RAE µg	0		0	PAE	4		0	0	
Retinol µg	0		0	PAE	4		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0	PAE	4		0	0	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 13839

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	11.060		0	PAE	4		9.401	29.530	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.080		0	PAE	4		0.068	0.214	
12:0....g	0.070		0	PAE	4		0.060	0.187	
13:0....g									
14:0....g	0.880		0	PAE	4		0.748	2.350	
15:0....g									
16:0....g	6.790		0	PAE	4		5.772	18.129	
17:0....g									
18:0....g	3.230		0	PAE	4		2.746	8.624	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	11.510		0	PAE	4		9.784	30.732	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.170		0	PAE	4		0.995	3.124	
17:1....g									
18:1 undifferentiated....g	10.290		0	PAE	4		8.747	27.474	
20:1....g	0.050		0	PAE	4		0.043	0.134	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.030		0	PAE	4		0.876	2.750	
18:2 undifferentiated....g	0.690		0	PAE	4		0.587	1.842	
18:3 undifferentiated....g	0.300		0	PAE	4		0.255	0.801	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.040		0	PAE	4		0.034	0.107	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	80		0	PAE	4		68	214	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.241		0	PAE	4		0.205	0.643	
Threonine....g	0.941		0	PAE	4		0.800	2.512	
Isoleucine....g	0.969		0	PAE	4		0.824	2.587	
Leucine....g	1.704		0	PAE	4		1.448	4.550	
Lysine....g	1.793		0	PAE	4		1.524	4.787	
Methionine....g	0.552		0	PAE	4		0.469	1.474	
Cystine....g	0.241		0	PAE	4		0.205	0.643	
Phenylalanine....g	0.841		0	PAE	4		0.715	2.245	
Tyrosine....g	0.724		0	PAE	4		0.615	1.933	
Valine....g	1.048		0	PAE	4		0.891	2.798	
Arginine....g	1.362		0	PAE	4		1.158	3.637	
Histidine....g	0.738		0	PAE	4		0.627	1.970	
Alanine....g	1.300		0	PAE	4		1.105	3.471	
Aspartic acid....g	1.969		0	PAE	4		1.674	5.257	
Glutamic acid....g	3.238		0	PAE	4		2.752	8.645	
Glycine....g	1.176		0	PAE	4		1.000	3.140	
Proline....g	0.952		0	PAE	4		0.809	2.542	
Serine....g	0.824		0	PAE	4		0.700	2.200	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13839

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 267g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13840

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted

Refuse: 16% Bone

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	47.73		0	PAE	4		40.57	139.37	
Energy kcal	355		0	NC	4		302	1037	
Energy kJ	1485		0		4		1263	4337	
Protein (N x 6.25) g	23.01		0	PAE	4		19.56	67.19	
Total lipid (fat) g	28.51		0	PAE	4		24.23	83.25	
Ash g	0.91		0	PAE	4		0.77	2.66	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	10		0	PAE	4		9	29	
Iron, Fe mg	2.35		0	PAE	4		2.00	6.86	
Magnesium, Mg mg	20		0	PAE	4		17	58	
Phosphorus, P mg	173		0	PAE	4		147	505	
Potassium, K mg	293		0	PAE	4		249	856	
Sodium, Na mg	64		0	PAE	4		54	187	
Zinc, Zn mg	5.84		0	PAE	4		4.96	17.05	
Copper, Cu mg	0.089		0	PAE	4		0.076	0.260	
Manganese, Mn mg	0.014		0	PAE	4		0.012	0.041	
Selenium, Se µg	21.6		0	BFZN	4		18.4	63.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.070		0	PAE	4		0.060	0.204	
Riboflavin mg	0.190		0	PAE	4		0.162	0.555	
Niacin mg	3.670		0	PAE	4		3.120	10.716	
Pantothenic acid mg	0.370		0	PAE	4		0.315	1.080	
Vitamin B-6 mg	0.230		0	PAE	4		0.196	0.672	
Folate, total µg	7		0	PAE	4		6	20	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	7		0	PAE	4		6	20	
Folate, DFE µg	7		0	NC	4		6	20	
Choline, total mg	87.6		0	BFPN	4		74.5	255.9	
Betaine mg	11.5		0	BFPN	4		9.8	33.6	
Vitamin B-12 µg	2.34		0	PAE	4		1.99	6.83	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	NR	4		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.23		0	BFNN	4		0.20	0.68	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.5		0	AS	1		0.4	1.4	
Vitamin D IU	19		0	BFFN	4		16	54	
Vitamin K (phylloquinone) µg	2.0		0	BFSN	4		1.7	5.8	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13840

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	11.500		0	PAE	4		9.775	33.580	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.080		0	PAE	4		0.068	0.234	
12:0....g	0.070		0	PAE	4		0.060	0.204	
13:0....g									
14:0....g	0.930		0	PAE	4		0.791	2.716	
15:0....g									
16:0....g	7.030		0	PAE	4		5.976	20.528	
17:0....g									
18:0....g	3.390		0	PAE	4		2.882	9.899	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	12.200		0	PAE	4		10.370	35.624	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.180		0	PAE	4		1.003	3.446	
17:1....g									
18:1 undifferentiated....g	10.970		0	PAE	4		9.325	32.032	
20:1....g	0.050		0	PAE	4		0.043	0.146	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.990		0	PAE	4		0.842	2.891	
18:2 undifferentiated....g	0.660		0	PAE	4		0.561	1.927	
18:3 undifferentiated....g	0.300		0	PAE	4		0.255	0.876	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.030		0	PAE	4		0.026	0.088	
20:5 n-3 (EPA)....g	0.003		18	AR	1		0.003	0.009	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.016		18	AR	1		0.014	0.047	
22:6 n-3 (DHA)....g	0.001		18	AR	1		0.001	0.003	
Fatty acids, total trans....g									
Cholesterol....mg	85		0	PAE	4		72	248	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.258		0	PAE	4		0.219	0.753	
Threonine....g	1.005		0	PAE	4		0.854	2.935	
Isoleucine....g	1.034		0	PAE	4		0.879	3.019	
Leucine....g	1.818		0	PAE	4		1.545	5.309	
Lysine....g	1.914		0	PAE	4		1.627	5.589	
Methionine....g	0.589		0	PAE	4		0.501	1.720	
Cystine....g	0.258		0	PAE	4		0.219	0.753	
Phenylalanine....g	0.898		0	PAE	4		0.763	2.622	
Tyrosine....g	0.773		0	PAE	4		0.657	2.257	
Valine....g	1.119		0	PAE	4		0.951	3.267	
Arginine....g	1.454		0	PAE	4		1.236	4.246	
Histidine....g	0.788		0	PAE	4		0.670	2.301	
Alanine....g	1.388		0	PAE	4		1.180	4.053	
Aspartic acid....g	2.102		0	PAE	4		1.787	6.138	
Glutamic acid....g	3.457		0	PAE	4		2.938	10.094	
Glycine....g	1.255		0	PAE	4		1.067	3.665	
Proline....g	1.016		0	PAE	4		0.864	2.967	
Serine....g	0.880		0	PAE	4		0.748	2.570	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13840

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 292g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13838

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, raw

Refuse: 16% Bone

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	54.51		0	PAE	4		15.45	247.26	
Energy kcal	316		0	NC	4		90	1433	
Energy kJ	1322				4		375	5997	
Protein (N x 6.25) g	16.26		0	PAE	4		4.61	73.76	
Total lipid (fat) g	27.29		0	PAE	4		7.74	123.79	
Ash g	0.76		0	PAE	4		0.22	3.45	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	8		0	PAE	4		2	36	
Iron, Fe mg	1.71		0	PAE	4		0.48	7.76	
Magnesium, Mg mg	16		0	PAE	4		5	73	
Phosphorus, P mg	153		0	PAE	4		43	694	
Potassium, K mg	260		0	PAE	4		74	1179	
Sodium, Na mg	55		0	PAE	4		16	249	
Zinc, Zn mg	3.75		0	PAE	4		1.06	17.01	
Copper, Cu mg	0.059		0	PAE	4		0.017	0.268	
Manganese, Mn mg	0.012		0	PAE	4		0.003	0.054	
Selenium, Se µg	15.8		0	BFYN	4		4.5	71.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.080		0	PAE	4		0.023	0.363	
Riboflavin mg	0.130		0	PAE	4		0.037	0.590	
Niacin mg	2.610		0	PAE	4		0.740	11.839	
Pantothenic acid mg	0.330		0	PAE	4		0.094	1.497	
Vitamin B-6 mg	0.290		0	PAE	4		0.082	1.315	
Folate, total µg	5		0	PAE	4		1	23	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	5		0	PAE	4		1	23	
Folate, DFE µg	5		0	NC	4		1	23	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	2.71		0	PAE	4		0.77	12.29	
Vitamin A, RAE µg	0		0	PAE	4		0	0	
Retinol µg	0		0	PAE	4		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0	PAE	4		0	0	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 13838

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	11.290		0	PAE	4		3.201	51.211	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.100		0	PAE	4		0.028	0.454	
12:0....g	0.070		0	PAE	4		0.020	0.318	
13:0....g									
14:0....g	0.900		0	PAE	4		0.255	4.082	
15:0....g									
16:0....g	6.780		0	PAE	4		1.922	30.754	
17:0....g									
18:0....g	3.440		0	PAE	4		0.975	15.604	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	11.690		0	PAE	4		3.314	53.026	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.390		0	PAE	4		0.394	6.305	
17:1....g									
18:1 undifferentiated....g	10.260		0	PAE	4		2.909	46.539	
20:1....g	0.040		0	PAE	4		0.011	0.181	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.000		0	PAE	4		0.284	4.536	
18:2 undifferentiated....g	0.630		0	PAE	4		0.179	2.858	
18:3 undifferentiated....g	0.340		0	PAE	4		0.096	1.542	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.030		0	PAE	4		0.009	0.136	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	71		0	PAE	4		20	322	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.182		0	PAE	4		0.052	0.826	
Threonine....g	0.710		0	PAE	4		0.201	3.221	
Isoleucine....g	0.731		0	PAE	4		0.207	3.316	
Leucine....g	1.285		0	PAE	4		0.364	5.829	
Lysine....g	1.353		0	PAE	4		0.384	6.137	
Methionine....g	0.416		0	PAE	4		0.118	1.887	
Cystine....g	0.182		0	PAE	4		0.052	0.826	
Phenylalanine....g	0.635		0	PAE	4		0.180	2.880	
Tyrosine....g	0.546		0	PAE	4		0.155	2.477	
Valine....g	0.791		0	PAE	4		0.224	3.588	
Arginine....g	1.027		0	PAE	4		0.291	4.658	
Histidine....g	0.557		0	PAE	4		0.158	2.527	
Alanine....g	0.981		0	PAE	4		0.278	4.450	
Aspartic acid....g	1.485		0	PAE	4		0.421	6.736	
Glutamic acid....g	2.442		0	PAE	4		0.692	11.077	
Glycine....g	0.887		0	PAE	4		0.251	4.023	
Proline....g	0.718		0	PAE	4		0.204	3.257	
Serine....g	0.622		0	PAE	4		0.176	2.821	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13838

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13842

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Refuse: 21% Bone

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	45.96		0	PAE	4		39.07	122.71	
Energy kcal	370		0	NC	4		315	988	
Energy kJ	1548				4		1316	4133	
Protein (N x 6.25) g	20.86		0	PAE	4		17.73	55.70	
Total lipid (fat) g	31.18		0	PAE	4		26.50	83.25	
Ash g	1.00		0	PAE	4		0.85	2.67	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	10		0	PAE	4		9	27	
Iron, Fe mg	2.12		0	PAE	4		1.80	5.66	
Magnesium, Mg mg	18		0	PAE	4		15	48	
Phosphorus, P mg	175		0	PAE	4		149	467	
Potassium, K mg	297		0	PAE	4		252	793	
Sodium, Na mg	63		0	PAE	4		54	168	
Zinc, Zn mg	4.83		0	PAE	4		4.11	12.90	
Copper, Cu mg	0.076		0	PAE	4		0.065	0.203	
Manganese, Mn mg	0.013		0	PAE	4		0.011	0.035	
Selenium, Se µg	21.0		0	BFYN	4		17.9	56.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.070		0	PAE	4		0.060	0.187	
Riboflavin mg	0.160		0	PAE	4		0.136	0.427	
Niacin mg	2.700		0	PAE	4		2.295	7.209	
Pantothenic acid mg	0.340		0	PAE	4		0.289	0.908	
Vitamin B-6 mg	0.230		0	PAE	4		0.196	0.614	
Folate, total µg	5		0	PAE	4		4	13	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	5		0	PAE	4		4	13	
Folate, DFE µg	5		0	NC	4		4	13	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	2.81		0	PAE	4		2.39	7.50	
Vitamin A, RAE µg	0		0	PAE	4		0	0	
Retinol µg	0		0	PAE	4		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0	PAE	4		0	0	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 13842

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	12.670		0	PAE	4		10.770	33.829	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.090		0	PAE	4		0.077	0.240	
12:0....g	0.090		0	PAE	4		0.077	0.240	
13:0....g									
14:0....g	1.010		0	PAE	4		0.859	2.697	
15:0....g									
16:0....g	7.790		0	PAE	4		6.622	20.799	
17:0....g									
18:0....g	3.690		0	PAE	4		3.137	9.852	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	13.210		0	PAE	4		11.229	35.271	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.350		0	PAE	4		1.148	3.605	
17:1....g									
18:1 undifferentiated....g	11.800		0	PAE	4		10.030	31.506	
20:1....g	0.060		0	PAE	4		0.051	0.160	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.180		0	PAE	4		1.003	3.151	
18:2 undifferentiated....g	0.780		0	PAE	4		0.663	2.083	
18:3 undifferentiated....g	0.350		0	PAE	4		0.298	0.935	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.040		0	PAE	4		0.034	0.107	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	81		0	PAE	4		69	216	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.234		0	PAE	4		0.199	0.625	
Threonine....g	0.911		0	PAE	4		0.774	2.432	
Isoleucine....g	0.938		0	PAE	4		0.797	2.504	
Leucine....g	1.648		0	PAE	4		1.401	4.400	
Lysine....g	1.735		0	PAE	4		1.475	4.632	
Methionine....g	0.534		0	PAE	4		0.454	1.426	
Cystine....g	0.234		0	PAE	4		0.199	0.625	
Phenylalanine....g	0.814		0	PAE	4		0.692	2.173	
Tyrosine....g	0.701		0	PAE	4		0.596	1.872	
Valine....g	1.014		0	PAE	4		0.862	2.707	
Arginine....g	1.318		0	PAE	4		1.120	3.519	
Histidine....g	0.714		0	PAE	4		0.607	1.906	
Alanine....g	1.258		0	PAE	4		1.069	3.359	
Aspartic acid....g	1.905		0	PAE	4		1.619	5.086	
Glutamic acid....g	3.133		0	PAE	4		2.663	8.365	
Glycine....g	1.138		0	PAE	4		0.967	3.038	
Proline....g	0.921		0	PAE	4		0.783	2.459	
Serine....g	0.798		0	PAE	4		0.678	2.131	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13842

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 267g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13843

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Refuse: 15% Bone

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	45.90		0	PAE	4		39.02	135.86	
Energy kcal	378		0	NC	4		321	1119	
Energy kJ	1582				4		1344	4681	
Protein (N x 6.25) g	22.50		0	PAE	4		19.13	66.60	
Total lipid (fat) g	31.28		0	PAE	4		26.59	92.59	
Ash g	0.89		0	PAE	4		0.76	2.63	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	10		0	PAE	4		9	30	
Iron, Fe mg	2.30		0	PAE	4		1.96	6.81	
Magnesium, Mg mg	19		0	PAE	4		16	56	
Phosphorus, P mg	169		0	PAE	4		144	500	
Potassium, K mg	286		0	PAE	4		243	847	
Sodium, Na mg	63		0	PAE	4		54	186	
Zinc, Zn mg	5.65		0	PAE	4		4.80	16.72	
Copper, Cu mg	0.087		0	PAE	4		0.074	0.258	
Manganese, Mn mg	0.013		0	PAE	4		0.011	0.038	
Selenium, Se µg	21.6		0	BFZN	4		18.4	63.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.070		0	PAE	4		0.060	0.207	
Riboflavin mg	0.180		0	PAE	4		0.153	0.533	
Niacin mg	3.590		0	PAE	4		3.052	10.626	
Pantothenic acid mg	0.360		0	PAE	4		0.306	1.066	
Vitamin B-6 mg	0.220		0	PAE	4		0.187	0.651	
Folate, total µg	7		0	PAE	4		6	21	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	7		0	PAE	4		6	21	
Folate, DFE µg	7		0	NC	4		6	21	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	2.31		0	PAE	4		1.96	6.84	
Vitamin A, RAE µg	0		0	PAE	4		0	0	
Retinol µg	0		0	PAE	4		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0	PAE	4		0	0	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 13843

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	12.620		0	PAE	4		10.727	37.355	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.090		0	PAE	4		0.077	0.266	
12:0....g	0.080		0	PAE	4		0.068	0.237	
13:0....g									
14:0....g	1.020		0	PAE	4		0.867	3.019	
15:0....g									
16:0....g	7.720		0	PAE	4		6.562	22.851	
17:0....g									
18:0....g	3.710		0	PAE	4		3.154	10.982	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	13.390		0	PAE	4		11.382	39.634	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.300		0	PAE	4		1.105	3.848	
17:1....g									
18:1 undifferentiated....g	12.030		0	PAE	4		10.226	35.609	
20:1....g	0.060		0	PAE	4		0.051	0.178	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.090		0	PAE	4		0.927	3.226	
18:2 undifferentiated....g	0.730		0	PAE	4		0.621	2.161	
18:3 undifferentiated....g	0.330		0	PAE	4		0.281	0.977	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.030		0	PAE	4		0.026	0.089	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	85		0	PAE	4		72	252	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.252		0	PAE	4		0.214	0.746	
Threonine....g	0.983		0	PAE	4		0.836	2.910	
Isoleucine....g	1.012		0	PAE	4		0.860	2.996	
Leucine....g	1.778		0	PAE	4		1.511	5.263	
Lysine....g	1.872		0	PAE	4		1.591	5.541	
Methionine....g	0.576		0	PAE	4		0.490	1.705	
Cystine....g	0.252		0	PAE	4		0.214	0.746	
Phenylalanine....g	0.878		0	PAE	4		0.746	2.599	
Tyrosine....g	0.756		0	PAE	4		0.643	2.238	
Valine....g	1.094		0	PAE	4		0.930	3.238	
Arginine....g	1.422		0	PAE	4		1.209	4.209	
Histidine....g	0.770		0	PAE	4		0.655	2.279	
Alanine....g	1.357		0	PAE	4		1.153	4.017	
Aspartic acid....g	2.056		0	PAE	4		1.748	6.086	
Glutamic acid....g	3.380		0	PAE	4		2.873	10.005	
Glycine....g	1.228		0	PAE	4		1.044	3.635	
Proline....g	0.994		0	PAE	4		0.845	2.942	
Serine....g	0.860		0	PAE	4		0.731	2.546	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13843

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 296g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13841

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, raw

Refuse: 16% Bone

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	53.00		0	PAE	4		15.03	240.41	
Energy kcal	333		0	NC	4		94	1510	
Energy kJ	1393				4		395	6320	
Protein (N x 6.25) g	16.03		0	PAE	4		4.54	72.71	
Total lipid (fat) g	29.34		0	PAE	4		8.32	133.09	
Ash g	0.75		0	PAE	4		0.21	3.40	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	8		0	PAE	4		2	36	
Iron, Fe mg	1.68		0	PAE	4		0.48	7.62	
Magnesium, Mg mg	15		0	PAE	4		4	68	
Phosphorus, P mg	150		0	PAE	4		43	680	
Potassium, K mg	254		0	PAE	4		72	1152	
Sodium, Na mg	54		0	PAE	4		15	245	
Zinc, Zn mg	3.67		0	PAE	4		1.04	16.65	
Copper, Cu mg	0.058		0	PAE	4		0.016	0.263	
Manganese, Mn mg	0.011		0	PAE	4		0.003	0.050	
Selenium, Se µg	15.7		0	BFYN	4		4.5	71.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.080		0	PAE	4		0.023	0.363	
Riboflavin mg	0.130		0	PAE	4		0.037	0.590	
Niacin mg	2.570		0	PAE	4		0.729	11.658	
Pantothenic acid mg	0.320		0	PAE	4		0.091	1.452	
Vitamin B-6 mg	0.290		0	PAE	4		0.082	1.315	
Folate, total µg	5		0	PAE	4		1	23	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	5		0	PAE	4		1	23	
Folate, DFE µg	5		0	NC	4		1	23	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	2.67		0	PAE	4		0.76	12.11	
Vitamin A, RAE µg	0		0	PAE	4		0	0	
Retinol µg	0		0	PAE	4		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0	PAE	4		0	0	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 13841

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	12.130		0	PAE	4		3.439	55.022	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.110		0	PAE	4		0.031	0.499	
12:0....g	0.070		0	PAE	4		0.020	0.318	
13:0....g									
14:0....g	0.970		0	PAE	4		0.275	4.400	
15:0....g									
16:0....g	7.290		0	PAE	4		2.067	33.067	
17:0....g									
18:0....g	3.700		0	PAE	4		1.049	16.783	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	12.560		0	PAE	4		3.561	56.972	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.490		0	PAE	4		0.422	6.759	
17:1....g									
18:1 undifferentiated....g	11.020		0	PAE	4		3.124	49.987	
20:1....g	0.040		0	PAE	4		0.011	0.181	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.070		0	PAE	4		0.303	4.854	
18:2 undifferentiated....g	0.680		0	PAE	4		0.193	3.084	
18:3 undifferentiated....g	0.360		0	PAE	4		0.102	1.633	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.030		0	PAE	4		0.009	0.136	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	72		0	PAE	4		20	327	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.180		0	PAE	4		0.051	0.816	
Threonine....g	0.700		0	PAE	4		0.198	3.175	
Isoleucine....g	0.721		0	PAE	4		0.204	3.270	
Leucine....g	1.267		0	PAE	4		0.359	5.747	
Lysine....g	1.334		0	PAE	4		0.378	6.051	
Methionine....g	0.410		0	PAE	4		0.116	1.860	
Cystine....g	0.180		0	PAE	4		0.051	0.816	
Phenylalanine....g	0.626		0	PAE	4		0.177	2.840	
Tyrosine....g	0.539		0	PAE	4		0.153	2.445	
Valine....g	0.780		0	PAE	4		0.221	3.538	
Arginine....g	1.013		0	PAE	4		0.287	4.595	
Histidine....g	0.549		0	PAE	4		0.156	2.490	
Alanine....g	0.967		0	PAE	4		0.274	4.386	
Aspartic acid....g	1.464		0	PAE	4		0.415	6.641	
Glutamic acid....g	2.408		0	PAE	4		0.683	10.923	
Glycine....g	0.875		0	PAE	4		0.248	3.969	
Proline....g	0.708		0	PAE	4		0.201	3.211	
Serine....g	0.613		0	PAE	4		0.174	2.781	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13841

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13848

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled

URMIS #2037

Refuse: 18% Bone

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	43.48		0	PAE	4		36.96	120.87	
Energy kcal	404		0	NC	4		343	1123	
Energy kJ	1690				4		1437	4699	
Protein (N x 6.25) g	20.65		0	PAE	4		17.55	57.41	
Total lipid (fat) g	34.97		0	PAE	4		29.72	97.22	
Ash g	0.90		0	PAE	4		0.77	2.50	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	10		0	PAE	4		9	28	
Iron, Fe mg	2.08		0	PAE	4		1.77	5.78	
Magnesium, Mg mg	19		0	PAE	4		16	53	
Phosphorus, P mg	164		0	PAE	4		139	456	
Potassium, K mg	298		0	PAE	4		253	828	
Sodium, Na mg	62		0	PAE	4		53	172	
Zinc, Zn mg	4.87		0	PAE	4		4.14	13.54	
Copper, Cu mg	0.076		0	PAE	4		0.065	0.211	
Manganese, Mn mg	0.013		0	PAE	4		0.011	0.036	
Selenium, Se µg	21.6		0	BFYN	4		18.4	60.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.070		0	PAE	4		0.060	0.195	
Riboflavin mg	0.170		0	PAE	4		0.145	0.473	
Niacin mg	2.640		0	PAE	4		2.244	7.339	
Pantothenic acid mg	0.330		0	PAE	4		0.281	0.917	
Vitamin B-6 mg	0.270		0	PAE	4		0.230	0.751	
Folate, total µg	6		0	PAE	4		5	17	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	6		0	PAE	4		5	17	
Folate, DFE µg	6		0	NC	4		5	17	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	2.79		0	PAE	4		2.37	7.76	
Vitamin A, RAE µg	0		0	PAE	4		0	0	
Retinol µg	0		0	PAE	4		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0	PAE	4		0	0	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 13848

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	14.510		0	PAE	4		12.334	40.338	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.080		0	PAE	4		0.068	0.222	
12:0....g	0.090		0	PAE	4		0.077	0.250	
13:0....g									
14:0....g	1.140		0	PAE	4		0.969	3.169	
15:0....g									
16:0....g	8.640		0	PAE	4		7.344	24.019	
17:0....g									
18:0....g	4.260		0	PAE	4		3.621	11.843	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	15.290		0	PAE	4		12.997	42.506	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.420		0	PAE	4		1.207	3.948	
17:1....g									
18:1 undifferentiated....g	13.560		0	PAE	4		11.526	37.697	
20:1....g	0.060		0	PAE	4		0.051	0.167	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.210		0	PAE	4		1.029	3.364	
18:2 undifferentiated....g	0.820		0	PAE	4		0.697	2.280	
18:3 undifferentiated....g	0.330		0	PAE	4		0.281	0.917	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.040		0	PAE	4		0.034	0.111	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	86		0	PAE	4		73	239	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.231		0	PAE	4		0.196	0.642	
Threonine....g	0.902		0	PAE	4		0.767	2.508	
Isoleucine....g	0.929		0	PAE	4		0.790	2.583	
Leucine....g	1.632		0	PAE	4		1.387	4.537	
Lysine....g	1.718		0	PAE	4		1.460	4.776	
Methionine....g	0.529		0	PAE	4		0.450	1.471	
Cystine....g	0.231		0	PAE	4		0.196	0.642	
Phenylalanine....g	0.806		0	PAE	4		0.685	2.241	
Tyrosine....g	0.694		0	PAE	4		0.590	1.929	
Valine....g	1.005		0	PAE	4		0.854	2.794	
Arginine....g	1.305		0	PAE	4		1.109	3.628	
Histidine....g	0.707		0	PAE	4		0.601	1.965	
Alanine....g	1.246		0	PAE	4		1.059	3.464	
Aspartic acid....g	1.887		0	PAE	4		1.604	5.246	
Glutamic acid....g	3.103		0	PAE	4		2.638	8.626	
Glycine....g	1.127		0	PAE	4		0.958	3.133	
Proline....g	0.912		0	PAE	4		0.775	2.535	
Serine....g	0.790		0	PAE	4		0.672	2.196	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13848

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 278g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13849

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted

URMIS #2037

Refuse: 19% Bone

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	44.49		0	PAE	4		37.82	125.02	
Energy kcal	393		0	NC	4		334	1104	
Energy kJ	1644				4		1398	4621	
Protein (N x 6.25) g	22.86		0	PAE	4		19.43	64.24	
Total lipid (fat) g	32.74		0	PAE	4		27.83	92.00	
Ash g	0.91		0	PAE	4		0.77	2.56	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	10		0	PAE	4		9	28	
Iron, Fe mg	2.33		0	PAE	4		1.98	6.55	
Magnesium, Mg mg	20		0	PAE	4		17	56	
Phosphorus, P mg	172		0	PAE	4		146	483	
Potassium, K mg	291		0	PAE	4		247	818	
Sodium, Na mg	64		0	PAE	4		54	180	
Zinc, Zn mg	5.78		0	PAE	4		4.91	16.24	
Copper, Cu mg	0.088		0	PAE	4		0.075	0.247	
Manganese, Mn mg	0.014		0	PAE	4		0.012	0.039	
Selenium, Se µg	22.1		0	BFYN	4		18.8	62.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.070		0	PAE	4		0.060	0.197	
Riboflavin mg	0.190		0	PAE	4		0.162	0.534	
Niacin mg	3.650		0	PAE	4		3.103	10.257	
Pantothenic acid mg	0.370		0	PAE	4		0.315	1.040	
Vitamin B-6 mg	0.230		0	PAE	4		0.196	0.646	
Folate, total µg	7		0	PAE	4		6	20	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	7		0	PAE	4		6	20	
Folate, DFE µg	7		0	NC	4		6	20	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	2.34		0	PAE	4		1.99	6.58	
Vitamin A, RAE µg	0		0	PAE	4		0	0	
Retinol µg	0		0	PAE	4		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0	PAE	4		0	0	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 13849

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	13.590		0	PAE	4		11.552	38.188	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.080		0	PAE	4		0.068	0.225	
12:0....g	0.080		0	PAE	4		0.068	0.225	
13:0....g									
14:0....g	1.070		0	PAE	4		0.910	3.007	
15:0....g									
16:0....g	8.090		0	PAE	4		6.877	22.733	
17:0....g									
18:0....g	3.960		0	PAE	4		3.366	11.128	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	14.290		0	PAE	4		12.147	40.155	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.340		0	PAE	4		1.139	3.765	
17:1....g									
18:1 undifferentiated....g	12.680		0	PAE	4		10.778	35.631	
20:1....g	0.050		0	PAE	4		0.043	0.141	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.130		0	PAE	4		0.961	3.175	
18:2 undifferentiated....g	0.770		0	PAE	4		0.655	2.164	
18:3 undifferentiated....g	0.320		0	PAE	4		0.272	0.899	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.040		0	PAE	4		0.034	0.112	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	85		0	PAE	4		72	239	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.256		0	PAE	4		0.218	0.719	
Threonine....g	0.998		0	PAE	4		0.848	2.804	
Isoleucine....g	1.028		0	PAE	4		0.874	2.889	
Leucine....g	1.806		0	PAE	4		1.535	5.075	
Lysine....g	1.902		0	PAE	4		1.617	5.345	
Methionine....g	0.585		0	PAE	4		0.497	1.644	
Cystine....g	0.256		0	PAE	4		0.218	0.719	
Phenylalanine....g	0.892		0	PAE	4		0.758	2.507	
Tyrosine....g	0.768		0	PAE	4		0.653	2.158	
Valine....g	1.112		0	PAE	4		0.945	3.125	
Arginine....g	1.444		0	PAE	4		1.227	4.058	
Histidine....g	0.783		0	PAE	4		0.666	2.200	
Alanine....g	1.379		0	PAE	4		1.172	3.875	
Aspartic acid....g	2.088		0	PAE	4		1.775	5.867	
Glutamic acid....g	3.434		0	PAE	4		2.919	9.650	
Glycine....g	1.247		0	PAE	4		1.060	3.504	
Proline....g	1.009		0	PAE	4		0.858	2.835	
Serine....g	0.874		0	PAE	4		0.743	2.456	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13849

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 281g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13847

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, raw

URMIS #2037

Refuse: 14% Bone

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	50.40		0	PAE	4		14.29	228.61	
Energy kcal	367		0	NC	4		104	1665	
Energy kJ	1536				4		435	6965	
Protein (N x 6.25) g	15.77		0	PAE	4		4.47	71.53	
Total lipid (fat) g	33.26		0	PAE	4		9.43	150.87	
Ash g	0.73		0	PAE	4		0.21	3.31	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	8		0	PAE	4		2	36	
Iron, Fe mg	1.65		0	PAE	4		0.47	7.48	
Magnesium, Mg mg	15		0	PAE	4		4	68	
Phosphorus, P mg	147		0	PAE	4		42	667	
Potassium, K mg	248		0	PAE	4		70	1125	
Sodium, Na mg	53		0	PAE	4		15	240	
Zinc, Zn mg	3.58		0	PAE	4		1.01	16.24	
Copper, Cu mg	0.057		0	PAE	4		0.016	0.259	
Manganese, Mn mg	0.011		0	PAE	4		0.003	0.050	
Selenium, Se µg	16.2		0	BFNN	4		4.6	73.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.080		0	PAE	4		0.023	0.363	
Riboflavin mg	0.130		0	PAE	4		0.037	0.590	
Niacin mg	2.530		0	PAE	4		0.717	11.476	
Pantothenic acid mg	0.310		0	PAE	4		0.088	1.406	
Vitamin B-6 mg	0.280		0	PAE	4		0.079	1.270	
Folate, total µg	5		0	PAE	4		1	23	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	5		0	PAE	4		1	23	
Folate, DFE µg	5		0	NC	4		1	23	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	2.63		0	PAE	4		0.75	11.93	
Vitamin A, RAE µg	0		0	PAE	4		0	0	
Retinol µg	0		0	PAE	4		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0	PAE	4		0	0	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 13847

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	13.960		0	PAE	4		3.958	63.323	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.110		0	PAE	4		0.031	0.499	
12:0....g	0.080		0	PAE	4		0.023	0.363	
13:0....g									
14:0....g	1.090		0	PAE	4		0.309	4.944	
15:0....g									
16:0....g	8.250		0	PAE	4		2.339	37.422	
17:0....g									
18:0....g	4.210		0	PAE	4		1.194	19.097	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	14.370		0	PAE	4		4.074	65.182	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.670		0	PAE	4		0.473	7.575	
17:1....g									
18:1 undifferentiated....g	12.470		0	PAE	4		3.535	56.564	
20:1....g	0.050		0	PAE	4		0.014	0.227	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.230		0	PAE	4		0.349	5.579	
18:2 undifferentiated....g	0.790		0	PAE	4		0.224	3.583	
18:3 undifferentiated....g	0.390		0	PAE	4		0.111	1.769	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.030		0	PAE	4		0.009	0.136	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	73		0	PAE	4		21	331	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.177		0	PAE	4		0.050	0.803	
Threonine....g	0.689		0	PAE	4		0.195	3.125	
Isoleucine....g	0.709		0	PAE	4		0.201	3.216	
Leucine....g	1.246		0	PAE	4		0.353	5.652	
Lysine....g	1.312		0	PAE	4		0.372	5.951	
Methionine....g	0.404		0	PAE	4		0.115	1.833	
Cystine....g	0.177		0	PAE	4		0.050	0.803	
Phenylalanine....g	0.616		0	PAE	4		0.175	2.794	
Tyrosine....g	0.530		0	PAE	4		0.150	2.404	
Valine....g	0.767		0	PAE	4		0.217	3.479	
Arginine....g	0.997		0	PAE	4		0.283	4.522	
Histidine....g	0.540		0	PAE	4		0.153	2.449	
Alanine....g	0.951		0	PAE	4		0.270	4.314	
Aspartic acid....g	1.441		0	PAE	4		0.409	6.536	
Glutamic acid....g	2.369		0	PAE	4		0.672	10.746	
Glycine....g	0.860		0	PAE	4		0.244	3.901	
Proline....g	0.696		0	PAE	4		0.197	3.157	
Serine....g	0.603		0	PAE	4		0.171	2.735	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13847

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13845

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

Refuse: 21% Bone

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	50.25		0	PAE	4		42.71	134.17	
Energy kcal	324		0	NC	4		275	865	
Energy kJ	1356				4		1152	3619	
Protein (N x 6.25) g	21.55		0	PAE	4		18.32	57.54	
Total lipid (fat) g	25.71		0	PAE	4		21.85	68.65	
Ash g	1.04		0	PAE	4		0.88	2.78	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	10		0	PAE	4		9	27	
Iron, Fe mg	2.19		0	PAE	4		1.86	5.85	
Magnesium, Mg mg	19		0	PAE	4		16	51	
Phosphorus, P mg	182		0	PAE	4		155	486	
Potassium, K mg	309		0	PAE	4		263	825	
Sodium, Na mg	64		0	PAE	4		54	171	
Zinc, Zn mg	5.07		0	PAE	4		4.31	13.54	
Copper, Cu mg	0.079		0	PAE	4		0.067	0.211	
Manganese, Mn mg	0.013		0	PAE	4		0.011	0.035	
Selenium, Se µg	21.2		0	BFYN	4		18.0	56.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.070		0	PAE	4		0.060	0.187	
Riboflavin mg	0.160		0	PAE	4		0.136	0.427	
Niacin mg	2.780		0	PAE	4		2.363	7.423	
Pantothenic acid mg	0.350		0	PAE	4		0.298	0.935	
Vitamin B-6 mg	0.230		0	PAE	4		0.196	0.614	
Folate, total µg	6		0	PAE	4		5	16	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	6		0	PAE	4		5	16	
Folate, DFE µg	6		0	NC	4		5	16	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	2.89		0	PAE	4		2.46	7.72	
Vitamin A, RAE µg	0		0	PAE	4		0	0	
Retinol µg	0		0	PAE	4		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0	PAE	4		0	0	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 13845

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	10.430		0	PAE	4		8.866	27.848	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.070		0	PAE	4		0.060	0.187	
12:0....g	0.070		0	PAE	4		0.060	0.187	
13:0....g									
14:0....g	0.830		0	PAE	4		0.706	2.216	
15:0....g									
16:0....g	6.410		0	PAE	4		5.449	17.115	
17:0....g									
18:0....g	3.040		0	PAE	4		2.584	8.117	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	10.850		0	PAE	4		9.223	28.970	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.090		0	PAE	4		0.927	2.910	
17:1....g									
18:1 undifferentiated....g	9.710		0	PAE	4		8.254	25.926	
20:1....g	0.050		0	PAE	4		0.043	0.134	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.970		0	PAE	4		0.825	2.590	
18:2 undifferentiated....g	0.660		0	PAE	4		0.561	1.762	
18:3 undifferentiated....g	0.280		0	PAE	4		0.238	0.748	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.040		0	PAE	4		0.034	0.107	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	80		0	PAE	4		68	214	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.241		0	PAE	4		0.205	0.643	
Threonine....g	0.941		0	PAE	4		0.800	2.512	
Isoleucine....g	0.969		0	PAE	4		0.824	2.587	
Leucine....g	1.704		0	PAE	4		1.448	4.550	
Lysine....g	1.793		0	PAE	4		1.524	4.787	
Methionine....g	0.552		0	PAE	4		0.469	1.474	
Cystine....g	0.241		0	PAE	4		0.205	0.643	
Phenylalanine....g	0.841		0	PAE	4		0.715	2.245	
Tyrosine....g	0.724		0	PAE	4		0.615	1.933	
Valine....g	1.048		0	PAE	4		0.891	2.798	
Arginine....g	1.362		0	PAE	4		1.158	3.637	
Histidine....g	0.738		0	PAE	4		0.627	1.970	
Alanine....g	1.300		0	PAE	4		1.105	3.471	
Aspartic acid....g	1.969		0	PAE	4		1.674	5.257	
Glutamic acid....g	3.238		0	PAE	4		2.752	8.645	
Glycine....g	1.176		0	PAE	4		1.000	3.140	
Proline....g	0.952		0	PAE	4		0.809	2.542	
Serine....g	0.824		0	PAE	4		0.700	2.200	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13845

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 267g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13846

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted

Refuse: 16% Bone

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	49.40		0	PAE	4		41.99	144.25	
Energy kcal	333		0	NC	4		283	972	
Energy kJ	1393				4		1184	4068	
Protein (N x 6.25) g	23.40		0	PAE	4		19.89	68.33	
Total lipid (fat) g	25.84		0	PAE	4		21.96	75.45	
Ash g	0.93		0	PAE	4		0.79	2.72	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	9		0	PAE	4		8	26	
Iron, Fe mg	2.39		0	PAE	4		2.03	6.98	
Magnesium, Mg mg	20		0	PAE	4		17	58	
Phosphorus, P mg	176		0	PAE	4		150	514	
Potassium, K mg	299		0	PAE	4		254	873	
Sodium, Na mg	65		0	PAE	4		55	190	
Zinc, Zn mg	5.98		0	PAE	4		5.08	17.46	
Copper, Cu mg	0.090		0	PAE	4		0.077	0.263	
Manganese, Mn mg	0.014		0	PAE	4		0.012	0.041	
Selenium, Se µg	21.7		0	BFZN	4		18.4	63.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.070		0	PAE	4		0.060	0.204	
Riboflavin mg	0.190		0	PAE	4		0.162	0.555	
Niacin mg	3.740		0	PAE	4		3.179	10.921	
Pantothenic acid mg	0.380		0	PAE	4		0.323	1.110	
Vitamin B-6 mg	0.230		0	PAE	4		0.196	0.672	
Folate, total µg	8		0	PAE	4		7	23	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	8		0	PAE	4		7	23	
Folate, DFE µg	8		0	NC	4		7	23	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	2.37		0	PAE	4		2.01	6.92	
Vitamin A, RAE µg	0		0	PAE	4		0	0	
Retinol µg	0		0	PAE	4		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0	PAE	4		0	0	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 13846

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	10.420		0	PAE	4		8.857	30.426	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.070		0	PAE	4		0.060	0.204	
12:0....g	0.070		0	PAE	4		0.060	0.204	
13:0....g									
14:0....g	0.840		0	PAE	4		0.714	2.453	
15:0....g									
16:0....g	6.370		0	PAE	4		5.415	18.600	
17:0....g									
18:0....g	3.070		0	PAE	4		2.610	8.964	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	11.060		0	PAE	4		9.401	32.295	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.070		0	PAE	4		0.910	3.124	
17:1....g									
18:1 undifferentiated....g	9.940		0	PAE	4		8.449	29.025	
20:1....g	0.050		0	PAE	4		0.043	0.146	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.900		0	PAE	4		0.765	2.628	
18:2 undifferentiated....g	0.600		0	PAE	4		0.510	1.752	
18:3 undifferentiated....g	0.270		0	PAE	4		0.230	0.788	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.020		0	PAE	4		0.017	0.058	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	84		0	PAE	4		71	245	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.262		0	PAE	4		0.223	0.765	
Threonine....g	1.022		0	PAE	4		0.869	2.984	
Isoleucine....g	1.052		0	PAE	4		0.894	3.072	
Leucine....g	1.849		0	PAE	4		1.572	5.399	
Lysine....g	1.946		0	PAE	4		1.654	5.682	
Methionine....g	0.599		0	PAE	4		0.509	1.749	
Cystine....g	0.262		0	PAE	4		0.223	0.765	
Phenylalanine....g	0.913		0	PAE	4		0.776	2.666	
Tyrosine....g	0.786		0	PAE	4		0.668	2.295	
Valine....g	1.138		0	PAE	4		0.967	3.323	
Arginine....g	1.479		0	PAE	4		1.257	4.319	
Histidine....g	0.801		0	PAE	4		0.681	2.339	
Alanine....g	1.411		0	PAE	4		1.199	4.120	
Aspartic acid....g	2.137		0	PAE	4		1.816	6.240	
Glutamic acid....g	3.515		0	PAE	4		2.988	10.264	
Glycine....g	1.276		0	PAE	4		1.085	3.726	
Proline....g	1.033		0	PAE	4		0.878	3.016	
Serine....g	0.895		0	PAE	4		0.761	2.613	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13846

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 292g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13844

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, raw

Refuse: 17% Bone

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	56.35		0	PAE	4		15.98	255.60	
Energy kcal	295		0	NC	4		84	1338	
Energy kJ	1234				4		350	5599	
Protein (N x 6.25) g	16.52		0	PAE	4		4.68	74.93	
Total lipid (fat) g	24.85		0	PAE	4		7.04	112.72	
Ash g	0.77		0	PAE	4		0.22	3.49	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	8		0	PAE	4		2	36	
Iron, Fe mg	1.74		0	PAE	4		0.49	7.89	
Magnesium, Mg mg	16		0	PAE	4		5	73	
Phosphorus, P mg	155		0	PAE	4		44	703	
Potassium, K mg	266		0	PAE	4		75	1207	
Sodium, Na mg	56		0	PAE	4		16	254	
Zinc, Zn mg	3.84		0	PAE	4		1.09	17.42	
Copper, Cu mg	0.060		0	PAE	4		0.017	0.272	
Manganese, Mn mg	0.012		0	PAE	4		0.003	0.054	
Selenium, Se µg	15.9		0	BFYN	4		4.5	72.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.080		0	PAE	4		0.023	0.363	
Riboflavin mg	0.140		0	PAE	4		0.040	0.635	
Niacin mg	2.640		0	PAE	4		0.748	11.975	
Pantothenic acid mg	0.330		0	PAE	4		0.094	1.497	
Vitamin B-6 mg	0.290		0	PAE	4		0.082	1.315	
Folate, total µg	5		0	PAE	4		1	23	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	5		0	PAE	4		1	23	
Folate, DFE µg	5		0	NC	4		1	23	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	2.75		0	PAE	4		0.78	12.47	
Vitamin A, RAE µg	0		0	PAE	4		0	0	
Retinol µg	0		0	PAE	4		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0	PAE	4		0	0	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 13844

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	10.280		0	PAE	4		2.914	46.630	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.090		0	PAE	4		0.026	0.408	
12:0....g	0.060		0	PAE	4		0.017	0.272	
13:0....g									
14:0....g	0.820		0	PAE	4		0.232	3.720	
15:0....g									
16:0....g	6.180		0	PAE	4		1.752	28.032	
17:0....g									
18:0....g	3.130		0	PAE	4		0.887	14.198	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	10.650		0	PAE	4		3.019	48.308	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.270		0	PAE	4		0.360	5.761	
17:1....g									
18:1 undifferentiated....g	9.340		0	PAE	4		2.648	42.366	
20:1....g	0.040		0	PAE	4		0.011	0.181	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.910		0	PAE	4		0.258	4.128	
18:2 undifferentiated....g	0.570		0	PAE	4		0.162	2.586	
18:3 undifferentiated....g	0.310		0	PAE	4		0.088	1.406	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.020		0	PAE	4		0.006	0.091	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	70		0	PAE	4		20	318	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.185		0	PAE	4		0.052	0.839	
Threonine....g	0.722		0	PAE	4		0.205	3.275	
Isoleucine....g	0.743		0	PAE	4		0.211	3.370	
Leucine....g	1.306		0	PAE	4		0.370	5.924	
Lysine....g	1.374		0	PAE	4		0.390	6.232	
Methionine....g	0.423		0	PAE	4		0.120	1.919	
Cystine....g	0.185		0	PAE	4		0.052	0.839	
Phenylalanine....g	0.645		0	PAE	4		0.183	2.926	
Tyrosine....g	0.555		0	PAE	4		0.157	2.517	
Valine....g	0.803		0	PAE	4		0.228	3.642	
Arginine....g	1.044		0	PAE	4		0.296	4.736	
Histidine....g	0.566		0	PAE	4		0.160	2.567	
Alanine....g	0.996		0	PAE	4		0.282	4.518	
Aspartic acid....g	1.509		0	PAE	4		0.428	6.845	
Glutamic acid....g	2.482		0	PAE	4		0.704	11.258	
Glycine....g	0.901		0	PAE	4		0.255	4.087	
Proline....g	0.729		0	PAE	4		0.207	3.307	
Serine....g	0.632		0	PAE	4		0.179	2.867	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13844

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13388

Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted

Refuse: 38% 16% bone, 22% separable fat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	57.90		1		1		49.22	123.91	
Energy kcal	238		0	NC	4		202	509	
Energy kJ	996		0		4		846	2131	
Protein (N x 6.25) g	27.53	0.638	13		1		23.40	58.91	
Total lipid (fat) g	13.40		1		1		11.39	28.68	
Ash g	1.08	0.019	15		1		0.92	2.31	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	8	0.750	11		1		7	17	
Iron, Fe mg	2.82	0.150	11		1		2.40	6.03	
Magnesium, Mg mg	25	0.324	11		1		21	54	
Phosphorus, P mg	209		1		1		178	447	
Potassium, K mg	357	6.757	11		1		303	764	
Sodium, Na mg	73	7.193	11		1		62	156	
Zinc, Zn mg	7.46	0.491	8		1		6.34	15.96	
Copper, Cu mg	0.105	0.006	8		1		0.089	0.225	
Manganese, Mn mg	0.016		1		1		0.014	0.034	
Selenium, Se µg	22.8		0	BFYN	4		19.4	48.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.090	0.009	15		1		0.077	0.193	
Riboflavin mg	0.220	0.008	13		1		0.187	0.471	
Niacin mg	4.450	0.263	13		1		3.783	9.523	
Pantothenic acid mg	0.450	0.042	4		1		0.383	0.963	
Vitamin B-6 mg	0.260	0.016	4		1		0.221	0.556	
Folate, total µg	9	0.435	14		1		8	19	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	9	0.435	14		1		8	19	
Folate, DFE µg	9		0	NC	4		8	19	
Choline, total mg	104.9		0	BFPN	4		89.1	224.4	
Betaine mg	13.8		0	BFPN	4		11.7	29.5	
Vitamin B-12 µg	2.61	0.454	15		1		2.22	5.59	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	NC	4		0	0	
Retinol µg	0		0	NR	4		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0		1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.14		0	NR	4		0.12	0.30	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	AS	1		0.2	0.5	
Vitamin D IU	9		0	BFFN	4		7	19	
Vitamin K (phylloquinone) µg	1.6		0	BFSN	4		1.4	3.4	
Dihydrophylloquinone µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4 µg									

NDB No. 13388

Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	5.350		0		1		4.548	11.449	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.010		8		1		0.009	0.021	
12:0....g	0.010		8		1		0.009	0.021	
13:0....g									
14:0....g	0.410		8		1		0.349	0.877	
15:0....g									
16:0....g	3.150		8		1		2.678	6.741	
17:0....g									
18:0....g	1.770		8		1		1.505	3.788	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.600		0		1		4.760	11.984	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.470		8		1		0.400	1.006	
17:1....g									
18:1 undifferentiated....g	5.120		8		1		4.352	10.957	
20:1....g	0.010		8		1		0.009	0.021	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.380		0		1		0.323	0.813	
18:2 undifferentiated....g	0.320		8		1		0.272	0.685	
18:3 undifferentiated....g	0.030		8		1		0.026	0.064	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.040		8		1		0.034	0.086	
20:5 n-3 (EPA)....g	0.003		18	AR	1		0.003	0.006	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.015		18	AR	1		0.013	0.032	
22:6 n-3 (DHA)....g	0.001		18	AR	1		0.001	0.002	
Fatty acids, total trans....g									
Cholesterol....mg	81	2.403	8		1		69	173	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.181		0	A	1		0.154	0.387	
Threonine....g	1.100		0	A	1		0.935	2.354	
Isoleucine....g	1.253		0	A	1		1.065	2.680	
Leucine....g	2.190		0	A	1		1.861	4.687	
Lysine....g	2.327		0	A	1		1.978	4.979	
Methionine....g	0.717		0	A	1		0.609	1.534	
Cystine....g	0.355		0	A	1		0.302	0.760	
Phenylalanine....g	1.087		0	A	1		0.924	2.327	
Tyrosine....g	0.877		0	A	1		0.746	1.877	
Valine....g	1.366		0	A	1		1.161	2.923	
Arginine....g	1.780		0	A	1		1.513	3.810	
Histidine....g	0.879		0	A	1		0.747	1.880	
Alanine....g	1.674		0	A	1		1.423	3.582	
Aspartic acid....g	2.508		0	A	1		2.131	5.366	
Glutamic acid....g	4.133		0	A	1		3.513	8.844	
Glycine....g	1.676		0	A	1		1.425	3.587	
Proline....g	1.312		0	A	1		1.116	2.809	
Serine....g	1.084		0	A	1		0.922	2.321	
Hydroxyproline....g	0.289		0	BFPN	4		0.246	0.619	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13388

Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 214g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13389

Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, choice, cooked, roasted

Refuse: 40% Bone, 16%, separable fat, 24%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	56.80		0		1		48.28	117.58	
Energy kcal	253		0	NC	4		215	524	
Energy kJ	1059				4		900	2191	
Protein (N x 6.25) g	27.53		0		1		23.40	56.99	
Total lipid (fat) g	15.00		0		1		12.75	31.05	
Ash g	1.08		0		1		0.92	2.24	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	8		0		1		7	17	
Iron, Fe mg	2.82		0		1		2.40	5.84	
Magnesium, Mg mg	25		0		1		21	52	
Phosphorus, P mg	209		0		1		178	433	
Potassium, K mg	357		0		1		303	739	
Sodium, Na mg	73		0		1		62	151	
Zinc, Zn mg	7.46		0		1		6.34	15.44	
Copper, Cu mg	0.105		0		1		0.089	0.217	
Manganese, Mn mg	0.016		0		1		0.014	0.033	
Selenium, Se µg	22.8		0	BFYN	4		19.4	47.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.090		0		1		0.077	0.186	
Riboflavin mg	0.220		0		1		0.187	0.455	
Niacin mg	4.450		0		1		3.783	9.212	
Pantothenic acid mg	0.450		0		1		0.383	0.932	
Vitamin B-6 mg	0.260		0		1		0.221	0.538	
Folate, total µg	9		0		1		8	19	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	9		0		1		8	19	
Folate, DFE µg	9		0	NC	4		8	19	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	2.61		0		1		2.22	5.40	
Vitamin A, RAE µg	0		0		1		0	0	
Retinol µg	0		0		1		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0		1		0	0	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 13389

Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	5.990		0		1		5.092	12.399	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.010		0		1		0.009	0.021	
12:0....g	0.010		0		1		0.009	0.021	
13:0....g									
14:0....g	0.460		0		1		0.391	0.952	
15:0....g									
16:0....g	3.520		0		1		2.992	7.286	
17:0....g									
18:0....g	1.990		0		1		1.692	4.119	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.270		0		1		5.330	12.979	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.530		0		1		0.451	1.097	
17:1....g									
18:1 undifferentiated....g	5.730		0		1		4.871	11.861	
20:1....g	0.010		0		1		0.009	0.021	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.430		0		1		0.366	0.890	
18:2 undifferentiated....g	0.350		0		1		0.298	0.725	
18:3 undifferentiated....g	0.030		0		1		0.026	0.062	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.040		0		1		0.034	0.083	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	81		0		1		69	168	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.308		0		1		0.262	0.638	
Threonine....g	1.203		0		1		1.023	2.490	
Isoleucine....g	1.238		0		1		1.052	2.563	
Leucine....g	2.176		0		1		1.850	4.504	
Lysine....g	2.291		0		1		1.947	4.742	
Methionine....g	0.705		0		1		0.599	1.459	
Cystine....g	0.308		0		1		0.262	0.638	
Phenylalanine....g	1.075		0		1		0.914	2.225	
Tyrosine....g	0.925		0		1		0.786	1.915	
Valine....g	1.339		0		1		1.138	2.772	
Arginine....g	1.740		0		1		1.479	3.602	
Histidine....g	0.943		0		1		0.802	1.952	
Alanine....g	1.661		0		1		1.412	3.438	
Aspartic acid....g	2.515		0		1		2.138	5.206	
Glutamic acid....g	4.136		0		1		3.516	8.562	
Glycine....g	1.502		0		1		1.277	3.109	
Proline....g	1.216		0		1		1.034	2.517	
Serine....g	1.053		0		1		0.895	2.180	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g									
Caffeine....mg	0			Z	7		0	0	
Theobromine....mg	0			Z	7		0	0	

NDB No. 13389

Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 207g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13390

Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, select, cooked, roasted

Refuse: 37% Bone, 17%, separable fat, 20%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	59.30		0		1		50.41	128.68	
Energy kcal	220		0	NC	4		187	477	
Energy kJ	920				4		782	1997	
Protein (N x 6.25) g	27.53		0		1		23.40	59.74	
Total lipid (fat) g	11.40		0		1		9.69	24.74	
Ash g	1.08		0		1		0.92	2.34	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	8		0		1		7	17	
Iron, Fe mg	2.82		0		1		2.40	6.12	
Magnesium, Mg mg	25		0		1		21	54	
Phosphorus, P mg	209		0		1		178	454	
Potassium, K mg	357		0		1		303	775	
Sodium, Na mg	73		0		1		62	158	
Zinc, Zn mg	7.46		0		1		6.34	16.19	
Copper, Cu mg	0.105		0		1		0.089	0.228	
Manganese, Mn mg	0.016		0		1		0.014	0.035	
Selenium, Se µg	22.8		0	BFYN	4		19.4	49.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.090		0		1		0.077	0.195	
Riboflavin mg	0.220		0		1		0.187	0.477	
Niacin mg	4.450		0		1		3.783	9.657	
Pantothenic acid mg	0.450		0		1		0.383	0.977	
Vitamin B-6 mg	0.260		0		1		0.221	0.564	
Folate, total µg	9		0		1		8	20	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	9		0		1		8	20	
Folate, DFE µg	9		0	NC	4		8	20	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	2.61		0		1		2.22	5.66	
Vitamin A, RAE µg	0		0		1		0	0	
Retinol µg	0		0		1		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0		1		0	0	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 13390

Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	4.550		0		1		3.868	9.874	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.010		0		1		0.009	0.022	
12:0....g	0.010		0		1		0.009	0.022	
13:0....g									
14:0....g	0.350		0		1		0.298	0.760	
15:0....g									
16:0....g	2.680		0		1		2.278	5.816	
17:0....g									
18:0....g	1.510		0		1		1.284	3.277	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.770		0		1		4.055	10.351	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.400		0		1		0.340	0.868	
17:1....g									
18:1 undifferentiated....g	4.360		0		1		3.706	9.461	
20:1....g	0.010		0		1		0.009	0.022	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.330		0		1		0.281	0.716	
18:2 undifferentiated....g	0.270		0		1		0.230	0.586	
18:3 undifferentiated....g	0.020		0		1		0.017	0.043	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.030		0		1		0.026	0.065	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	81		0		1		69	176	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.308		0		1		0.262	0.668	
Threonine....g	1.203		0		1		1.023	2.611	
Isoleucine....g	1.238		0		1		1.052	2.686	
Leucine....g	2.176		0		1		1.850	4.722	
Lysine....g	2.291		0		1		1.947	4.971	
Methionine....g	0.705		0		1		0.599	1.530	
Cystine....g	0.308		0		1		0.262	0.668	
Phenylalanine....g	1.075		0		1		0.914	2.333	
Tyrosine....g	0.925		0		1		0.786	2.007	
Valine....g	1.339		0		1		1.138	2.906	
Arginine....g	1.740		0		1		1.479	3.776	
Histidine....g	0.943		0		1		0.802	2.046	
Alanine....g	1.661		0		1		1.412	3.604	
Aspartic acid....g	2.515		0		1		2.138	5.458	
Glutamic acid....g	4.136		0		1		3.516	8.975	
Glycine....g	1.502		0		1		1.277	3.259	
Proline....g	1.216		0		1		1.034	2.639	
Serine....g	1.053		0		1		0.895	2.285	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13390

Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, select, cooked, roasted

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 217g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate**3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13148
Beef, rib, shortribs, separable lean and fat, choice, cooked, braised

URMIS #2074
Refuse: 29% Bone

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	35.72		0		1		30.36	80.37	
Energy kcal	471		0	NC	4		400	1060	
Energy kJ	1971		0		4		1675	4434	
Protein (N x 6.25) g	21.57		0		1		18.33	48.53	
Total lipid (fat) g	41.98		0		1		35.68	94.46	
Ash g	0.74		0		1		0.63	1.67	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	12		0		1		10	27	
Iron, Fe mg	2.31		0		1		1.96	5.20	
Magnesium, Mg mg	15		0		1		13	34	
Phosphorus, P mg	162		0		1		138	365	
Potassium, K mg	224		0		1		190	504	
Sodium, Na mg	50		0		1		43	113	
Zinc, Zn mg	4.88		0		1		4.15	10.98	
Copper, Cu mg	0.099		0		1		0.084	0.223	
Manganese, Mn mg	0.013		0		1		0.011	0.029	
Selenium, Se µg	20.8		0	BFYN	4		17.7	46.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.050		0		1		0.043	0.113	
Riboflavin mg	0.150		0		1		0.128	0.338	
Niacin mg	2.452		0		1		2.084	5.517	
Pantothenic acid mg	0.252		0		1		0.214	0.567	
Vitamin B-6 mg	0.220		0		1		0.187	0.495	
Folate, total µg	5		0		1		4	11	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	5		0		1		4	11	
Folate, DFE µg	5		0	NC	4		4	11	
Choline, total mg	82.2		0	BFPN	4		69.8	184.8	
Betaine mg	10.8		0	BFPN	4		9.2	24.3	
Vitamin B-12 µg	2.62		0		1		2.23	5.90	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	NC	4		0	0	
Retinol µg	0		0	NR	4		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0		4		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.29		0	NR	4		0.25	0.65	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.7		0	AS	1		0.6	1.5	
Vitamin D IU	27		0	BFFN	4		23	62	
Vitamin K (phylloquinone) µg	2.4		0	BFSN	4		2.1	5.5	
Dihydrophylloquinone µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4 µg									

NDB No. 13148

Beef, rib, shortribs, separable lean and fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	17.800		0		1		15.130	40.050	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.130		0		1		0.111	0.293	
12:0....g	0.120		0		1		0.102	0.270	
13:0....g									
14:0....g	1.380		0		1		1.173	3.105	
15:0....g									
16:0....g	10.480		0		1		8.908	23.580	
17:0....g									
18:0....g	4.920		0		1		4.182	11.070	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	18.880		0		1		16.048	42.480	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.780		0		1		1.513	4.005	
17:1....g									
18:1 undifferentiated....g	16.230		0		1		13.796	36.518	
20:1....g	0.080		0		1		0.068	0.180	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.530		0		1		1.301	3.443	
18:2 undifferentiated....g	0.980		0		1		0.833	2.205	
18:3 undifferentiated....g	0.500		0		1		0.425	1.125	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.030		0		1		0.026	0.068	
20:5 n-3 (EPA)....g	0.003		18	AR	1		0.003	0.007	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.016		18	AR	1		0.014	0.036	
22:6 n-3 (DHA)....g	0.001		18	AR	1		0.001	0.002	
Fatty acids, total trans....g									
Cholesterol....mg	94		0		1		80	212	
Phytosterols....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan....g	0.142		0	NR	4		0.120	0.319	
Threonine....g	0.862		0	NR	4		0.732	1.939	
Isoleucine....g	0.981		0	NR	4		0.834	2.208	
Leucine....g	1.716		0	NR	4		1.458	3.861	
Lysine....g	1.823		0	NR	4		1.549	4.102	
Methionine....g	0.562		0	NR	4		0.477	1.264	
Cystine....g	0.278		0	NR	4		0.237	0.626	
Phenylalanine....g	0.852		0	NR	4		0.724	1.917	
Tyrosine....g	0.687		0	NR	4		0.584	1.547	
Valine....g	1.070		0	NR	4		0.910	2.408	
Arginine....g	1.395		0	NR	4		1.186	3.138	
Histidine....g	0.688		0	NR	4		0.585	1.549	
Alanine....g	1.311		0	NR	4		1.115	2.951	
Aspartic acid....g	1.965		0	NR	4		1.670	4.421	
Glutamic acid....g	3.238		0	NR	4		2.752	7.286	
Glycine....g	1.313		0	NR	4		1.116	2.955	
Proline....g	1.028		0	NR	4		0.874	2.314	
Serine....g	0.850		0	NR	4		0.722	1.912	
Hydroxyproline....g	0.227		0	BFPN	4		0.193	0.510	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13148

Beef, rib, shortribs, separable lean and fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 225g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13147
Beef, rib, shortribs, separable lean and fat, choice, raw

URMIS #2074
Refuse: 27% Bone

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	48.29		0		1		13.69	219.04	
Energy kcal	388		0	NC	4		110	1760	
Energy kJ	1623				4		460	7364	
Protein (N x 6.25) g	14.40		0		1		4.08	65.32	
Total lipid (fat) g	36.23		0		1		10.27	164.34	
Ash g	0.68		0		1		0.19	3.08	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	9		0		1		3	41	
Iron, Fe mg	1.55		0		1		0.44	7.03	
Magnesium, Mg mg	14		0		1		4	64	
Phosphorus, P mg	137		0		1		39	621	
Potassium, K mg	232		0		1		66	1052	
Sodium, Na mg	49		0		1		14	222	
Zinc, Zn mg	3.16		0		1		0.90	14.33	
Copper, Cu mg	0.053		0		1		0.015	0.240	
Manganese, Mn mg	0.011		0		1		0.003	0.050	
Selenium, Se µg	14.2		0	PIE	4		4.0	64.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.071		0		1		0.020	0.322	
Riboflavin mg	0.118		0		1		0.033	0.535	
Niacin mg	2.556		0		1		0.725	11.594	
Pantothenic acid mg	0.241		0		1		0.068	1.093	
Vitamin B-6 mg	0.300		0		1		0.085	1.361	
Folate, total µg	5		0		1		1	23	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	5		0		1		1	23	
Folate, DFE µg	5		0	NC	4		1	23	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	2.56		0		1		0.73	11.61	
Vitamin A, RAE µg	0		0		4		0	0	
Retinol µg	0		0		4		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0		4		0	0	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 13147

Beef, rib, shortribs, separable lean and fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	15.760		0		1		4.468	71.487	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.140		0		1		0.040	0.635	
12:0....g	0.090		0		1		0.026	0.408	
13:0....g									
14:0....g	1.200		0		1		0.340	5.443	
15:0....g									
16:0....g	9.000		0		1		2.552	40.824	
17:0....g									
18:0....g	4.540		0		1		1.287	20.593	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	16.390		0		1		4.647	74.345	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.880		0		1		0.533	8.528	
17:1....g									
18:1 undifferentiated....g	13.730		0		1		3.892	62.279	
20:1....g	0.050		0		1		0.014	0.227	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.320		0		1		0.374	5.988	
18:2 undifferentiated....g	0.810		0		1		0.230	3.674	
18:3 undifferentiated....g	0.480		0		1		0.136	2.177	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.020		0		1		0.006	0.091	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	76		0		1		22	345	
Phytosterols....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan....g	0.161		0		1		0.046	0.730	
Threonine....g	0.629		0		1		0.178	2.853	
Isoleucine....g	0.647		0		1		0.183	2.935	
Leucine....g	1.138		0		1		0.323	5.162	
Lysine....g	1.198		0		1		0.340	5.434	
Methionine....g	0.368		0		1		0.104	1.669	
Cystine....g	0.161		0		1		0.046	0.730	
Phenylalanine....g	0.562		0		1		0.159	2.549	
Tyrosine....g	0.484		0		1		0.137	2.195	
Valine....g	0.700		0		1		0.198	3.175	
Arginine....g	0.910		0		1		0.258	4.128	
Histidine....g	0.493		0		1		0.140	2.236	
Alanine....g	0.868		0		1		0.246	3.937	
Aspartic acid....g	1.315		0		1		0.373	5.965	
Glutamic acid....g	2.163		0		1		0.613	9.811	
Glycine....g	0.785		0		1		0.223	3.561	
Proline....g	0.636		0		1		0.180	2.885	
Serine....g	0.550		0		1		0.156	2.495	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13147

Beef, rib, shortribs, separable lean and fat, choice, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13150

Beef, rib, shortribs, separable lean only, choice, cooked, braised

URMIS #2074

Refuse: 62% Bone, 29%, separable fat, 33%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water g	50.15	0.895	4		1		60.68	42.63	
Energy kcal	295		0	NC	4		357	251	
Energy kJ	1234		0		4		1493	1049	
Protein (N x 6.25) g	30.76	0.951	4		1		37.22	26.15	
Total lipid (fat) g	18.13	1.787	4		1		21.94	15.41	
Ash g	0.98		0		1		1.19	0.83	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	11		0		1		13	9	
Iron, Fe mg	3.36		0		1		4.07	2.86	
Magnesium, Mg mg	22		0		1		27	19	
Phosphorus, P mg	235		0		1		284	200	
Potassium, K mg	313		0		1		379	266	
Sodium, Na mg	58		0		1		70	49	
Zinc, Zn mg	7.80		0		1		9.44	6.63	
Copper, Cu mg	0.107		0		1		0.129	0.091	
Manganese, Mn mg	0.018		0		1		0.022	0.015	
Selenium, Se µg	22.1		0	BFYN	4		26.7	18.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.065		0		1		0.079	0.055	
Riboflavin mg	0.202		0		1		0.244	0.172	
Niacin mg	3.208		0		1		3.882	2.727	
Pantothenic acid mg	0.337		0		1		0.408	0.286	
Vitamin B-6 mg	0.280		0		1		0.339	0.238	
Folate, total µg	7		0		1		8	6	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	7		0		1		8	6	
Folate, DFE µg	7		0	NC	4		8	6	
Choline, total mg	117.2		0	BFPN	4		141.8	99.6	
Betaine mg	15.4		0	BFPN	4		18.6	13.1	
Vitamin B-12 µg	3.46		0		1		4.19	2.94	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	NR	4		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0		4		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.14		0	NR	4		0.17	0.12	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.3		0	AS	1		0.4	0.3	
Vitamin D IU	12		0	BFFN	4		14	10	
Vitamin K (phylloquinone) µg	1.9		0	BFSN	4		2.3	1.6	
Dihydrophylloquinone µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4 µg									

NDB No. 13150

Beef, rib, shortribs, separable lean only, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	7.740		0		1		9.365	6.579	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.010		0		1		0.012	0.009	
12:0....g	0.010		0		1		0.012	0.009	
13:0....g									
14:0....g	0.570		0		1		0.690	0.485	
15:0....g									
16:0....g	4.350		0		1		5.264	3.698	
17:0....g									
18:0....g	2.440		0		1		2.952	2.074	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.980		0		1		9.656	6.783	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.630		0		1		0.762	0.536	
17:1....g									
18:1 undifferentiated....g	7.040		0		1		8.518	5.984	
20:1....g	0.010		0		1		0.012	0.009	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.550		0		1		0.666	0.468	
18:2 undifferentiated....g	0.430		0		1		0.520	0.366	
18:3 undifferentiated....g	0.050		0		1		0.061	0.043	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.050		0		1		0.061	0.043	
20:5 n-3 (EPA)....g	0.003		18	AR	1		0.004	0.003	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.015		18	AR	1		0.018	0.013	
22:6 n-3 (DHA)....g	0.001		18	AR	1		0.001	0.001	
Fatty acids, total trans....g									
Cholesterol....mg	93		0		1		113	79	
Phytosterols....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan....g	0.202		0	NR	4		0.245	0.172	
Threonine....g	1.229		0	NR	4		1.487	1.044	
Isoleucine....g	1.399		0	NR	4		1.693	1.190	
Leucine....g	2.447		0	NR	4		2.961	2.080	
Lysine....g	2.600		0	NR	4		3.146	2.210	
Methionine....g	0.801		0	NR	4		0.969	0.681	
Cystine....g	0.397		0	NR	4		0.480	0.337	
Phenylalanine....g	1.215		0	NR	4		1.470	1.033	
Tyrosine....g	0.980		0	NR	4		1.186	0.833	
Valine....g	1.526		0	NR	4		1.846	1.297	
Arginine....g	1.989		0	NR	4		2.407	1.691	
Histidine....g	0.982		0	NR	4		1.188	0.834	
Alanine....g	1.870		0	NR	4		2.263	1.590	
Aspartic acid....g	2.802		0	NR	4		3.390	2.382	
Glutamic acid....g	4.618		0	NR	4		5.588	3.925	
Glycine....g	1.873		0	NR	4		2.266	1.592	
Proline....g	1.466		0	NR	4		1.774	1.246	
Serine....g	1.212		0	NR	4		1.466	1.030	
Hydroxyproline....g	0.323		0	BFPN	4		0.391	0.275	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13150

Beef, rib, shortribs, separable lean only, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 121g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13149
Beef, rib, shortribs, separable lean only, choice, raw

URMIS #2074
Refuse: 59% Bone 27%, separable fat 32%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	69.38	1.133	4		1		19.67	314.71	
Energy kcal	173		0	NC	4		49	785	
Energy kJ	724				4		205	3283	
Protein (N x 6.25) g	19.05	0.299	4		1		5.40	86.41	
Total lipid (fat) g	10.19	1.425	4		1		2.89	46.22	
Ash g	0.98		0		1		0.28	4.45	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	8		0		1		2	36	
Iron, Fe mg	2.16		0		1		0.61	9.80	
Magnesium, Mg mg	22		0		1		6	100	
Phosphorus, P mg	190		0		1		54	862	
Potassium, K mg	357		0		1		101	1619	
Sodium, Na mg	65		0		1		18	295	
Zinc, Zn mg	4.78		0		1		1.36	21.68	
Copper, Cu mg	0.069		0		1		0.020	0.313	
Manganese, Mn mg	0.014		0		1		0.004	0.064	
Selenium, Se µg	14.4		0	BFNN	4		4.1	65.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.094		0		1		0.027	0.426	
Riboflavin mg	0.154		0		1		0.044	0.699	
Niacin mg	3.412		0		1		0.967	15.477	
Pantothenic acid mg	0.320		0		1		0.091	1.452	
Vitamin B-6 mg	0.390		0		1		0.111	1.769	
Folate, total µg	6		0		1		2	27	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	6		0		1		2	27	
Folate, DFE µg	6		0	NC	4		2	27	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	3.39		0		1		0.96	15.38	
Vitamin A, RAE µg	0		0		4		0	0	
Retinol µg	0		0		4		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0		4		0	0	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 13149

Beef, rib, shortribs, separable lean only, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	4.330		0		1		1.228	19.641	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.010		0		1		0.003	0.045	
12:0....g	0.010		0		1		0.003	0.045	
13:0....g									
14:0....g	0.310		0		1		0.088	1.406	
15:0....g									
16:0....g	2.450		0		1		0.695	11.113	
17:0....g									
18:0....g	1.340		0		1		0.380	6.078	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.380		0		1		1.242	19.868	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.380		0		1		0.108	1.724	
17:1....g									
18:1 undifferentiated....g	3.790		0		1		1.074	17.191	
20:1....g	0.010		0		1		0.003	0.045	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.380		0		1		0.108	1.724	
18:2 undifferentiated....g	0.300		0		1		0.085	1.361	
18:3 undifferentiated....g	0.030		0		1		0.009	0.136	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.040		0		1		0.011	0.181	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	59		0		1		17	268	
Phytosterols....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan....g	0.213		0		1		0.060	0.966	
Threonine....g	0.832		0		1		0.236	3.774	
Isoleucine....g	0.856		0		1		0.243	3.883	
Leucine....g	1.506		0		1		0.427	6.831	
Lysine....g	1.585		0		1		0.449	7.190	
Methionine....g	0.488		0		1		0.138	2.214	
Cystine....g	0.213		0		1		0.060	0.966	
Phenylalanine....g	0.744		0		1		0.211	3.375	
Tyrosine....g	0.640		0		1		0.181	2.903	
Valine....g	0.927		0		1		0.263	4.205	
Arginine....g	1.204		0		1		0.341	5.461	
Histidine....g	0.652		0		1		0.185	2.957	
Alanine....g	1.149		0		1		0.326	5.212	
Aspartic acid....g	1.740		0		1		0.493	7.893	
Glutamic acid....g	2.862		0		1		0.811	12.982	
Glycine....g	1.039		0		1		0.295	4.713	
Proline....g	0.841		0		1		0.238	3.815	
Serine....g	0.728		0		1		0.206	3.302	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13149

Beef, rib, shortribs, separable lean only, choice, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate**3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13391

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Refuse: 23% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	57.52	0.591	20	PAK	1		48.89	134.02	
Energy kcal	249		0	NC	4		212	581	
Energy kJ	1043		0	NC	4		887	2431	
Protein (N x 6.25) g	27.27	0.378	20	PAK	1		23.18	63.53	
Total lipid (fat) g	14.74	0.788	20	PAK	1		12.53	34.34	
Ash g	1.10	0.020	20	PAK	1		0.93	2.56	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	20		0	BFFN	4		17	47	
Iron, Fe mg	1.75		0	BFFN	4		1.49	4.08	
Magnesium, Mg mg	23		0	BFFN	4		19	53	
Phosphorus, P mg	212		0	BFFN	4		180	493	
Potassium, K mg	340		0	BFFN	4		289	793	
Sodium, Na mg	56		0	BFFN	4		48	131	
Zinc, Zn mg	4.93		0	BFFN	4		4.19	11.48	
Copper, Cu mg	0.082		0	BFFN	4		0.070	0.191	
Manganese, Mn mg	0.010		0	BFFN	4		0.008	0.022	
Selenium, Se µg	29.5		0	BFFN	4		25.1	68.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.074		0	BFPN	4		0.063	0.172	
Riboflavin mg	0.131		0	BFPN	4		0.112	0.306	
Niacin mg	7.257		0	BFPN	4		6.169	16.909	
Pantothenic acid mg	0.538		0	BFPN	4		0.457	1.252	
Vitamin B-6 mg	0.571		0	BFPN	4		0.485	1.329	
Folate, total µg	8		0	BFPN	4		7	20	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	8		0	BFPN	4		7	20	
Folate, DFE µg	8		0	NC	4		7	20	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	1.60		0	BFPN	4		1.36	3.74	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.45		0	BFSN	4		0.38	1.05	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	AS	1		0.2	0.4	
Vitamin D IU	7		0	PAK	1		6	17	
Vitamin K (phylloquinone) µg	1.6		0	BFSN	4		1.4	3.8	
Dihydrophylloquinone µg	0.0		0	NR	4		0.0	0.0	
Menaquinone-4 µg									
Lipids:									

NDB No. 13391

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	5.720		0	NC	4		4.862	13.328	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.022		0	BFFN	4		0.019	0.051	
12:0....g	0.026		0	BFFN	4		0.022	0.062	
13:0....g									
14:0....g	0.428		0	BFFN	4		0.364	0.997	
15:0....g									
16:0....g	3.399		0	BFFN	4		2.889	7.919	
17:0....g									
18:0....g	1.845		0	BFFN	4		1.568	4.299	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.034		0	NC	4		5.129	14.059	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.508		0	BFFN	4		0.431	1.183	
17:1....g									
18:1 undifferentiated....g	5.509		0	BFFN	4		4.682	12.835	
20:1....g	0.018		0	BFFN	4		0.015	0.041	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.547		0	NC	4		0.465	1.275	
18:2 undifferentiated....g	0.402		0	BFFN	4		0.341	0.936	
18:3 undifferentiated....g	0.093		0	BFFN	4		0.079	0.216	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.053		0	BFFN	4		0.045	0.123	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	89		0	BFSN	4		75	207	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.179		0	PAK	1		0.152	0.418	
Threonine....g	1.089		0	PAK	1		0.926	2.538	
Isoleucine....g	1.241		0	PAK	1		1.054	2.890	
Leucine....g	2.169		0	PAK	1		1.844	5.054	
Lysine....g	2.304		0	PAK	1		1.959	5.369	
Methionine....g	0.710		0	PAK	1		0.604	1.654	
Cystine....g	0.352		0	PAK	1		0.299	0.820	
Phenylalanine....g	1.077		0	PAK	1		0.915	2.509	
Tyrosine....g	0.869		0	PAK	1		0.739	2.024	
Valine....g	1.353		0	PAK	1		1.150	3.152	
Arginine....g	1.763		0	PAK	1		1.499	4.108	
Histidine....g	0.870		0	PAK	1		0.740	2.028	
Alanine....g	1.658		0	PAK	1		1.409	3.862	
Aspartic acid....g	2.484		0	PAK	1		2.111	5.787	
Glutamic acid....g	4.093		0	PAK	1		3.479	9.538	
Glycine....g	1.660		0	PAK	1		1.411	3.869	
Proline....g	1.300		0	PAK	1		1.105	3.029	
Serine....g	1.074		0	PAK	1		0.913	2.503	
Hydroxyproline....g	0.286		0	BFPN	4		0.243	0.667	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

NDB No. 13391

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 233g: 1 steak (yield from 233 g raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13392

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled

Refuse: 22% Bone

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	51.08		0		1		43.42	138.94	
Energy kcal	312		0	NC	4		265	849	
Energy kJ	1305				4		1110	3551	
Protein (N x 6.25) g	24.73		0		1		21.02	67.27	
Total lipid (fat) g	22.84		0		1		19.41	62.12	
Ash g	1.08		0		1		0.92	2.94	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	13		0		1		11	35	
Iron, Fe mg	2.28		0		1		1.94	6.20	
Magnesium, Mg mg	23		0		1		20	63	
Phosphorus, P mg	183		0		1		156	498	
Potassium, K mg	342		0		1		291	930	
Sodium, Na mg	64		0		1		54	174	
Zinc, Zn mg	5.93		0		1		5.04	16.13	
Copper, Cu mg	0.090		0		1		0.077	0.245	
Manganese, Mn mg	0.014		0		1		0.012	0.038	
Selenium, Se µg	21.0		0	BFYN	4		17.9	57.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.090		0		1		0.077	0.245	
Riboflavin mg	0.190		0		1		0.162	0.517	
Niacin mg	4.180		0		1		3.553	11.370	
Pantothenic acid mg	0.300		0		1		0.255	0.816	
Vitamin B-6 mg	0.350		0		1		0.298	0.952	
Folate, total µg	7		0		1		6	19	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	7		0		1		6	19	
Folate, DFE µg	7		0	NC	4		6	19	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	3.00		0		1		2.55	8.16	
Vitamin A, RAE µg	0		0		1		0	0	
Retinol µg	0		0		1		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0		1		0	0	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 13392

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	9.240		0		1		7.854	25.133	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.060		0		1		0.051	0.163	
12:0....g	0.060		0		1		0.051	0.163	
13:0....g									
14:0....g	0.740		0		1		0.629	2.013	
15:0....g									
16:0....g	5.640		0		1		4.794	15.341	
17:0....g									
18:0....g	2.740		0		1		2.329	7.453	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	9.780		0		1		8.313	26.602	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.920		0		1		0.782	2.502	
17:1....g									
18:1 undifferentiated....g	8.830		0		1		7.506	24.018	
20:1....g	0.030		0		1		0.026	0.082	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.780		0		1		0.663	2.122	
18:2 undifferentiated....g	0.540		0		1		0.459	1.469	
18:3 undifferentiated....g	0.210		0		1		0.179	0.571	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.030		0		1		0.026	0.082	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	83		0		1		71	226	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.277		0		1		0.235	0.753	
Threonine....g	1.080		0		1		0.918	2.938	
Isoleucine....g	1.112		0		1		0.945	3.025	
Leucine....g	1.955		0		1		1.662	5.318	
Lysine....g	2.058		0		1		1.749	5.598	
Methionine....g	0.633		0		1		0.538	1.722	
Cystine....g	0.277		0		1		0.235	0.753	
Phenylalanine....g	0.966		0		1		0.821	2.628	
Tyrosine....g	0.831		0		1		0.706	2.260	
Valine....g	1.203		0		1		1.023	3.272	
Arginine....g	1.563		0		1		1.329	4.251	
Histidine....g	0.847		0		1		0.720	2.304	
Alanine....g	1.492		0		1		1.268	4.058	
Aspartic acid....g	2.260		0		1		1.921	6.147	
Glutamic acid....g	3.716		0		1		3.159	10.108	
Glycine....g	1.349		0		1		1.147	3.669	
Proline....g	1.092		0		1		0.928	2.970	
Serine....g	0.946		0		1		0.804	2.573	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13392

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 272g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13393

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled

Refuse: 24% Bone

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	52.79		0		1		44.87	139.89	
Energy kcal	285		0	NC	4		242	755	
Energy kJ	1192				4		1014	3160	
Protein (N x 6.25) g	24.91		0		1		21.17	66.01	
Total lipid (fat) g	19.79		0		1		16.82	52.44	
Ash g	1.09		0		1		0.93	2.89	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	13		0		1		11	34	
Iron, Fe mg	2.30		0		1		1.96	6.10	
Magnesium, Mg mg	23		0		1		20	61	
Phosphorus, P mg	184		0		1		156	488	
Potassium, K mg	344		0		1		292	912	
Sodium, Na mg	64		0		1		54	170	
Zinc, Zn mg	5.98		0		1		5.08	15.85	
Copper, Cu mg	0.090		0		1		0.077	0.239	
Manganese, Mn mg	0.014		0		1		0.012	0.037	
Selenium, Se µg	21.1		0	BFYN	4		17.9	55.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.090		0		1		0.077	0.239	
Riboflavin mg	0.190		0		1		0.162	0.504	
Niacin mg	4.220		0		1		3.587	11.183	
Pantothenic acid mg	0.310		0		1		0.264	0.822	
Vitamin B-6 mg	0.350		0		1		0.298	0.928	
Folate, total µg	7		0		1		6	19	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	7		0		1		6	19	
Folate, DFE µg	7		0	NC	4		6	19	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	3.01		0		1		2.56	7.98	
Vitamin A, RAE µg	0		0		1		0	0	
Retinol µg	0		0		1		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0		1		0	0	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 13393

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	8.010		0		1		6.809	21.227	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.050		0		1		0.043	0.133	
12:0....g	0.050		0		1		0.043	0.133	
13:0....g									
14:0....g	0.650		0		1		0.553	1.723	
15:0....g									
16:0....g	4.900		0		1		4.165	12.985	
17:0....g									
18:0....g	2.360		0		1		2.006	6.254	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.490		0		1		7.217	22.499	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.810		0		1		0.689	2.147	
17:1....g									
18:1 undifferentiated....g	7.650		0		1		6.503	20.273	
20:1....g	0.030		0		1		0.026	0.080	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.680		0		1		0.578	1.802	
18:2 undifferentiated....g	0.460		0		1		0.391	1.219	
18:3 undifferentiated....g	0.200		0		1		0.170	0.530	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.020		0		1		0.017	0.053	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	83		0		1		71	220	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.279		0		1		0.237	0.739	
Threonine....g	1.088		0		1		0.925	2.883	
Isoleucine....g	1.120		0		1		0.952	2.968	
Leucine....g	1.969		0		1		1.674	5.218	
Lysine....g	2.072		0		1		1.761	5.491	
Methionine....g	0.638		0		1		0.542	1.691	
Cystine....g	0.279		0		1		0.237	0.739	
Phenylalanine....g	0.972		0		1		0.826	2.576	
Tyrosine....g	0.837		0		1		0.711	2.218	
Valine....g	1.212		0		1		1.030	3.212	
Arginine....g	1.574		0		1		1.338	4.171	
Histidine....g	0.853		0		1		0.725	2.260	
Alanine....g	1.502		0		1		1.277	3.980	
Aspartic acid....g	2.276		0		1		1.935	6.031	
Glutamic acid....g	3.742		0		1		3.181	9.916	
Glycine....g	1.359		0		1		1.155	3.601	
Proline....g	1.100		0		1		0.935	2.915	
Serine....g	0.952		0		1		0.809	2.523	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13393

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 265g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13851

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled

Prime Rib

Refuse: 7% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	53.65	0.570	20	PAK	1		45.60	143.78	
Energy kcal	291		0	NC	4		248	780	
Energy kJ	1218		0	NC	4		1035	3264	
Protein (N x 6.25) g	25.85	0.466	20	PAK	1		21.97	69.29	
Total lipid (fat) g	20.04	0.792	20	PAK	1		17.04	53.72	
Ash g	1.05	0.026	20	PAK	1		0.89	2.81	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	19		0	BFNN	4		16	51	
Iron, Fe mg	1.66		0	BFNN	4		1.41	4.45	
Magnesium, Mg mg	22		0	BFNN	4		18	58	
Phosphorus, P mg	201		0	BFNN	4		171	538	
Potassium, K mg	323		0	BFNN	4		274	865	
Sodium, Na mg	53		0	BFNN	4		45	143	
Zinc, Zn mg	4.67		0	BFNN	4		3.97	12.52	
Copper, Cu mg	0.078		0	BFNN	4		0.066	0.208	
Manganese, Mn mg	0.009		0	BFNN	4		0.008	0.024	
Selenium, Se µg	28.0		0	BFNN	4		23.8	75.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.070		0	BFPN	4		0.059	0.187	
Riboflavin mg	0.125		0	BFPN	4		0.106	0.334	
Niacin mg	6.881		0	BFPN	4		5.849	18.440	
Pantothenic acid mg	0.510		0	BFPN	4		0.433	1.366	
Vitamin B-6 mg	0.541		0	BFPN	4		0.460	1.450	
Folate, total µg	8		0	BFPN	4		7	22	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	8		0	BFPN	4		7	22	
Folate, DFE µg	8		0	NC	4		7	22	
Choline, total mg	98.5		0	BFPN	4		83.7	263.9	
Betaine mg	12.9		0	BFPN	4		11.0	34.7	
Vitamin B-12 µg	1.52		0	BFPN	4		1.29	4.08	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.49		0	BFSN	4		0.42	1.32	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.3		0	AS	1		0.3	0.9	
Vitamin D IU	13		0	BFFN	4		11	35	
Vitamin K (phylloquinone) µg	1.8		0	BFSN	4		1.5	4.7	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13851

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	7.894		0	NC	4		6.710	21.156	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.050		0	BFFN	4		0.042	0.133	
12:0....g	0.046		0	BFFN	4		0.039	0.122	
13:0....g									
14:0....g	0.610		0	BFFN	4		0.518	1.634	
15:0....g									
16:0....g	4.766		0	BFFN	4		4.051	12.774	
17:0....g									
18:0....g	2.423		0	BFFN	4		2.059	6.493	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.355		0	NC	4		7.102	22.391	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.755		0	BFFN	4		0.642	2.023	
17:1....g									
18:1 undifferentiated....g	7.571		0	BFFN	4		6.435	20.290	
20:1....g	0.029		0	BFFN	4		0.025	0.078	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.762		0	NC	4		0.648	2.043	
18:2 undifferentiated....g	0.519		0	BFFN	4		0.441	1.390	
18:3 undifferentiated....g	0.178		0	BFFN	4		0.152	0.478	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.046		0	BFFN	4		0.039	0.122	
20:5 n-3 (EPA)....g	0.003		18	AR	1		0.003	0.008	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.016		18	AR	1		0.014	0.043	
22:6 n-3 (DHA)....g	0.001		18	AR	1		0.001	0.003	
Fatty acids, total trans....g									
Cholesterol....mg	97		0	BFSN	4		82	260	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.170		0	PAK	1		0.144	0.455	
Threonine....g	1.033		0	PAK	1		0.878	2.768	
Isoleucine....g	1.176		0	PAK	1		1.000	3.152	
Leucine....g	2.057		0	PAK	1		1.748	5.511	
Lysine....g	2.185		0	PAK	1		1.857	5.855	
Methionine....g	0.673		0	PAK	1		0.572	1.804	
Cystine....g	0.334		0	PAK	1		0.284	0.894	
Phenylalanine....g	1.021		0	PAK	1		0.868	2.737	
Tyrosine....g	0.824		0	PAK	1		0.700	2.208	
Valine....g	1.283		0	PAK	1		1.090	3.437	
Arginine....g	1.672		0	PAK	1		1.421	4.480	
Histidine....g	0.825		0	PAK	1		0.701	2.211	
Alanine....g	1.572		0	PAK	1		1.336	4.212	
Aspartic acid....g	2.355		0	PAK	1		2.002	6.311	
Glutamic acid....g	3.881		0	PAK	1		3.299	10.401	
Glycine....g	1.574		0	PAK	1		1.338	4.219	
Proline....g	1.232		0	PAK	1		1.048	3.303	
Serine....g	1.018		0	PAK	1		0.866	2.729	
Hydroxyproline....g	0.272		0	BFPN	4		0.231	0.728	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13851

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 268g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13852

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted

Prime Rib

Refuse: 19% Bone

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	48.97		0	PAE	4		41.62	138.10	
Energy kcal	341		0	NC	4		290	962	
Energy kJ	1427				4		1213	4023	
Protein (N x 6.25) g	22.54		0	PAE	4		19.16	63.56	
Total lipid (fat) g	27.14		0	PAE	4		23.07	76.53	
Ash g	1.11		0	PAE	4		0.94	3.13	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	13		0	PAE	4		11	37	
Iron, Fe mg	2.42		0	PAE	4		2.06	6.82	
Magnesium, Mg mg	20		0	PAE	4		17	56	
Phosphorus, P mg	183		0	PAE	4		156	516	
Potassium, K mg	324		0	PAE	4		275	914	
Sodium, Na mg	63		0	PAE	4		54	178	
Zinc, Zn mg	4.93		0	PAE	4		4.19	13.90	
Copper, Cu mg	0.078		0	PAE	4		0.066	0.220	
Manganese, Mn mg	0.014		0	PAE	4		0.012	0.039	
Selenium, Se µg	21.9		0	BFYN	4		18.6	61.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.060		0	PAE	4		0.051	0.169	
Riboflavin mg	0.160		0	PAE	4		0.136	0.451	
Niacin mg	3.160		0	PAE	4		2.686	8.911	
Pantothenic acid mg	0.240		0	PAE	4		0.204	0.677	
Vitamin B-6 mg	0.240		0	PAE	4		0.204	0.677	
Folate, total µg	6		0	PAE	4		5	17	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	6		0	PAE	4		5	17	
Folate, DFE µg	6		0	NC	4		5	17	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	2.88		0	PAE	4		2.45	8.12	
Vitamin A, RAE µg	0		0	PAE	4		0	0	
Retinol µg	0		0	PAE	4		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0	PAE	4		0	0	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 13852

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	10.920		0	PAE	4		9.282	30.794	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.080		0	PAE	4		0.068	0.226	
12:0....g	0.070		0	PAE	4		0.060	0.197	
13:0....g									
14:0....g	0.880		0	PAE	4		0.748	2.482	
15:0....g									
16:0....g	6.730		0	PAE	4		5.721	18.979	
17:0....g									
18:0....g	3.160		0	PAE	4		2.686	8.911	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	11.730		0	PAE	4		9.971	33.079	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.180		0	PAE	4		1.003	3.328	
17:1....g									
18:1 undifferentiated....g	10.500		0	PAE	4		8.925	29.610	
20:1....g	0.060		0	PAE	4		0.051	0.169	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.990		0	PAE	4		0.842	2.792	
18:2 undifferentiated....g	0.650		0	PAE	4		0.553	1.833	
18:3 undifferentiated....g	0.320		0	PAE	4		0.272	0.902	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.020		0	PAE	4		0.017	0.056	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	83		0	PAE	4		71	234	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.252		0	PAE	4		0.214	0.711	
Threonine....g	0.984		0	PAE	4		0.836	2.775	
Isoleucine....g	1.013		0	PAE	4		0.861	2.857	
Leucine....g	1.781		0	PAE	4		1.514	5.022	
Lysine....g	1.875		0	PAE	4		1.594	5.288	
Methionine....g	0.577		0	PAE	4		0.490	1.627	
Cystine....g	0.252		0	PAE	4		0.214	0.711	
Phenylalanine....g	0.880		0	PAE	4		0.748	2.482	
Tyrosine....g	0.757		0	PAE	4		0.643	2.135	
Valine....g	1.096		0	PAE	4		0.932	3.091	
Arginine....g	1.424		0	PAE	4		1.210	4.016	
Histidine....g	0.772		0	PAE	4		0.656	2.177	
Alanine....g	1.359		0	PAE	4		1.155	3.832	
Aspartic acid....g	2.059		0	PAE	4		1.750	5.806	
Glutamic acid....g	3.386		0	PAE	4		2.878	9.549	
Glycine....g	1.230		0	PAE	4		1.046	3.469	
Proline....g	0.995		0	PAE	4		0.846	2.806	
Serine....g	0.862		0	PAE	4		0.733	2.431	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13852

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 282g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13850

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw

Prime Rib

Refuse: 5% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	61.05	0.578	20	PAK	1		17.31	276.93	
Energy kcal	254		0	NC	4		72	1154	
Energy kJ	1065		0	NC	4		302	4830	
Protein (N x 6.25) g	19.33	0.223	20	PAK	1		5.48	87.67	
Total lipid (fat) g	19.06	0.709	20	PAK	1		5.40	86.47	
Ash g	0.90	0.017	20	PAK	1		0.25	4.08	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	23		0	BFNN	4		6	104	
Iron, Fe mg	1.39		0	BFNN	4		0.39	6.31	
Magnesium, Mg mg	20		0	BFNN	4		6	89	
Phosphorus, P mg	176		0	BFNN	4		50	797	
Potassium, K mg	295		0	BFNN	4		84	1339	
Sodium, Na mg	49		0	BFNN	4		14	221	
Zinc, Zn mg	3.33		0	BFNN	4		0.94	15.10	
Copper, Cu mg	0.065		0	BFNN	4		0.018	0.295	
Manganese, Mn mg	0.010		0	BFNN	4		0.003	0.047	
Selenium, Se µg	21.5		0	BFNN	4		6.1	97.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.060		0	BFPN	4		0.017	0.273	
Riboflavin mg	0.093		0	BFPN	4		0.026	0.423	
Niacin mg	5.699		0	BFPN	4		1.616	25.851	
Pantothenic acid mg	0.556		0	BFPN	4		0.158	2.521	
Vitamin B-6 mg	0.527		0	BFPN	4		0.149	2.391	
Folate, total µg	10		0	BFPN	4		3	47	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	10		0	BFPN	4		3	47	
Folate, DFE µg	10		0	NC	4		3	47	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	1.00		0	BFPN	4		0.28	4.52	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.42		0	BFSN	4		0.12	1.88	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.7		0	BFSN	4		0.5	7.5	
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 13850

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	7.692		0	NC	4		2.181	34.892	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.061		0	BFFN	4		0.017	0.278	
12:0....g	0.041		0	BFFN	4		0.012	0.185	
13:0....g									
14:0....g	0.603		0	BFFN	4		0.171	2.734	
15:0....g									
16:0....g	4.631		0	BFFN	4		1.313	21.007	
17:0....g									
18:0....g	2.356		0	BFFN	4		0.668	10.689	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.162		0	NC	4		2.314	37.024	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.930		0	BFFN	4		0.264	4.217	
17:1....g									
18:1 undifferentiated....g	7.206		0	BFFN	4		2.043	32.684	
20:1....g	0.027		0	BFFN	4		0.008	0.123	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.725		0	NC	4		0.206	3.290	
18:2 undifferentiated....g	0.467		0	BFFN	4		0.132	2.116	
18:3 undifferentiated....g	0.228		0	BFFN	4		0.065	1.035	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.031		0	BFFN	4		0.009	0.139	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	81		0	BFSN	4		23	369	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.127		0	PAK	1		0.036	0.576	
Threonine....g	0.772		0	PAK	1		0.219	3.502	
Isoleucine....g	0.879		0	PAK	1		0.249	3.988	
Leucine....g	1.537		0	PAK	1		0.436	6.974	
Lysine....g	1.633		0	PAK	1		0.463	7.409	
Methionine....g	0.503		0	PAK	1		0.143	2.283	
Cystine....g	0.249		0	PAK	1		0.071	1.131	
Phenylalanine....g	0.763		0	PAK	1		0.216	3.463	
Tyrosine....g	0.616		0	PAK	1		0.175	2.794	
Valine....g	0.959		0	PAK	1		0.272	4.349	
Arginine....g	1.250		0	PAK	1		0.354	5.669	
Histidine....g	0.617		0	PAK	1		0.175	2.798	
Alanine....g	1.175		0	PAK	1		0.333	5.330	
Aspartic acid....g	1.760		0	PAK	1		0.499	7.985	
Glutamic acid....g	2.901		0	PAK	1		0.823	13.161	
Glycine....g	1.177		0	PAK	1		0.334	5.338	
Proline....g	0.921		0	PAK	1		0.261	4.179	
Serine....g	0.761		0	PAK	1		0.216	3.453	
Hydroxyproline....g	0.203		0	BFPN	4		0.058	0.921	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

NDB No. 13850

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13854

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Prime Rib

Refuse: 7% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	52.93	0.890	10	PAK	1		44.99	135.50	
Energy kcal	304		0	NC	4		258	778	
Energy kJ	1272		0	NC	4		1081	3256	
Protein (N x 6.25) g	24.53	0.451	10	PAK	1		20.85	62.80	
Total lipid (fat) g	22.09	1.053	10	PAK	1		18.78	56.55	
Ash g	1.04	0.037	10	PAK	1		0.88	2.66	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	16		0	BFNN	4		14	41	
Iron, Fe mg	1.64		0	BFNN	4		1.40	4.21	
Magnesium, Mg mg	20		0	BFNN	4		17	51	
Phosphorus, P mg	183		0	BFNN	4		156	469	
Potassium, K mg	298		0	BFNN	4		253	762	
Sodium, Na mg	49		0	BFNN	4		41	125	
Zinc, Zn mg	4.37		0	BFNN	4		3.72	11.20	
Copper, Cu mg	0.080		0	BFNN	4		0.068	0.205	
Manganese, Mn mg	0.009		0	BFNN	4		0.007	0.022	
Selenium, Se µg	26.4		0	BFNN	4		22.5	67.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.061		0	BFPN	4		0.052	0.156	
Riboflavin mg	0.108		0	BFPN	4		0.092	0.276	
Niacin mg	6.653		0	BFPN	4		5.655	17.032	
Pantothenic acid mg	0.483		0	BFPN	4		0.411	1.236	
Vitamin B-6 mg	0.489		0	BFPN	4		0.415	1.251	
Folate, total µg	8		0	BFPN	4		6	20	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	8		0	BFPN	4		6	20	
Folate, DFE µg	8		0	NC	4		6	20	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	1.62		0	BFPN	4		1.38	4.14	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.50		0	BFSN	4		0.43	1.28	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.8		0	BFSN	4		1.5	4.6	
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 13854

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	8.700		0	NC	4		7.395	22.272	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.055		0	BFFN	4		0.047	0.140	
12:0....g	0.050		0	BFFN	4		0.043	0.129	
13:0....g									
14:0....g	0.672		0	BFFN	4		0.571	1.720	
15:0....g									
16:0....g	5.253		0	BFFN	4		4.465	13.448	
17:0....g									
18:0....g	2.670		0	BFFN	4		2.269	6.835	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	9.208		0	NC	4		7.826	23.571	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.832		0	BFFN	4		0.707	2.130	
17:1....g									
18:1 undifferentiated....g	8.344		0	BFFN	4		7.092	21.360	
20:1....g	0.032		0	BFFN	4		0.027	0.082	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.818		0	NC	4		0.695	2.094	
18:2 undifferentiated....g	0.571		0	BFFN	4		0.486	1.463	
18:3 undifferentiated....g	0.197		0	BFFN	4		0.167	0.503	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.050		0	BFFN	4		0.043	0.129	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	94		0	BFSN	4		80	240	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.161		0	PAK	1		0.137	0.413	
Threonine....g	0.980		0	PAK	1		0.833	2.509	
Isoleucine....g	1.116		0	PAK	1		0.949	2.857	
Leucine....g	1.951		0	PAK	1		1.659	4.996	
Lysine....g	2.073		0	PAK	1		1.762	5.307	
Methionine....g	0.639		0	PAK	1		0.543	1.635	
Cystine....g	0.317		0	PAK	1		0.269	0.810	
Phenylalanine....g	0.969		0	PAK	1		0.824	2.481	
Tyrosine....g	0.782		0	PAK	1		0.664	2.001	
Valine....g	1.217		0	PAK	1		1.034	3.116	
Arginine....g	1.586		0	PAK	1		1.348	4.061	
Histidine....g	0.783		0	PAK	1		0.665	2.004	
Alanine....g	1.491		0	PAK	1		1.268	3.818	
Aspartic acid....g	2.234		0	PAK	1		1.899	5.720	
Glutamic acid....g	3.683		0	PAK	1		3.130	9.428	
Glycine....g	1.494		0	PAK	1		1.270	3.824	
Proline....g	1.169		0	PAK	1		0.994	2.994	
Serine....g	0.966		0	PAK	1		0.821	2.474	
Hydroxyproline....g	0.258		0	BFPN	4		0.219	0.660	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

NDB No. 13854

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 256g: 1 steak (yield from 320 g raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13855

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Prime Rib

Refuse: 20% Bone

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	47.18		0	PAE	4		40.10	131.16	
Energy kcal	359		0	NC	4		305	998	
Energy kJ	1502				4		1277	4176	
Protein (N x 6.25) g	22.28		0	PAE	4		18.94	61.94	
Total lipid (fat) g	29.21		0	PAE	4		24.83	81.20	
Ash g	1.09		0	PAE	4		0.93	3.03	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	13		0	PAE	4		11	36	
Iron, Fe mg	2.39		0	PAE	4		2.03	6.64	
Magnesium, Mg mg	20		0	PAE	4		17	56	
Phosphorus, P mg	181		0	PAE	4		154	503	
Potassium, K mg	319		0	PAE	4		271	887	
Sodium, Na mg	63		0	PAE	4		54	175	
Zinc, Zn mg	4.86		0	PAE	4		4.13	13.51	
Copper, Cu mg	0.077		0	PAE	4		0.065	0.214	
Manganese, Mn mg	0.013		0	PAE	4		0.011	0.036	
Selenium, Se µg	21.9		0	BFYN	4		18.6	60.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.060		0	PAE	4		0.051	0.167	
Riboflavin mg	0.160		0	PAE	4		0.136	0.445	
Niacin mg	3.130		0	PAE	4		2.661	8.701	
Pantothenic acid mg	0.240		0	PAE	4		0.204	0.667	
Vitamin B-6 mg	0.240		0	PAE	4		0.204	0.667	
Folate, total µg	6		0	PAE	4		5	17	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	6		0	PAE	4		5	17	
Folate, DFE µg	6		0	NC	4		5	17	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	2.85		0	PAE	4		2.42	7.92	
Vitamin A, RAE µg	0		0	PAE	4		0	0	
Retinol µg	0		0	PAE	4		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0	PAE	4		0	0	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 13855

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	11.780		0	PAE	4		10.013	32.748	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.090		0	PAE	4		0.077	0.250	
12:0....g	0.080		0	PAE	4		0.068	0.222	
13:0....g									
14:0....g	0.950		0	PAE	4		0.808	2.641	
15:0....g									
16:0....g	7.250		0	PAE	4		6.163	20.155	
17:0....g									
18:0....g	3.400		0	PAE	4		2.890	9.452	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	12.630		0	PAE	4		10.736	35.111	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.280		0	PAE	4		1.088	3.558	
17:1....g									
18:1 undifferentiated....g	11.290		0	PAE	4		9.597	31.386	
20:1....g	0.060		0	PAE	4		0.051	0.167	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.070		0	PAE	4		0.910	2.975	
18:2 undifferentiated....g	0.700		0	PAE	4		0.595	1.946	
18:3 undifferentiated....g	0.350		0	PAE	4		0.298	0.973	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.010		0	PAE	4		0.009	0.028	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	83		0	PAE	4		71	231	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.249		0	PAE	4		0.212	0.692	
Threonine....g	0.973		0	PAE	4		0.827	2.705	
Isoleucine....g	1.002		0	PAE	4		0.852	2.786	
Leucine....g	1.761		0	PAE	4		1.497	4.896	
Lysine....g	1.853		0	PAE	4		1.575	5.151	
Methionine....g	0.570		0	PAE	4		0.485	1.585	
Cystine....g	0.249		0	PAE	4		0.212	0.692	
Phenylalanine....g	0.870		0	PAE	4		0.740	2.419	
Tyrosine....g	0.748		0	PAE	4		0.636	2.079	
Valine....g	1.083		0	PAE	4		0.921	3.011	
Arginine....g	1.408		0	PAE	4		1.197	3.914	
Histidine....g	0.763		0	PAE	4		0.649	2.121	
Alanine....g	1.344		0	PAE	4		1.142	3.736	
Aspartic acid....g	2.035		0	PAE	4		1.730	5.657	
Glutamic acid....g	3.347		0	PAE	4		2.845	9.305	
Glycine....g	1.215		0	PAE	4		1.033	3.378	
Proline....g	0.984		0	PAE	4		0.836	2.736	
Serine....g	0.852		0	PAE	4		0.724	2.369	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13855

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 278g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13853

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw

Prime Rib

Refuse: 5% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	60.11	0.828	10	PAK	1		17.04	272.64	
Energy kcal	263		0	NC	4		75	1193	
Energy kJ	1101		0	NC	4		312	4992	
Protein (N x 6.25) g	19.09	0.361	10	PAK	1		5.41	86.60	
Total lipid (fat) g	20.13	1.057	10	PAK	1		5.71	91.29	
Ash g	0.90	0.026	10	PAK	1		0.26	4.09	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	24		0	BFNN	4		7	108	
Iron, Fe mg	1.38		0	BFNN	4		0.39	6.26	
Magnesium, Mg mg	19		0	BFNN	4		5	88	
Phosphorus, P mg	172		0	BFNN	4		49	778	
Potassium, K mg	293		0	BFNN	4		83	1330	
Sodium, Na mg	48		0	BFNN	4		14	218	
Zinc, Zn mg	3.38		0	BFNN	4		0.96	15.34	
Copper, Cu mg	0.063		0	BFNN	4		0.018	0.284	
Manganese, Mn mg	0.012		0	BFNN	4		0.003	0.054	
Selenium, Se µg	20.7		0	BFNN	4		5.9	93.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.051		0	BFPN	4		0.014	0.229	
Riboflavin mg	0.081		0	BFPN	4		0.023	0.366	
Niacin mg	6.157		0	BFPN	4		1.745	27.927	
Pantothenic acid mg	0.557		0	BFPN	4		0.158	2.527	
Vitamin B-6 mg	0.514		0	BFPN	4		0.146	2.332	
Folate, total µg	10		0	BFPN	4		3	47	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	10		0	BFPN	4		3	47	
Folate, DFE µg	10		0	NC	4		3	47	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	1.06		0	BFPN	4		0.30	4.82	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.43		0	BFSN	4		0.12	1.93	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.7		0	BFSN	4		0.5	7.7	
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 13853

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	8.121		0	NC	4		2.302	36.837	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.065		0	BFFN	4		0.018	0.293	
12:0....g	0.043		0	BFFN	4		0.012	0.196	
13:0....g									
14:0....g	0.636		0	BFFN	4		0.180	2.886	
15:0....g									
16:0....g	4.889		0	BFFN	4		1.386	22.177	
17:0....g									
18:0....g	2.488		0	BFFN	4		0.705	11.284	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.617		0	NC	4		2.443	39.087	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.981		0	BFFN	4		0.278	4.452	
17:1....g									
18:1 undifferentiated....g	7.607		0	BFFN	4		2.157	34.505	
20:1....g	0.029		0	BFFN	4		0.008	0.130	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.766		0	NC	4		0.217	3.473	
18:2 undifferentiated....g	0.493		0	BFFN	4		0.140	2.234	
18:3 undifferentiated....g	0.241		0	BFFN	4		0.068	1.092	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.032		0	BFFN	4		0.009	0.147	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	80		0	BFSN	4		23	362	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.125		0	PAK	1		0.036	0.569	
Threonine....g	0.763		0	PAK	1		0.216	3.459	
Isoleucine....g	0.869		0	PAK	1		0.246	3.940	
Leucine....g	1.519		0	PAK	1		0.431	6.888	
Lysine....g	1.613		0	PAK	1		0.457	7.318	
Methionine....g	0.497		0	PAK	1		0.141	2.255	
Cystine....g	0.246		0	PAK	1		0.070	1.118	
Phenylalanine....g	0.754		0	PAK	1		0.214	3.420	
Tyrosine....g	0.608		0	PAK	1		0.172	2.759	
Valine....g	0.947		0	PAK	1		0.269	4.296	
Arginine....g	1.234		0	PAK	1		0.350	5.600	
Histidine....g	0.609		0	PAK	1		0.173	2.764	
Alanine....g	1.161		0	PAK	1		0.329	5.265	
Aspartic acid....g	1.739		0	PAK	1		0.493	7.888	
Glutamic acid....g	2.866		0	PAK	1		0.812	13.000	
Glycine....g	1.162		0	PAK	1		0.330	5.273	
Proline....g	0.910		0	PAK	1		0.258	4.128	
Serine....g	0.752		0	PAK	1		0.213	3.411	
Hydroxyproline....g	0.201		0	BFPN	4		0.057	0.910	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

NDB No. 13853

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13860

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled

Prime Rib, URMIS #2054

Refuse: 21% Bone

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	47.36		0	PAE	4		40.26	126.92	
Energy kcal	354		0	NC	4		301	949	
Energy kJ	1481				4		1259	3969	
Protein (N x 6.25) g	24.13		0	PAE	4		20.51	64.67	
Total lipid (fat) g	27.86		0	PAE	4		23.68	74.66	
Ash g	1.05		0	PAE	4		0.89	2.81	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	13		0	PAE	4		11	35	
Iron, Fe mg	2.23		0	PAE	4		1.90	5.98	
Magnesium, Mg mg	22		0	PAE	4		19	59	
Phosphorus, P mg	178		0	PAE	4		151	477	
Potassium, K mg	332		0	PAE	4		282	890	
Sodium, Na mg	63		0	PAE	4		54	169	
Zinc, Zn mg	5.73		0	PAE	4		4.87	15.36	
Copper, Cu mg	0.088		0	PAE	4		0.075	0.236	
Manganese, Mn mg	0.014		0	PAE	4		0.012	0.038	
Selenium, Se µg	21.7		0	BFYN	4		18.4	58.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.090		0	PAE	4		0.077	0.241	
Riboflavin mg	0.190		0	PAE	4		0.162	0.509	
Niacin mg	4.070		0	PAE	4		3.460	10.908	
Pantothenic acid mg	0.300		0	PAE	4		0.255	0.804	
Vitamin B-6 mg	0.340		0	PAE	4		0.289	0.911	
Folate, total µg	7		0	PAE	4		6	19	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	7		0	PAE	4		6	19	
Folate, DFE µg	7		0	NC	4		6	19	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	2.94		0	PAE	4		2.50	7.88	
Vitamin A, RAE µg	0		0	PAE	4		0	0	
Retinol µg	0		0	PAE	4		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0	PAE	4		0	0	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 13860

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	11.510		0	PAE	4		9.784	30.847	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.070		0	PAE	4		0.060	0.188	
12:0....g	0.060		0	PAE	4		0.051	0.161	
13:0....g									
14:0....g	0.910		0	PAE	4		0.774	2.439	
15:0....g									
16:0....g	6.880		0	PAE	4		5.848	18.438	
17:0....g									
18:0....g	3.370		0	PAE	4		2.865	9.032	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	12.120		0	PAE	4		10.302	32.482	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.120		0	PAE	4		0.952	3.002	
17:1....g									
18:1 undifferentiated....g	10.780		0	PAE	4		9.163	28.890	
20:1....g	0.050		0	PAE	4		0.043	0.134	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.960		0	PAE	4		0.816	2.573	
18:2 undifferentiated....g	0.650		0	PAE	4		0.553	1.742	
18:3 undifferentiated....g	0.260		0	PAE	4		0.221	0.697	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.040		0	PAE	4		0.034	0.107	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	83		0	PAE	4		71	222	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.270		0	PAE	4		0.230	0.724	
Threonine....g	1.054		0	PAE	4		0.896	2.825	
Isoleucine....g	1.085		0	PAE	4		0.922	2.908	
Leucine....g	1.907		0	PAE	4		1.621	5.111	
Lysine....g	2.007		0	PAE	4		1.706	5.379	
Methionine....g	0.618		0	PAE	4		0.525	1.656	
Cystine....g	0.270		0	PAE	4		0.230	0.724	
Phenylalanine....g	0.942		0	PAE	4		0.801	2.525	
Tyrosine....g	0.811		0	PAE	4		0.689	2.173	
Valine....g	1.173		0	PAE	4		0.997	3.144	
Arginine....g	1.525		0	PAE	4		1.296	4.087	
Histidine....g	0.826		0	PAE	4		0.702	2.214	
Alanine....g	1.455		0	PAE	4		1.237	3.899	
Aspartic acid....g	2.204		0	PAE	4		1.873	5.907	
Glutamic acid....g	3.625		0	PAE	4		3.081	9.715	
Glycine....g	1.316		0	PAE	4		1.119	3.527	
Proline....g	1.065		0	PAE	4		0.905	2.854	
Serine....g	0.923		0	PAE	4		0.785	2.474	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13860

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 268g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13861

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted

Prime Rib, URMIS #2054

Refuse: 21% Bone

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	41.82		0	PAE	4		35.55	115.42	
Energy kcal	411		0	NC	4		349	1134	
Energy kJ	1720				4		1462	4746	
Protein (N x 6.25) g	22.15		0	PAE	4		18.83	61.13	
Total lipid (fat) g	35.12		0	PAE	4		29.85	96.93	
Ash g	0.91		0	PAE	4		0.77	2.51	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	13		0	PAE	4		11	36	
Iron, Fe mg	1.95		0	PAE	4		1.66	5.38	
Magnesium, Mg mg	20		0	PAE	4		17	55	
Phosphorus, P mg	178		0	PAE	4		151	491	
Potassium, K mg	323		0	PAE	4		275	891	
Sodium, Na mg	65		0	PAE	4		55	179	
Zinc, Zn mg	4.82		0	PAE	4		4.10	13.30	
Copper, Cu mg	0.076		0	PAE	4		0.065	0.210	
Manganese, Mn mg	0.013		0	PAE	4		0.011	0.036	
Selenium, Se µg	22.3		0	BFYN	4		19.0	61.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.060		0	PAE	4		0.051	0.166	
Riboflavin mg	0.170		0	PAE	4		0.145	0.469	
Niacin mg	3.040		0	PAE	4		2.584	8.390	
Pantothenic acid mg	0.360		0	PAE	4		0.306	0.994	
Vitamin B-6 mg	0.300		0	PAE	4		0.255	0.828	
Folate, total µg	7		0	PAE	4		6	19	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	7		0	PAE	4		6	19	
Folate, DFE µg	7		0	NC	4		6	19	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	2.87		0	PAE	4		2.44	7.92	
Vitamin A, RAE µg	0		0	PAE	4		0	0	
Retinol µg	0		0	PAE	4		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0	PAE	4		0	0	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 13861

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	14.510		0	PAE	4		12.334	40.048	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.080		0	PAE	4		0.068	0.221	
12:0....g	0.080		0	PAE	4		0.068	0.221	
13:0....g									
14:0....g	1.140		0	PAE	4		0.969	3.146	
15:0....g									
16:0....g	8.680		0	PAE	4		7.378	23.957	
17:0....g									
18:0....g	4.230		0	PAE	4		3.596	11.675	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	15.280		0	PAE	4		12.988	42.173	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.410		0	PAE	4		1.199	3.892	
17:1....g									
18:1 undifferentiated....g	13.580		0	PAE	4		11.543	37.481	
20:1....g	0.060		0	PAE	4		0.051	0.166	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.220		0	PAE	4		1.037	3.367	
18:2 undifferentiated....g	0.820		0	PAE	4		0.697	2.263	
18:3 undifferentiated....g	0.330		0	PAE	4		0.281	0.911	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.040		0	PAE	4		0.034	0.110	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	84		0	PAE	4		71	232	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.248		0	PAE	4		0.211	0.684	
Threonine....g	0.968		0	PAE	4		0.823	2.672	
Isoleucine....g	0.996		0	PAE	4		0.847	2.749	
Leucine....g	1.751		0	PAE	4		1.488	4.833	
Lysine....g	1.843		0	PAE	4		1.567	5.087	
Methionine....g	0.567		0	PAE	4		0.482	1.565	
Cystine....g	0.248		0	PAE	4		0.211	0.684	
Phenylalanine....g	0.865		0	PAE	4		0.735	2.387	
Tyrosine....g	0.744		0	PAE	4		0.632	2.053	
Valine....g	1.077		0	PAE	4		0.915	2.973	
Arginine....g	1.400		0	PAE	4		1.190	3.864	
Histidine....g	0.759		0	PAE	4		0.645	2.095	
Alanine....g	1.336		0	PAE	4		1.136	3.687	
Aspartic acid....g	2.024		0	PAE	4		1.720	5.586	
Glutamic acid....g	3.328		0	PAE	4		2.829	9.185	
Glycine....g	1.209		0	PAE	4		1.028	3.337	
Proline....g	0.978		0	PAE	4		0.831	2.699	
Serine....g	0.847		0	PAE	4		0.720	2.338	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13861

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 276g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13859

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, raw

Prime Rib, URMIS #2054

Refuse: 18% Bone

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	53.22		0	PAE	4		15.09	241.41	
Energy kcal	335		0	NC	4		95	1520	
Energy kJ	1402				4		397	6358	
Protein (N x 6.25) g	16.74		0	PAE	4		4.75	75.93	
Total lipid (fat) g	29.18		0	PAE	4		8.27	132.36	
Ash g	0.80		0	PAE	4		0.23	3.63	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	10		0	PAE	4		3	45	
Iron, Fe mg	1.77		0	PAE	4		0.50	8.03	
Magnesium, Mg mg	17		0	PAE	4		5	77	
Phosphorus, P mg	160		0	PAE	4		45	726	
Potassium, K mg	286		0	PAE	4		81	1297	
Sodium, Na mg	53		0	PAE	4		15	240	
Zinc, Zn mg	3.62		0	PAE	4		1.03	16.42	
Copper, Cu mg	0.057		0	PAE	4		0.016	0.259	
Manganese, Mn mg	0.012		0	PAE	4		0.003	0.054	
Selenium, Se µg	16.3		0	BFNN	4		4.6	73.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.080		0	PAE	4		0.023	0.363	
Riboflavin mg	0.130		0	PAE	4		0.037	0.590	
Niacin mg	3.080		0	PAE	4		0.873	13.971	
Pantothenic acid mg	0.280		0	PAE	4		0.079	1.270	
Vitamin B-6 mg	0.350		0	PAE	4		0.099	1.588	
Folate, total µg	5		0	PAE	4		1	23	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	5		0	PAE	4		1	23	
Folate, DFE µg	5		0	NC	4		1	23	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	2.97		0	PAE	4		0.84	13.47	
Vitamin A, RAE µg	0		0	PAE	4		0	0	
Retinol µg	0		0	PAE	4		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0	PAE	4		0	0	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 13859

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	12.070		0	PAE	4		3.422	54.750	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.100		0	PAE	4		0.028	0.454	
12:0....g	0.070		0	PAE	4		0.020	0.318	
13:0....g									
14:0....g	0.940		0	PAE	4		0.266	4.264	
15:0....g									
16:0....g	7.140		0	PAE	4		2.024	32.387	
17:0....g									
18:0....g	3.660		0	PAE	4		1.038	16.602	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	12.840		0	PAE	4		3.640	58.242	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.420		0	PAE	4		0.403	6.441	
17:1....g									
18:1 undifferentiated....g	11.210		0	PAE	4		3.178	50.849	
20:1....g	0.040		0	PAE	4		0.011	0.181	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.040		0	PAE	4		0.295	4.717	
18:2 undifferentiated....g	0.680		0	PAE	4		0.193	3.084	
18:3 undifferentiated....g	0.320		0	PAE	4		0.091	1.452	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.030		0	PAE	4		0.009	0.136	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	70		0	PAE	4		20	318	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.187		0	PAE	4		0.053	0.848	
Threonine....g	0.731		0	PAE	4		0.207	3.316	
Isoleucine....g	0.753		0	PAE	4		0.213	3.416	
Leucine....g	1.323		0	PAE	4		0.375	6.001	
Lysine....g	1.393		0	PAE	4		0.395	6.319	
Methionine....g	0.429		0	PAE	4		0.122	1.946	
Cystine....g	0.187		0	PAE	4		0.053	0.848	
Phenylalanine....g	0.653		0	PAE	4		0.185	2.962	
Tyrosine....g	0.562		0	PAE	4		0.159	2.549	
Valine....g	0.814		0	PAE	4		0.231	3.692	
Arginine....g	1.058		0	PAE	4		0.300	4.799	
Histidine....g	0.573		0	PAE	4		0.162	2.599	
Alanine....g	1.010		0	PAE	4		0.286	4.581	
Aspartic acid....g	1.529		0	PAE	4		0.433	6.936	
Glutamic acid....g	2.515		0	PAE	4		0.713	11.408	
Glycine....g	0.913		0	PAE	4		0.259	4.141	
Proline....g	0.739		0	PAE	4		0.210	3.352	
Serine....g	0.640		0	PAE	4		0.181	2.903	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13859

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13857

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

Prime Rib

Refuse: 7% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	54.36	0.681	10	PAK	1		46.21	133.19	
Energy kcal	278		0	NC	4		237	682	
Energy kJ	1165		0	NC	4		990	2854	
Protein (N x 6.25) g	27.17	0.569	10	PAK	1		23.10	66.58	
Total lipid (fat) g	18.00	0.779	10	PAK	1		15.30	44.10	
Ash g	1.06	0.040	10	PAK	1		0.90	2.59	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	22		0	BFNN	4		19	54	
Iron, Fe mg	1.67		0	BFNN	4		1.42	4.10	
Magnesium, Mg mg	23		0	BFNN	4		20	57	
Phosphorus, P mg	219		0	BFNN	4		186	536	
Potassium, K mg	349		0	BFNN	4		296	854	
Sodium, Na mg	58		0	BFNN	4		49	142	
Zinc, Zn mg	4.97		0	BFNN	4		4.23	12.18	
Copper, Cu mg	0.075		0	BFNN	4		0.064	0.184	
Manganese, Mn mg	0.009		0	BFNN	4		0.008	0.023	
Selenium, Se µg	29.6		0	BFNN	4		25.2	72.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.079		0	BFPN	4		0.067	0.194	
Riboflavin mg	0.142		0	BFPN	4		0.121	0.349	
Niacin mg	7.098		0	BFPN	4		6.033	17.390	
Pantothenic acid mg	0.536		0	BFPN	4		0.456	1.314	
Vitamin B-6 mg	0.595		0	BFPN	4		0.506	1.458	
Folate, total µg	8		0	BFPN	4		7	21	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	8		0	BFPN	4		7	21	
Folate, DFE µg	8		0	NC	4		7	21	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	1.41		0	BFPN	4		1.20	3.45	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.49		0	BFSN	4		0.41	1.19	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.7		0	BFSN	4		1.5	4.2	
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 13857

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	7.088		0	NC	4		6.025	17.366	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.045		0	BFFN	4		0.038	0.109	
12:0....g	0.041		0	BFFN	4		0.035	0.100	
13:0....g									
14:0....g	0.548		0	BFFN	4		0.465	1.341	
15:0....g									
16:0....g	4.280		0	BFFN	4		3.638	10.486	
17:0....g									
18:0....g	2.175		0	BFFN	4		1.849	5.329	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.502		0	NC	4		6.377	18.379	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.678		0	BFFN	4		0.576	1.661	
17:1....g									
18:1 undifferentiated....g	6.798		0	BFFN	4		5.778	16.655	
20:1....g	0.026		0	BFFN	4		0.022	0.064	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.667		0	NC	4		0.567	1.633	
18:2 undifferentiated....g	0.466		0	BFFN	4		0.396	1.141	
18:3 undifferentiated....g	0.160		0	BFFN	4		0.136	0.392	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.041		0	BFFN	4		0.035	0.100	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	103		0	BFSN	4		87	251	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.179		0	PAK	1		0.152	0.438	
Threonine....g	1.086		0	PAK	1		0.923	2.660	
Isoleucine....g	1.236		0	PAK	1		1.051	3.029	
Leucine....g	2.162		0	PAK	1		1.837	5.296	
Lysine....g	2.297		0	PAK	1		1.952	5.626	
Methionine....g	0.708		0	PAK	1		0.601	1.734	
Cystine....g	0.351		0	PAK	1		0.298	0.859	
Phenylalanine....g	1.073		0	PAK	1		0.912	2.630	
Tyrosine....g	0.866		0	PAK	1		0.736	2.121	
Valine....g	1.348		0	PAK	1		1.146	3.303	
Arginine....g	1.757		0	PAK	1		1.494	4.305	
Histidine....g	0.867		0	PAK	1		0.737	2.125	
Alanine....g	1.652		0	PAK	1		1.404	4.047	
Aspartic acid....g	2.475		0	PAK	1		2.104	6.064	
Glutamic acid....g	4.079		0	PAK	1		3.468	9.995	
Glycine....g	1.655		0	PAK	1		1.406	4.054	
Proline....g	1.295		0	PAK	1		1.101	3.174	
Serine....g	1.070		0	PAK	1		0.910	2.623	
Hydroxyproline....g	0.285		0	BFPN	4		0.243	0.699	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

NDB No. 13857

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 245g: 1 steak (yield from 1 raw steak weighing 321g)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13858

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted

Prime Rib

Refuse: 18% Bone

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	50.84		0	PAE	4		43.21	144.89	
Energy kcal	323		0	NC	4		275	921	
Energy kJ	1351				4		1149	3852	
Protein (N x 6.25) g	22.76		0	PAE	4		19.35	64.87	
Total lipid (fat) g	25.02		0	PAE	4		21.27	71.31	
Ash g	1.12		0	PAE	4		0.95	3.19	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	13		0	PAE	4		11	37	
Iron, Fe mg	2.44		0	PAE	4		2.07	6.95	
Magnesium, Mg mg	20		0	PAE	4		17	57	
Phosphorus, P mg	185		0	PAE	4		157	527	
Potassium, K mg	328		0	PAE	4		279	935	
Sodium, Na mg	64		0	PAE	4		54	182	
Zinc, Zn mg	5.00		0	PAE	4		4.25	14.25	
Copper, Cu mg	0.078		0	PAE	4		0.066	0.222	
Manganese, Mn mg	0.014		0	PAE	4		0.012	0.040	
Selenium, Se µg	22.0		0	BFYN	4		18.7	62.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.060		0	PAE	4		0.051	0.171	
Riboflavin mg	0.160		0	PAE	4		0.136	0.456	
Niacin mg	3.190		0	PAE	4		2.712	9.092	
Pantothenic acid mg	0.240		0	PAE	4		0.204	0.684	
Vitamin B-6 mg	0.240		0	PAE	4		0.204	0.684	
Folate, total µg	6		0	PAE	4		5	17	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	6		0	PAE	4		5	17	
Folate, DFE µg	6		0	NC	4		5	17	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	2.90		0	PAE	4		2.47	8.27	
Vitamin A, RAE µg	0		0	PAE	4		0	0	
Retinol µg	0		0	PAE	4		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0	PAE	4		0	0	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 13858

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	10.050		0	PAE	4		8.543	28.643	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.070		0	PAE	4		0.060	0.200	
12:0....g	0.070		0	PAE	4		0.060	0.200	
13:0....g									
14:0....g	0.810		0	PAE	4		0.689	2.309	
15:0....g									
16:0....g	6.200		0	PAE	4		5.270	17.670	
17:0....g									
18:0....g	2.910		0	PAE	4		2.474	8.294	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	10.810		0	PAE	4		9.189	30.809	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.070		0	PAE	4		0.910	3.050	
17:1....g									
18:1 undifferentiated....g	9.690		0	PAE	4		8.237	27.617	
20:1....g	0.050		0	PAE	4		0.043	0.143	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.910		0	PAE	4		0.774	2.594	
18:2 undifferentiated....g	0.610		0	PAE	4		0.519	1.739	
18:3 undifferentiated....g	0.290		0	PAE	4		0.247	0.827	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.020		0	PAE	4		0.017	0.057	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	83		0	PAE	4		71	237	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.255		0	PAE	4		0.217	0.727	
Threonine....g	0.994		0	PAE	4		0.845	2.833	
Isoleucine....g	1.023		0	PAE	4		0.870	2.916	
Leucine....g	1.799		0	PAE	4		1.529	5.127	
Lysine....g	1.894		0	PAE	4		1.610	5.398	
Methionine....g	0.583		0	PAE	4		0.496	1.662	
Cystine....g	0.255		0	PAE	4		0.217	0.727	
Phenylalanine....g	0.889		0	PAE	4		0.756	2.534	
Tyrosine....g	0.765		0	PAE	4		0.650	2.180	
Valine....g	1.107		0	PAE	4		0.941	3.155	
Arginine....g	1.439		0	PAE	4		1.223	4.101	
Histidine....g	0.779		0	PAE	4		0.662	2.220	
Alanine....g	1.373		0	PAE	4		1.167	3.913	
Aspartic acid....g	2.079		0	PAE	4		1.767	5.925	
Glutamic acid....g	3.420		0	PAE	4		2.907	9.747	
Glycine....g	1.242		0	PAE	4		1.056	3.540	
Proline....g	1.005		0	PAE	4		0.854	2.864	
Serine....g	0.870		0	PAE	4		0.740	2.480	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13858

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 285g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13856

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw

Prime Rib

Refuse: 5% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	62.00	0.725	10	PAK	1		52.70	207.69	
Energy kcal	246		0	NC	4		209	824	
Energy kJ	1029		0	NC	4		875	3447	
Protein (N x 6.25) g	19.56	0.261	10	PAK	1		16.63	65.54	
Total lipid (fat) g	18.00	0.870	10	PAK	1		15.30	60.30	
Ash g	0.89	0.023	10	PAK	1		0.76	3.00	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	22		0	BFNN	4		19	73	
Iron, Fe mg	1.40		0	BFNN	4		1.19	4.69	
Magnesium, Mg mg	20		0	BFNN	4		17	66	
Phosphorus, P mg	180		0	BFNN	4		153	602	
Potassium, K mg	297		0	BFNN	4		253	997	
Sodium, Na mg	49		0	BFNN	4		42	165	
Zinc, Zn mg	3.28		0	BFNN	4		2.79	11.00	
Copper, Cu mg	0.067		0	BFNN	4		0.057	0.225	
Manganese, Mn mg	0.009		0	BFNN	4		0.008	0.030	
Selenium, Se µg	22.4		0	BFNN	4		19.0	74.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.070		0	BFPN	4		0.059	0.234	
Riboflavin mg	0.106		0	BFPN	4		0.090	0.355	
Niacin mg	5.228		0	BFPN	4		4.443	17.512	
Pantothenic acid mg	0.554		0	BFPN	4		0.471	1.857	
Vitamin B-6 mg	0.540		0	BFPN	4		0.459	1.810	
Folate, total µg	10		0	BFPN	4		9	35	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	10		0	BFPN	4		9	35	
Folate, DFE µg	10		0	NC	4		9	35	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.93		0	BFPN	4		0.79	3.11	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.40		0	BFSN	4		0.34	1.36	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.6		0	BFSN	4		1.4	5.4	
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 13856

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	7.264		0	NC	4		6.174	24.333	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.058		0	BFFN	4		0.049	0.194	
12:0....g	0.039		0	BFFN	4		0.033	0.129	
13:0....g									
14:0....g	0.569		0	BFFN	4		0.484	1.906	
15:0....g									
16:0....g	4.373		0	BFFN	4		3.717	14.650	
17:0....g									
18:0....g	2.225		0	BFFN	4		1.891	7.454	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.708		0	NC	4		6.551	25.820	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.878		0	BFFN	4		0.746	2.941	
17:1....g									
18:1 undifferentiated....g	6.804		0	BFFN	4		5.783	22.793	
20:1....g	0.026		0	BFFN	4		0.022	0.086	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.685		0	NC	4		0.582	2.294	
18:2 undifferentiated....g	0.441		0	BFFN	4		0.374	1.476	
18:3 undifferentiated....g	0.215		0	BFFN	4		0.183	0.722	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.029		0	BFFN	4		0.025	0.097	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	85		0	BFSN	4		72	284	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.129		0	PAK	1		0.109	0.431	
Threonine....g	0.782		0	PAK	1		0.664	2.618	
Isoleucine....g	0.890		0	PAK	1		0.757	2.982	
Leucine....g	1.556		0	PAK	1		1.323	5.213	
Lysine....g	1.653		0	PAK	1		1.405	5.539	
Methionine....g	0.509		0	PAK	1		0.433	1.707	
Cystine....g	0.252		0	PAK	1		0.215	0.846	
Phenylalanine....g	0.773		0	PAK	1		0.657	2.589	
Tyrosine....g	0.623		0	PAK	1		0.530	2.088	
Valine....g	0.971		0	PAK	1		0.825	3.251	
Arginine....g	1.265		0	PAK	1		1.075	4.238	
Histidine....g	0.624		0	PAK	1		0.531	2.092	
Alanine....g	1.189		0	PAK	1		1.011	3.984	
Aspartic acid....g	1.782		0	PAK	1		1.515	5.970	
Glutamic acid....g	2.937		0	PAK	1		2.496	9.839	
Glycine....g	1.191		0	PAK	1		1.013	3.991	
Proline....g	0.933		0	PAK	1		0.793	3.124	
Serine....g	0.771		0	PAK	1		0.655	2.582	
Hydroxyproline....g	0.206		0	BFPN	4		0.175	0.689	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

NDB No. 13856

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 335g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13394

Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Refuse: 37% Bone and connective tissue, 7.8%, separable fat, 10.6%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	62.59	0.506	20	A	1		53.20	145.83	
Energy kcal	193		0	NC	4		164	451	
Energy kJ	809		0	NC	4		688	1886	
Protein (N x 6.25) g	29.41	0.315	20	A	1		25.00	68.52	
Total lipid (fat) g	7.53	0.460	20	A	1		6.40	17.54	
Ash g	1.18	0.020	20	A	1		1.00	2.75	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	19		0	BFNN	4		16	45	
Iron, Fe mg	1.87		0	BFNN	4		1.59	4.36	
Magnesium, Mg mg	25		0	BFNN	4		21	59	
Phosphorus, P mg	233		0	BFNN	4		198	544	
Potassium, K mg	376		0	BFNN	4		320	876	
Sodium, Na mg	61		0	BFNN	4		52	143	
Zinc, Zn mg	5.46		0	BFNN	4		4.64	12.73	
Copper, Cu mg	0.087		0	BFNN	4		0.074	0.203	
Manganese, Mn mg	0.011		0	BFNN	4		0.009	0.025	
Selenium, Se µg	34.3		0	BFNN	4		29.1	79.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.080		0	BFPN	4		0.068	0.187	
Riboflavin mg	0.149		0	BFPN	4		0.127	0.347	
Niacin mg	8.415		0	BFPN	4		7.153	19.607	
Pantothenic acid mg	0.579		0	BFPN	4		0.492	1.348	
Vitamin B-6 mg	0.631		0	BFPN	4		0.536	1.470	
Folate, total µg	10		0	BFPN	4		8	23	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	10		0	BFPN	4		8	23	
Folate, DFE µg	10		0	NC	4		8	23	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	1.64		0	BFPN	4		1.40	3.83	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.40		0	BFSN	4		0.34	0.93	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.3	
Vitamin D IU	5		0	BFFN	4		4	11	
Vitamin K (phylloquinone) µg	1.4		0	BFSN	4		1.2	3.3	
Dihydrophylloquinone µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4 µg									
Lipids:									

NDB No. 13394

Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	2.868		0	NC	4		2.438	6.682	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.003		0	BFFN	4		0.003	0.007	
12:0....g	0.009		0	BFFN	4		0.008	0.021	
13:0....g									
14:0....g	0.204		0	BFFN	4		0.174	0.476	
15:0....g									
16:0....g	1.670		0	BFFN	4		1.420	3.892	
17:0....g									
18:0....g	0.981		0	BFFN	4		0.834	2.287	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.005		0	NC	4		2.554	7.002	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.226		0	BFFN	4		0.192	0.525	
17:1....g									
18:1 undifferentiated....g	2.777		0	BFFN	4		2.360	6.470	
20:1....g	0.003		0	BFFN	4		0.003	0.007	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.277		0	NC	4		0.236	0.646	
18:2 undifferentiated....g	0.219		0	BFFN	4		0.186	0.511	
18:3 undifferentiated....g	0.021		0	BFFN	4		0.018	0.050	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.037		0	BFFN	4		0.031	0.085	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	91		0	BFSN	4		78	213	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.193		0	A	1		0.164	0.450	
Threonine....g	1.175		0	A	1		0.999	2.737	
Isoleucine....g	1.338		0	A	1		1.137	3.117	
Leucine....g	2.339		0	A	1		1.988	5.450	
Lysine....g	2.485		0	A	1		2.112	5.790	
Methionine....g	0.766		0	A	1		0.651	1.784	
Cystine....g	0.379		0	A	1		0.323	0.884	
Phenylalanine....g	1.162		0	A	1		0.987	2.706	
Tyrosine....g	0.937		0	A	1		0.796	2.183	
Valine....g	1.459		0	A	1		1.240	3.399	
Arginine....g	1.901		0	A	1		1.616	4.430	
Histidine....g	0.938		0	A	1		0.798	2.187	
Alanine....g	1.788		0	A	1		1.520	4.165	
Aspartic acid....g	2.679		0	A	1		2.277	6.241	
Glutamic acid....g	4.415		0	A	1		3.752	10.286	
Glycine....g	1.791		0	A	1		1.522	4.172	
Proline....g	1.402		0	A	1		1.192	3.266	
Serine....g	1.158		0	A	1		0.985	2.699	
Hydroxyproline....g	0.295		0	BFPN	4		0.250	0.686	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

NDB No. 13394

Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 233g: 1 steak (yield from 296 g raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13395

Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled

Refuse: 37% Bone, 22%, separable fat, 15%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	58.70		0		1		49.90	129.14	
Energy kcal	225		0	NC	4		191	495	
Energy kJ	941				4		800	2071	
Protein (N x 6.25) g	28.04		0		1		23.83	61.69	
Total lipid (fat) g	11.70		0		1		9.95	25.74	
Ash g	1.23		0		1		1.05	2.71	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	13		0		1		11	29	
Iron, Fe mg	2.57		0		1		2.18	5.65	
Magnesium, Mg mg	27		0		1		23	59	
Phosphorus, P mg	208		0		1		177	458	
Potassium, K mg	394		0		1		335	867	
Sodium, Na mg	69		0		1		59	152	
Zinc, Zn mg	6.99		0		1		5.94	15.38	
Copper, Cu mg	0.100		0		1		0.085	0.220	
Manganese, Mn mg	0.016		0		1		0.014	0.035	
Selenium, Se µg	21.9		0	BFYN	4		18.6	48.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.100		0		1		0.085	0.220	
Riboflavin mg	0.220		0		1		0.187	0.484	
Niacin mg	4.800		0		1		4.080	10.560	
Pantothenic acid mg	0.340		0		1		0.289	0.748	
Vitamin B-6 mg	0.400		0		1		0.340	0.880	
Folate, total µg	8		0		1		7	18	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	8		0		1		7	18	
Folate, DFE µg	8		0	NC	4		7	18	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	3.32		0		1		2.82	7.30	
Vitamin A, RAE µg	0		0		1		0	0	
Retinol µg	0		0		1		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0		1		0	0	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 13395

Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	4.730		0		1		4.021	10.406	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.010		0		1		0.009	0.022	
12:0....g	0.010		0		1		0.009	0.022	
13:0....g									
14:0....g	0.370		0		1		0.315	0.814	
15:0....g									
16:0....g	2.800		0		1		2.380	6.160	
17:0....g									
18:0....g	1.540		0		1		1.309	3.388	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.940		0		1		4.199	10.868	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.400		0		1		0.340	0.880	
17:1....g									
18:1 undifferentiated....g	4.540		0		1		3.859	9.988	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.330		0		1		0.281	0.726	
18:2 undifferentiated....g	0.280		0		1		0.238	0.616	
18:3 undifferentiated....g	0.020		0		1		0.017	0.044	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.030		0		1		0.026	0.066	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	80		0		1		68	176	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.314		0		1		0.267	0.691	
Threonine....g	1.225		0		1		1.041	2.695	
Isoleucine....g	1.261		0		1		1.072	2.774	
Leucine....g	2.216		0		1		1.884	4.875	
Lysine....g	2.333		0		1		1.983	5.133	
Methionine....g	0.718		0		1		0.610	1.580	
Cystine....g	0.314		0		1		0.267	0.691	
Phenylalanine....g	1.095		0		1		0.931	2.409	
Tyrosine....g	0.942		0		1		0.801	2.072	
Valine....g	1.364		0		1		1.159	3.001	
Arginine....g	1.772		0		1		1.506	3.898	
Histidine....g	0.960		0		1		0.816	2.112	
Alanine....g	1.691		0		1		1.437	3.720	
Aspartic acid....g	2.562		0		1		2.178	5.636	
Glutamic acid....g	4.212		0		1		3.580	9.266	
Glycine....g	1.530		0		1		1.301	3.366	
Proline....g	1.238		0		1		1.052	2.724	
Serine....g	1.072		0		1		0.911	2.358	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13395

Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 220g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13396

Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, cooked, broiled

Refuse: 37% Bone, 24%, separable fat, 13%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	60.30		0		1		51.26	132.66	
Energy kcal	198		0	NC	4		168	436	
Energy kJ	828				4		704	1823	
Protein (N x 6.25) g	28.04		0		1		23.83	61.69	
Total lipid (fat) g	8.70		0		1		7.40	19.14	
Ash g	1.23		0		1		1.05	2.71	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	13		0		1		11	29	
Iron, Fe mg	2.57		0		1		2.18	5.65	
Magnesium, Mg mg	27		0		1		23	59	
Phosphorus, P mg	208		0		1		177	458	
Potassium, K mg	394		0		1		335	867	
Sodium, Na mg	69		0		1		59	152	
Zinc, Zn mg	6.99		0		1		5.94	15.38	
Copper, Cu mg	0.100		0		1		0.085	0.220	
Manganese, Mn mg	0.016		0		1		0.014	0.035	
Selenium, Se µg	21.9		0	BFYN	4		18.6	48.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.100		0		1		0.085	0.220	
Riboflavin mg	0.220		0		1		0.187	0.484	
Niacin mg	4.800		0		1		4.080	10.560	
Pantothenic acid mg	0.340		0		1		0.289	0.748	
Vitamin B-6 mg	0.400		0		1		0.340	0.880	
Folate, total µg	8		0		1		7	18	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	8		0		1		7	18	
Folate, DFE µg	8		0	NC	4		7	18	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	3.32		0		1		2.82	7.30	
Vitamin A, RAE µg	0		0		1		0	0	
Retinol µg	0		0		1		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0		1		0	0	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 13396

Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	3.510		0		1		2.984	7.722	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.010		0		1		0.009	0.022	
12:0....g	0.010		0		1		0.009	0.022	
13:0....g									
14:0....g	0.270		0		1		0.230	0.594	
15:0....g									
16:0....g	2.080		0		1		1.768	4.576	
17:0....g									
18:0....g	1.150		0		1		0.978	2.530	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.670		0		1		3.120	8.074	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.290		0		1		0.247	0.638	
17:1....g									
18:1 undifferentiated....g	3.380		0		1		2.873	7.436	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.250		0		1		0.213	0.550	
18:2 undifferentiated....g	0.210		0		1		0.179	0.462	
18:3 undifferentiated....g	0.020		0		1		0.017	0.044	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.020		0		1		0.017	0.044	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	80		0		1		68	176	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.314		0		1		0.267	0.691	
Threonine....g	1.225		0		1		1.041	2.695	
Isoleucine....g	1.261		0		1		1.072	2.774	
Leucine....g	2.216		0		1		1.884	4.875	
Lysine....g	2.333		0		1		1.983	5.133	
Methionine....g	0.718		0		1		0.610	1.580	
Cystine....g	0.314		0		1		0.267	0.691	
Phenylalanine....g	1.095		0		1		0.931	2.409	
Tyrosine....g	0.942		0		1		0.801	2.072	
Valine....g	1.364		0		1		1.159	3.001	
Arginine....g	1.772		0		1		1.506	3.898	
Histidine....g	0.960		0		1		0.816	2.112	
Alanine....g	1.691		0		1		1.437	3.720	
Aspartic acid....g	2.562		0		1		2.178	5.636	
Glutamic acid....g	4.212		0		1		3.580	9.266	
Glycine....g	1.530		0		1		1.301	3.366	
Proline....g	1.238		0		1		1.052	2.724	
Serine....g	1.072		0		1		0.911	2.358	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13396

Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, cooked, broiled

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 220g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23638

Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled

Refuse: 25% Bone and connective tissue, 7.11%, separable fat, 18.25%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	64.27	0.504	20	A	1		18.22	291.53	
Energy kcal	195		0	NC	4		55	885	
Energy kJ	817		0	NC	4		232	3706	
Protein (N x 6.25) g	29.58	0.451	20	A	1		8.39	134.17	
Total lipid (fat) g	7.63	0.447	20	A	1		2.16	34.63	
Ash g	1.15	0.032	20	A	1		0.32	5.20	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	19		0	BFNN	4		5	87	
Iron, Fe mg	1.88		0	BFNN	4		0.53	8.54	
Magnesium, Mg mg	25		0	BFNN	4		7	115	
Phosphorus, P mg	235		0	BFNN	4		67	1064	
Potassium, K mg	378		0	BFNN	4		107	1715	
Sodium, Na mg	62		0	BFNN	4		17	279	
Zinc, Zn mg	5.49		0	BFNN	4		1.56	24.91	
Copper, Cu mg	0.087		0	BFNN	4		0.025	0.396	
Manganese, Mn mg	0.011		0	BFNN	4		0.003	0.050	
Selenium, Se µg	34.4		0	BFNN	4		9.8	156.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.081		0	BFPN	4		0.023	0.366	
Riboflavin mg	0.150		0	BFPN	4		0.042	0.679	
Niacin mg	8.464		0	BFPN	4		2.400	38.393	
Pantothenic acid mg	0.582		0	BFPN	4		0.165	2.639	
Vitamin B-6 mg	0.635		0	BFPN	4		0.180	2.879	
Folate, total µg	10		0	BFPN	4		3	45	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	10		0	BFPN	4		3	45	
Folate, DFE µg	10		0	NC	4		3	45	
Choline, total mg	112.7		0	BFPN	4		31.9	511.0	
Betaine mg	14.8		0	BFPN	4		4.2	67.1	
Vitamin B-12 µg	1.69		0	BFPN	4		0.48	7.67	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.38		0	BFSN	4		0.11	1.73	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.0	0.6	
Vitamin D IU	5		0	BFFN	4		1	23	
Vitamin K (phylloquinone) µg	1.4		0	BFSN	4		0.4	6.1	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23638

Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.907		0	NC	4		0.824	13.187	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.003		0	BFFN	4		0.001	0.013	
12:0....g	0.009		0	BFFN	4		0.002	0.039	
13:0....g									
14:0....g	0.207		0	BFFN	4		0.059	0.937	
15:0....g									
16:0....g	1.693		0	BFFN	4		0.480	7.681	
17:0....g									
18:0....g	0.996		0	BFFN	4		0.282	4.517	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.048		0	NC	4		0.864	13.826	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.230		0	BFFN	4		0.065	1.041	
17:1....g									
18:1 undifferentiated....g	2.816		0	BFFN	4		0.798	12.772	
20:1....g	0.003		0	BFFN	4		0.001	0.013	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.292		0	NC	4		0.083	1.322	
18:2 undifferentiated....g	0.218		0	BFFN	4		0.062	0.989	
18:3 undifferentiated....g	0.020		0	BFFN	4		0.006	0.091	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.034		0	BFFN	4		0.010	0.156	
20:5 n-3 (EPA)....g	0.003		18	AR	1		0.001	0.014	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.015		18	AR	1		0.004	0.068	
22:6 n-3 (DHA)....g	0.001		18	AR	1		0.000	0.005	
Fatty acids, total trans....g									
Cholesterol....mg	87		0	BFSN	4		25	395	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.194		0	A	1		0.055	0.882	
Threonine....g	1.182		0	A	1		0.335	5.360	
Isoleucine....g	1.346		0	A	1		0.381	6.104	
Leucine....g	2.353		0	A	1		0.667	10.672	
Lysine....g	2.500		0	A	1		0.709	11.338	
Methionine....g	0.770		0	A	1		0.218	3.494	
Cystine....g	0.382		0	A	1		0.108	1.731	
Phenylalanine....g	1.168		0	A	1		0.331	5.299	
Tyrosine....g	0.943		0	A	1		0.267	4.275	
Valine....g	1.467		0	A	1		0.416	6.656	
Arginine....g	1.913		0	A	1		0.542	8.675	
Histidine....g	0.944		0	A	1		0.268	4.282	
Alanine....g	1.798		0	A	1		0.510	8.156	
Aspartic acid....g	2.694		0	A	1		0.764	12.221	
Glutamic acid....g	4.440		0	A	1		1.259	20.141	
Glycine....g	1.801		0	A	1		0.511	8.169	
Proline....g	1.410		0	A	1		0.400	6.396	
Serine....g	1.165		0	A	1		0.330	5.285	
Hydroxyproline....g	0.311		0	BFPN	4		0.088	1.410	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 23638

Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23599

Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw

Refuse: 25% Bone and connective tissue 5%, sep fat 20%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	69.95	0.333	20	A	1		19.83	317.29	
Energy kcal	141		0	NC	4		40	639	
Energy kJ	589		0	NC	4		167	2673	
Protein (N x 6.25) g	22.33	0.198	20	A	1		6.33	101.27	
Total lipid (fat) g	5.04	0.342	20	A	1		1.43	22.88	
Ash g	0.99	0.018	20	A	1		0.28	4.49	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	24		0	BFNN	4		7	111	
Iron, Fe mg	1.60		0	BFNN	4		0.45	7.26	
Magnesium, Mg mg	23		0	BFNN	4		7	105	
Phosphorus, P mg	206		0	BFNN	4		58	935	
Potassium, K mg	347		0	BFNN	4		98	1572	
Sodium, Na mg	56		0	BFNN	4		16	253	
Zinc, Zn mg	4.01		0	BFNN	4		1.14	18.18	
Copper, Cu mg	0.074		0	BFNN	4		0.021	0.337	
Manganese, Mn mg	0.013		0	BFNN	4		0.004	0.058	
Selenium, Se µg	26.9		0	BFNN	4		7.6	122.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.069		0	BFPN	4		0.019	0.311	
Riboflavin mg	0.112		0	BFPN	4		0.032	0.509	
Niacin mg	6.916		0	BFPN	4		1.961	31.369	
Pantothenic acid mg	0.660		0	BFPN	4		0.187	2.994	
Vitamin B-6 mg	0.625		0	BFPN	4		0.177	2.835	
Folate, total µg	13		0	BFPN	4		4	60	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	13		0	BFPN	4		4	60	
Folate, DFE µg	13		0	NC	4		4	60	
Choline, total mg	93.2		0	BFPN	4		26.4	423.0	
Betaine mg	13.7		0	BFPN	4		3.9	62.2	
Vitamin B-12 µg	1.10		0	BFPN	4		0.31	4.98	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.32		0	BFSN	4		0.09	1.45	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.3		0	BFSN	4		0.4	5.8	
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 23599

Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.864		0	NC	4		0.529	8.457	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.000		0	BFFN	4		0.000	0.000	
13:0....g									
14:0....g	0.128		0	BFFN	4		0.036	0.578	
15:0....g									
16:0....g	1.119		0	BFFN	4		0.317	5.077	
17:0....g									
18:0....g	0.618		0	BFFN	4		0.175	2.802	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.029		0	NC	4		0.575	9.202	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.156		0	BFFN	4		0.044	0.707	
17:1....g									
18:1 undifferentiated....g	1.870		0	BFFN	4		0.530	8.483	
20:1....g	0.003		0	BFFN	4		0.001	0.013	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.218		0	NC	4		0.062	0.989	
18:2 undifferentiated....g	0.176		0	BFFN	4		0.050	0.797	
18:3 undifferentiated....g	0.011		0	BFFN	4		0.003	0.051	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.031		0	BFFN	4		0.009	0.141	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	75		0	BFSN	4		21	342	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.147		0	A	1		0.042	0.666	
Threonine....g	0.892		0	A	1		0.253	4.045	
Isoleucine....g	1.016		0	A	1		0.288	4.607	
Leucine....g	1.776		0	A	1		0.503	8.056	
Lysine....g	1.887		0	A	1		0.535	8.558	
Methionine....g	0.581		0	A	1		0.165	2.637	
Cystine....g	0.288		0	A	1		0.082	1.307	
Phenylalanine....g	0.882		0	A	1		0.250	4.000	
Tyrosine....g	0.711		0	A	1		0.202	3.227	
Valine....g	1.108		0	A	1		0.314	5.024	
Arginine....g	1.444		0	A	1		0.409	6.548	
Histidine....g	0.712		0	A	1		0.202	3.232	
Alanine....g	1.357		0	A	1		0.385	6.156	
Aspartic acid....g	2.034		0	A	1		0.577	9.224	
Glutamic acid....g	3.352		0	A	1		0.950	15.202	
Glycine....g	1.359		0	A	1		0.385	6.166	
Proline....g	1.064		0	A	1		0.302	4.828	
Serine....g	0.879		0	A	1		0.249	3.989	
Hydroxyproline....g	0.235		0	BFPN	4		0.066	1.064	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

NDB No. 23599

Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23623

Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw

Refuse: 26% Bone and connective tissue 5%, sep fat 21%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	71.28	0.447	10	A	1		20.21	323.33	
Energy kcal	148		0	NC	4		42	670	
Energy kJ	618		0	NC	4		175	2805	
Protein (N x 6.25) g	22.12	0.308	10	A	1		6.27	100.35	
Total lipid (fat) g	5.91	0.508	10	A	1		1.68	26.81	
Ash g	1.08	0.025	10	A	1		0.31	4.90	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	28		0	BFNN	4		8	129	
Iron, Fe mg	1.63		0	BFNN	4		0.46	7.39	
Magnesium, Mg mg	23		0	BFNN	4		7	106	
Phosphorus, P mg	204		0	BFNN	4		58	926	
Potassium, K mg	341		0	BFNN	4		97	1547	
Sodium, Na mg	57		0	BFNN	4		16	258	
Zinc, Zn mg	4.13		0	BFNN	4		1.17	18.75	
Copper, Cu mg	0.072		0	BFNN	4		0.021	0.328	
Manganese, Mn mg	0.014		0	BFNN	4		0.004	0.064	
Selenium, Se µg	25.5		0	BFNN	4		7.2	115.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.061		0	BFPN	4		0.017	0.278	
Riboflavin mg	0.108		0	BFPN	4		0.031	0.492	
Niacin mg	7.491		0	BFPN	4		2.124	33.981	
Pantothenic acid mg	0.659		0	BFPN	4		0.187	2.987	
Vitamin B-6 mg	0.607		0	BFPN	4		0.172	2.754	
Folate, total µg	13		0	BFPN	4		4	59	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	13		0	BFPN	4		4	59	
Folate, DFE µg	13		0	NC	4		4	59	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	1.20		0	BFPN	4		0.34	5.44	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.33		0	BFSN	4		0.09	1.50	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.3		0	BFSN	4		0.4	6.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 23623

Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	2.183		0	NC	4		0.619	9.903	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.000		0	BFFN	4		0.000	0.000	
13:0....g									
14:0....g	0.149		0	BFFN	4		0.042	0.677	
15:0....g									
16:0....g	1.311		0	BFFN	4		0.372	5.945	
17:0....g									
18:0....g	0.723		0	BFFN	4		0.205	3.281	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.376		0	NC	4		0.674	10.777	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.183		0	BFFN	4		0.052	0.828	
17:1....g									
18:1 undifferentiated....g	2.190		0	BFFN	4		0.621	9.934	
20:1....g	0.003		0	BFFN	4		0.001	0.015	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.256		0	NC	4		0.072	1.159	
18:2 undifferentiated....g	0.206		0	BFFN	4		0.058	0.933	
18:3 undifferentiated....g	0.013		0	BFFN	4		0.004	0.060	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.037		0	BFFN	4		0.010	0.166	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	68		0	BFSN	4		19	310	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.145		0	A	1		0.041	0.660	
Threonine....g	0.884		0	A	1		0.251	4.009	
Isoleucine....g	1.006		0	A	1		0.285	4.565	
Leucine....g	1.760		0	A	1		0.499	7.982	
Lysine....g	1.870		0	A	1		0.530	8.481	
Methionine....g	0.576		0	A	1		0.163	2.613	
Cystine....g	0.285		0	A	1		0.081	1.295	
Phenylalanine....g	0.874		0	A	1		0.248	3.964	
Tyrosine....g	0.705		0	A	1		0.200	3.198	
Valine....g	1.098		0	A	1		0.311	4.978	
Arginine....g	1.431		0	A	1		0.406	6.489	
Histidine....g	0.706		0	A	1		0.200	3.203	
Alanine....g	1.345		0	A	1		0.381	6.101	
Aspartic acid....g	2.015		0	A	1		0.571	9.140	
Glutamic acid....g	3.321		0	A	1		0.942	15.065	
Glycine....g	1.347		0	A	1		0.382	6.110	
Proline....g	1.055		0	A	1		0.299	4.784	
Serine....g	0.871		0	A	1		0.247	3.953	
Hydroxyproline....g	0.232		0	BFPN	4		0.066	1.054	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

NDB No. 23623

Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23586

Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled

Refuse: 24% Bone and connective tissue 7%, sep fat 17%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	62.45	0.772	10	A	1		17.70	283.25	
Energy kcal	188		0	NC	4		53	852	
Energy kJ	786		0	NC	4		223	3566	
Protein (N x 6.25) g	30.87	0.519	10	A	1		8.75	140.00	
Total lipid (fat) g	6.22	0.351	10	A	1		1.76	28.22	
Ash g	1.19	0.047	10	A	1		0.34	5.42	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	22		0	BFNN	4		6	102	
Iron, Fe mg	1.91		0	BFNN	4		0.54	8.68	
Magnesium, Mg mg	27		0	BFNN	4		8	122	
Phosphorus, P mg	253		0	BFNN	4		72	1145	
Potassium, K mg	409		0	BFNN	4		116	1854	
Sodium, Na mg	66		0	BFNN	4		19	298	
Zinc, Zn mg	5.69		0	BFNN	4		1.61	25.82	
Copper, Cu mg	0.085		0	BFNN	4		0.024	0.384	
Manganese, Mn mg	0.011		0	BFNN	4		0.003	0.051	
Selenium, Se µg	38.8		0	BFNN	4		11.0	176.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.088		0	BFPN	4		0.025	0.400	
Riboflavin mg	0.164		0	BFPN	4		0.046	0.742	
Niacin mg	9.020		0	BFPN	4		2.557	40.916	
Pantothenic acid mg	0.608		0	BFPN	4		0.172	2.759	
Vitamin B-6 mg	0.682		0	BFPN	4		0.193	3.093	
Folate, total µg	10		0	BFPN	4		3	47	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	10		0	BFPN	4		3	47	
Folate, DFE µg	10		0	NC	4		3	47	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	1.47		0	BFPN	4		0.42	6.69	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.40		0	BFSN	4		0.11	1.81	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.4		0	BFSN	4		0.4	6.5	
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 23586

Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	2.369		0	NC	4		0.672	10.745	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.002		0	BFFN	4		0.001	0.010	
12:0....g	0.007		0	BFFN	4		0.002	0.032	
13:0....g									
14:0....g	0.168		0	BFFN	4		0.048	0.763	
15:0....g									
16:0....g	1.380		0	BFFN	4		0.391	6.259	
17:0....g									
18:0....g	0.812		0	BFFN	4		0.230	3.681	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.484		0	NC	4		0.704	11.265	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.187		0	BFFN	4		0.053	0.848	
17:1....g									
18:1 undifferentiated....g	2.294		0	BFFN	4		0.650	10.406	
20:1....g	0.002		0	BFFN	4		0.001	0.010	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.222		0	NC	4		0.063	1.007	
18:2 undifferentiated....g	0.178		0	BFFN	4		0.050	0.806	
18:3 undifferentiated....g	0.016		0	BFFN	4		0.005	0.074	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.028		0	BFFN	4		0.008	0.127	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	98		0	BFSN	4		28	446	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.203		0	A	1		0.058	0.920	
Threonine....g	1.233		0	A	1		0.350	5.593	
Isoleucine....g	1.404		0	A	1		0.398	6.370	
Leucine....g	2.455		0	A	1		0.696	11.137	
Lysine....g	2.608		0	A	1		0.740	11.832	
Methionine....g	0.804		0	A	1		0.228	3.646	
Cystine....g	0.398		0	A	1		0.113	1.807	
Phenylalanine....g	1.219		0	A	1		0.346	5.530	
Tyrosine....g	0.984		0	A	1		0.279	4.461	
Valine....g	1.531		0	A	1		0.434	6.946	
Arginine....g	1.996		0	A	1		0.566	9.053	
Histidine....g	0.985		0	A	1		0.279	4.468	
Alanine....g	1.876		0	A	1		0.532	8.511	
Aspartic acid....g	2.811		0	A	1		0.797	12.753	
Glutamic acid....g	4.634		0	A	1		1.314	21.018	
Glycine....g	1.879		0	A	1		0.533	8.525	
Proline....g	1.471		0	A	1		0.417	6.674	
Serine....g	1.216		0	A	1		0.345	5.515	
Hydroxyproline....g	0.324		0	BFPN	4		0.092	1.471	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

NDB No. 23586

Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23582

Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw

Refuse: 24% Bone and connective tissue 5%, sep fat 19%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	72.90	0.352	10	A	1		20.67	330.67	
Energy kcal	134		0	NC	4		38	608	
Energy kJ	561		0	NC	4		159	2545	
Protein (N x 6.25) g	22.53	0.248	10	A	1		6.39	102.18	
Total lipid (fat) g	4.20	0.274	10	A	1		1.19	19.06	
Ash g	1.06	0.027	10	A	1		0.30	4.79	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	22		0	BFNN	4		6	100	
Iron, Fe mg	1.59		0	BFNN	4		0.45	7.23	
Magnesium, Mg mg	23		0	BFNN	4		7	105	
Phosphorus, P mg	209		0	BFNN	4		59	947	
Potassium, K mg	353		0	BFNN	4		100	1599	
Sodium, Na mg	55		0	BFNN	4		16	250	
Zinc, Zn mg	3.96		0	BFNN	4		1.12	17.94	
Copper, Cu mg	0.076		0	BFNN	4		0.021	0.343	
Manganese, Mn mg	0.011		0	BFNN	4		0.003	0.050	
Selenium, Se µg	30.4		0	BFNN	4		8.6	138.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.076		0	BFPN	4		0.021	0.343	
Riboflavin mg	0.121		0	BFPN	4		0.034	0.549	
Niacin mg	6.544		0	BFPN	4		1.855	29.685	
Pantothenic acid mg	0.662		0	BFPN	4		0.188	3.001	
Vitamin B-6 mg	0.635		0	BFPN	4		0.180	2.882	
Folate, total µg	13		0	BFPN	4		4	60	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	13		0	BFPN	4		4	60	
Folate, DFE µg	13		0	NC	4		4	60	
Choline, total mg	94.1		0	BFPN	4		26.7	426.8	
Betaine mg									
Vitamin B-12 µg	0.95		0	BFPN	4		0.27	4.32	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.29		0	BFSN	4		0.08	1.31	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.2		0	BFSN	4		0.3	5.2	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23582

Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.553		0	NC	4		0.440	7.044	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.000		0	BFFN	4		0.000	0.000	
13:0....g									
14:0....g	0.106		0	BFFN	4		0.030	0.482	
15:0....g									
16:0....g	0.932		0	BFFN	4		0.264	4.228	
17:0....g									
18:0....g	0.515		0	BFFN	4		0.146	2.334	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.690		0	NC	4		0.479	7.664	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.130		0	BFFN	4		0.037	0.589	
17:1....g									
18:1 undifferentiated....g	1.558		0	BFFN	4		0.442	7.065	
20:1....g	0.002		0	BFFN	4		0.001	0.010	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.182		0	NC	4		0.051	0.824	
18:2 undifferentiated....g	0.146		0	BFFN	4		0.041	0.664	
18:3 undifferentiated....g	0.009		0	BFFN	4		0.003	0.043	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.026		0	BFFN	4		0.007	0.117	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	73		0	BFSN	4		21	333	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.148		0	A	1		0.042	0.672	
Threonine....g	0.900		0	A	1		0.255	4.082	
Isoleucine....g	1.025		0	A	1		0.291	4.649	
Leucine....g	1.792		0	A	1		0.508	8.128	
Lysine....g	1.904		0	A	1		0.540	8.636	
Methionine....g	0.587		0	A	1		0.166	2.661	
Cystine....g	0.291		0	A	1		0.082	1.319	
Phenylalanine....g	0.890		0	A	1		0.252	4.036	
Tyrosine....g	0.718		0	A	1		0.204	3.256	
Valine....g	1.118		0	A	1		0.317	5.069	
Arginine....g	1.457		0	A	1		0.413	6.607	
Histidine....g	0.719		0	A	1		0.204	3.261	
Alanine....g	1.370		0	A	1		0.388	6.212	
Aspartic acid....g	2.052		0	A	1		0.582	9.308	
Glutamic acid....g	3.382		0	A	1		0.959	15.340	
Glycine....g	1.372		0	A	1		0.389	6.222	
Proline....g	1.074		0	A	1		0.304	4.871	
Serine....g	0.887		0	A	1		0.252	4.025	
Hydroxyproline....g	0.237		0	BFPN	4		0.067	1.074	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 23582

Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23626

Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled

Refuse: 27% Bone and connective tissue 7%, separable fat 20%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	62.22	0.688	10	A	1		17.64	282.23	
Energy kcal	202		0	NC	4		57	918	
Energy kJ	847		0	NC	4		240	3842	
Protein (N x 6.25) g	28.29	0.470	10	A	1		8.02	128.33	
Total lipid (fat) g	9.05	0.525	10	A	1		2.57	41.05	
Ash g	1.10	0.045	10	A	1		0.31	4.98	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	16		0	BFNN	4		4	71	
Iron, Fe mg	1.92		0	BFNN	4		0.54	8.70	
Magnesium, Mg mg	24		0	BFNN	4		7	109	
Phosphorus, P mg	219		0	BFNN	4		62	996	
Potassium, K mg	352		0	BFNN	4		100	1595	
Sodium, Na mg	58		0	BFNN	4		17	265	
Zinc, Zn mg	5.31		0	BFNN	4		1.51	24.10	
Copper, Cu mg	0.089		0	BFNN	4		0.025	0.405	
Manganese, Mn mg	0.011		0	BFNN	4		0.003	0.048	
Selenium, Se µg	32.5		0	BFNN	4		9.2	147.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.075		0	BFPN	4		0.021	0.340	
Riboflavin mg	0.145		0	BFPN	4		0.041	0.657	
Niacin mg	8.347		0	BFPN	4		2.366	37.861	
Pantothenic acid mg	0.556		0	BFPN	4		0.158	2.521	
Vitamin B-6 mg	0.589		0	BFPN	4		0.167	2.671	
Folate, total µg	9		0	BFPN	4		3	43	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	9		0	BFPN	4		3	43	
Folate, DFE µg	9		0	NC	4		3	43	
Choline, total mg	107.8		0	BFPN	4		30.5	488.8	
Betaine mg	14.2		0	BFPN	4		4.0	64.2	
Vitamin B-12 µg	1.77		0	BFPN	4		0.50	8.01	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.42		0	BFSN	4		0.12	1.92	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.0	0.7	
Vitamin D IU	6		0	BFFN	4		2	27	
Vitamin K (phylloquinone) µg	1.5		0	BFSN	4		0.4	6.8	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23626

Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.445		0	NC	4		0.977	15.628	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.003		0	BFFN	4		0.001	0.015	
12:0....g	0.010		0	BFFN	4		0.003	0.046	
13:0....g									
14:0....g	0.245		0	BFFN	4		0.069	1.111	
15:0....g									
16:0....g	2.007		0	BFFN	4		0.569	9.102	
17:0....g									
18:0....g	1.180		0	BFFN	4		0.335	5.353	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.612		0	NC	4		1.024	16.384	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.272		0	BFFN	4		0.077	1.234	
17:1....g									
18:1 undifferentiated....g	3.337		0	BFFN	4		0.946	15.134	
20:1....g	0.003		0	BFFN	4		0.001	0.015	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.342		0	NC	4		0.097	1.552	
18:2 undifferentiated....g	0.259		0	BFFN	4		0.073	1.173	
18:3 undifferentiated....g	0.024		0	BFFN	4		0.007	0.108	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.041		0	BFFN	4		0.012	0.185	
20:5 n-3 (EPA)....g	0.003		18	AR	1		0.001	0.014	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.015		18	AR	1		0.004	0.068	
22:6 n-3 (DHA)....g	0.001		18	AR	1		0.000	0.005	
Fatty acids, total trans....g									
Cholesterol....mg	88		0	BFSN	4		25	398	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.186		0	A	1		0.053	0.843	
Threonine....g	1.130		0	A	1		0.320	5.126	
Isoleucine....g	1.287		0	A	1		0.365	5.838	
Leucine....g	2.250		0	A	1		0.638	10.208	
Lysine....g	2.391		0	A	1		0.678	10.845	
Methionine....g	0.737		0	A	1		0.209	3.342	
Cystine....g	0.365		0	A	1		0.104	1.656	
Phenylalanine....g	1.117		0	A	1		0.317	5.069	
Tyrosine....g	0.901		0	A	1		0.256	4.089	
Valine....g	1.404		0	A	1		0.398	6.366	
Arginine....g	1.829		0	A	1		0.519	8.298	
Histidine....g	0.903		0	A	1		0.256	4.095	
Alanine....g	1.720		0	A	1		0.488	7.802	
Aspartic acid....g	2.577		0	A	1		0.731	11.689	
Glutamic acid....g	4.247		0	A	1		1.204	19.265	
Glycine....g	1.723		0	A	1		0.488	7.814	
Proline....g	1.349		0	A	1		0.382	6.118	
Serine....g	1.114		0	A	1		0.316	5.055	
Hydroxyproline....g	0.297		0	BFPN	4		0.084	1.348	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 23626

Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13825

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled

Refuse: 21% Bone

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	48.47		0	PAE	4		41.20	129.41	
Energy kcal	337		0	NC	4		286	900	
Energy kJ	1410		0		4		1199	3765	
Protein (N x 6.25) g	22.42		0	PAE	4		19.06	59.86	
Total lipid (fat) g	26.75		0	PAE	4		22.74	71.42	
Ash g	1.04		0	PAE	4		0.88	2.78	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	11		0	PAE	4		9	29	
Iron, Fe mg	2.19		0	PAE	4		1.86	5.85	
Magnesium, Mg mg	20		0	PAE	4		17	53	
Phosphorus, P mg	179		0	PAE	4		152	478	
Potassium, K mg	315		0	PAE	4		268	841	
Sodium, Na mg	63		0	PAE	4		54	168	
Zinc, Zn mg	5.28		0	PAE	4		4.49	14.10	
Copper, Cu mg	0.082		0	PAE	4		0.070	0.219	
Manganese, Mn mg	0.013		0	PAE	4		0.011	0.035	
Selenium, Se µg	21.6		0	BFYN	4		18.4	57.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.080		0	PAE	4		0.068	0.214	
Riboflavin mg	0.170		0	PAE	4		0.145	0.454	
Niacin mg	3.270		0	PAE	4		2.780	8.731	
Pantothenic acid mg	0.330		0	PAE	4		0.281	0.881	
Vitamin B-6 mg	0.270		0	PAE	4		0.230	0.721	
Folate, total µg	6		0	PAE	4		5	16	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	6		0	PAE	4		5	16	
Folate, DFE µg	6		0	NC	4		5	16	
Choline, total mg	85.4		0	BFPN	4		72.6	228.0	
Betaine mg	11.2		0	BFPN	4		9.5	30.0	
Vitamin B-12 µg	2.89		0	PAE	4		2.46	7.72	
Vitamin A, RAE µg									
Retinol µg									
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0	PAE	4		0	0	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 13825

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	10.850		0	PAE	4		9.223	28.970	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.080		0	PAE	4		0.068	0.214	
12:0....g	0.070		0	PAE	4		0.060	0.187	
13:0....g									
14:0....g	0.870		0	PAE	4		0.740	2.323	
15:0....g									
16:0....g	6.660		0	PAE	4		5.661	17.782	
17:0....g									
18:0....g	3.170		0	PAE	4		2.695	8.464	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	11.380		0	PAE	4		9.673	30.385	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.130		0	PAE	4		0.961	3.017	
17:1....g									
18:1 undifferentiated....g	10.200		0	PAE	4		8.670	27.234	
20:1....g	0.050		0	PAE	4		0.043	0.134	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.980		0	PAE	4		0.833	2.617	
18:2 undifferentiated....g	0.660		0	PAE	4		0.561	1.762	
18:3 undifferentiated....g	0.290		0	PAE	4		0.247	0.774	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.030		0	PAE	4		0.026	0.080	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	82		0	PAE	4		70	219	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.251		0	PAE	4		0.213	0.670	
Threonine....g	0.979		0	PAE	4		0.832	2.614	
Isoleucine....g	1.008		0	PAE	4		0.857	2.691	
Leucine....g	1.772		0	PAE	4		1.506	4.731	
Lysine....g	1.865		0	PAE	4		1.585	4.980	
Methionine....g	0.574		0	PAE	4		0.488	1.533	
Cystine....g	0.251		0	PAE	4		0.213	0.670	
Phenylalanine....g	0.875		0	PAE	4		0.744	2.336	
Tyrosine....g	0.753		0	PAE	4		0.640	2.011	
Valine....g	1.090		0	PAE	4		0.927	2.910	
Arginine....g	1.417		0	PAE	4		1.204	3.783	
Histidine....g	0.768		0	PAE	4		0.653	2.051	
Alanine....g	1.352		0	PAE	4		1.149	3.610	
Aspartic acid....g	2.048		0	PAE	4		1.741	5.468	
Glutamic acid....g	3.368		0	PAE	4		2.863	8.993	
Glycine....g	1.223		0	PAE	4		1.040	3.265	
Proline....g	0.990		0	PAE	4		0.842	2.643	
Serine....g	0.857		0	PAE	4		0.728	2.288	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13825

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 267g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13826

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted

Refuse: 17% Bone

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	48.12		0	PAE	4		40.90	139.07	
Energy kcal	351		0	NC	4		298	1014	
Energy kJ	1469		0		4		1248	4244	
Protein (N x 6.25) g	22.77		0	PAE	4		19.35	65.81	
Total lipid (fat) g	28.11		0	PAE	4		23.89	81.24	
Ash g	0.99		0	PAE	4		0.84	2.86	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	11		0	PAE	4		9	32	
Iron, Fe mg	2.37		0	PAE	4		2.01	6.85	
Magnesium, Mg mg	20		0	PAE	4		17	58	
Phosphorus, P mg	177		0	PAE	4		150	512	
Potassium, K mg	305		0	PAE	4		259	881	
Sodium, Na mg	64		0	PAE	4		54	185	
Zinc, Zn mg	5.45		0	PAE	4		4.63	15.75	
Copper, Cu mg	0.084		0	PAE	4		0.071	0.243	
Manganese, Mn mg	0.014		0	PAE	4		0.012	0.040	
Selenium, Se µg	22.2		0	BFYN	4		18.9	64.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.070		0	PAE	4		0.060	0.202	
Riboflavin mg	0.180		0	PAE	4		0.153	0.520	
Niacin mg	3.460		0	PAE	4		2.941	9.999	
Pantothenic acid mg	0.320		0	PAE	4		0.272	0.925	
Vitamin B-6 mg	0.230		0	PAE	4		0.196	0.665	
Folate, total µg	7		0	PAE	4		6	20	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	7		0	PAE	4		6	20	
Folate, DFE µg	7		0	NC	4		6	20	
Choline, total mg	86.7		0	BFPN	4		73.7	250.6	
Betaine mg	11.4		0	BFPN	4		9.7	32.9	
Vitamin B-12 µg	2.56		0	PAE	4		2.18	7.40	
Vitamin A, RAE µg									
Retinol µg									
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0	PAE	4		0	0	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 13826

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	11.330		0	PAE	4		9.631	32.744	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.080		0	PAE	4		0.068	0.231	
12:0....g	0.070		0	PAE	4		0.060	0.202	
13:0....g									
14:0....g	0.910		0	PAE	4		0.774	2.630	
15:0....g									
16:0....g	6.950		0	PAE	4		5.908	20.086	
17:0....g									
18:0....g	3.310		0	PAE	4		2.814	9.566	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	12.080		0	PAE	4		10.268	34.911	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.190		0	PAE	4		1.012	3.439	
17:1....g									
18:1 undifferentiated....g	10.840		0	PAE	4		9.214	31.328	
20:1....g	0.050		0	PAE	4		0.043	0.145	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.000		0	PAE	4		0.850	2.890	
18:2 undifferentiated....g	0.660		0	PAE	4		0.561	1.907	
18:3 undifferentiated....g	0.310		0	PAE	4		0.264	0.896	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.020		0	PAE	4		0.017	0.058	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	84		0	PAE	4		71	243	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.255		0	PAE	4		0.217	0.737	
Threonine....g	0.994		0	PAE	4		0.845	2.873	
Isoleucine....g	1.024		0	PAE	4		0.870	2.959	
Leucine....g	1.800		0	PAE	4		1.530	5.202	
Lysine....g	1.894		0	PAE	4		1.610	5.474	
Methionine....g	0.583		0	PAE	4		0.496	1.685	
Cystine....g	0.255		0	PAE	4		0.217	0.737	
Phenylalanine....g	0.889		0	PAE	4		0.756	2.569	
Tyrosine....g	0.765		0	PAE	4		0.650	2.211	
Valine....g	1.107		0	PAE	4		0.941	3.199	
Arginine....g	1.439		0	PAE	4		1.223	4.159	
Histidine....g	0.780		0	PAE	4		0.663	2.254	
Alanine....g	1.373		0	PAE	4		1.167	3.968	
Aspartic acid....g	2.080		0	PAE	4		1.768	6.011	
Glutamic acid....g	3.421		0	PAE	4		2.908	9.887	
Glycine....g	1.242		0	PAE	4		1.056	3.589	
Proline....g	1.005		0	PAE	4		0.854	2.904	
Serine....g	0.871		0	PAE	4		0.740	2.517	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13826

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 289g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13824

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw

Refuse: 16% Bone

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	55.24		0	PAE	4		15.66	250.57	
Energy kcal	306		0	NC	4		87	1388	
Energy kJ	1280		0		4		363	5807	
Protein (N x 6.25) g	16.53		0	PAE	4		4.69	74.98	
Total lipid (fat) g	26.10		0	PAE	4		7.40	118.39	
Ash g	0.78		0	PAE	4		0.22	3.54	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	9		0	PAE	4		3	41	
Iron, Fe mg	1.74		0	PAE	4		0.49	7.89	
Magnesium, Mg mg	16		0	PAE	4		5	73	
Phosphorus, P mg	156		0	PAE	4		44	708	
Potassium, K mg	272		0	PAE	4		77	1234	
Sodium, Na mg	55		0	PAE	4		16	249	
Zinc, Zn mg	3.73		0	PAE	4		1.06	16.92	
Copper, Cu mg	0.059		0	PAE	4		0.017	0.268	
Manganese, Mn mg	0.012		0	PAE	4		0.003	0.054	
Selenium, Se µg	16.2		0	BFNN	4		4.6	73.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.080		0	PAE	4		0.023	0.363	
Riboflavin mg	0.130		0	PAE	4		0.037	0.590	
Niacin mg	2.800		0	PAE	4		0.794	12.701	
Pantothenic acid mg	0.310		0	PAE	4		0.088	1.406	
Vitamin B-6 mg	0.310		0	PAE	4		0.088	1.406	
Folate, total µg	5		0	PAE	4		1	23	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	5		0	PAE	4		1	23	
Folate, DFE µg	5		0	NC	4		1	23	
Choline, total mg	69.0		0	BFPN	4		19.6	313.2	
Betaine mg	10.2		0	BFPN	4		2.9	46.1	
Vitamin B-12 µg	2.82		0	PAE	4		0.80	12.79	
Vitamin A, RAE µg									
Retinol µg									
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0	PAE	4		0	0	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 13824

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	10.760		0	PAE	4		3.050	48.807	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.090		0	PAE	4		0.026	0.408	
12:0....g	0.060		0	PAE	4		0.017	0.272	
13:0....g									
14:0....g	0.860		0	PAE	4		0.244	3.901	
15:0....g									
16:0....g	6.470		0	PAE	4		1.834	29.348	
17:0....g									
18:0....g	3.280		0	PAE	4		0.930	14.878	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	11.240		0	PAE	4		3.187	50.985	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.320		0	PAE	4		0.374	5.988	
17:1....g									
18:1 undifferentiated....g	9.870		0	PAE	4		2.798	44.770	
20:1....g	0.040		0	PAE	4		0.011	0.181	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.940		0	PAE	4		0.266	4.264	
18:2 undifferentiated....g	0.600		0	PAE	4		0.170	2.722	
18:3 undifferentiated....g	0.320		0	PAE	4		0.091	1.452	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.020		0	PAE	4		0.006	0.091	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	70		0	PAE	4		20	318	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.185		0	PAE	4		0.052	0.839	
Threonine....g	0.722		0	PAE	4		0.205	3.275	
Isoleucine....g	0.743		0	PAE	4		0.211	3.370	
Leucine....g	1.306		0	PAE	4		0.370	5.924	
Lysine....g	1.375		0	PAE	4		0.390	6.237	
Methionine....g	0.423		0	PAE	4		0.120	1.919	
Cystine....g	0.185		0	PAE	4		0.052	0.839	
Phenylalanine....g	0.645		0	PAE	4		0.183	2.926	
Tyrosine....g	0.555		0	PAE	4		0.157	2.517	
Valine....g	0.804		0	PAE	4		0.228	3.647	
Arginine....g	1.045		0	PAE	4		0.296	4.740	
Histidine....g	0.566		0	PAE	4		0.160	2.567	
Alanine....g	0.997		0	PAE	4		0.283	4.522	
Aspartic acid....g	1.510		0	PAE	4		0.428	6.849	
Glutamic acid....g	2.483		0	PAE	4		0.704	11.263	
Glycine....g	0.902		0	PAE	4		0.256	4.091	
Proline....g	0.730		0	PAE	4		0.207	3.311	
Serine....g	0.632		0	PAE	4		0.179	2.867	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13824

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13828

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Refuse: 21% Bone

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	47.33		0	PAE	4		40.23	126.37	
Energy kcal	352		0	NC	4		299	940	
Energy kJ	1473		0		4		1252	3932	
Protein (N x 6.25) g	22.26		0	PAE	4		18.92	59.43	
Total lipid (fat) g	28.50		0	PAE	4		24.23	76.10	
Ash g	1.03		0	PAE	4		0.88	2.75	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	11		0	PAE	4		9	29	
Iron, Fe mg	2.18		0	PAE	4		1.85	5.82	
Magnesium, Mg mg	20		0	PAE	4		17	53	
Phosphorus, P mg	178		0	PAE	4		151	475	
Potassium, K mg	313		0	PAE	4		266	836	
Sodium, Na mg	63		0	PAE	4		54	168	
Zinc, Zn mg	5.23		0	PAE	4		4.45	13.96	
Copper, Cu mg	0.081		0	PAE	4		0.069	0.216	
Manganese, Mn mg	0.013		0	PAE	4		0.011	0.035	
Selenium, Se µg	21.8		0	BFYN	4		18.5	58.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.080		0	PAE	4		0.068	0.214	
Riboflavin mg	0.170		0	PAE	4		0.145	0.454	
Niacin mg	3.250		0	PAE	4		2.763	8.678	
Pantothenic acid mg	0.320		0	PAE	4		0.272	0.854	
Vitamin B-6 mg	0.270		0	PAE	4		0.230	0.721	
Folate, total µg	6		0	PAE	4		5	16	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	6		0	PAE	4		5	16	
Folate, DFE µg	6		0	NC	4		5	16	
Choline, total mg	84.8		0	BFPN	4		72.1	226.4	
Betaine mg	11.1		0	BFPN	4		9.5	29.7	
Vitamin B-12 µg	2.87		0	PAE	4		2.44	7.66	
Vitamin A, RAE µg									
Retinol µg									
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0	PAE	4		0	0	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 13828

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	11.570		0	PAE	4		9.835	30.892	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.080		0	PAE	4		0.068	0.214	
12:0....g	0.080		0	PAE	4		0.068	0.214	
13:0....g									
14:0....g	0.930		0	PAE	4		0.791	2.483	
15:0....g									
16:0....g	7.090		0	PAE	4		6.027	18.930	
17:0....g									
18:0....g	3.390		0	PAE	4		2.882	9.051	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	12.120		0	PAE	4		10.302	32.360	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.200		0	PAE	4		1.020	3.204	
17:1....g									
18:1 undifferentiated....g	10.860		0	PAE	4		9.231	28.996	
20:1....g	0.050		0	PAE	4		0.043	0.134	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.040		0	PAE	4		0.884	2.777	
18:2 undifferentiated....g	0.700		0	PAE	4		0.595	1.869	
18:3 undifferentiated....g	0.310		0	PAE	4		0.264	0.828	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.030		0	PAE	4		0.026	0.080	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	82		0	PAE	4		70	219	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.249		0	PAE	4		0.212	0.665	
Threonine....g	0.972		0	PAE	4		0.826	2.595	
Isoleucine....g	1.001		0	PAE	4		0.851	2.673	
Leucine....g	1.760		0	PAE	4		1.496	4.699	
Lysine....g	1.852		0	PAE	4		1.574	4.945	
Methionine....g	0.570		0	PAE	4		0.485	1.522	
Cystine....g	0.249		0	PAE	4		0.212	0.665	
Phenylalanine....g	0.869		0	PAE	4		0.739	2.320	
Tyrosine....g	0.748		0	PAE	4		0.636	1.997	
Valine....g	1.083		0	PAE	4		0.921	2.892	
Arginine....g	1.407		0	PAE	4		1.196	3.757	
Histidine....g	0.762		0	PAE	4		0.648	2.035	
Alanine....g	1.343		0	PAE	4		1.142	3.586	
Aspartic acid....g	2.034		0	PAE	4		1.729	5.431	
Glutamic acid....g	3.345		0	PAE	4		2.843	8.931	
Glycine....g	1.215		0	PAE	4		1.033	3.244	
Proline....g	0.983		0	PAE	4		0.836	2.625	
Serine....g	0.851		0	PAE	4		0.723	2.272	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13828

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 267g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13829

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Refuse: 17% Bone

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	46.87		0	PAE	4		39.84	135.45	
Energy kcal	365		0	NC	4		310	1055	
Energy kJ	1527		0		4		1298	4413	
Protein (N x 6.25) g	22.60		0	PAE	4		19.21	65.31	
Total lipid (fat) g	29.79		0	PAE	4		25.32	86.09	
Ash g	0.98		0	PAE	4		0.83	2.83	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	11		0	PAE	4		9	32	
Iron, Fe mg	2.35		0	PAE	4		2.00	6.79	
Magnesium, Mg mg	20		0	PAE	4		17	58	
Phosphorus, P mg	176		0	PAE	4		150	509	
Potassium, K mg	302		0	PAE	4		257	873	
Sodium, Na mg	64		0	PAE	4		54	185	
Zinc, Zn mg	5.40		0	PAE	4		4.59	15.61	
Copper, Cu mg	0.084		0	PAE	4		0.071	0.243	
Manganese, Mn mg	0.013		0	PAE	4		0.011	0.038	
Selenium, Se µg	22.4		0	BFYN	4		19.0	64.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.070		0	PAE	4		0.060	0.202	
Riboflavin mg	0.170		0	PAE	4		0.145	0.491	
Niacin mg	3.430		0	PAE	4		2.916	9.913	
Pantothenic acid mg	0.310		0	PAE	4		0.264	0.896	
Vitamin B-6 mg	0.230		0	PAE	4		0.196	0.665	
Folate, total µg	7		0	PAE	4		6	20	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	7		0	PAE	4		6	20	
Folate, DFE µg	7		0	NC	4		6	20	
Choline, total mg	86.1		0	BFPN	4		73.2	248.8	
Betaine mg									
Vitamin B-12 µg	2.55		0	PAE	4		2.17	7.37	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	BFSN	4		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	PAE	4		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.24		0	BFSN	4		0.20	0.69	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.5		0	AS	1		0.4	1.4	
Vitamin D IU	19		0	BFFN	4		17	56	
Vitamin K (phylloquinone) µg	2.0		0	BFSN	4		1.7	5.8	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13829

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	12.010		0	PAE	4		10.209	34.709	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.090		0	PAE	4		0.077	0.260	
12:0....g	0.080		0	PAE	4		0.068	0.231	
13:0....g									
14:0....g	0.970		0	PAE	4		0.825	2.803	
15:0....g									
16:0....g	7.360		0	PAE	4		6.256	21.270	
17:0....g									
18:0....g	3.520		0	PAE	4		2.992	10.173	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	12.800		0	PAE	4		10.880	36.992	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.260		0	PAE	4		1.071	3.641	
17:1....g									
18:1 undifferentiated....g	11.480		0	PAE	4		9.758	33.177	
20:1....g	0.060		0	PAE	4		0.051	0.173	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.050		0	PAE	4		0.893	3.035	
18:2 undifferentiated....g	0.700		0	PAE	4		0.595	2.023	
18:3 undifferentiated....g	0.330		0	PAE	4		0.281	0.954	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.020		0	PAE	4		0.017	0.058	
20:5 n-3 (EPA)....g	0.003		18	AR	1		0.003	0.009	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.016		18	AR	1		0.014	0.046	
22:6 n-3 (DHA)....g	0.001		18	AR	1		0.001	0.003	
Fatty acids, total trans....g									
Cholesterol....mg	84		0	PAE	4		71	243	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.253		0	PAE	4		0.215	0.731	
Threonine....g	0.987		0	PAE	4		0.839	2.852	
Isoleucine....g	1.016		0	PAE	4		0.864	2.936	
Leucine....g	1.786		0	PAE	4		1.518	5.162	
Lysine....g	1.880		0	PAE	4		1.598	5.433	
Methionine....g	0.579		0	PAE	4		0.492	1.673	
Cystine....g	0.253		0	PAE	4		0.215	0.731	
Phenylalanine....g	0.882		0	PAE	4		0.750	2.549	
Tyrosine....g	0.759		0	PAE	4		0.645	2.194	
Valine....g	1.099		0	PAE	4		0.934	3.176	
Arginine....g	1.428		0	PAE	4		1.214	4.127	
Histidine....g	0.774		0	PAE	4		0.658	2.237	
Alanine....g	1.363		0	PAE	4		1.159	3.939	
Aspartic acid....g	2.065		0	PAE	4		1.755	5.968	
Glutamic acid....g	3.396		0	PAE	4		2.887	9.814	
Glycine....g	1.233		0	PAE	4		1.048	3.563	
Proline....g	0.998		0	PAE	4		0.848	2.884	
Serine....g	0.864		0	PAE	4		0.734	2.497	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13829

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 289g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13827

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, raw

Refuse: 17% Bone

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	53.85		0	PAE	4		15.27	244.26	
Energy kcal	322		0	NC	4		91	1461	
Energy kJ	1347		0		4		382	6111	
Protein (N x 6.25) g	16.34		0	PAE	4		4.63	74.12	
Total lipid (fat) g	27.93		0	PAE	4		7.92	126.69	
Ash g	0.77		0	PAE	4		0.22	3.49	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	9		0	PAE	4		3	41	
Iron, Fe mg	1.72		0	PAE	4		0.49	7.80	
Magnesium, Mg mg	16		0	PAE	4		5	73	
Phosphorus, P mg	154		0	PAE	4		44	699	
Potassium, K mg	267		0	PAE	4		76	1211	
Sodium, Na mg	54		0	PAE	4		15	245	
Zinc, Zn mg	3.66		0	PAE	4		1.04	16.60	
Copper, Cu mg	0.058		0	PAE	4		0.016	0.263	
Manganese, Mn mg	0.012		0	PAE	4		0.003	0.054	
Selenium, Se µg	16.3		0	BFNN	4		4.6	73.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.080		0	PAE	4		0.023	0.363	
Riboflavin mg	0.130		0	PAE	4		0.037	0.590	
Niacin mg	2.780		0	PAE	4		0.788	12.610	
Pantothenic acid mg	0.310		0	PAE	4		0.088	1.406	
Vitamin B-6 mg	0.310		0	PAE	4		0.088	1.406	
Folate, total µg	5		0	PAE	4		1	23	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	5		0	PAE	4		1	23	
Folate, DFE µg	5		0	NC	4		1	23	
Choline, total mg	68.2		0	BFPN	4		19.3	309.6	
Betaine mg	10.0		0	BFPN	4		2.8	45.5	
Vitamin B-12 µg	2.79		0	PAE	4		0.79	12.66	
Vitamin A, RAE µg									
Retinol µg									
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0	PAE	4		0	0	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 13827

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	11.510		0	PAE	4		3.263	52.209	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.100		0	PAE	4		0.028	0.454	
12:0....g	0.070		0	PAE	4		0.020	0.318	
13:0....g									
14:0....g	0.920		0	PAE	4		0.261	4.173	
15:0....g									
16:0....g	6.920		0	PAE	4		1.962	31.389	
17:0....g									
18:0....g	3.510		0	PAE	4		0.995	15.921	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	12.020		0	PAE	4		3.408	54.523	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.410		0	PAE	4		0.400	6.396	
17:1....g									
18:1 undifferentiated....g	10.570		0	PAE	4		2.997	47.946	
20:1....g	0.040		0	PAE	4		0.011	0.181	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.010		0	PAE	4		0.286	4.581	
18:2 undifferentiated....g	0.640		0	PAE	4		0.181	2.903	
18:3 undifferentiated....g	0.340		0	PAE	4		0.096	1.542	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.020		0	PAE	4		0.006	0.091	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	71		0	PAE	4		20	322	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.183		0	PAE	4		0.052	0.830	
Threonine....g	0.714		0	PAE	4		0.202	3.239	
Isoleucine....g	0.734		0	PAE	4		0.208	3.329	
Leucine....g	1.291		0	PAE	4		0.366	5.856	
Lysine....g	1.359		0	PAE	4		0.385	6.164	
Methionine....g	0.418		0	PAE	4		0.119	1.896	
Cystine....g	0.183		0	PAE	4		0.052	0.830	
Phenylalanine....g	0.638		0	PAE	4		0.181	2.894	
Tyrosine....g	0.549		0	PAE	4		0.156	2.490	
Valine....g	0.795		0	PAE	4		0.225	3.606	
Arginine....g	1.032		0	PAE	4		0.293	4.681	
Histidine....g	0.559		0	PAE	4		0.158	2.536	
Alanine....g	0.985		0	PAE	4		0.279	4.468	
Aspartic acid....g	1.492		0	PAE	4		0.423	6.768	
Glutamic acid....g	2.454		0	PAE	4		0.696	11.131	
Glycine....g	0.891		0	PAE	4		0.253	4.042	
Proline....g	0.721		0	PAE	4		0.204	3.270	
Serine....g	0.625		0	PAE	4		0.177	2.835	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13827

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13834

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled

URMIS #1986

Refuse: 19% Bone

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	44.87		0	PAE	4		38.14	122.94	
Energy kcal	386		0	NC	4		328	1058	
Energy kJ	1615				4		1373	4425	
Protein (N x 6.25) g	21.95		0	PAE	4		18.66	60.14	
Total lipid (fat) g	32.38		0	PAE	4		27.52	88.72	
Ash g	0.96		0	PAE	4		0.82	2.63	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	11		0	PAE	4		9	30	
Iron, Fe mg	2.13		0	PAE	4		1.81	5.84	
Magnesium, Mg mg	20		0	PAE	4		17	55	
Phosphorus, P mg	169		0	PAE	4		144	463	
Potassium, K mg	310		0	PAE	4		264	849	
Sodium, Na mg	62		0	PAE	4		53	170	
Zinc, Zn mg	5.19		0	PAE	4		4.41	14.22	
Copper, Cu mg	0.081		0	PAE	4		0.069	0.222	
Manganese, Mn mg	0.014		0	PAE	4		0.012	0.038	
Selenium, Se µg	27.7		0	BFYN	4		23.5	75.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.080		0	PAE	4		0.068	0.219	
Riboflavin mg	0.180		0	PAE	4		0.153	0.493	
Niacin mg	3.190		0	PAE	4		2.712	8.741	
Pantothenic acid mg	0.320		0	PAE	4		0.272	0.877	
Vitamin B-6 mg	0.300		0	PAE	4		0.255	0.822	
Folate, total µg	6		0	PAE	4		5	16	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	6		0	PAE	4		5	16	
Folate, DFE µg	6		0	NC	4		5	16	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	2.84		0	PAE	4		2.41	7.78	
Vitamin A, RAE µg	0		0	PAE	4		0	0	
Retinol µg	0		0	PAE	4		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0	PAE	4		0	0	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 13834

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	13.420		0	PAE	4		11.407	36.771	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.080		0	PAE	4		0.068	0.219	
12:0....g	0.080		0	PAE	4		0.068	0.219	
13:0....g									
14:0....g	1.060		0	PAE	4		0.901	2.904	
15:0....g									
16:0....g	8.000		0	PAE	4		6.800	21.920	
17:0....g									
18:0....g	3.930		0	PAE	4		3.341	10.768	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	14.130		0	PAE	4		12.011	38.716	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.310		0	PAE	4		1.114	3.589	
17:1....g									
18:1 undifferentiated....g	12.550		0	PAE	4		10.668	34.387	
20:1....g	0.060		0	PAE	4		0.051	0.164	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.120		0	PAE	4		0.952	3.069	
18:2 undifferentiated....g	0.760		0	PAE	4		0.646	2.082	
18:3 undifferentiated....g	0.310		0	PAE	4		0.264	0.849	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.040		0	PAE	4		0.034	0.110	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	85		0	PAE	4		72	233	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.246		0	PAE	4		0.209	0.674	
Threonine....g	0.959		0	PAE	4		0.815	2.628	
Isoleucine....g	0.987		0	PAE	4		0.839	2.704	
Leucine....g	1.735		0	PAE	4		1.475	4.754	
Lysine....g	1.826		0	PAE	4		1.552	5.003	
Methionine....g	0.562		0	PAE	4		0.478	1.540	
Cystine....g	0.246		0	PAE	4		0.209	0.674	
Phenylalanine....g	0.857		0	PAE	4		0.728	2.348	
Tyrosine....g	0.738		0	PAE	4		0.627	2.022	
Valine....g	1.068		0	PAE	4		0.908	2.926	
Arginine....g	1.387		0	PAE	4		1.179	3.800	
Histidine....g	0.752		0	PAE	4		0.639	2.060	
Alanine....g	1.324		0	PAE	4		1.125	3.628	
Aspartic acid....g	2.005		0	PAE	4		1.704	5.494	
Glutamic acid....g	3.298		0	PAE	4		2.803	9.037	
Glycine....g	1.198		0	PAE	4		1.018	3.283	
Proline....g	0.969		0	PAE	4		0.824	2.655	
Serine....g	0.839		0	PAE	4		0.713	2.299	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13834

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 274g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13835

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted

URMIS #1986

Refuse: 20% Bone

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	43.40		0	PAE	4		36.89	120.65	
Energy kcal	400		0	NC	4		340	1112	
Energy kJ	1674				4		1423	4653	
Protein (N x 6.25) g	22.57		0	PAE	4		19.18	62.74	
Total lipid (fat) g	33.70		0	PAE	4		28.65	93.69	
Ash g	0.91		0	PAE	4		0.77	2.53	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	11		0	PAE	4		9	31	
Iron, Fe mg	2.17		0	PAE	4		1.84	6.03	
Magnesium, Mg mg	20		0	PAE	4		17	56	
Phosphorus, P mg	175		0	PAE	4		149	487	
Potassium, K mg	304		0	PAE	4		258	845	
Sodium, Na mg	65		0	PAE	4		55	181	
Zinc, Zn mg	5.39		0	PAE	4		4.58	14.98	
Copper, Cu mg	0.083		0	PAE	4		0.071	0.231	
Manganese, Mn mg	0.013		0	PAE	4		0.011	0.036	
Selenium, Se µg	28.4		0	BFYN	4		24.1	79.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.070		0	PAE	4		0.060	0.195	
Riboflavin mg	0.180		0	PAE	4		0.153	0.500	
Niacin mg	3.400		0	PAE	4		2.890	9.452	
Pantothenic acid mg	0.360		0	PAE	4		0.306	1.001	
Vitamin B-6 mg	0.260		0	PAE	4		0.221	0.723	
Folate, total µg	7		0	PAE	4		6	19	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	7		0	PAE	4		6	19	
Folate, DFE µg	7		0	NC	4		6	19	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	2.56		0	PAE	4		2.18	7.12	
Vitamin A, RAE µg	0		0	PAE	4		0	0	
Retinol µg	0		0	PAE	4		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0	PAE	4		0	0	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 13835

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	13.960		0	PAE	4		11.866	38.809	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.080		0	PAE	4		0.068	0.222	
12:0....g	0.080		0	PAE	4		0.068	0.222	
13:0....g									
14:0....g	1.100		0	PAE	4		0.935	3.058	
15:0....g									
16:0....g	8.330		0	PAE	4		7.081	23.157	
17:0....g									
18:0....g	4.070		0	PAE	4		3.460	11.315	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	14.690		0	PAE	4		12.487	40.838	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.370		0	PAE	4		1.165	3.809	
17:1....g									
18:1 undifferentiated....g	13.040		0	PAE	4		11.084	36.251	
20:1....g	0.050		0	PAE	4		0.043	0.139	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.170		0	PAE	4		0.995	3.253	
18:2 undifferentiated....g	0.790		0	PAE	4		0.672	2.196	
18:3 undifferentiated....g	0.320		0	PAE	4		0.272	0.890	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.040		0	PAE	4		0.034	0.111	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	85		0	PAE	4		72	236	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.253		0	PAE	4		0.215	0.703	
Threonine....g	0.986		0	PAE	4		0.838	2.741	
Isoleucine....g	1.015		0	PAE	4		0.863	2.822	
Leucine....g	1.784		0	PAE	4		1.516	4.960	
Lysine....g	1.878		0	PAE	4		1.596	5.221	
Methionine....g	0.578		0	PAE	4		0.491	1.607	
Cystine....g	0.253		0	PAE	4		0.215	0.703	
Phenylalanine....g	0.881		0	PAE	4		0.749	2.449	
Tyrosine....g	0.758		0	PAE	4		0.644	2.107	
Valine....g	1.098		0	PAE	4		0.933	3.052	
Arginine....g	1.427		0	PAE	4		1.213	3.967	
Histidine....g	0.773		0	PAE	4		0.657	2.149	
Alanine....g	1.361		0	PAE	4		1.157	3.784	
Aspartic acid....g	2.062		0	PAE	4		1.753	5.732	
Glutamic acid....g	3.391		0	PAE	4		2.882	9.427	
Glycine....g	1.231		0	PAE	4		1.046	3.422	
Proline....g	0.997		0	PAE	4		0.847	2.772	
Serine....g	0.863		0	PAE	4		0.734	2.399	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13835

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 278g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13833

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, raw

URMIS #1986

Refuse: 16% Bone

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	51.51		0	PAE	4		14.60	233.65	
Energy kcal	355		0	NC	4		101	1610	
Energy kJ	1485		0		4		421	6737	
Protein (N x 6.25) g	16.15		0	PAE	4		4.58	73.26	
Total lipid (fat) g	31.66		0	PAE	4		8.98	143.61	
Ash g	0.76		0	PAE	4		0.22	3.45	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	9		0	PAE	4		3	41	
Iron, Fe mg	1.70		0	PAE	4		0.48	7.71	
Magnesium, Mg mg	16		0	PAE	4		5	73	
Phosphorus, P mg	152		0	PAE	4		43	689	
Potassium, K mg	263		0	PAE	4		75	1193	
Sodium, Na mg	53		0	PAE	4		15	240	
Zinc, Zn mg	3.60		0	PAE	4		1.02	16.33	
Copper, Cu mg	0.057		0	PAE	4		0.016	0.259	
Manganese, Mn mg	0.011		0	PAE	4		0.003	0.050	
Selenium, Se µg	20.7		0	BFNN	4		5.9	93.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.080		0	PAE	4		0.023	0.363	
Riboflavin mg	0.130		0	PAE	4		0.037	0.590	
Niacin mg	2.750		0	PAE	4		0.780	12.474	
Pantothenic acid mg	0.300		0	PAE	4		0.085	1.361	
Vitamin B-6 mg	0.310		0	PAE	4		0.088	1.406	
Folate, total µg	5		0	PAE	4		1	23	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	5		0	PAE	4		1	23	
Folate, DFE µg	5		0	NC	4		1	23	
Choline, total mg	67.5		0	BFPN	4		19.1	306.0	
Betaine mg	9.9		0	BFPN	4		2.8	45.0	
Vitamin B-12 µg	2.76		0	PAE	4		0.78	12.52	
Vitamin A, RAE µg									
Retinol µg									
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0	PAE	4		0	0	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 13833

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	13.220		0	PAE	4		3.748	59.966	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.110		0	PAE	4		0.031	0.499	
12:0....g	0.070		0	PAE	4		0.020	0.318	
13:0....g									
14:0....g	1.030		0	PAE	4		0.292	4.672	
15:0....g									
16:0....g	7.820		0	PAE	4		2.217	35.472	
17:0....g									
18:0....g	3.990		0	PAE	4		1.131	18.099	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	13.770		0	PAE	4		3.904	62.461	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.570		0	PAE	4		0.445	7.122	
17:1....g									
18:1 undifferentiated....g	11.970		0	PAE	4		3.393	54.296	
20:1....g	0.050		0	PAE	4		0.014	0.227	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.150		0	PAE	4		0.326	5.216	
18:2 undifferentiated....g	0.750		0	PAE	4		0.213	3.402	
18:3 undifferentiated....g	0.370		0	PAE	4		0.105	1.678	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.030		0	PAE	4		0.009	0.136	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	72		0	PAE	4		20	327	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.181		0	PAE	4		0.051	0.821	
Threonine....g	0.705		0	PAE	4		0.200	3.198	
Isoleucine....g	0.726		0	PAE	4		0.206	3.293	
Leucine....g	1.276		0	PAE	4		0.362	5.788	
Lysine....g	1.344		0	PAE	4		0.381	6.096	
Methionine....g	0.413		0	PAE	4		0.117	1.873	
Cystine....g	0.181		0	PAE	4		0.051	0.821	
Phenylalanine....g	0.630		0	PAE	4		0.179	2.858	
Tyrosine....g	0.543		0	PAE	4		0.154	2.463	
Valine....g	0.785		0	PAE	4		0.223	3.561	
Arginine....g	1.021		0	PAE	4		0.289	4.631	
Histidine....g	0.553		0	PAE	4		0.157	2.508	
Alanine....g	0.974		0	PAE	4		0.276	4.418	
Aspartic acid....g	1.475		0	PAE	4		0.418	6.691	
Glutamic acid....g	2.426		0	PAE	4		0.688	11.004	
Glycine....g	0.881		0	PAE	4		0.250	3.996	
Proline....g	0.713		0	PAE	4		0.202	3.234	
Serine....g	0.618		0	PAE	4		0.175	2.803	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13833

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13831

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

Refuse: 22% Bone

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	50.41		0	PAE	4		42.85	133.08	
Energy kcal	315		0	NC	4		268	832	
Energy kJ	1318		0		4		1120	3479	
Protein (N x 6.25) g	22.73		0	PAE	4		19.32	60.01	
Total lipid (fat) g	24.20		0	PAE	4		20.57	63.89	
Ash g	1.05		0	PAE	4		0.89	2.77	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	11		0	PAE	4		9	29	
Iron, Fe mg	2.22		0	PAE	4		1.89	5.86	
Magnesium, Mg mg	20		0	PAE	4		17	53	
Phosphorus, P mg	182		0	PAE	4		155	480	
Potassium, K mg	321		0	PAE	4		273	847	
Sodium, Na mg	64		0	PAE	4		54	169	
Zinc, Zn mg	5.38		0	PAE	4		4.57	14.20	
Copper, Cu mg	0.083		0	PAE	4		0.071	0.219	
Manganese, Mn mg	0.014		0	PAE	4		0.012	0.037	
Selenium, Se µg	21.1		0	BFYN	4		17.9	55.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.080		0	PAE	4		0.068	0.211	
Riboflavin mg	0.170		0	PAE	4		0.145	0.449	
Niacin mg	3.310		0	PAE	4		2.814	8.738	
Pantothenic acid mg	0.330		0	PAE	4		0.281	0.871	
Vitamin B-6 mg	0.280		0	PAE	4		0.238	0.739	
Folate, total µg	6		0	PAE	4		5	16	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	6		0	PAE	4		5	16	
Folate, DFE µg	6		0	NC	4		5	16	
Choline, total mg	86.6		0	BFPN	4		73.6	228.5	
Betaine mg	11.4		0	BFPN	4		9.7	30.0	
Vitamin B-12 µg	2.93		0	PAE	4		2.49	7.74	
Vitamin A, RAE µg									
Retinol µg									
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0	PAE	4		0	0	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 13831

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	9.810		0	PAE	4		8.339	25.898	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.070		0	PAE	4		0.060	0.185	
12:0....g	0.060		0	PAE	4		0.051	0.158	
13:0....g									
14:0....g	0.790		0	PAE	4		0.672	2.086	
15:0....g									
16:0....g	6.020		0	PAE	4		5.117	15.893	
17:0....g									
18:0....g	2.870		0	PAE	4		2.440	7.577	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	10.280		0	PAE	4		8.738	27.139	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.010		0	PAE	4		0.859	2.666	
17:1....g									
18:1 undifferentiated....g	9.220		0	PAE	4		7.837	24.341	
20:1....g	0.040		0	PAE	4		0.034	0.106	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.890		0	PAE	4		0.757	2.350	
18:2 undifferentiated....g	0.600		0	PAE	4		0.510	1.584	
18:3 undifferentiated....g	0.260		0	PAE	4		0.221	0.686	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.030		0	PAE	4		0.026	0.079	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	81		0	PAE	4		69	214	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.255		0	PAE	4		0.217	0.673	
Threonine....g	0.993		0	PAE	4		0.844	2.622	
Isoleucine....g	1.022		0	PAE	4		0.869	2.698	
Leucine....g	1.796		0	PAE	4		1.527	4.741	
Lysine....g	1.891		0	PAE	4		1.607	4.992	
Methionine....g	0.582		0	PAE	4		0.495	1.536	
Cystine....g	0.255		0	PAE	4		0.217	0.673	
Phenylalanine....g	0.887		0	PAE	4		0.754	2.342	
Tyrosine....g	0.764		0	PAE	4		0.649	2.017	
Valine....g	1.105		0	PAE	4		0.939	2.917	
Arginine....g	1.436		0	PAE	4		1.221	3.791	
Histidine....g	0.778		0	PAE	4		0.661	2.054	
Alanine....g	1.371		0	PAE	4		1.165	3.619	
Aspartic acid....g	2.076		0	PAE	4		1.765	5.481	
Glutamic acid....g	3.414		0	PAE	4		2.902	9.013	
Glycine....g	1.240		0	PAE	4		1.054	3.274	
Proline....g	1.004		0	PAE	4		0.853	2.651	
Serine....g	0.869		0	PAE	4		0.739	2.294	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13831

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 264g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13832

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted

Refuse: 17% Bone

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	49.90		0	PAE	4		42.42	144.21	
Energy kcal	330		0	NC	4		281	954	
Energy kJ	1381		0		4		1174	3990	
Protein (N x 6.25) g	23.10		0	PAE	4		19.64	66.76	
Total lipid (fat) g	25.63		0	PAE	4		21.79	74.07	
Ash g	1.00		0	PAE	4		0.85	2.89	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	11		0	PAE	4		9	32	
Iron, Fe mg	2.41		0	PAE	4		2.05	6.96	
Magnesium, Mg mg	20		0	PAE	4		17	58	
Phosphorus, P mg	180		0	PAE	4		153	520	
Potassium, K mg	310		0	PAE	4		264	896	
Sodium, Na mg	65		0	PAE	4		55	188	
Zinc, Zn mg	5.57		0	PAE	4		4.73	16.10	
Copper, Cu mg	0.085		0	PAE	4		0.072	0.246	
Manganese, Mn mg	0.014		0	PAE	4		0.012	0.040	
Selenium, Se µg	21.7		0	BFYN	4		18.4	62.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.070		0	PAE	4		0.060	0.202	
Riboflavin mg	0.180		0	PAE	4		0.153	0.520	
Niacin mg	3.510		0	PAE	4		2.984	10.144	
Pantothenic acid mg	0.320		0	PAE	4		0.272	0.925	
Vitamin B-6 mg	0.240		0	PAE	4		0.204	0.694	
Folate, total µg	7		0	PAE	4		6	20	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	7		0	PAE	4		6	20	
Folate, DFE µg	7		0	NC	4		6	20	
Choline, total mg	88.0		0	BFPN	4		74.8	254.3	
Betaine mg	11.6		0	BFPN	4		9.8	33.4	
Vitamin B-12 µg	2.58		0	PAE	4		2.19	7.46	
Vitamin A, RAE µg									
Retinol µg									
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0	PAE	4		0	0	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 13832

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	10.320		0	PAE	4		8.772	29.825	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.070		0	PAE	4		0.060	0.202	
12:0....g	0.070		0	PAE	4		0.060	0.202	
13:0....g									
14:0....g	0.830		0	PAE	4		0.706	2.399	
15:0....g									
16:0....g	6.330		0	PAE	4		5.381	18.294	
17:0....g									
18:0....g	3.020		0	PAE	4		2.567	8.728	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	11.010		0	PAE	4		9.359	31.819	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.080		0	PAE	4		0.918	3.121	
17:1....g									
18:1 undifferentiated....g	9.890		0	PAE	4		8.407	28.582	
20:1....g	0.050		0	PAE	4		0.043	0.145	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.910		0	PAE	4		0.774	2.630	
18:2 undifferentiated....g	0.610		0	PAE	4		0.519	1.763	
18:3 undifferentiated....g	0.280		0	PAE	4		0.238	0.809	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.020		0	PAE	4		0.017	0.058	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	84		0	PAE	4		71	243	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.259		0	PAE	4		0.220	0.749	
Threonine....g	1.009		0	PAE	4		0.858	2.916	
Isoleucine....g	1.039		0	PAE	4		0.883	3.003	
Leucine....g	1.826		0	PAE	4		1.552	5.277	
Lysine....g	1.922		0	PAE	4		1.634	5.555	
Methionine....g	0.591		0	PAE	4		0.502	1.708	
Cystine....g	0.259		0	PAE	4		0.220	0.749	
Phenylalanine....g	0.902		0	PAE	4		0.767	2.607	
Tyrosine....g	0.776		0	PAE	4		0.660	2.243	
Valine....g	1.124		0	PAE	4		0.955	3.248	
Arginine....g	1.460		0	PAE	4		1.241	4.219	
Histidine....g	0.791		0	PAE	4		0.672	2.286	
Alanine....g	1.393		0	PAE	4		1.184	4.026	
Aspartic acid....g	2.110		0	PAE	4		1.794	6.098	
Glutamic acid....g	3.471		0	PAE	4		2.950	10.031	
Glycine....g	1.260		0	PAE	4		1.071	3.641	
Proline....g	1.020		0	PAE	4		0.867	2.948	
Serine....g	0.883		0	PAE	4		0.751	2.552	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13832

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 289g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13830

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, raw

Refuse: 16% Bone

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	57.48		0	PAE	4		16.30	260.73	
Energy kcal	288		0	NC	4		82	1306	
Energy kJ	1205		0		4		342	5466	
Protein (N x 6.25) g	16.75		0	PAE	4		4.75	75.98	
Total lipid (fat) g	23.95		0	PAE	4		6.79	108.64	
Ash g	0.79		0	PAE	4		0.22	3.58	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	9		0	PAE	4		3	41	
Iron, Fe mg	1.77		0	PAE	4		0.50	8.03	
Magnesium, Mg mg	17		0	PAE	4		5	77	
Phosphorus, P mg	159		0	PAE	4		45	721	
Potassium, K mg	278		0	PAE	4		79	1261	
Sodium, Na mg	55		0	PAE	4		16	249	
Zinc, Zn mg	3.79		0	PAE	4		1.07	17.19	
Copper, Cu mg	0.059		0	PAE	4		0.017	0.268	
Manganese, Mn mg	0.012		0	PAE	4		0.003	0.054	
Selenium, Se µg	15.8		0	BFNN	4		4.5	71.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.080		0	PAE	4		0.023	0.363	
Riboflavin mg	0.130		0	PAE	4		0.037	0.590	
Niacin mg	2.850		0	PAE	4		0.808	12.928	
Pantothenic acid mg	0.310		0	PAE	4		0.088	1.406	
Vitamin B-6 mg	0.320		0	PAE	4		0.091	1.452	
Folate, total µg	5		0	PAE	4		1	23	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	5		0	PAE	4		1	23	
Folate, DFE µg	5		0	NC	4		1	23	
Choline, total mg	70.0		0	BFPN	4		19.8	317.3	
Betaine mg	10.3		0	BFPN	4		2.9	46.7	
Vitamin B-12 µg	2.86		0	PAE	4		0.81	12.97	
Vitamin A, RAE µg									
Retinol µg									
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0	PAE	4		0	0	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 13830

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	9.880		0	PAE	4		2.801	44.816	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.090		0	PAE	4		0.026	0.408	
12:0....g	0.060		0	PAE	4		0.017	0.272	
13:0....g									
14:0....g	0.790		0	PAE	4		0.224	3.583	
15:0....g									
16:0....g	5.940		0	PAE	4		1.684	26.944	
17:0....g									
18:0....g	3.010		0	PAE	4		0.853	13.653	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	10.320		0	PAE	4		2.926	46.812	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.220		0	PAE	4		0.346	5.534	
17:1....g									
18:1 undifferentiated....g	9.070		0	PAE	4		2.571	41.142	
20:1....g	0.030		0	PAE	4		0.009	0.136	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.860		0	PAE	4		0.244	3.901	
18:2 undifferentiated....g	0.550		0	PAE	4		0.156	2.495	
18:3 undifferentiated....g	0.300		0	PAE	4		0.085	1.361	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.020		0	PAE	4		0.006	0.091	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	70		0	PAE	4		20	318	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.188		0	PAE	4		0.053	0.853	
Threonine....g	0.732		0	PAE	4		0.208	3.320	
Isoleucine....g	0.753		0	PAE	4		0.213	3.416	
Leucine....g	1.324		0	PAE	4		0.375	6.006	
Lysine....g	1.394		0	PAE	4		0.395	6.323	
Methionine....g	0.429		0	PAE	4		0.122	1.946	
Cystine....g	0.188		0	PAE	4		0.053	0.853	
Phenylalanine....g	0.654		0	PAE	4		0.185	2.967	
Tyrosine....g	0.563		0	PAE	4		0.160	2.554	
Valine....g	0.815		0	PAE	4		0.231	3.697	
Arginine....g	1.059		0	PAE	4		0.300	4.804	
Histidine....g	0.574		0	PAE	4		0.163	2.604	
Alanine....g	1.011		0	PAE	4		0.287	4.586	
Aspartic acid....g	1.531		0	PAE	4		0.434	6.945	
Glutamic acid....g	2.517		0	PAE	4		0.714	11.417	
Glycine....g	0.914		0	PAE	4		0.259	4.146	
Proline....g	0.740		0	PAE	4		0.210	3.357	
Serine....g	0.641		0	PAE	4		0.182	2.908	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13830

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23263

Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw

Longissimus dorsi

Refuse: 6% Connective tissue 6%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	71.57	0.206	24	AR	1		60.84	117.38	644.88
Energy kcal	133		0	NC	4		113	218	1196
Energy kJ	555		0	NC	4		472	910	5001
Protein (N x 6.25) g	22.66	0.105	24	AR	1		19.26	37.17	204.19
Total lipid (fat) g	4.66	0.212	24	AR	1		3.96	7.64	42.00
Ash g	1.06	0.022	24	AR	1		0.90	1.74	9.58
Carbohydrate, by difference g	0.04		0	NC	4		0.03	0.06	0.35
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total g	0.00		0	Z	7		0.00	0.00	0.00
Starch g									
Minerals:									
Calcium, Ca mg	5		0	BFNN	4		4	8	45
Iron, Fe mg	2.28		0	BFNN	4		1.93	3.73	20.51
Magnesium, Mg mg	26		0	BFNN	4		22	42	233
Phosphorus, P mg	226		0	BFNN	4		192	371	2037
Potassium, K mg	402		0	BFNN	4		342	659	3623
Sodium, Na mg	66		0	BFNN	4		56	109	597
Zinc, Zn mg	5.29		0	BFNN	4		4.50	8.68	47.68
Copper, Cu mg	0.099		0	BFNN	4		0.084	0.162	0.891
Manganese, Mn mg									
Selenium, Se µg	23.9	0.968	4	AR	1		20.3	39.1	214.9
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.063		0	BFPN	4		0.053	0.103	0.567
Riboflavin mg	0.180		0	BFPN	4		0.153	0.295	1.620
Niacin mg	5.774		0	BFPN	4		4.908	9.469	52.023
Pantothenic acid mg									
Vitamin B-6 mg	0.648		0	BFPN	4		0.551	1.063	5.840
Folate, total µg	4		0	BFPN	4		3	6	32
Folic acid µg	0		0	BFPN	4		0	0	0
Folate, food µg	4		0	BFPN	4		3	6	32
Folate, DFE µg	4		0	NC	4		3	6	32
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	2.98	0.271	6	AR	1		2.53	4.88	26.81
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	2		0	NC	4		2	3	17
Retinol µg	2		0	BFSN	4		2	3	17
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	6		0	NC	4		5	11	58
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.1	0.7
Vitamin D IU	3		0	BFSN	4		3	5	28
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	2.5	13.6
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23263

Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.683		0	NC	4		1.431	2.760	15.164
4:0....g	0.000		0	Z	7		0.000	0.000	0.000
6:0....g	0.000		0	Z	7		0.000	0.000	0.000
8:0....g	0.000		0	Z	7		0.000	0.000	0.000
10:0....g	0.002		0	BFFN	4		0.001	0.003	0.016
12:0....g	0.002		0	BFFN	4		0.002	0.004	0.022
13:0....g									
14:0....g	0.115	0.005	6	AR	1		0.098	0.189	1.039
15:0....g									
16:0....g	1.011	0.022	6	AR	1		0.860	1.658	9.111
17:0....g	0.056	0.005	6	AR	1		0.048	0.092	0.508
18:0....g	0.491	0.024	6	AR	1		0.418	0.806	4.427
20:0....g	0.001	0.000	6	AR	1		0.001	0.002	0.013
22:0....g									
24:0....g	0.007	0.000	6	AR	1		0.006	0.012	0.067
Fatty acids, total monounsaturated....g	2.164		0	NC	4		1.840	3.550	19.501
14:1....g	0.023	0.001	6	AR	1		0.020	0.039	0.212
15:1....g									
16:1 undifferentiated....g	0.126	0.008	6	AR	1		0.107	0.206	1.132
17:1....g	0.036	0.002	6	AR	1		0.031	0.059	0.325
18:1 undifferentiated....g	1.972		0	AS	1		1.676	3.234	17.768
18:1 c....g	1.757	0.071	6	AR	1		1.494	2.882	15.831
18:1 t....g	0.215	0.013	6	AR	1		0.183	0.352	1.936
18:1-11 t (18:1t n-7)....g									
20:1....g	0.007	0.001	6	AR	1		0.006	0.012	0.065
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.191		0	NC	4		0.162	0.313	1.718
18:2 undifferentiated....g	0.150		0	AS	1		0.127	0.246	1.351
18:2 n-6 c,c....g	0.138	0.006	6	AR	1		0.117	0.226	1.242
18:2 CLAs....g	0.012	0.001	6	AR	1		0.010	0.020	0.108
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.009		0	AS	1		0.007	0.014	0.077
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.009	0.001	6	AR	1		0.007	0.014	0.077
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000		6	AR	1		0.000	0.000	0.000
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.031	0.001	6	AR	1		0.026	0.050	0.276
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001	0.000	6	AR	1		0.001	0.002	0.012
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.007		0	BFFN	4		0.006	0.011	0.062
22:6 n-3 (DHA)....g	0.000	0.000	6	AR	1		0.000	0.001	0.004
Fatty acids, total trans....g	0.215		0	NC	4		0.183	0.352	1.936
Fatty acids, total trans-monoenoic....g	0.215		0	NC	4		0.183	0.352	1.936
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	65	2.106	6	AR	1		55	106	583
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.278		0	AR	1		0.236	0.456	2.503
Threonine....g	1.164		0	AR	1		0.990	1.910	10.492
Isoleucine....g	1.155		0	AR	1		0.982	1.895	10.409
Leucine....g	2.131		0	AR	1		1.812	3.496	19.204
Lysine....g	2.382		0	AR	1		2.025	3.906	21.462
Methionine....g	0.658		0	AR	1		0.559	1.079	5.929

NDB No. 23263

Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine....g	0.249		0	AR	1		0.211	0.408	2.240
Phenylalanine....g	0.987		0	AR	1		0.839	1.619	8.894
Tyrosine....g	0.925		0	AR	1		0.786	1.517	8.334
Valine....g	1.221		0	AR	1		1.038	2.003	11.002
Arginine....g	1.662		0	AR	1		1.412	2.725	14.972
Histidine....g	0.919		0	AR	1		0.782	1.508	8.284
Alanine....g	1.479		0	AR	1		1.257	2.425	13.324
Aspartic acid....g	2.393		0	AR	1		2.034	3.924	21.560
Glutamic acid....g	4.040		0	AR	1		3.434	6.625	36.400
Glycine....g	1.068		0	AR	1		0.907	1.751	9.618
Proline....g	1.040		0	AR	1		0.884	1.706	9.371
Serine....g	1.005		0	AR	1		0.855	1.649	9.059
Hydroxyproline....g	0.114		0	BFPN	4		0.097	0.188	1.031
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 164g: 1 fillet

Measure 3 = 901g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23264

Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw

Longissimus dorsi, URMIS #2065

Refuse: 6% Connective tissue 6%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	70.99	0.256	16	AR	1		60.34	115.71	665.84
Energy kcal	138		0	NC	4		118	226	1298
Energy kJ	579		0	NC	4		492	944	5431
Protein (N x 6.25) g	22.52	0.131	16	AR	1		19.14	36.70	211.19
Total lipid (fat) g	5.29	0.264	16	AR	1		4.50	8.62	49.62
Ash g	1.03	0.027	16	AR	1		0.88	1.68	9.68
Carbohydrate, by difference g	0.18		0	NC	4		0.15	0.29	1.67
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total g	0.00		0	Z	7		0.00	0.00	0.00
Starch g									
Minerals:									
Calcium, Ca mg	5		0	BFNN	4		4	8	47
Iron, Fe mg	2.27		0	BFNN	4		1.93	3.70	21.32
Magnesium, Mg mg	26		0	BFNN	4		22	42	242
Phosphorus, P mg	226		0	BFNN	4		192	368	2117
Potassium, K mg	401		0	BFNN	4		341	654	3765
Sodium, Na mg	66		0	BFNN	4		56	108	621
Zinc, Zn mg	5.28		0	BFNN	4		4.49	8.61	49.56
Copper, Cu mg	0.099		0	BFNN	4		0.084	0.161	0.926
Manganese, Mn mg									
Selenium, Se µg	24.1	1.203	4	AR	1		20.5	39.3	225.9
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.063		0	BFPN	4		0.053	0.102	0.586
Riboflavin mg	0.179		0	BFPN	4		0.152	0.291	1.676
Niacin mg	5.736		0	BFPN	4		4.876	9.350	53.806
Pantothenic acid mg									
Vitamin B-6 mg	0.644		0	BFPN	4		0.547	1.050	6.041
Folate, total µg	4		0	BFPN	4		3	6	34
Folic acid µg	0		0	BFPN	4		0	0	0
Folate, food µg	4		0	BFPN	4		3	6	34
Folate, DFE µg	4		0	NC	4		3	6	34
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	3.17	0.337	4	AR	1		2.69	5.16	29.70
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	2		0	NC	4		2	3	17
Retinol µg	2		0	BFSN	4		2	3	17
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	6		0	NC	4		5	10	56
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.1	0.8
Vitamin D IU	3		0	BFSN	4		3	5	31
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	2.5	14.2
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23264

Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.962		0	NC	4		1.667	3.198	18.401
4:0....g	0.000		0	Z	7		0.000	0.000	0.000
6:0....g	0.000		0	Z	7		0.000	0.000	0.000
8:0....g	0.000		0	Z	7		0.000	0.000	0.000
10:0....g	0.002		0	BFFN	4		0.002	0.004	0.021
12:0....g	0.003		0	BFFN	4		0.003	0.005	0.028
13:0....g									
14:0....g	0.130	0.006	4	AR	1		0.110	0.212	1.219
15:0....g									
16:0....g	1.162	0.027	4	AR	1		0.987	1.894	10.897
17:0....g	0.066	0.006	4	AR	1		0.056	0.107	0.615
18:0....g	0.594	0.030	4	AR	1		0.505	0.968	5.568
20:0....g	0.002	0.000	4	AR	1		0.002	0.004	0.022
22:0....g									
24:0....g	0.009	0.001	4	AR	1		0.007	0.014	0.080
Fatty acids, total monounsaturated....g	2.436		0	NC	4		2.071	3.971	22.853
14:1....g	0.028	0.002	4	AR	1		0.024	0.046	0.265
15:1....g									
16:1 undifferentiated....g	0.140	0.009	4	AR	1		0.119	0.229	1.317
17:1....g	0.040	0.002	4	AR	1		0.034	0.066	0.377
18:1 undifferentiated....g	2.220		0	AS	1		1.887	3.618	20.822
18:1 c....g	1.987	0.088	4	AR	1		1.689	3.239	18.637
18:1 t....g	0.233	0.016	4	AR	1		0.198	0.380	2.185
18:1-11 t (18:1t n-7)....g									
20:1....g	0.008	0.001	4	AR	1		0.007	0.013	0.073
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.216		0	NC	4		0.184	0.353	2.029
18:2 undifferentiated....g	0.169		0	AS	1		0.144	0.276	1.587
18:2 n-6 c,c....g	0.156	0.007	4	AR	1		0.133	0.255	1.465
18:2 CLAs....g	0.013	0.001	4	AR	1		0.011	0.021	0.122
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.010		0	AS	1		0.008	0.016	0.090
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.010	0.001	4	AR	1		0.008	0.016	0.090
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000		4	AR	1		0.000	0.000	0.000
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.035	0.002	4	AR	1		0.029	0.057	0.325
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002	0.001	4	AR	1		0.002	0.004	0.021
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.007		0	BFFN	4		0.006	0.011	0.062
22:6 n-3 (DHA)....g	0.001	0.000	4	AR	1		0.001	0.001	0.006
Fatty acids, total trans....g	0.233		0	NC	4		0.198	0.380	2.185
Fatty acids, total trans-monoenoic....g	0.233		0	NC	4		0.198	0.380	2.185
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	65	2.616	4	AR	1		55	105	606
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.266		0	AR	1		0.226	0.434	2.497
Threonine....g	1.106		0	AR	1		0.940	1.802	10.371
Isoleucine....g	1.100		0	AR	1		0.935	1.794	10.321
Leucine....g	2.016		0	AR	1		1.714	3.286	18.911
Lysine....g	2.245		0	AR	1		1.908	3.659	21.058
Methionine....g	0.625		0	AR	1		0.531	1.018	5.860

NDB No. 23264

Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine....g	0.234		0	AR	1		0.199	0.382	2.197
Phenylalanine....g	0.937		0	AR	1		0.797	1.527	8.790
Tyrosine....g	0.877		0	AR	1		0.745	1.429	8.223
Valine....g	1.164		0	AR	1		0.990	1.898	10.920
Arginine....g	1.571		0	AR	1		1.335	2.560	14.733
Histidine....g	0.861		0	AR	1		0.732	1.403	8.074
Alanine....g	1.404		0	AR	1		1.193	2.288	13.168
Aspartic acid....g	2.263		0	AR	1		1.923	3.688	21.225
Glutamic acid....g	3.837		0	AR	1		3.261	6.254	35.991
Glycine....g	1.012		0	AR	1		0.860	1.649	9.489
Proline....g	0.981		0	AR	1		0.834	1.600	9.206
Serine....g	0.951		0	AR	1		0.809	1.550	8.922
Hydroxyproline....g	0.114		0	BFPN	4		0.097	0.185	1.066
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 163g: 1 fillet

Measure 3 = 938g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23265

Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw

Longissimus dorsi, URMIS #1250

Refuse: 5% Connective tissue 5%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	72.46	0.342	8	AR	1		61.59	121.00	613.70
Energy kcal	125		0	NC	4		106	209	1059
Energy kJ	523		0	NC	4		445	873	4430
Protein (N x 6.25) g	22.89	0.175	8	AR	1		19.45	38.22	193.84
Total lipid (fat) g	3.72	0.353	8	AR	1		3.16	6.21	31.48
Ash g	1.11	0.036	8	AR	1		0.94	1.86	9.41
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	0.00
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total g	0.00		0	Z	7		0.00	0.00	0.00
Starch g									
Minerals:									
Calcium, Ca mg	5		0	BFNN	4		4	9	45
Iron, Fe mg	2.17		0	BFNN	4		1.84	3.62	18.38
Magnesium, Mg mg	26		0	BFNN	4		22	43	219
Phosphorus, P mg	233		0	BFNN	4		198	389	1975
Potassium, K mg	389		0	BFNN	4		330	649	3292
Sodium, Na mg	57		0	BFNN	4		49	96	486
Zinc, Zn mg	6.10		0	BFNN	4		5.18	10.19	51.66
Copper, Cu mg	0.073		0	BFNN	4		0.062	0.123	0.622
Manganese, Mn mg									
Selenium, Se µg	23.5		2	AR	1		20.0	39.2	199.0
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.073		0	BFPN	4		0.062	0.122	0.619
Riboflavin mg	0.219		0	BFPN	4		0.186	0.366	1.857
Niacin mg	5.717		0	BFPN	4		4.859	9.547	48.420
Pantothenic acid mg									
Vitamin B-6 mg	0.575		0	BFPN	4		0.489	0.960	4.870
Folate, total µg	4		0	BFPN	4		3	6	31
Folic acid µg	0		0	BFPN	4		0	0	0
Folate, food µg	4		0	BFPN	4		3	6	31
Folate, DFE µg	4		0	NC	4		3	6	31
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	2.69		2	AR	1		2.29	4.49	22.78
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	2		0	NC	4		2	4	18
Retinol µg	2		0	BFSN	4		2	4	18
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	7		0	NC	4		6	12	60
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.1	0.6
Vitamin D IU	3		0	BFSN	4		2	5	25
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	2.5	12.8
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23265

Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.265		0	NC	4		1.075	2.113	10.717
4:0....g	0.000		0	Z	7		0.000	0.000	0.000
6:0....g	0.000		0	Z	7		0.000	0.000	0.000
8:0....g	0.000		0	Z	7		0.000	0.000	0.000
10:0....g	0.001		0	BFFN	4		0.001	0.002	0.009
12:0....g	0.001		0	BFFN	4		0.001	0.002	0.013
13:0....g									
14:0....g	0.093		2	AR	1		0.079	0.156	0.791
15:0....g									
16:0....g	0.785		2	AR	1		0.668	1.312	6.652
17:0....g	0.043		2	AR	1		0.036	0.071	0.361
18:0....g	0.338		2	AR	1		0.287	0.564	2.862
20:0....g	0.000		2	AR	1		0.000	0.000	0.000
22:0....g									
24:0....g	0.006		2	AR	1		0.005	0.010	0.051
Fatty acids, total monounsaturated....g	1.757		0	NC	4		1.493	2.933	14.878
14:1....g	0.016		2	AR	1		0.014	0.027	0.139
15:1....g									
16:1 undifferentiated....g	0.103		2	AR	1		0.088	0.173	0.876
17:1....g	0.030		2	AR	1		0.026	0.050	0.255
18:1 undifferentiated....g	1.600		0	AS	1		1.360	2.673	13.555
18:1 c....g	1.412		2	AR	1		1.201	2.359	11.963
18:1 t....g	0.188		2	AR	1		0.160	0.314	1.592
18:1-11 t (18:1t n-7)....g									
20:1....g	0.006		2	AR	1		0.005	0.011	0.054
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.152		0	NC	4		0.130	0.254	1.291
18:2 undifferentiated....g	0.121		0	AS	1		0.103	0.202	1.026
18:2 n-6 c,c....g	0.111		2	AR	1		0.094	0.185	0.936
18:2 CLAs....g	0.011		2	AR	1		0.009	0.018	0.090
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.007		0	AS	1		0.006	0.011	0.057
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.007		2	AR	1		0.006	0.011	0.057
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000		2	AR	1		0.000	0.000	0.000
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.025		2	AR	1		0.021	0.041	0.208
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		2	AR	1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.007		0	BFFN	4		0.006	0.012	0.060
22:6 n-3 (DHA)....g	0.000		2	AR	1		0.000	0.000	0.000
Fatty acids, total trans....g	0.188		0	NC	4		0.160	0.314	1.592
Fatty acids, total trans-monoenoic....g	0.188		0	NC	4		0.160	0.314	1.592
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	65		2	AR	1		55	108	549
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.285		0	AR	1		0.242	0.476	2.416
Threonine....g	1.218		0	AR	1		1.035	2.034	10.316
Isoleucine....g	1.207		0	AR	1		1.026	2.016	10.223
Leucine....g	2.249		0	AR	1		1.912	3.757	19.053
Lysine....g	2.524		0	AR	1		2.145	4.215	21.376
Methionine....g	0.691		0	AR	1		0.588	1.154	5.855

NDB No. 23265

Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine....g	0.263		0	AR	1		0.224	0.440	2.230
Phenylalanine....g	1.031		0	AR	1		0.877	1.723	8.736
Tyrosine....g	0.977		0	AR	1		0.830	1.631	8.272
Valine....g	1.273		0	AR	1		1.082	2.126	10.781
Arginine....g	1.756		0	AR	1		1.492	2.932	14.871
Histidine....g	0.988		0	AR	1		0.839	1.649	8.365
Alanine....g	1.547		0	AR	1		1.315	2.584	13.105
Aspartic acid....g	2.524		0	AR	1		2.145	4.215	21.376
Glutamic acid....g	4.236		0	AR	1		3.600	7.073	35.875
Glycine....g	1.119		0	AR	1		0.951	1.869	9.480
Proline....g	1.108		0	AR	1		0.942	1.851	9.387
Serine....g	1.064		0	AR	1		0.905	1.778	9.015
Hydroxyproline....g	0.116		0	BFPN	4		0.098	0.193	0.979
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 167g: 1 fillet

Measure 3 = 847g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23266

Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled

Spinalis dorsi

Refuse: 10% Connective tissue 10%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	57.18	0.407	24	AR	1		48.61	119.51	
Energy kcal	246		0	NC	4		209	514	
Energy kJ	1029		0	NC	4		875	2151	
Protein (N x 6.25) g	24.66	0.190	24	AR	1		20.96	51.53	
Total lipid (fat) g	15.70	0.496	24	AR	1		13.34	32.80	
Ash g	0.94	0.022	24	AR	1		0.80	1.97	
Carbohydrate, by difference g	1.53		0	NC	4		1.30	3.19	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	7		0	BFNN	4		6	14	
Iron, Fe mg	3.07		0	BFNN	4		2.61	6.42	
Magnesium, Mg mg	25		0	BFNN	4		21	52	
Phosphorus, P mg	220		0	BFNN	4		187	460	
Potassium, K mg	351		0	BFNN	4		298	733	
Sodium, Na mg	86		0	BFNN	4		73	180	
Zinc, Zn mg	9.71		0	BFNN	4		8.26	20.30	
Copper, Cu mg	0.154		0	BFNN	4		0.131	0.323	
Manganese, Mn mg									
Selenium, Se µg	32.0	0.363	4	AR	1		27.2	67.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.070		0	BFPN	4		0.059	0.146	
Riboflavin mg	0.246		0	BFPN	4		0.209	0.514	
Niacin mg	3.714		0	BFPN	4		3.157	7.762	
Pantothenic acid mg									
Vitamin B-6 mg	0.375		0	BFPN	4		0.319	0.784	
Folate, total µg	6		0	BFPN	4		5	12	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	6		0	BFPN	4		5	12	
Folate, DFE µg	6		0	NC	4		5	12	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	3.15	0.158	6	AR	1		2.68	6.59	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		2	4	
Retinol µg	2		0	BFSN	4		2	4	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	6		0	NC	4		5	13	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.2	
Vitamin D IU	4		0	BFSN	4		4	9	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	3.3	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23266

Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	5.566		0	NC	4		4.731	11.634	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.008		0	BFFN	4		0.007	0.017	
12:0....g	0.010		0	BFFN	4		0.009	0.022	
13:0....g									
14:0....g	0.367	0.014	6	AR	1		0.312	0.767	
15:0....g									
16:0....g	3.099	0.072	6	AR	1		2.634	6.477	
17:0....g	0.170	0.002	6	AR	1		0.144	0.355	
18:0....g	1.904	0.117	6	AR	1		1.618	3.979	
20:0....g	0.007	0.001	6	AR	1		0.006	0.014	
22:0....g									
24:0....g	0.020	0.002	6	AR	1		0.017	0.042	
Fatty acids, total monounsaturated....g	6.828		0	NC	4		5.804	14.271	
14:1....g	0.089	0.009	6	AR	1		0.075	0.185	
15:1....g									
16:1 undifferentiated....g	0.454	0.036	6	AR	1		0.386	0.948	
17:1....g	0.098	0.010	6	AR	1		0.083	0.205	
18:1 undifferentiated....g	6.161		0	AS	1		5.237	12.878	
18:1 c....g	5.579	0.272	6	AR	1		4.742	11.661	
18:1 t....g	0.582	0.024	6	AR	1		0.495	1.217	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.027	0.002	6	AR	1		0.023	0.056	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.586		0	NC	4		0.498	1.226	
18:2 undifferentiated....g	0.457		0	AS	1		0.388	0.955	
18:2 n-6 c,c....g	0.410	0.015	6	AR	1		0.349	0.857	
18:2 CLAs....g	0.047	0.004	6	AR	1		0.040	0.098	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.022		0	AS	1		0.019	0.046	
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.022	0.003	6	AR	1		0.019	0.046	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.001	0.001	6	AR	1		0.001	0.002	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.103	0.004	6	AR	1		0.087	0.214	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003	0.001	6	AR	1		0.002	0.005	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.021		0	BFFN	4		0.018	0.045	
22:6 n-3 (DHA)....g	0.002	0.001	6	AR	1		0.002	0.004	
Fatty acids, total trans....g	0.582		0	NC	4		0.495	1.217	
Fatty acids, total trans-monoenoic....g	0.582		0	NC	4		0.495	1.217	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	76	4.429	6	AR	1		65	159	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.302		0	AR	1		0.257	0.632	
Threonine....g	1.267		0	AR	1		1.077	2.648	
Isoleucine....g	1.257		0	AR	1		1.068	2.627	
Leucine....g	2.319		0	AR	1		1.971	4.846	
Lysine....g	2.591		0	AR	1		2.203	5.416	
Methionine....g	0.716		0	AR	1		0.609	1.496	

NDB No. 23266

Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine....g	0.270		0	AR	1		0.230	0.565	
Phenylalanine....g	1.074		0	AR	1		0.913	2.244	
Tyrosine....g	1.006		0	AR	1		0.855	2.103	
Valine....g	1.328		0	AR	1		1.129	2.776	
Arginine....g	1.808		0	AR	1		1.537	3.778	
Histidine....g	1.000		0	AR	1		0.850	2.091	
Alanine....g	1.609		0	AR	1		1.367	3.362	
Aspartic acid....g	2.603		0	AR	1		2.213	5.441	
Glutamic acid....g	4.395		0	AR	1		3.736	9.186	
Glycine....g	1.161		0	AR	1		0.987	2.427	
Proline....g	1.132		0	AR	1		0.962	2.365	
Serine....g	1.094		0	AR	1		0.930	2.286	
Hydroxyproline....g	0.125		0	BFPN	4		0.106	0.260	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 209g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23269

Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw

Spinalis dorsi

Refuse: 12% Connective tissue 12%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	67.31	0.294	24	AR	1		57.21	172.31	
Energy kcal	180		0	NC	4		153	461	
Energy kJ	754		0	NC	4		641	1930	
Protein (N x 6.25) g	19.70	0.115	24	AR	1		16.74	50.42	
Total lipid (fat) g	10.60	0.315	24	AR	1		9.01	27.13	
Ash g	0.89	0.012	24	AR	1		0.75	2.27	
Carbohydrate, by difference g	1.51		0	NC	4		1.28	3.87	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	6		0	BFNN	4		5	16	
Iron, Fe mg	2.64		0	BFNN	4		2.24	6.76	
Magnesium, Mg mg	24		0	BFNN	4		20	61	
Phosphorus, P mg	210		0	BFNN	4		179	538	
Potassium, K mg	357		0	BFNN	4		303	913	
Sodium, Na mg	88		0	BFNN	4		75	225	
Zinc, Zn mg	7.79		0	BFNN	4		6.62	19.95	
Copper, Cu mg	0.143		0	BFNN	4		0.122	0.366	
Manganese, Mn mg									
Selenium, Se µg	25.4	1.730	4	AR	1		21.5	64.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.083		0	BFPN	4		0.071	0.212	
Riboflavin mg	0.222		0	BFPN	4		0.188	0.567	
Niacin mg	3.551		0	BFPN	4		3.018	9.090	
Pantothenic acid mg									
Vitamin B-6 mg	0.394		0	BFPN	4		0.335	1.010	
Folate, total µg	3		0	BFPN	4		3	8	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	3		0	BFPN	4		3	8	
Folate, DFE µg	3		0	NC	4		3	8	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	2.96	0.390	6	AR	1		2.51	7.57	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		2	6	
Retinol µg	2		0	BFSN	4		2	6	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	7		0	NC	4		6	19	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.2	
Vitamin D IU	4		0	BFSN	4		3	9	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	3.9	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23269

Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.066		0	NC	4		3.456	10.408	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.004		0	BFFN	4		0.003	0.010	
12:0....g	0.005		0	BFFN	4		0.005	0.014	
13:0....g									
14:0....g	0.254	0.008	6	AR	1		0.216	0.649	
15:0....g									
16:0....g	2.324	0.045	6	AR	1		1.975	5.949	
17:0....g	0.111	0.005	6	AR	1		0.094	0.283	
18:0....g	1.364	0.058	6	AR	1		1.159	3.492	
20:0....g	0.000	0.001	6	AR	1		0.000	0.001	
22:0....g									
24:0....g	0.013	0.001	6	AR	1		0.011	0.034	
Fatty acids, total monounsaturated....g	4.735		0	NC	4		4.025	12.122	
14:1....g	0.055	0.002	6	AR	1		0.047	0.141	
15:1....g									
16:1 undifferentiated....g	0.310	0.011	6	AR	1		0.263	0.793	
17:1....g	0.063	0.002	6	AR	1		0.054	0.162	
18:1 undifferentiated....g	4.289		0	AS	1		3.646	10.980	
18:1 c....g	3.839	0.108	6	AR	1		3.263	9.828	
18:1 t....g	0.450	0.018	6	AR	1		0.382	1.151	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.018	0.001	6	AR	1		0.015	0.046	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.409		0	NC	4		0.348	1.048	
18:2 undifferentiated....g	0.324		0	AS	1		0.275	0.829	
18:2 n-6 c,c....g	0.294	0.016	6	AR	1		0.250	0.752	
18:2 CLAs....g	0.030	0.001	6	AR	1		0.025	0.077	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.016		0	AS	1		0.013	0.040	
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.016	0.001	6	AR	1		0.013	0.040	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000	0.000	6	AR	1		0.000	0.000	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.068	0.004	6	AR	1		0.058	0.175	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002	0.001	6	AR	1		0.001	0.004	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.016		0	BFFN	4		0.013	0.040	
22:6 n-3 (DHA)....g	0.000	0.000	6	AR	1		0.000	0.000	
Fatty acids, total trans....g	0.450		0	NC	4		0.382	1.151	
Fatty acids, total trans-monoenoic....g	0.450		0	NC	4		0.382	1.151	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	64	2.419	6	AR	1		54	163	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.239		0	AR	1		0.203	0.613	
Threonine....g	1.003		0	AR	1		0.853	2.568	
Isoleucine....g	0.995		0	AR	1		0.846	2.547	
Leucine....g	1.836		0	AR	1		1.561	4.700	
Lysine....g	2.052		0	AR	1		1.744	5.252	
Methionine....g	0.567		0	AR	1		0.482	1.451	

NDB No. 23269

Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine g	0.214		0	AR	1		0.182	0.548	
Phenylalanine g	0.850		0	AR	1		0.723	2.177	
Tyrosine g	0.797		0	AR	1		0.677	2.040	
Valine g	1.052		0	AR	1		0.894	2.692	
Arginine g	1.431		0	AR	1		1.217	3.664	
Histidine g	0.792		0	AR	1		0.673	2.027	
Alanine g	1.274		0	AR	1		1.083	3.261	
Aspartic acid g	2.061		0	AR	1		1.752	5.276	
Glutamic acid g	3.480		0	AR	1		2.958	8.908	
Glycine g	0.919		0	AR	1		0.782	2.354	
Proline g	0.896		0	AR	1		0.762	2.293	
Serine g	0.866		0	AR	1		0.736	2.217	
Hydroxyproline g	0.099		0	BFPN	4		0.085	0.255	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 256g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23267

Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled

Spinalis dorsi, URMIS #2069

Refuse: 10% Connective tissue 10%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	55.80	0.506	16	AR	1		47.43	116.06	
Energy kcal	259		0	NC	4		220	539	
Energy kJ	1084		0	NC	4		921	2255	
Protein (N x 6.25) g	24.24	0.237	16	AR	1		20.61	50.42	
Total lipid (fat) g	17.21	0.617	16	AR	1		14.63	35.79	
Ash g	0.95	0.028	16	AR	1		0.80	1.97	
Carbohydrate, by difference g	1.81		0	NC	4		1.54	3.76	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	7		0	BFNN	4		6	14	
Iron, Fe mg	3.06		0	BFNN	4		2.60	6.36	
Magnesium, Mg mg	25		0	BFNN	4		21	52	
Phosphorus, P mg	219		0	BFNN	4		186	455	
Potassium, K mg	349		0	BFNN	4		297	726	
Sodium, Na mg	86		0	BFNN	4		73	179	
Zinc, Zn mg	9.67		0	BFNN	4		8.22	20.11	
Copper, Cu mg	0.154		0	BFNN	4		0.131	0.320	
Manganese, Mn mg									
Selenium, Se µg	32.0	0.450	4	AR	1		27.2	66.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.069		0	BFPN	4		0.058	0.143	
Riboflavin mg	0.242		0	BFPN	4		0.206	0.503	
Niacin mg	3.651		0	BFPN	4		3.104	7.595	
Pantothenic acid mg									
Vitamin B-6 mg	0.369		0	BFPN	4		0.314	0.768	
Folate, total µg	6		0	BFPN	4		5	13	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	6		0	BFPN	4		5	13	
Folate, DFE µg	6		0	NC	4		5	13	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	3.02	0.196	4	AR	1		2.56	6.27	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		1	3	
Retinol µg	2		0	BFSN	4		1	3	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	5		0	NC	4		5	11	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.3	
Vitamin D IU	5		0	BFSN	4		4	10	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	3.3	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23267

Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	5.961		0	NC	4		5.067	12.400	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.009		0	BFFN	4		0.008	0.019	
12:0....g	0.010		0	BFFN	4		0.009	0.022	
13:0....g									
14:0....g	0.388	0.017	4	AR	1		0.330	0.807	
15:0....g									
16:0....g	3.315	0.090	4	AR	1		2.818	6.896	
17:0....g	0.173	0.002	4	AR	1		0.147	0.360	
18:0....g	2.057	0.146	4	AR	1		1.748	4.278	
20:0....g	0.007	0.002	4	AR	1		0.006	0.014	
22:0....g									
24:0....g	0.022	0.003	4	AR	1		0.018	0.045	
Fatty acids, total monounsaturated....g	7.348		0	NC	4		6.245	15.283	
14:1....g	0.094	0.011	4	AR	1		0.080	0.195	
15:1....g									
16:1 undifferentiated....g	0.489	0.045	4	AR	1		0.415	1.016	
17:1....g	0.104	0.013	4	AR	1		0.089	0.217	
18:1 undifferentiated....g	6.633		0	AS	1		5.638	13.797	
18:1 c....g	6.011	0.337	4	AR	1		5.109	12.502	
18:1 t....g	0.622	0.029	4	AR	1		0.529	1.294	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.028	0.003	4	AR	1		0.024	0.058	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.635		0	NC	4		0.540	1.321	
18:2 undifferentiated....g	0.493		0	AS	1		0.419	1.026	
18:2 n-6 c,c....g	0.444	0.018	4	AR	1		0.377	0.923	
18:2 CLAs....g	0.049	0.005	4	AR	1		0.042	0.103	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.024		0	AS	1		0.020	0.050	
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.024	0.004	4	AR	1		0.020	0.050	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.001	0.001	4	AR	1		0.001	0.003	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.111	0.005	4	AR	1		0.094	0.231	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.004	0.002	4	AR	1		0.003	0.008	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.019		0	BFFN	4		0.016	0.040	
22:6 n-3 (DHA)....g	0.002	0.001	4	AR	1		0.001	0.003	
Fatty acids, total trans....g	0.622		0	NC	4		0.529	1.294	
Fatty acids, total trans-monoenoic....g	0.622		0	NC	4		0.529	1.294	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	78	5.502	4	AR	1		66	162	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.287		0	AR	1		0.244	0.596	
Threonine....g	1.190		0	AR	1		1.012	2.476	
Isoleucine....g	1.185		0	AR	1		1.007	2.464	
Leucine....g	2.171		0	AR	1		1.845	4.515	
Lysine....g	2.417		0	AR	1		2.055	5.028	
Methionine....g	0.673		0	AR	1		0.572	1.399	

NDB No. 23267

Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine....g	0.252		0	AR	1		0.214	0.525	
Phenylalanine....g	1.009		0	AR	1		0.858	2.099	
Tyrosine....g	0.944		0	AR	1		0.802	1.963	
Valine....g	1.253		0	AR	1		1.065	2.607	
Arginine....g	1.691		0	AR	1		1.437	3.518	
Histidine....g	0.927		0	AR	1		0.788	1.928	
Alanine....g	1.511		0	AR	1		1.285	3.144	
Aspartic acid....g	2.436		0	AR	1		2.071	5.068	
Glutamic acid....g	4.131		0	AR	1		3.512	8.593	
Glycine....g	1.089		0	AR	1		0.926	2.266	
Proline....g	1.057		0	AR	1		0.898	2.198	
Serine....g	1.024		0	AR	1		0.871	2.130	
Hydroxyproline....g	0.122		0	BFPN	4		0.104	0.255	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 208g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23270

Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw

Spinalis dorsi, URMIS #2069

Refuse: 12% Connective tissue 12%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	66.50	0.366	16	AR	1		56.52	165.58	
Energy kcal	187		0	NC	4		159	467	
Energy kJ	784		0	NC	4		666	1952	
Protein (N x 6.25) g	19.46	0.143	16	AR	1		16.54	48.46	
Total lipid (fat) g	11.40	0.392	16	AR	1		9.69	28.39	
Ash g	0.89	0.015	16	AR	1		0.76	2.22	
Carbohydrate, by difference g	1.75		0	NC	4		1.49	4.35	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	6		0	BFNN	4		5	15	
Iron, Fe mg	2.64		0	BFNN	4		2.24	6.57	
Magnesium, Mg mg	24		0	BFNN	4		20	60	
Phosphorus, P mg	210		0	BFNN	4		179	523	
Potassium, K mg	357		0	BFNN	4		303	889	
Sodium, Na mg	88		0	BFNN	4		75	219	
Zinc, Zn mg	7.80		0	BFNN	4		6.63	19.41	
Copper, Cu mg	0.143		0	BFNN	4		0.122	0.357	
Manganese, Mn mg									
Selenium, Se µg	25.5	2.150	4	AR	1		21.6	63.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.082		0	BFPN	4		0.070	0.204	
Riboflavin mg	0.219		0	BFPN	4		0.186	0.545	
Niacin mg	3.509		0	BFPN	4		2.982	8.736	
Pantothenic acid mg									
Vitamin B-6 mg	0.390		0	BFPN	4		0.331	0.970	
Folate, total µg	3		0	BFPN	4		3	8	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	3		0	BFPN	4		3	8	
Folate, DFE µg	3		0	NC	4		3	8	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	3.21	0.485	4	AR	1		2.73	8.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		2	5	
Retinol µg	2		0	BFSN	4		2	5	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	7		0	NC	4		6	17	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.2	
Vitamin D IU	4		0	BFSN	4		3	9	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	3.8	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23270

Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.359		0	NC	4		3.705	10.854	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.005		0	BFFN	4		0.004	0.012	
12:0....g	0.006		0	BFFN	4		0.005	0.016	
13:0....g									
14:0....g	0.275	0.010	4	AR	1		0.234	0.685	
15:0....g									
16:0....g	2.457	0.056	4	AR	1		2.088	6.117	
17:0....g	0.122	0.006	4	AR	1		0.104	0.304	
18:0....g	1.490	0.072	4	AR	1		1.266	3.710	
20:0....g	0.001	0.001	4	AR	1		0.001	0.002	
22:0....g									
24:0....g	0.015	0.001	4	AR	1		0.012	0.037	
Fatty acids, total monounsaturated....g	5.171		0	NC	4		4.395	12.875	
14:1....g	0.061	0.002	4	AR	1		0.052	0.152	
15:1....g									
16:1 undifferentiated....g	0.347	0.013	4	AR	1		0.295	0.865	
17:1....g	0.071	0.002	4	AR	1		0.060	0.176	
18:1 undifferentiated....g	4.672		0	AS	1		3.971	11.632	
18:1 c....g	4.192	0.134	4	AR	1		3.563	10.438	
18:1 t....g	0.480	0.022	4	AR	1		0.408	1.195	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.020	0.001	4	AR	1		0.017	0.050	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.453		0	NC	4		0.385	1.128	
18:2 undifferentiated....g	0.357		0	AS	1		0.303	0.888	
18:2 n-6 c,c....g	0.323	0.020	4	AR	1		0.275	0.804	
18:2 CLAs....g	0.034	0.001	4	AR	1		0.029	0.084	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.017		0	AS	1		0.015	0.043	
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.017	0.001	4	AR	1		0.015	0.043	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000	0.001	4	AR	1		0.000	0.001	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.077	0.005	4	AR	1		0.065	0.191	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002	0.001	4	AR	1		0.002	0.005	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.014		0	BFFN	4		0.012	0.036	
22:6 n-3 (DHA)....g	0.000	0.000	4	AR	1		0.000	0.000	
Fatty acids, total trans....g	0.480		0	NC	4		0.408	1.195	
Fatty acids, total trans-monoenoic....g	0.480		0	NC	4		0.408	1.195	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	64	3.006	4	AR	1		54	159	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.230		0	AR	1		0.196	0.573	
Threonine....g	0.956		0	AR	1		0.812	2.379	
Isoleucine....g	0.951		0	AR	1		0.808	2.368	
Leucine....g	1.743		0	AR	1		1.481	4.339	
Lysine....g	1.940		0	AR	1		1.649	4.832	
Methionine....g	0.540		0	AR	1		0.459	1.345	

NDB No. 23270

Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine....g	0.202		0	AR	1		0.172	0.504	
Phenylalanine....g	0.810		0	AR	1		0.688	2.017	
Tyrosine....g	0.758		0	AR	1		0.644	1.887	
Valine....g	1.006		0	AR	1		0.855	2.506	
Arginine....g	1.358		0	AR	1		1.154	3.380	
Histidine....g	0.744		0	AR	1		0.632	1.852	
Alanine....g	1.213		0	AR	1		1.031	3.021	
Aspartic acid....g	1.956		0	AR	1		1.662	4.870	
Glutamic acid....g	3.316		0	AR	1		2.819	8.258	
Glycine....g	0.874		0	AR	1		0.743	2.177	
Proline....g	0.848		0	AR	1		0.721	2.112	
Serine....g	0.822		0	AR	1		0.699	2.047	
Hydroxyproline....g	0.098		0	BFPN	4		0.084	0.245	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 249g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23268

Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled

Spinalis dorsi, URMIS #1254

Refuse: 10% Connective tissue 10%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	59.26	0.676	8	AR	1		50.37	125.04	
Energy kcal	226		0	NC	4		192	478	
Energy kJ	947		0	NC	4		805	1998	
Protein (N x 6.25) g	25.28	0.316	8	AR	1		21.48	53.33	
Total lipid (fat) g	13.43	0.825	8	AR	1		11.41	28.33	
Ash g	0.93	0.037	8	AR	1		0.79	1.97	
Carbohydrate, by difference g	1.10		0	NC	4		0.94	2.33	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	6		0	BFNN	4		5	12	
Iron, Fe mg	3.22		0	BFNN	4		2.74	6.80	
Magnesium, Mg mg	24		0	BFNN	4		21	52	
Phosphorus, P mg	219		0	BFNN	4		187	463	
Potassium, K mg	346		0	BFNN	4		294	731	
Sodium, Na mg	79		0	BFNN	4		67	166	
Zinc, Zn mg	9.99		0	BFNN	4		8.50	21.09	
Copper, Cu mg	0.127		0	BFNN	4		0.108	0.268	
Manganese, Mn mg									
Selenium, Se µg	32.2		2	AR	1		27.4	67.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.079		0	BFPN	4		0.067	0.167	
Riboflavin mg	0.382		0	BFPN	4		0.324	0.805	
Niacin mg	4.057		0	BFPN	4		3.448	8.560	
Pantothenic acid mg									
Vitamin B-6 mg	0.410		0	BFPN	4		0.348	0.864	
Folate, total µg	6		0	BFPN	4		5	12	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	6		0	BFPN	4		5	12	
Folate, DFE µg	6		0	NC	4		5	12	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	3.36		2	AR	1		2.85	7.08	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		2	5	
Retinol µg	2		0	BFSN	4		2	5	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	8		0	NC	4		6	16	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.2	
Vitamin D IU	4		0	BFSN	4		3	8	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	3.3	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23268

Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.974		0	NC	4		4.228	10.495	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.007		0	BFFN	4		0.006	0.015	
12:0....g	0.010		0	BFFN	4		0.009	0.022	
13:0....g									
14:0....g	0.336		2	AR	1		0.285	0.708	
15:0....g									
16:0....g	2.774		2	AR	1		2.358	5.854	
17:0....g	0.166		2	AR	1		0.141	0.349	
18:0....g	1.675		2	AR	1		1.423	3.534	
20:0....g	0.006		2	AR	1		0.005	0.013	
22:0....g									
24:0....g	0.018		2	AR	1		0.015	0.037	
Fatty acids, total monounsaturated....g	6.050		0	NC	4		5.142	12.765	
14:1....g	0.081		2	AR	1		0.069	0.171	
15:1....g									
16:1 undifferentiated....g	0.401		2	AR	1		0.341	0.847	
17:1....g	0.089		2	AR	1		0.075	0.187	
18:1 undifferentiated....g	5.454		0	AS	1		4.636	11.509	
18:1 c....g	4.932		2	AR	1		4.193	10.407	
18:1 t....g	0.522		2	AR	1		0.444	1.101	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.025		2	AR	1		0.021	0.052	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.513		0	NC	4		0.436	1.083	
18:2 undifferentiated....g	0.402		0	AS	1		0.342	0.849	
18:2 n-6 c,c....g	0.360		2	AR	1		0.306	0.759	
18:2 CLAs....g	0.043		2	AR	1		0.036	0.090	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.018		0	AS	1		0.016	0.039	
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.018		2	AR	1		0.016	0.039	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000		2	AR	1		0.000	0.000	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.090		2	AR	1		0.077	0.190	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001		2	AR	1		0.001	0.001	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.026		0	BFFN	4		0.022	0.055	
22:6 n-3 (DHA)....g	0.002		2	AR	1		0.002	0.004	
Fatty acids, total trans....g	0.522		0	NC	4		0.444	1.101	
Fatty acids, total trans-monoenoic....g	0.522		0	NC	4		0.444	1.101	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	73		2	AR	1		62	154	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.330		0	AR	1		0.280	0.695	
Threonine....g	1.407		0	AR	1		1.196	2.969	
Isoleucine....g	1.394		0	AR	1		1.185	2.942	
Leucine....g	2.599		0	AR	1		2.209	5.483	
Lysine....g	2.916		0	AR	1		2.478	6.152	
Methionine....g	0.799		0	AR	1		0.679	1.685	

NDB No. 23268

Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine g	0.304		0	AR	1		0.259	0.642	
Phenylalanine g	1.192		0	AR	1		1.013	2.514	
Tyrosine g	1.128		0	AR	1		0.959	2.381	
Valine g	1.471		0	AR	1		1.250	3.103	
Arginine g	2.028		0	AR	1		1.724	4.280	
Histidine g	1.141		0	AR	1		0.970	2.407	
Alanine g	1.787		0	AR	1		1.519	3.772	
Aspartic acid g	2.916		0	AR	1		2.478	6.152	
Glutamic acid g	4.893		0	AR	1		4.159	10.325	
Glycine g	1.293		0	AR	1		1.099	2.728	
Proline g	1.280		0	AR	1		1.088	2.702	
Serine g	1.230		0	AR	1		1.045	2.595	
Hydroxyproline g	0.128		0	BFPN	4		0.108	0.269	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 211g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23271

Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw

Spinalis dorsi, URMIS #1254

Refuse: 12% Connective tissue 12%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	68.53	0.489	8	AR	1		58.25	182.97	
Energy kcal	169		0	NC	4		144	452	
Energy kJ	709		0	NC	4		603	1893	
Protein (N x 6.25) g	20.05	0.191	8	AR	1		17.04	53.53	
Total lipid (fat) g	9.39	0.523	8	AR	1		7.98	25.08	
Ash g	0.88	0.020	8	AR	1		0.75	2.34	
Carbohydrate, by difference g	1.15		0	NC	4		0.98	3.08	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	7		0	BFNN	4		6	19	
Iron, Fe mg	2.95		0	BFNN	4		2.51	7.88	
Magnesium, Mg mg	25		0	BFNN	4		22	68	
Phosphorus, P mg	223		0	BFNN	4		190	596	
Potassium, K mg	365		0	BFNN	4		310	975	
Sodium, Na mg	84		0	BFNN	4		71	224	
Zinc, Zn mg	8.42		0	BFNN	4		7.16	22.48	
Copper, Cu mg	0.131		0	BFNN	4		0.111	0.349	
Manganese, Mn mg									
Selenium, Se µg	25.2		2	AR	1		21.4	67.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.145		0	BFPN	4		0.123	0.387	
Riboflavin mg	0.267		0	BFPN	4		0.227	0.712	
Niacin mg	3.620		0	BFPN	4		3.077	9.666	
Pantothenic acid mg									
Vitamin B-6 mg	0.370		0	BFPN	4		0.315	0.989	
Folate, total µg	3		0	BFPN	4		3	8	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	3		0	BFPN	4		3	8	
Folate, DFE µg	3		0	NC	4		3	8	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	2.57		2	AR	1		2.18	6.86	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		2	7	
Retinol µg	2		0	BFSN	4		2	7	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	8		0	NC	4		7	22	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.2	
Vitamin D IU	3		0	BFSN	4		3	9	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	4.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23271

Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.626		0	NC	4		3.082	9.682	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.003		0	BFFN	4		0.002	0.007	
12:0....g	0.004		0	BFFN	4		0.003	0.010	
13:0....g									
14:0....g	0.221		2	AR	1		0.188	0.591	
15:0....g									
16:0....g	2.125		2	AR	1		1.806	5.672	
17:0....g	0.093		2	AR	1		0.079	0.249	
18:0....g	1.176		2	AR	1		0.999	3.139	
20:0....g	0.000		2	AR	1		0.000	0.000	
22:0....g									
24:0....g	0.011		2	AR	1		0.010	0.030	
Fatty acids, total monounsaturated....g	4.082		0	NC	4		3.470	10.899	
14:1....g	0.047		2	AR	1		0.040	0.124	
15:1....g									
16:1 undifferentiated....g	0.254		2	AR	1		0.215	0.677	
17:1....g	0.052		2	AR	1		0.045	0.140	
18:1 undifferentiated....g	3.715		0	AS	1		3.158	9.919	
18:1 c....g	3.310		2	AR	1		2.814	8.839	
18:1 t....g	0.405		2	AR	1		0.344	1.080	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.015		2	AR	1		0.013	0.040	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.344		0	NC	4		0.292	0.919	
18:2 undifferentiated....g	0.274		0	AS	1		0.233	0.732	
18:2 n-6 c,c....g	0.250		2	AR	1		0.212	0.667	
18:2 CLAs....g	0.024		2	AR	1		0.021	0.065	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.014		0	AS	1		0.012	0.036	
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.014		2	AR	1		0.012	0.036	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000		2	AR	1		0.000	0.000	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.056		2	AR	1		0.047	0.148	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001		2	AR	1		0.001	0.002	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.018		0	BFFN	4		0.015	0.048	
22:6 n-3 (DHA)....g	0.000		2	AR	1		0.000	0.000	
Fatty acids, total trans....g	0.405		0	NC	4		0.344	1.080	
Fatty acids, total trans-monoenoic....g	0.405		0	NC	4		0.344	1.080	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	63		2	AR	1		53	168	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.261		0	AR	1		0.222	0.698	
Threonine....g	1.116		0	AR	1		0.949	2.980	
Isoleucine....g	1.106		0	AR	1		0.940	2.953	
Leucine....g	2.061		0	AR	1		1.752	5.504	
Lysine....g	2.313		0	AR	1		1.966	6.175	
Methionine....g	0.633		0	AR	1		0.538	1.691	

NDB No. 23271

Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine....g	0.241		0	AR	1		0.205	0.644	
Phenylalanine....g	0.945		0	AR	1		0.803	2.524	
Tyrosine....g	0.895		0	AR	1		0.761	2.389	
Valine....g	1.166		0	AR	1		0.991	3.114	
Arginine....g	1.609		0	AR	1		1.368	4.296	
Histidine....g	0.905		0	AR	1		0.769	2.416	
Alanine....g	1.418		0	AR	1		1.205	3.786	
Aspartic acid....g	2.313		0	AR	1		1.966	6.175	
Glutamic acid....g	3.881		0	AR	1		3.299	10.363	
Glycine....g	1.026		0	AR	1		0.872	2.738	
Proline....g	1.016		0	AR	1		0.863	2.712	
Serine....g	0.975		0	AR	1		0.829	2.604	
Hydroxyproline....g	0.101		0	BFPN	4		0.086	0.270	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 267g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23272

Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled

Refuse: 6% Connective tissue 6%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	60.74	0.278	24	AR	1		82.00		
Energy kcal	199		0	NC	4		268		
Energy kJ	831		0	NC	4		1122		
Protein (N x 6.25) g	28.77	0.184	24	AR	1		38.84		
Total lipid (fat) g	9.20	0.312	24	AR	1		12.42		
Ash g	1.12	0.024	24	AR	1		1.51		
Carbohydrate, by difference g	0.17		0	NC	4		0.23		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	6		0	BFNN	4		8		
Iron, Fe mg	2.77		0	BFNN	4		3.73		
Magnesium, Mg mg	28		0	BFNN	4		38		
Phosphorus, P mg	262		0	BFNN	4		353		
Potassium, K mg	410		0	BFNN	4		554		
Sodium, Na mg	56		0	BFNN	4		76		
Zinc, Zn mg	7.21		0	BFNN	4		9.74		
Copper, Cu mg	0.099		0	BFNN	4		0.134		
Manganese, Mn mg									
Selenium, Se µg	34.5	0.761	4	AR	1		46.5		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.058		0	BFPN	4		0.079		
Riboflavin mg	0.228		0	BFPN	4		0.308		
Niacin mg	5.816		0	BFPN	4		7.852		
Pantothenic acid mg									
Vitamin B-6 mg	0.551		0	BFPN	4		0.744		
Folate, total µg	7		0	BFPN	4		9		
Folic acid µg	0		0	BFPN	4		0		
Folate, food µg	7		0	BFPN	4		9		
Folate, DFE µg	7		0	NC	4		9		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	3.25	0.155	6	AR	1		4.39		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	2		0	NC	4		2		
Retinol µg	2		0	BFSN	4		2		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	6		0	NC	4		8		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1		
Vitamin D IU	4		0	BFSN	4		6		
Vitamin K (phylloquinone) µg	1.6		12	A	1		2.1		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23272

Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.205		0	NC	4		4.326		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g	0.005		0	BFFN	4		0.006		
12:0....g	0.006		0	BFFN	4		0.008		
13:0....g									
14:0....g	0.165	0.005	6	AR	1		0.223		
15:0....g									
16:0....g	1.780	0.048	6	AR	1		2.403		
17:0....g	0.067	0.012	6	AR	1		0.090		
18:0....g	1.178	0.048	6	AR	1		1.591		
20:0....g	0.000		6	AR	1		0.000		
22:0....g									
24:0....g	0.014	0.001	6	AR	1		0.020		
Fatty acids, total monounsaturated....g	3.962		0	NC	4		5.348		
14:1....g	0.037	0.002	6	AR	1		0.050		
15:1....g									
16:1 undifferentiated....g	0.309	0.014	6	AR	1		0.418		
17:1....g	0.071	0.004	6	AR	1		0.096		
18:1 undifferentiated....g	3.528		0	AS	1		4.763		
18:1 c....g	3.130	0.111	6	AR	1		4.226		
18:1 t....g	0.398	0.010	6	AR	1		0.537		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.016	0.000	6	AR	1		0.021		
22:1 undifferentiated....g	0.000		0	Z	7		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.347		0	NC	4		0.468		
18:2 undifferentiated....g	0.262		0	AS	1		0.353		
18:2 n-6 c,c....g	0.234	0.013	6	AR	1		0.316		
18:2 CLAs....g	0.027	0.001	6	AR	1		0.037		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.026		0	AS	1		0.035		
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.026	0.002	6	AR	1		0.035		
18:3i....g									
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g	0.000	0.000	6	AR	1		0.000		
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.058	0.004	6	AR	1		0.079		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	6	AR	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.013		0	BFFN	4		0.017		
22:6 n-3 (DHA)....g	0.001	0.000	6	AR	1		0.001		
Fatty acids, total trans....g	0.398		0	NC	4		0.537		
Fatty acids, total trans-monoenoic....g	0.398		0	NC	4		0.537		
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	82	1.122	6	AR	1		110		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.353		0	AR	1		0.476		
Threonine....g	1.478		0	AR	1		1.996		
Isoleucine....g	1.467		0	AR	1		1.980		
Leucine....g	2.706		0	AR	1		3.653		
Lysine....g	3.024		0	AR	1		4.082		
Methionine....g	0.835		0	AR	1		1.128		

NDB No. 23272

Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine g	0.316		0	AR	1		0.426		
Phenylalanine g	1.253		0	AR	1		1.692		
Tyrosine g	1.174		0	AR	1		1.585		
Valine g	1.550		0	AR	1		2.093		
Arginine g	2.109		0	AR	1		2.848		
Histidine g	1.167		0	AR	1		1.576		
Alanine g	1.877		0	AR	1		2.534		
Aspartic acid g	3.038		0	AR	1		4.101		
Glutamic acid g	5.128		0	AR	1		6.923		
Glycine g	1.355		0	AR	1		1.829		
Proline g	1.320		0	AR	1		1.782		
Serine g	1.276		0	AR	1		1.723		
Hydroxyproline g	0.145		0	BFPN	4		0.196		
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 135g: 1 fillet

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23273

Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled

URMIS #2068

Refuse: 6% Connective tissue 6%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	59.75	0.346	16	AR	1		82.46		
Energy kcal	208		0	NC	4		287		
Energy kJ	870		0	NC	4		1201		
Protein (N x 6.25) g	28.35	0.228	16	AR	1		39.13		
Total lipid (fat) g	10.26	0.388	16	AR	1		14.16		
Ash g	1.12	0.029	16	AR	1		1.54		
Carbohydrate, by difference g	0.51		0	NC	4		0.71		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	6		0	BFNN	4		8		
Iron, Fe mg	2.76		0	BFNN	4		3.81		
Magnesium, Mg mg	28		0	BFNN	4		39		
Phosphorus, P mg	261		0	BFNN	4		360		
Potassium, K mg	409		0	BFNN	4		565		
Sodium, Na mg	56		0	BFNN	4		77		
Zinc, Zn mg	7.19		0	BFNN	4		9.93		
Copper, Cu mg	0.099		0	BFNN	4		0.136		
Manganese, Mn mg									
Selenium, Se µg	33.3	0.945	4	AR	1		46.0		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.057		0	BFPN	4		0.079		
Riboflavin mg	0.225		0	BFPN	4		0.311		
Niacin mg	5.732		0	BFPN	4		7.911		
Pantothenic acid mg									
Vitamin B-6 mg	0.543		0	BFPN	4		0.750		
Folate, total µg	7		0	BFPN	4		10		
Folic acid µg	0		0	BFPN	4		0		
Folate, food µg	7		0	BFPN	4		10		
Folate, DFE µg	7		0	NC	4		10		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	3.15	0.193	4	AR	1		4.34		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	1		0	NC	4		2		
Retinol µg	1		0	BFSN	4		2		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	5		0	NC	4		7		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.2		
Vitamin D IU	5		0	BFSN	4		6		
Vitamin K (phylloquinone) µg	1.6		12	A	1		2.2		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23273

Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.616		0	NC	4		4.990		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g	0.005		0	BFFN	4		0.007		
12:0....g	0.006		0	BFFN	4		0.009		
13:0....g									
14:0....g	0.193	0.006	4	AR	1		0.266		
15:0....g									
16:0....g	2.037	0.060	4	AR	1		2.811		
17:0....g	0.078	0.015	4	AR	1		0.108		
18:0....g	1.292	0.059	4	AR	1		1.783		
20:0....g	0.000		4	AR	1		0.000		
22:0....g									
24:0....g	0.016	0.001	4	AR	1		0.022		
Fatty acids, total monounsaturated....g	4.463		0	NC	4		6.159		
14:1....g	0.040	0.003	4	AR	1		0.055		
15:1....g									
16:1 undifferentiated....g	0.344	0.018	4	AR	1		0.475		
17:1....g	0.076	0.004	4	AR	1		0.105		
18:1 undifferentiated....g	3.985		0	AS	1		5.499		
18:1 c....g	3.519	0.138	4	AR	1		4.856		
18:1 t....g	0.466	0.012	4	AR	1		0.643		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.018	0.000	4	AR	1		0.025		
22:1 undifferentiated....g	0.000		0	Z	7		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.407		0	NC	4		0.562		
18:2 undifferentiated....g	0.309		0	AS	1		0.427		
18:2 n-6 c,c....g	0.278	0.016	4	AR	1		0.384		
18:2 CLAs....g	0.031	0.001	4	AR	1		0.043		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.028		0	AS	1		0.039		
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.028	0.002	4	AR	1		0.039		
18:3i....g									
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g	0.000	0.000	4	AR	1		0.000		
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.069	0.005	4	AR	1		0.095		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	4	AR	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.011		0	BFFN	4		0.016		
22:6 n-3 (DHA)....g	0.001	0.000	4	AR	1		0.001		
Fatty acids, total trans....g	0.466		0	NC	4		0.643		
Fatty acids, total trans-monoenoic....g	0.466		0	NC	4		0.643		
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	82	1.394	4	AR	1		113		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.335		0	AR	1		0.463		
Threonine....g	1.392		0	AR	1		1.921		
Isoleucine....g	1.386		0	AR	1		1.912		
Leucine....g	2.539		0	AR	1		3.504		
Lysine....g	2.827		0	AR	1		3.902		
Methionine....g	0.787		0	AR	1		1.086		

NDB No. 23273

Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine g	0.295		0	AR	1		0.407		
Phenylalanine g	1.180		0	AR	1		1.629		
Tyrosine g	1.104		0	AR	1		1.524		
Valine g	1.466		0	AR	1		2.023		
Arginine g	1.978		0	AR	1		2.730		
Histidine g	1.084		0	AR	1		1.496		
Alanine g	1.768		0	AR	1		2.440		
Aspartic acid g	2.850		0	AR	1		3.933		
Glutamic acid g	4.832		0	AR	1		6.668		
Glycine g	1.274		0	AR	1		1.758		
Proline g	1.236		0	AR	1		1.706		
Serine g	1.198		0	AR	1		1.653		
Hydroxyproline g	0.143		0	BFPN	4		0.198		
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 138g: 1 fillet

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23274

Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled

URMIS #1253

Refuse: 6% Connective tissue 6%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	62.22	0.462	8	AR	1		80.27		
Energy kcal	186		0	NC	4		240		
Energy kJ	778		0	NC	4		1004		
Protein (N x 6.25) g	29.39	0.305	8	AR	1		37.92		
Total lipid (fat) g	7.61	0.519	8	AR	1		9.81		
Ash g	1.12	0.039	8	AR	1		1.44		
Carbohydrate, by difference g	0.00		0	NC	4		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	6		0	BFNN	4		8		
Iron, Fe mg	3.56		0	BFNN	4		4.59		
Magnesium, Mg mg	27		0	BFNN	4		35		
Phosphorus, P mg	242		0	BFNN	4		313		
Potassium, K mg	383		0	BFNN	4		493		
Sodium, Na mg	87		0	BFNN	4		112		
Zinc, Zn mg	11.04		0	BFNN	4		14.24		
Copper, Cu mg	0.140		0	BFNN	4		0.181		
Manganese, Mn mg									
Selenium, Se µg	36.2		2	AR	1		46.6		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.092		0	BFPN	4		0.118		
Riboflavin mg	0.444		0	BFPN	4		0.572		
Niacin mg	4.718		0	BFPN	4		6.086		
Pantothenic acid mg									
Vitamin B-6 mg	0.476		0	BFPN	4		0.614		
Folate, total µg	7		0	BFPN	4		9		
Folic acid µg	0		0	BFPN	4		0		
Folate, food µg	7		0	BFPN	4		9		
Folate, DFE µg	7		0	NC	4		9		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	3.41		2	AR	1		4.41		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	2		0	NC	4		3		
Retinol µg	2		0	BFSN	4		3		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	7		0	NC	4		9		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1		
Vitamin D IU	3		0	BFSN	4		4		
Vitamin K (phylloquinone) µg	1.6		12	A	1		2.0		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23274

Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.588		0	NC	4		3.338		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g	0.004		0	BFFN	4		0.005		
12:0....g	0.006		0	BFFN	4		0.008		
13:0....g									
14:0....g	0.124		2	AR	1		0.160		
15:0....g									
16:0....g	1.394		2	AR	1		1.799		
17:0....g	0.049		2	AR	1		0.063		
18:0....g	1.009		2	AR	1		1.301		
20:0....g	0.000		2	AR	1		0.000		
22:0....g									
24:0....g	0.012		2	AR	1		0.016		
Fatty acids, total monounsaturated....g	3.209		0	NC	4		4.140		
14:1....g	0.034		2	AR	1		0.043		
15:1....g									
16:1 undifferentiated....g	0.257		2	AR	1		0.332		
17:1....g	0.064		2	AR	1		0.082		
18:1 undifferentiated....g	2.842		0	AS	1		3.666		
18:1 c....g	2.547		2	AR	1		3.286		
18:1 t....g	0.295		2	AR	1		0.381		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.013		2	AR	1		0.016		
22:1 undifferentiated....g	0.000		0	Z	7		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.255		0	NC	4		0.330		
18:2 undifferentiated....g	0.190		0	AS	1		0.245		
18:2 n-6 c,c....g	0.168		2	AR	1		0.217		
18:2 CLAs....g	0.022		2	AR	1		0.028		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.023		0	AS	1		0.030		
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.023		2	AR	1		0.030		
18:3i....g									
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g	0.000		2	AR	1		0.000		
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.042		2	AR	1		0.054		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		2	AR	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.015		0	BFFN	4		0.019		
22:6 n-3 (DHA)....g	0.001		2	AR	1		0.001		
Fatty acids, total trans....g	0.295		0	NC	4		0.381		
Fatty acids, total trans-monoenoic....g	0.295		0	NC	4		0.381		
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	82		2	AR	1		106		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.361		0	AR	1		0.466		
Threonine....g	1.542		0	AR	1		1.989		
Isoleucine....g	1.528		0	AR	1		1.971		
Leucine....g	2.847		0	AR	1		3.673		
Lysine....g	3.194		0	AR	1		4.121		
Methionine....g	0.875		0	AR	1		1.129		

NDB No. 23274

Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine....g	0.333		0	AR	1		0.430		
Phenylalanine....g	1.305		0	AR	1		1.684		
Tyrosine....g	1.236		0	AR	1		1.595		
Valine....g	1.611		0	AR	1		2.078		
Arginine....g	2.222		0	AR	1		2.867		
Histidine....g	1.250		0	AR	1		1.612		
Alanine....g	1.958		0	AR	1		2.526		
Aspartic acid....g	3.194		0	AR	1		4.121		
Glutamic acid....g	5.361		0	AR	1		6.916		
Glycine....g	1.417		0	AR	1		1.827		
Proline....g	1.403		0	AR	1		1.809		
Serine....g	1.347		0	AR	1		1.738		
Hydroxyproline....g	0.148		0	BFPN	4		0.191		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 129g: 1 fillet

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23275

Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted

Longissimus dorsi

Refuse: 6% Connective tissue 6%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	63.52	0.298	24	AR	1		54.00	444.03	
Energy kcal	178		0	NC	4		152	1247	
Energy kJ	746		0	NC	4		634	5215	
Protein (N x 6.25) g	28.15	0.190	24	AR	1		23.93	196.77	
Total lipid (fat) g	7.31	0.291	24	AR	1		6.21	51.10	
Ash g	1.09	0.026	24	AR	1		0.93	7.61	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	6		0	BFNN	4		5	39	
Iron, Fe mg	2.68		0	BFNN	4		2.28	18.75	
Magnesium, Mg mg	28		0	BFNN	4		23	193	
Phosphorus, P mg	254		0	BFNN	4		216	1775	
Potassium, K mg	398		0	BFNN	4		338	2781	
Sodium, Na mg	55		0	BFNN	4		46	381	
Zinc, Zn mg	7.00		0	BFNN	4		5.95	48.92	
Copper, Cu mg	0.096		0	BFNN	4		0.082	0.671	
Manganese, Mn mg									
Selenium, Se µg	35.6	0.571	6	AR	1		30.2	248.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.057		0	BFPN	4		0.048	0.399	
Riboflavin mg	0.224		0	BFPN	4		0.190	1.562	
Niacin mg	5.691		0	BFPN	4		4.837	39.780	
Pantothenic acid mg									
Vitamin B-6 mg	0.539		0	BFPN	4		0.458	3.769	
Folate, total µg	7		0	BFPN	4		6	47	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	7		0	BFPN	4		6	47	
Folate, DFE µg	7		0	NC	4		6	47	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	4.01	0.299	6	AR	1		3.41	28.01	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		1	11	
Retinol µg	2		0	BFSN	4		1	11	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	5		0	NC	4		5	37	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.7	
Vitamin D IU	4		0	BFSN	4		3	27	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	11.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23275

Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.587		0	NC	4		2.199	18.082	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.004		0	BFFN	4		0.003	0.027	
12:0....g	0.005		0	BFFN	4		0.004	0.033	
13:0....g									
14:0....g	0.166	0.008	6	AR	1		0.141	1.158	
15:0....g									
16:0....g	1.474	0.044	6	AR	1		1.253	10.301	
17:0....g	0.090	0.002	6	AR	1		0.077	0.630	
18:0....g	0.849	0.025	6	AR	1		0.721	5.933	
20:0....g	0.000		6	AR	1		0.000	0.000	
22:0....g									
24:0....g	0.009	0.001	6	AR	1		0.007	0.060	
Fatty acids, total monounsaturated....g	3.133		0	NC	4		2.663	21.899	
14:1....g	0.029	0.001	6	AR	1		0.025	0.203	
15:1....g									
16:1 undifferentiated....g	0.177	0.008	6	AR	1		0.151	1.239	
17:1....g	0.040	0.002	6	AR	1		0.034	0.280	
18:1 undifferentiated....g	2.876		0	AS	1		2.444	20.100	
18:1 c....g	2.538	0.124	6	AR	1		2.157	17.740	
18:1 t....g	0.338	0.018	6	AR	1		0.287	2.361	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.011	0.001	6	AR	1		0.009	0.078	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.255		0	NC	4		0.216	1.780	
18:2 undifferentiated....g	0.204		0	AS	1		0.173	1.424	
18:2 n-6 c,c....g	0.186	0.007	6	AR	1		0.158	1.298	
18:2 CLAs....g	0.018	0.001	6	AR	1		0.015	0.126	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.008		0	AS	1		0.007	0.056	
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.008	0.001	6	AR	1		0.007	0.056	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000	0.000	6	AR	1		0.000	0.001	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.041	0.002	6	AR	1		0.035	0.289	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001	0.001	6	AR	1		0.001	0.009	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.010		0	BFFN	4		0.009	0.070	
22:6 n-3 (DHA)....g	0.000	0.000	6	AR	1		0.000	0.001	
Fatty acids, total trans....g	0.338		0	NC	4		0.287	2.361	
Fatty acids, total trans-monoenoic....g	0.338		0	NC	4		0.287	2.361	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	85	0.590	6	AR	1		72	596	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.345		0	AR	1		0.293	2.412	
Threonine....g	1.446		0	AR	1		1.229	10.110	
Isoleucine....g	1.435		0	AR	1		1.220	10.031	
Leucine....g	2.648		0	AR	1		2.250	18.506	
Lysine....g	2.959		0	AR	1		2.515	20.681	
Methionine....g	0.817		0	AR	1		0.695	5.714	

NDB No. 23275

Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine g	0.309		0	AR	1		0.263	2.159	
Phenylalanine g	1.226		0	AR	1		1.042	8.571	
Tyrosine g	1.149		0	AR	1		0.977	8.031	
Valine g	1.517		0	AR	1		1.289	10.602	
Arginine g	2.064		0	AR	1		1.754	14.427	
Histidine g	1.142		0	AR	1		0.971	7.983	
Alanine g	1.837		0	AR	1		1.561	12.840	
Aspartic acid g	2.972		0	AR	1		2.526	20.776	
Glutamic acid g	5.018		0	AR	1		4.265	35.076	
Glycine g	1.326		0	AR	1		1.127	9.269	
Proline g	1.292		0	AR	1		1.098	9.031	
Serine g	1.249		0	AR	1		1.062	8.730	
Hydroxyproline g	0.142		0	BFPN	4		0.121	0.994	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 699g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23276

Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted

Longissimus dorsi, URMIS #2065

Refuse: 6% Connective tissue 6%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	62.52	0.371	16	AR	1		53.15	446.42	
Energy kcal	188		0	NC	4		160	1340	
Energy kJ	785		0	NC	4		667	5605	
Protein (N x 6.25) g	28.00	0.236	16	AR	1		23.80	199.92	
Total lipid (fat) g	8.42	0.362	16	AR	1		7.15	60.08	
Ash g	1.07	0.033	16	AR	1		0.91	7.63	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	5		0	BFNN	4		4	37	
Iron, Fe mg	2.65		0	BFNN	4		2.26	18.94	
Magnesium, Mg mg	26		0	BFNN	4		22	183	
Phosphorus, P mg	234		0	BFNN	4		199	1674	
Potassium, K mg	363		0	BFNN	4		309	2595	
Sodium, Na mg	54		0	BFNN	4		46	389	
Zinc, Zn mg	6.81		0	BFNN	4		5.79	48.66	
Copper, Cu mg	0.097		0	BFNN	4		0.082	0.693	
Manganese, Mn mg									
Selenium, Se µg	33.6	0.709	4	AR	1		28.6	239.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.065		0	BFPN	4		0.055	0.465	
Riboflavin mg	0.187		0	BFPN	4		0.159	1.333	
Niacin mg	5.655		0	BFPN	4		4.807	40.379	
Pantothenic acid mg									
Vitamin B-6 mg	0.561		0	BFPN	4		0.477	4.006	
Folate, total µg	7		0	BFPN	4		6	49	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	7		0	BFPN	4		6	49	
Folate, DFE µg	7		0	NC	4		6	49	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	3.72	0.371	4	AR	1		3.16	26.57	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	1		0	NC	4		1	10	
Retinol µg	1		0	BFSN	4		1	10	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	5		0	NC	4		4	32	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.8	
Vitamin D IU	4		0	BFSN	4		4	30	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	11.2	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23276

Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.053		0	NC	4		2.595	21.801	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.004		0	BFFN	4		0.004	0.031	
12:0....g	0.005		0	BFFN	4		0.004	0.036	
13:0....g									
14:0....g	0.185	0.010	4	AR	1		0.157	1.320	
15:0....g									
16:0....g	1.701	0.055	4	AR	1		1.446	12.148	
17:0....g	0.097	0.002	4	AR	1		0.083	0.695	
18:0....g	1.059	0.031	4	AR	1		0.901	7.565	
20:0....g	0.000		4	AR	1		0.000	0.000	
22:0....g									
24:0....g	0.010	0.001	4	AR	1		0.009	0.074	
Fatty acids, total monounsaturated....g	3.581		0	NC	4		3.044	25.567	
14:1....g	0.034	0.001	4	AR	1		0.029	0.244	
15:1....g									
16:1 undifferentiated....g	0.211	0.010	4	AR	1		0.179	1.507	
17:1....g	0.046	0.002	4	AR	1		0.039	0.329	
18:1 undifferentiated....g	3.276		0	AS	1		2.785	23.393	
18:1 c....g	2.901	0.154	4	AR	1		2.466	20.714	
18:1 t....g	0.375	0.022	4	AR	1		0.319	2.680	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.013	0.001	4	AR	1		0.011	0.094	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.297		0	NC	4		0.252	2.118	
18:2 undifferentiated....g	0.237		0	AS	1		0.202	1.696	
18:2 n-6 c,c....g	0.216	0.008	4	AR	1		0.184	1.544	
18:2 CLAs....g	0.021	0.001	4	AR	1		0.018	0.152	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.010		0	AS	1		0.008	0.071	
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.010	0.001	4	AR	1		0.008	0.071	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000	0.000	4	AR	1		0.000	0.000	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.048	0.002	4	AR	1		0.041	0.343	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001	0.001	4	AR	1		0.001	0.009	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.009		0	BFFN	4		0.008	0.066	
22:6 n-3 (DHA)....g	0.000	0.000	4	AR	1		0.000	0.001	
Fatty acids, total trans....g	0.375		0	NC	4		0.319	2.680	
Fatty acids, total trans-monoenoic....g	0.375		0	NC	4		0.319	2.680	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	83	0.733	4	AR	1		70	590	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.331		0	AR	1		0.281	2.364	
Threonine....g	1.375		0	AR	1		1.169	9.817	
Isoleucine....g	1.368		0	AR	1		1.163	9.770	
Leucine....g	2.507		0	AR	1		2.131	17.902	
Lysine....g	2.792		0	AR	1		2.373	19.935	
Methionine....g	0.777		0	AR	1		0.660	5.547	

NDB No. 23276

Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine....g	0.291		0	AR	1		0.248	2.080	
Phenylalanine....g	1.165		0	AR	1		0.991	8.321	
Tyrosine....g	1.090		0	AR	1		0.927	7.785	
Valine....g	1.448		0	AR	1		1.231	10.337	
Arginine....g	1.953		0	AR	1		1.660	13.947	
Histidine....g	1.070		0	AR	1		0.910	7.643	
Alanine....g	1.746		0	AR	1		1.484	12.465	
Aspartic acid....g	2.814		0	AR	1		2.392	20.093	
Glutamic acid....g	4.772		0	AR	1		4.056	34.070	
Glycine....g	1.258		0	AR	1		1.069	8.982	
Proline....g	1.221		0	AR	1		1.037	8.715	
Serine....g	1.183		0	AR	1		1.006	8.446	
Hydroxyproline....g	0.141		0	BFPN	4		0.120	1.010	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 714g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23277

Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted

Longissimus dorsi, URMIS #1250

Refuse: 6% Connective tissue 6%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	65.02	0.496	8	AR	1		55.27	438.91	
Energy kcal	164		0	NC	4		140	1109	
Energy kJ	688		0	NC	4		585	4644	
Protein (N x 6.25) g	28.37	0.316	8	AR	1		24.12	191.52	
Total lipid (fat) g	5.65	0.483	8	AR	1		4.80	38.15	
Ash g	1.12	0.044	8	AR	1		0.95	7.55	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	6		0	BFNN	4		5	42	
Iron, Fe mg	3.46		0	BFNN	4		2.94	23.36	
Magnesium, Mg mg	26		0	BFNN	4		22	177	
Phosphorus, P mg	236		0	BFNN	4		200	1590	
Potassium, K mg	372		0	BFNN	4		316	2510	
Sodium, Na mg	84		0	BFNN	4		72	569	
Zinc, Zn mg	10.73		0	BFNN	4		9.12	72.43	
Copper, Cu mg	0.136		0	BFNN	4		0.116	0.919	
Manganese, Mn mg									
Selenium, Se µg	38.5		2	AR	1		32.7	259.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.089		0	BFPN	4		0.075	0.598	
Riboflavin mg	0.428		0	BFPN	4		0.364	2.892	
Niacin mg	4.554		0	BFPN	4		3.871	30.742	
Pantothenic acid mg									
Vitamin B-6 mg	0.460		0	BFPN	4		0.391	3.104	
Folate, total µg	7		0	BFPN	4		6	44	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	7		0	BFPN	4		6	44	
Folate, DFE µg	7		0	NC	4		6	44	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	4.43		2	AR	1		3.77	29.94	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		2	13	
Retinol µg	2		0	BFSN	4		2	13	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	7		0	NC	4		6	44	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.5	
Vitamin D IU	3		0	BFSN	4		3	21	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	10.6	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23277

Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.887		0	NC	4		1.604	12.738	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.003		0	BFFN	4		0.003	0.020	
12:0....g	0.004		0	BFFN	4		0.004	0.029	
13:0....g									
14:0....g	0.137		2	AR	1		0.116	0.922	
15:0....g									
16:0....g	1.132		2	AR	1		0.962	7.642	
17:0....g	0.080		2	AR	1		0.068	0.537	
18:0....g	0.533		2	AR	1		0.453	3.596	
20:0....g	0.000		2	AR	1		0.000	0.000	
22:0....g									
24:0....g	0.006		2	AR	1		0.005	0.041	
Fatty acids, total monounsaturated....g	2.461		0	NC	4		2.092	16.613	
14:1....g	0.021		2	AR	1		0.018	0.144	
15:1....g									
16:1 undifferentiated....g	0.126		2	AR	1		0.108	0.854	
17:1....g	0.031		2	AR	1		0.026	0.209	
18:1 undifferentiated....g	2.274		0	AS	1		1.933	15.351	
18:1 c....g	1.993		2	AR	1		1.694	13.453	
18:1 t....g	0.281		2	AR	1		0.239	1.898	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.008		2	AR	1		0.007	0.055	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.192		0	NC	4		0.163	1.295	
18:2 undifferentiated....g	0.153		0	AS	1		0.130	1.034	
18:2 n-6 c,c....g	0.140		2	AR	1		0.119	0.946	
18:2 CLAs....g	0.013		2	AR	1		0.011	0.088	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.005		0	AS	1		0.004	0.035	
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.005		2	AR	1		0.004	0.035	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.001		2	AR	1		0.001	0.004	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.031		2	AR	1		0.026	0.210	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002		2	AR	1		0.001	0.010	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.011		0	BFFN	4		0.009	0.073	
22:6 n-3 (DHA)....g	0.000		2	AR	1		0.000	0.002	
Fatty acids, total trans....g	0.281		0	NC	4		0.239	1.898	
Fatty acids, total trans-monoenoic....g	0.281		0	NC	4		0.239	1.898	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	89		2	AR	1		76	602	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.370		0	AR	1		0.315	2.498	
Threonine....g	1.580		0	AR	1		1.343	10.663	
Isoleucine....g	1.565		0	AR	1		1.331	10.567	
Leucine....g	2.917		0	AR	1		2.480	19.693	
Lysine....g	3.273		0	AR	1		2.782	22.094	
Methionine....g	0.897		0	AR	1		0.762	6.052	

NDB No. 23277

Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine g	0.342		0	AR	1		0.290	2.305	
Phenylalanine g	1.338		0	AR	1		1.137	9.030	
Tyrosine g	1.267		0	AR	1		1.077	8.549	
Valine g	1.651		0	AR	1		1.403	11.143	
Arginine g	2.277		0	AR	1		1.935	15.370	
Histidine g	1.281		0	AR	1		1.089	8.646	
Alanine g	2.007		0	AR	1		1.706	13.545	
Aspartic acid g	3.273		0	AR	1		2.782	22.094	
Glutamic acid g	5.493		0	AR	1		4.669	37.080	
Glycine g	1.452		0	AR	1		1.234	9.798	
Proline g	1.437		0	AR	1		1.222	9.702	
Serine g	1.380		0	AR	1		1.173	9.318	
Hydroxyproline g	0.143		0	BFPN	4		0.122	0.967	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 675g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23590

Beef, round, bottom round , roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted

URMIS #1464

Refuse:12% Bone and connective tissue 3.32%, separable fat 9.02%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	66.61	0.337	10	A	1		18.88	302.13	
Energy kcal	164		0	NC	4		46	742	
Energy kJ	684		0	NC	4		194	3103	
Protein (N x 6.25) g	28.45	0.232	10	A	1		8.07	129.04	
Total lipid (fat) g	4.67	0.298	10	A	1		1.32	21.17	
Ash g	1.15	0.034	10	A	1		0.33	5.20	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	6		0	BFNN	4		2	27	
Iron, Fe mg	2.35		0	BFNN	4		0.67	10.64	
Magnesium, Mg mg	19		0	BFNN	4		5	87	
Phosphorus, P mg	183		0	BFNN	4		52	829	
Potassium, K mg	238		0	BFNN	4		67	1079	
Sodium, Na mg	38		0	BFNN	4		11	171	
Zinc, Zn mg	4.92		0	BFNN	4		1.39	22.29	
Copper, Cu mg	0.079		0	BFNN	4		0.022	0.359	
Manganese, Mn mg	0.010		0	BFNN	4		0.003	0.047	
Selenium, Se µg	35.6		0	BFNN	4		10.1	161.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.068		0	BFPN	4		0.019	0.308	
Riboflavin mg	0.154		0	BFPN	4		0.044	0.699	
Niacin mg	4.893		0	BFPN	4		1.387	22.193	
Pantothenic acid mg	0.561		0	BFPN	4		0.159	2.543	
Vitamin B-6 mg	0.375		0	BFPN	4		0.106	1.701	
Folate, total µg	10		0	BFPN	4		3	43	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	10		0	BFPN	4		3	43	
Folate, DFE µg	10		0	NC	4		3	43	
Choline, total mg	108.3		0	BFPN	4		30.7	491.5	
Betaine mg									
Vitamin B-12 µg	1.46		0	BFPN	4		0.41	6.63	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.36		0	BFSN	4		0.10	1.61	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.0	0.3	
Vitamin D IU	3		0	BFFN	4		1	14	
Vitamin K (phylloquinone) µg	1.3		0	BFSN	4		0.4	5.7	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23590

Beef, round, bottom round , roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.608		0	NC	4		0.456	7.296	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.000		0	BFFN	4		0.000	0.000	
13:0....g									
14:0....g	0.113		0	BFFN	4		0.032	0.514	
15:0....g									
16:0....g	1.005		0	BFFN	4		0.285	4.556	
17:0....g									
18:0....g	0.491		0	BFFN	4		0.139	2.225	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.951		0	NC	4		0.553	8.850	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.184		0	BFFN	4		0.052	0.833	
17:1....g									
18:1 undifferentiated....g	1.766		0	BFFN	4		0.501	8.012	
20:1....g	0.001		0	BFFN	4		0.000	0.005	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.207		0	NC	4		0.059	0.941	
18:2 undifferentiated....g	0.147		0	BFFN	4		0.042	0.665	
18:3 undifferentiated....g	0.014		0	BFFN	4		0.004	0.061	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.028		0	BFFN	4		0.008	0.128	
20:5 n-3 (EPA)....g	0.003		18	AR	1		0.001	0.014	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.015		18	AR	1		0.004	0.068	
22:6 n-3 (DHA)....g	0.001		18	AR	1		0.000	0.005	
Fatty acids, total trans....g									
Cholesterol....mg	74		0	BFSN	4		21	336	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.187		0	A	1		0.053	0.848	
Threonine....g	1.136		0	A	1		0.322	5.155	
Isoleucine....g	1.294		0	A	1		0.367	5.871	
Leucine....g	2.263		0	A	1		0.642	10.265	
Lysine....g	2.404		0	A	1		0.682	10.905	
Methionine....g	0.741		0	A	1		0.210	3.360	
Cystine....g	0.367		0	A	1		0.104	1.665	
Phenylalanine....g	1.124		0	A	1		0.319	5.097	
Tyrosine....g	0.906		0	A	1		0.257	4.112	
Valine....g	1.411		0	A	1		0.400	6.402	
Arginine....g	1.840		0	A	1		0.521	8.344	
Histidine....g	0.908		0	A	1		0.257	4.118	
Alanine....g	1.729		0	A	1		0.490	7.845	
Aspartic acid....g	2.591		0	A	1		0.735	11.754	
Glutamic acid....g	4.271		0	A	1		1.211	19.372	
Glycine....g	1.732		0	A	1		0.491	7.857	
Proline....g	1.356		0	A	1		0.384	6.152	
Serine....g	1.121		0	A	1		0.318	5.083	
Hydroxyproline....g	0.299		0	BFPN	4		0.085	1.356	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 23590

Beef, round, bottom round , roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13414

Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted

URMIS #1464

Refuse: 2% Bone and connective tissue 1%, sep fat 1%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	65.90	0.327	10	A	1		56.02	305.79	
Energy kcal	169		0	NC	4		144	784	
Energy kJ	707		0	NC	4		601	3278	
Protein (N x 6.25) g	28.29	0.342	10	A	1		24.04	131.25	
Total lipid (fat) g	5.33	0.258	10	A	1		4.53	24.74	
Ash g	1.13	0.051	10	A	1		0.96	5.22	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	6		0	BFNN	4		5	28	
Iron, Fe mg	2.35		0	BFNN	4		2.00	10.90	
Magnesium, Mg mg	19		0	BFNN	4		16	89	
Phosphorus, P mg	183		0	BFNN	4		156	850	
Potassium, K mg	238		0	BFNN	4		203	1106	
Sodium, Na mg	38		0	BFNN	4		32	175	
Zinc, Zn mg	4.92		0	BFNN	4		4.18	22.84	
Copper, Cu mg	0.079		0	BFNN	4		0.067	0.368	
Manganese, Mn mg	0.010		0	BFNN	4		0.009	0.048	
Selenium, Se µg	35.7		0	BFNN	4		30.3	165.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.068		0	BFPN	4		0.058	0.314	
Riboflavin mg	0.153		0	BFPN	4		0.130	0.710	
Niacin mg	4.865		0	BFPN	4		4.135	22.572	
Pantothenic acid mg	0.557		0	BFPN	4		0.474	2.586	
Vitamin B-6 mg	0.373		0	BFPN	4		0.317	1.731	
Folate, total µg	9		0	BFPN	4		8	44	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	9		0	BFPN	4		8	44	
Folate, DFE µg	9		0	NC	4		8	44	
Choline, total mg	107.7		0	BFPN	4		91.6	499.9	
Betaine mg	14.2		0	BFPN	4		12.0	65.7	
Vitamin B-12 µg	1.45		0	BFPN	4		1.24	6.75	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.36		0	BFSN	4		0.31	1.69	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.3		0	BFSN	4		1.1	6.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13414

Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.860		0	NC	4		1.581	8.629	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.000		0	BFFN	4		0.000	0.000	
13:0....g									
14:0....g	0.138		0	BFFN	4		0.117	0.638	
15:0....g									
16:0....g	1.151		0	BFFN	4		0.978	5.341	
17:0....g									
18:0....g	0.571		0	BFFN	4		0.485	2.650	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.247		0	NC	4		1.910	10.424	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.208		0	BFFN	4		0.177	0.965	
17:1....g									
18:1 undifferentiated....g	2.039		0	BFFN	4		1.733	9.459	
20:1....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.199		0	NC	4		0.169	0.923	
18:2 undifferentiated....g	0.155		0	BFFN	4		0.132	0.720	
18:3 undifferentiated....g	0.015		0	BFFN	4		0.012	0.068	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.029		0	BFFN	4		0.025	0.135	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	76		0	BFSN	4		64	351	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.186		0	A	1		0.158	0.863	
Threonine....g	1.130		0	A	1		0.960	5.243	
Isoleucine....g	1.287		0	A	1		1.094	5.971	
Leucine....g	2.250		0	A	1		1.913	10.440	
Lysine....g	2.390		0	A	1		2.032	11.092	
Methionine....g	0.737		0	A	1		0.626	3.418	
Cystine....g	0.365		0	A	1		0.310	1.694	
Phenylalanine....g	1.117		0	A	1		0.950	5.184	
Tyrosine....g	0.901		0	A	1		0.766	4.182	
Valine....g	1.403		0	A	1		1.193	6.511	
Arginine....g	1.829		0	A	1		1.555	8.487	
Histidine....g	0.903		0	A	1		0.767	4.189	
Alanine....g	1.720		0	A	1		1.462	7.979	
Aspartic acid....g	2.576		0	A	1		2.190	11.955	
Glutamic acid....g	4.246		0	A	1		3.609	19.703	
Glycine....g	1.722		0	A	1		1.464	7.992	
Proline....g	1.348		0	A	1		1.146	6.257	
Serine....g	1.114		0	A	1		0.947	5.170	
Hydroxyproline....g	0.297		0	BFPN	4		0.253	1.379	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13414

Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 464g: 1 roast (yield from 572 g raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13399

Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted

Cube Steak

Refuse: 1% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	64.46	0.498	20	PAK	1		54.79	315.19	
Energy kcal	187		0	NC	4		159	913	
Energy kJ	781		0	NC	4		664	3820	
Protein (N x 6.25) g	27.42	0.298	20	PAK	1		23.31	134.10	
Total lipid (fat) g	7.72	0.609	20	PAK	1		6.56	37.73	
Ash g	1.09	0.035	20	PAK	1		0.92	5.31	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	7		0	BFFN	4		6	32	
Iron, Fe mg	2.24		0	BFFN	4		1.90	10.96	
Magnesium, Mg mg	18		0	BFFN	4		15	87	
Phosphorus, P mg	171		0	BFFN	4		145	835	
Potassium, K mg	223		0	BFFN	4		190	1091	
Sodium, Na mg	36		0	BFFN	4		31	176	
Zinc, Zn mg	4.61		0	BFFN	4		3.92	22.53	
Copper, Cu mg	0.065		0	BFFN	4		0.056	0.320	
Manganese, Mn mg	0.010		0	BFFN	4		0.008	0.046	
Selenium, Se µg	28.1		0	BFFN	4		23.9	137.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.063		0	BFPN	4		0.053	0.308	
Riboflavin mg	0.146		0	BFPN	4		0.124	0.713	
Niacin mg	4.793		0	BFPN	4		4.074	23.439	
Pantothenic acid mg	0.541		0	BFPN	4		0.460	2.644	
Vitamin B-6 mg	0.360		0	BFPN	4		0.306	1.761	
Folate, total µg	9		0	BFPN	4		7	42	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	9		0	BFPN	4		7	42	
Folate, DFE µg	9		0	NC	4		7	42	
Choline, total mg	104.5		0	BFPN	4		88.8	510.8	
Betaine mg	13.7		0	BFPN	4		11.7	67.1	
Vitamin B-12 µg	1.53		0	BFPN	4		1.30	7.46	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.38		0	BFSN	4		0.32	1.85	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.3		0	BFSN	4		1.1	6.6	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13399

Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.773		0	NC	4		2.357	13.558	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.007		0	BFFN	4		0.006	0.034	
12:0....g	0.007		0	BFFN	4		0.006	0.034	
13:0....g									
14:0....g	0.210		0	BFFN	4		0.179	1.027	
15:0....g									
16:0....g	1.719		0	BFFN	4		1.461	8.405	
17:0....g									
18:0....g	0.830		0	BFFN	4		0.705	4.057	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.266		0	NC	4		2.776	15.972	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.308		0	BFFN	4		0.262	1.506	
17:1....g									
18:1 undifferentiated....g	2.955		0	BFFN	4		2.511	14.448	
20:1....g	0.004		0	BFFN	4		0.003	0.017	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.291		0	NC	4		0.247	1.421	
18:2 undifferentiated....g	0.217		0	BFFN	4		0.184	1.061	
18:3 undifferentiated....g	0.039		0	BFFN	4		0.033	0.188	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.035		0	BFFN	4		0.030	0.171	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	79		0	BFSN	4		67	385	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.180		0	PAK	1		0.153	0.881	
Threonine....g	1.096		0	PAK	1		0.931	5.357	
Isoleucine....g	1.248		0	PAK	1		1.061	6.101	
Leucine....g	2.182		0	PAK	1		1.854	10.668	
Lysine....g	2.318		0	PAK	1		1.970	11.333	
Methionine....g	0.714		0	PAK	1		0.607	3.492	
Cystine....g	0.354		0	PAK	1		0.301	1.731	
Phenylalanine....g	1.083		0	PAK	1		0.921	5.297	
Tyrosine....g	0.874		0	PAK	1		0.743	4.273	
Valine....g	1.361		0	PAK	1		1.156	6.653	
Arginine....g	1.773		0	PAK	1		1.507	8.671	
Histidine....g	0.875		0	PAK	1		0.744	4.280	
Alanine....g	1.667		0	PAK	1		1.417	8.153	
Aspartic acid....g	2.498		0	PAK	1		2.123	12.215	
Glutamic acid....g	4.117		0	PAK	1		3.499	20.132	
Glycine....g	1.670		0	PAK	1		1.419	8.166	
Proline....g	1.307		0	PAK	1		1.111	6.393	
Serine....g	1.080		0	PAK	1		0.918	5.283	
Hydroxyproline....g	0.288		0	BFPN	4		0.245	1.409	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13399

Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 489g: 1 roast (yield from 600 g raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13402

Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted

Cube Steak, URMIS #2279

Refuse: 1% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	63.54	0.862	10	PAK	1		54.01	327.24	
Energy kcal	199		0	NC	4		169	1024	
Energy kJ	832		0	NC	4		707	4283	
Protein (N x 6.25) g	26.76	0.416	10	PAK	1		22.75	137.84	
Total lipid (fat) g	9.37	0.937	10	PAK	1		7.96	48.25	
Ash g	1.06	0.049	10	PAK	1		0.90	5.44	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	6		0	BFFN	4		5	30	
Iron, Fe mg	2.20		0	BFFN	4		1.87	11.35	
Magnesium, Mg mg	17		0	BFFN	4		15	88	
Phosphorus, P mg	162		0	BFFN	4		138	836	
Potassium, K mg	215		0	BFFN	4		182	1105	
Sodium, Na mg	35		0	BFFN	4		29	178	
Zinc, Zn mg	4.41		0	BFFN	4		3.75	22.70	
Copper, Cu mg	0.058		0	BFFN	4		0.049	0.299	
Manganese, Mn mg	0.009		0	BFFN	4		0.008	0.047	
Selenium, Se µg	28.1		0	BFFN	4		23.9	144.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.056		0	BFPN	4		0.047	0.286	
Riboflavin mg	0.150		0	BFPN	4		0.128	0.775	
Niacin mg	4.839		0	BFPN	4		4.113	24.921	
Pantothenic acid mg	0.527		0	BFPN	4		0.448	2.714	
Vitamin B-6 mg	0.352		0	BFPN	4		0.299	1.811	
Folate, total µg	8		0	BFPN	4		7	43	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	8		0	BFPN	4		7	43	
Folate, DFE µg	8		0	NC	4		7	43	
Choline, total mg	101.9		0	BFPN	4		86.6	525.0	
Betaine mg	13.4		0	BFPN	4		11.4	69.0	
Vitamin B-12 µg	1.61		0	BFPN	4		1.37	8.28	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.39		0	BFSN	4		0.33	2.00	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.4		0	BFSN	4		1.2	7.1	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13402

Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.366		0	NC	4		2.861	17.337	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.009		0	BFFN	4		0.007	0.044	
12:0....g	0.009		0	BFFN	4		0.007	0.044	
13:0....g									
14:0....g	0.255		0	BFFN	4		0.217	1.313	
15:0....g									
16:0....g	2.087		0	BFFN	4		1.774	10.748	
17:0....g									
18:0....g	1.007		0	BFFN	4		0.856	5.188	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.966		0	NC	4		3.371	20.423	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.374		0	BFFN	4		0.318	1.926	
17:1....g									
18:1 undifferentiated....g	3.588		0	BFFN	4		3.049	18.476	
20:1....g	0.004		0	BFFN	4		0.004	0.022	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.353		0	NC	4		0.300	1.816	
18:2 undifferentiated....g	0.264		0	BFFN	4		0.224	1.357	
18:3 undifferentiated....g	0.047		0	BFFN	4		0.040	0.241	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.043		0	BFFN	4		0.036	0.219	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	81		0	BFSN	4		69	416	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.176		0	PAK	1		0.150	0.906	
Threonine....g	1.069		0	PAK	1		0.909	5.506	
Isoleucine....g	1.218		0	PAK	1		1.035	6.271	
Leucine....g	2.129		0	PAK	1		1.810	10.964	
Lysine....g	2.262		0	PAK	1		1.923	11.649	
Methionine....g	0.697		0	PAK	1		0.592	3.589	
Cystine....g	0.345		0	PAK	1		0.294	1.779	
Phenylalanine....g	1.057		0	PAK	1		0.899	5.444	
Tyrosine....g	0.853		0	PAK	1		0.725	4.392	
Valine....g	1.328		0	PAK	1		1.129	6.838	
Arginine....g	1.731		0	PAK	1		1.471	8.913	
Histidine....g	0.854		0	PAK	1		0.726	4.399	
Alanine....g	1.627		0	PAK	1		1.383	8.380	
Aspartic acid....g	2.438		0	PAK	1		2.072	12.555	
Glutamic acid....g	4.018		0	PAK	1		3.415	20.692	
Glycine....g	1.630		0	PAK	1		1.385	8.393	
Proline....g	1.276		0	PAK	1		1.085	6.571	
Serine....g	1.054		0	PAK	1		0.896	5.430	
Hydroxyproline....g	0.281		0	BFPN	4		0.239	1.448	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13402

Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 515g: 1 roast (yield from 627 g raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13405

Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted

Cube Steak, URMIS #1464

Refuse: 1% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	65.37	0.341	10	PAK	1		55.56	303.31	
Energy kcal	175		0	NC	4		148	810	
Energy kJ	731		0	NC	4		621	3390	
Protein (N x 6.25) g	28.08	0.323	10	PAK	1		23.87	130.31	
Total lipid (fat) g	6.06	0.287	10	PAK	1		5.15	28.13	
Ash g	1.12	0.050	10	PAK	1		0.95	5.19	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	7		0	BFFN	4		6	34	
Iron, Fe mg	2.28		0	BFFN	4		1.94	10.57	
Magnesium, Mg mg	19		0	BFFN	4		16	87	
Phosphorus, P mg	179		0	BFFN	4		153	833	
Potassium, K mg	232		0	BFFN	4		197	1075	
Sodium, Na mg	37		0	BFFN	4		32	174	
Zinc, Zn mg	4.81		0	BFFN	4		4.09	22.32	
Copper, Cu mg	0.073		0	BFFN	4		0.062	0.339	
Manganese, Mn mg	0.010		0	BFFN	4		0.009	0.046	
Selenium, Se µg	28.1		0	BFFN	4		23.9	130.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.071		0	BFPN	4		0.060	0.328	
Riboflavin mg	0.141		0	BFPN	4		0.120	0.654	
Niacin mg	4.738		0	BFPN	4		4.028	21.986	
Pantothenic acid mg	0.554		0	BFPN	4		0.471	2.571	
Vitamin B-6 mg	0.369		0	BFPN	4		0.313	1.711	
Folate, total µg	9		0	BFPN	4		7	41	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	9		0	BFPN	4		7	41	
Folate, DFE µg	9		0	NC	4		7	41	
Choline, total mg	107.0		0	BFPN	4		90.9	496.3	
Betaine mg	14.1		0	BFPN	4		11.9	65.2	
Vitamin B-12 µg	1.44		0	BFPN	4		1.22	6.67	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.37		0	BFSN	4		0.31	1.71	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.3		0	BFSN	4		1.1	6.1	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13405

Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.179		0	NC	4		1.852	10.109	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.006		0	BFFN	4		0.005	0.026	
12:0....g	0.006		0	BFFN	4		0.005	0.026	
13:0....g									
14:0....g	0.165		0	BFFN	4		0.140	0.766	
15:0....g									
16:0....g	1.351		0	BFFN	4		1.148	6.267	
17:0....g									
18:0....g	0.652		0	BFFN	4		0.554	3.025	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.567		0	NC	4		2.182	11.909	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.242		0	BFFN	4		0.206	1.123	
17:1....g									
18:1 undifferentiated....g	2.322		0	BFFN	4		1.974	10.774	
20:1....g	0.003		0	BFFN	4		0.002	0.013	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.228		0	NC	4		0.194	1.059	
18:2 undifferentiated....g	0.171		0	BFFN	4		0.145	0.791	
18:3 undifferentiated....g	0.030		0	BFFN	4		0.026	0.140	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.028		0	BFFN	4		0.023	0.128	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	77		0	BFSN	4		65	356	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.185		0	PAK	1		0.157	0.856	
Threonine....g	1.122		0	PAK	1		0.954	5.206	
Isoleucine....g	1.278		0	PAK	1		1.086	5.929	
Leucine....g	2.234		0	PAK	1		1.899	10.366	
Lysine....g	2.373		0	PAK	1		2.017	11.013	
Methionine....g	0.731		0	PAK	1		0.622	3.393	
Cystine....g	0.362		0	PAK	1		0.308	1.682	
Phenylalanine....g	1.109		0	PAK	1		0.943	5.147	
Tyrosine....g	0.895		0	PAK	1		0.761	4.152	
Valine....g	1.393		0	PAK	1		1.184	6.465	
Arginine....g	1.816		0	PAK	1		1.544	8.426	
Histidine....g	0.896		0	PAK	1		0.762	4.159	
Alanine....g	1.707		0	PAK	1		1.451	7.922	
Aspartic acid....g	2.558		0	PAK	1		2.174	11.870	
Glutamic acid....g	4.216		0	PAK	1		3.584	19.562	
Glycine....g	1.710		0	PAK	1		1.454	7.935	
Proline....g	1.339		0	PAK	1		1.138	6.212	
Serine....g	1.106		0	PAK	1		0.940	5.133	
Hydroxyproline....g	0.295		0	BFPN	4		0.251	1.369	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13405

Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 464g: 1 roast (yield from 572 g raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13870

Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted

Refuse: 2% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	61.60	0.471	20	PAK	1		52.36	208.20	389.29
Energy kcal	218		0	NC	4		185	736	1376
Energy kJ	911		0	NC	4		775	3080	5759
Protein (N x 6.25) g	26.41	0.280	20	PAK	1		22.45	89.27	166.92
Total lipid (fat) g	11.64	0.518	20	PAK	1		9.90	39.35	73.57
Ash g	1.05	0.027	20	PAK	1		0.89	3.54	6.62
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total g	0.00		0	Z	7		0.00	0.00	0.00
Starch g									
Minerals:									
Calcium, Ca mg	6		0	BFNN	4		5	21	40
Iron, Fe mg	2.16		0	BFNN	4		1.83	7.28	13.62
Magnesium, Mg mg	17		0	BFNN	4		15	58	109
Phosphorus, P mg	164		0	BFNN	4		140	555	1038
Potassium, K mg	214		0	BFNN	4		182	725	1356
Sodium, Na mg	35		0	BFNN	4		29	117	219
Zinc, Zn mg	4.43		0	BFNN	4		3.77	14.98	28.00
Copper, Cu mg	0.063		0	BFNN	4		0.053	0.213	0.398
Manganese, Mn mg	0.009		0	BFNN	4		0.008	0.031	0.058
Selenium, Se µg	27.0		0	BFNN	4		23.0	91.4	170.8
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.061		0	BFPN	4		0.052	0.205	0.383
Riboflavin mg	0.141		0	BFPN	4		0.119	0.475	0.888
Niacin mg	4.616		0	BFPN	4		3.924	15.602	29.174
Pantothenic acid mg	0.521		0	BFPN	4		0.443	1.760	3.290
Vitamin B-6 mg	0.347		0	BFPN	4		0.295	1.172	2.192
Folate, total µg	8		0	BFPN	4		7	28	52
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	8		0	BFPN	4		7	28	52
Folate, DFE µg	8		0	NC	4		7	28	52
Choline, total mg	100.6		0	BFPN	4		85.5	340.0	635.7
Betaine mg	13.2		0	BFPN	4		11.2	44.7	83.5
Vitamin B-12 µg	1.47		0	BFPN	4		1.25	4.97	9.29
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	0		0	AS	1		0	0	0
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	0		0	AS	1		0	0	0
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.41		0	BFSN	4		0.35	1.38	2.59
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	0.00
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.5		0	BFSN	4		1.2	4.9	9.2
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13870

Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.418		0	NC	4		3.755	14.933	27.922
4:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
6:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
8:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
10:0....g	0.025		0	BFFN	4		0.021	0.085	0.158
12:0....g	0.025		0	BFFN	4		0.021	0.085	0.158
13:0....g									
14:0....g	0.345		0	BFFN	4		0.294	1.167	2.183
15:0....g									
16:0....g	2.755		0	BFFN	4		2.341	9.311	17.409
17:0....g									
18:0....g	1.268		0	BFFN	4		1.078	4.286	8.014
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.964		0	NC	4		4.220	16.780	31.375
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.492		0	BFFN	4		0.418	1.661	3.106
17:1....g									
18:1 undifferentiated....g	4.455		0	BFFN	4		3.787	15.059	28.157
20:1....g	0.018		0	BFFN	4		0.015	0.060	0.112
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.449		0	NC	4		0.381	1.516	2.835
18:2 undifferentiated....g	0.309		0	BFFN	4		0.262	1.043	1.950
18:3 undifferentiated....g	0.112		0	BFFN	4		0.095	0.379	0.708
18:4....g	0.000		0	BFFN	4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.028		0	BFFN	4		0.024	0.095	0.177
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	85		0	BFSN	4		72	288	538
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.179		0	NR	4		0.153	0.606	1.134
Threonine....g	1.091		0	NR	4		0.927	3.686	6.892
Isoleucine....g	1.242		0	NR	4		1.056	4.198	7.850
Leucine....g	2.172		0	NR	4		1.846	7.340	13.725
Lysine....g	2.307		0	NR	4		1.961	7.798	14.581
Methionine....g	0.711		0	NR	4		0.604	2.403	4.493
Cystine....g	0.352		0	NR	4		0.299	1.191	2.227
Phenylalanine....g	1.078		0	NR	4		0.917	3.645	6.815
Tyrosine....g	0.870		0	NR	4		0.739	2.940	5.498
Valine....g	1.354		0	NR	4		1.151	4.578	8.560
Arginine....g	1.765		0	NR	4		1.501	5.967	11.157
Histidine....g	0.871		0	NR	4		0.741	2.945	5.506
Alanine....g	1.660		0	NR	4		1.411	5.610	10.489
Aspartic acid....g	2.487		0	NR	4		2.114	8.405	15.716
Glutamic acid....g	4.098		0	NR	4		3.484	13.853	25.902
Glycine....g	1.662		0	NR	4		1.413	5.619	10.506
Proline....g	1.301		0	NR	4		1.106	4.399	8.225
Serine....g	1.075		0	NR	4		0.914	3.635	6.797
Hydroxyproline....g	0.287		0	BFPN	4		0.244	0.969	1.813
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 13870

Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 338g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 3 = 632g: 1 roast (yield from 1 raw roast weighing 776g)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13873

Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

URMIS #2279

Refuse: 2% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	61.09	0.789	10	PAK	1		51.93	206.50	383.06
Energy kcal	223		0	NC	4		190	755	1401
Energy kJ	935		0	NC	4		795	3160	5861
Protein (N x 6.25) g	26.05	0.505	10	PAK	1		22.14	88.05	163.34
Total lipid (fat) g	12.44	0.891	10	PAK	1		10.57	42.04	77.99
Ash g	1.01	0.046	10	PAK	1		0.86	3.43	6.36
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total g	0.00		0	Z	7		0.00	0.00	0.00
Starch g									
Minerals:									
Calcium, Ca mg	6		0	BFNN	4		5	19	35
Iron, Fe mg	2.15		0	BFNN	4		1.83	7.28	13.50
Magnesium, Mg mg	17		0	BFNN	4		14	56	105
Phosphorus, P mg	159		0	BFNN	4		135	536	995
Potassium, K mg	210		0	BFNN	4		178	709	1315
Sodium, Na mg	34		0	BFNN	4		29	114	212
Zinc, Zn mg	4.31		0	BFNN	4		3.66	14.56	27.01
Copper, Cu mg	0.057		0	BFNN	4		0.048	0.192	0.356
Manganese, Mn mg	0.009		0	BFNN	4		0.008	0.030	0.056
Selenium, Se µg	27.4		0	BFNN	4		23.3	92.7	172.0
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.054		0	BFPN	4		0.046	0.183	0.339
Riboflavin mg	0.146		0	BFPN	4		0.124	0.495	0.918
Niacin mg	4.710		0	BFPN	4		4.003	15.919	29.531
Pantothenic acid mg	0.513		0	BFPN	4		0.436	1.734	3.216
Vitamin B-6 mg	0.342		0	BFPN	4		0.291	1.157	2.146
Folate, total µg	8		0	BFPN	4		7	27	51
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	8		0	BFPN	4		7	27	51
Folate, DFE µg	8		0	NC	4		7	27	51
Choline, total mg	99.2		0	BFPN	4		84.3	335.4	622.1
Betaine mg	13.0		0	BFPN	4		11.1	44.1	81.7
Vitamin B-12 µg	1.56		0	BFPN	4		1.33	5.29	9.81
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	0		0	AS	1		0	0	0
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	0		0	AS	1		0	0	0
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.41		0	BFSN	4		0.35	1.40	2.60
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	0.00
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.5		0	BFSN	4		1.3	5.0	9.3
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13873

Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.721		0	NC	4		4.012	15.955	29.598
4:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
6:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
8:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
10:0....g	0.027		0	BFFN	4		0.023	0.091	0.168
12:0....g	0.027		0	BFFN	4		0.023	0.091	0.168
13:0....g									
14:0....g	0.369		0	BFFN	4		0.314	1.247	2.314
15:0....g									
16:0....g	2.943		0	BFFN	4		2.502	9.948	18.453
17:0....g									
18:0....g	1.355		0	BFFN	4		1.152	4.579	8.495
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.304		0	NC	4		4.509	17.928	33.257
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.525		0	BFFN	4		0.446	1.775	3.293
17:1....g									
18:1 undifferentiated....g	4.760		0	BFFN	4		4.046	16.089	29.846
20:1....g	0.019		0	BFFN	4		0.016	0.064	0.119
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.479		0	NC	4		0.407	1.620	3.005
18:2 undifferentiated....g	0.330		0	BFFN	4		0.280	1.114	2.067
18:3 undifferentiated....g	0.120		0	BFFN	4		0.102	0.405	0.751
18:4....g	0.000		0	BFFN	4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.030		0	BFFN	4		0.025	0.101	0.187
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	86		0	BFSN	4		73	292	541
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.178		0	NR	4		0.152	0.603	1.118
Threonine....g	1.084		0	NR	4		0.922	3.665	6.798
Isoleucine....g	1.235		0	NR	4		1.050	4.173	7.742
Leucine....g	2.159		0	NR	4		1.835	7.297	13.537
Lysine....g	2.294		0	NR	4		1.950	7.753	14.381
Methionine....g	0.707		0	NR	4		0.601	2.389	4.431
Cystine....g	0.350		0	NR	4		0.298	1.184	2.196
Phenylalanine....g	1.072		0	NR	4		0.911	3.623	6.721
Tyrosine....g	0.865		0	NR	4		0.735	2.923	5.423
Valine....g	1.346		0	NR	4		1.144	4.551	8.442
Arginine....g	1.755		0	NR	4		1.492	5.932	11.004
Histidine....g	0.866		0	NR	4		0.736	2.928	5.431
Alanine....g	1.650		0	NR	4		1.402	5.577	10.345
Aspartic acid....g	2.472		0	NR	4		2.101	8.356	15.500
Glutamic acid....g	4.074		0	NR	4		3.463	13.771	25.546
Glycine....g	1.653		0	NR	4		1.405	5.586	10.362
Proline....g	1.294		0	NR	4		1.100	4.373	8.112
Serine....g	1.069		0	NR	4		0.909	3.614	6.703
Hydroxyproline....g	0.285		0	BFPN	4		0.242	0.964	1.788
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 13873

Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 338g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 3 = 627g: 1 roast (yield from raw roast weighing 766g)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13876

Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted

URMIS #1464

Refuse: 2% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	62.10	0.507	10	PAK	1		52.78	209.89	394.95
Energy kcal	212		0	NC	4		180	717	1349
Energy kJ	888		0	NC	4		754	3000	5645
Protein (N x 6.25) g	26.77	0.218	10	PAK	1		22.76	90.49	170.27
Total lipid (fat) g	10.85	0.444	10	PAK	1		9.22	36.66	68.97
Ash g	1.08	0.028	10	PAK	1		0.92	3.65	6.87
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total g	0.00		0	Z	7		0.00	0.00	0.00
Starch g									
Minerals:									
Calcium, Ca mg	7		0	BFNN	4		6	23	44
Iron, Fe mg	2.16		0	BFNN	4		1.83	7.29	13.72
Magnesium, Mg mg	18		0	BFNN	4		15	60	113
Phosphorus, P mg	170		0	BFNN	4		144	575	1081
Potassium, K mg	219		0	BFNN	4		186	741	1395
Sodium, Na mg	35		0	BFNN	4		30	120	225
Zinc, Zn mg	4.56		0	BFNN	4		3.87	15.40	28.97
Copper, Cu mg	0.069		0	BFNN	4		0.059	0.234	0.440
Manganese, Mn mg	0.010		0	BFNN	4		0.008	0.032	0.060
Selenium, Se µg	26.6		0	BFNN	4		22.6	89.9	169.2
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.067		0	BFPN	4		0.057	0.228	0.429
Riboflavin mg	0.134		0	BFPN	4		0.114	0.454	0.855
Niacin mg	4.517		0	BFPN	4		3.839	15.267	28.728
Pantothenic acid mg	0.528		0	BFPN	4		0.449	1.786	3.360
Vitamin B-6 mg	0.352		0	BFPN	4		0.299	1.188	2.236
Folate, total µg	8		0	BFPN	4		7	28	53
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	8		0	BFPN	4		7	28	53
Folate, DFE µg	8		0	NC	4		7	28	53
Choline, total mg	102.0		0	BFPN	4		86.7	344.6	648.5
Betaine mg	13.4		0	BFPN	4		11.4	45.3	85.2
Vitamin B-12 µg	1.37		0	BFPN	4		1.16	4.63	8.72
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	0		0	AS	1		0	0	0
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	0		0	AS	1		0	0	0
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.40		0	BFSN	4		0.34	1.36	2.57
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	0.00
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.4		0	BFSN	4		1.2	4.9	9.1
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13876

Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.116		0	NC	4		3.498	13.911	26.176
4:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
6:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
8:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
10:0....g	0.023		0	BFFN	4		0.020	0.079	0.148
12:0....g	0.023		0	BFFN	4		0.020	0.079	0.148
13:0....g									
14:0....g	0.322		0	BFFN	4		0.274	1.088	2.047
15:0....g									
16:0....g	2.566		0	BFFN	4		2.181	8.673	16.320
17:0....g									
18:0....g	1.181		0	BFFN	4		1.004	3.993	7.513
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.625		0	NC	4		3.931	15.632	29.414
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.458		0	BFFN	4		0.389	1.548	2.912
17:1....g									
18:1 undifferentiated....g	4.150		0	BFFN	4		3.528	14.028	26.397
20:1....g	0.017		0	BFFN	4		0.014	0.056	0.105
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.418		0	NC	4		0.355	1.413	2.658
18:2 undifferentiated....g	0.287		0	BFFN	4		0.244	0.971	1.828
18:3 undifferentiated....g	0.105		0	BFFN	4		0.089	0.353	0.665
18:4....g	0.000		0	BFFN	4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.026		0	BFFN	4		0.022	0.088	0.166
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	84		0	BFSN	4		71	284	534
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.180		0	NR	4		0.153	0.607	1.142
Threonine....g	1.091		0	NR	4		0.928	3.689	6.941
Isoleucine....g	1.243		0	NR	4		1.057	4.201	7.905
Leucine....g	2.173		0	NR	4		1.847	7.346	13.822
Lysine....g	2.309		0	NR	4		1.963	7.804	14.684
Methionine....g	0.711		0	NR	4		0.605	2.405	4.525
Cystine....g	0.353		0	NR	4		0.300	1.192	2.242
Phenylalanine....g	1.079		0	NR	4		0.917	3.647	6.863
Tyrosine....g	0.871		0	NR	4		0.740	2.943	5.537
Valine....g	1.355		0	NR	4		1.152	4.581	8.620
Arginine....g	1.767		0	NR	4		1.502	5.971	11.236
Histidine....g	0.872		0	NR	4		0.741	2.947	5.545
Alanine....g	1.661		0	NR	4		1.412	5.614	10.563
Aspartic acid....g	2.489		0	NR	4		2.115	8.411	15.827
Glutamic acid....g	4.101		0	NR	4		3.486	13.863	26.085
Glycine....g	1.664		0	NR	4		1.414	5.623	10.580
Proline....g	1.302		0	NR	4		1.107	4.402	8.283
Serine....g	1.076		0	NR	4		0.915	3.638	6.845
Hydroxyproline....g	0.287		0	BFPN	4		0.244	0.970	1.825
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 13876

Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 338g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 3 = 636g: 1 roast (yield from 1 raw roast weighing 786g)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13408

Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted

Cube Steak

Refuse: 3% Bone and connective tissue 1%, sep fat 2%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	65.37	0.397	20	A	1		55.56	319.63	
Energy kcal	177		0	NC	4		150	865	
Energy kJ	740		0	NC	4		629	3621	
Protein (N x 6.25) g	27.76	0.283	20	A	1		23.59	135.74	
Total lipid (fat) g	6.48	0.415	20	A	1		5.51	31.68	
Ash g	1.10	0.035	20	A	1		0.93	5.37	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	6		0	BFNN	4		5	28	
Iron, Fe mg	2.33		0	BFNN	4		1.98	11.39	
Magnesium, Mg mg	19		0	BFNN	4		16	91	
Phosphorus, P mg	176		0	BFNN	4		149	860	
Potassium, K mg	228		0	BFNN	4		194	1116	
Sodium, Na mg	36		0	BFNN	4		31	178	
Zinc, Zn mg	4.79		0	BFNN	4		4.07	23.40	
Copper, Cu mg	0.069		0	BFNN	4		0.059	0.338	
Manganese, Mn mg	0.010		0	BFNN	4		0.008	0.048	
Selenium, Se µg	31.5		0	BFNN	4		26.8	153.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.063		0	BFPN	4		0.053	0.307	
Riboflavin mg	0.157		0	BFPN	4		0.133	0.766	
Niacin mg	4.987		0	BFPN	4		4.239	24.384	
Pantothenic acid mg	0.546		0	BFPN	4		0.464	2.670	
Vitamin B-6 mg	0.372		0	BFPN	4		0.317	1.821	
Folate, total µg	9		0	BFPN	4		8	45	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	9		0	BFPN	4		8	45	
Folate, DFE µg	9		0	NC	4		8	45	
Choline, total mg	105.7		0	BFPN	4		89.9	517.0	
Betaine mg	13.9		0	BFPN	4		11.8	67.9	
Vitamin B-12 µg	1.53		0	BFPN	4		1.30	7.49	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.37		0	BFSN	4		0.31	1.80	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.5		0	BFSN	4		1.3	7.2	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13408

Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.260		0	NC	4		1.921	11.053	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.000		0	BFFN	4		0.000	0.000	
13:0....g									
14:0....g	0.167		0	BFFN	4		0.142	0.818	
15:0....g									
16:0....g	1.399		0	BFFN	4		1.189	6.841	
17:0....g									
18:0....g	0.694		0	BFFN	4		0.590	3.394	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.730		0	NC	4		2.321	13.351	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.253		0	BFFN	4		0.215	1.236	
17:1....g									
18:1 undifferentiated....g	2.478		0	BFFN	4		2.106	12.115	
20:1....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.242		0	NC	4		0.206	1.182	
18:2 undifferentiated....g	0.189		0	BFFN	4		0.160	0.922	
18:3 undifferentiated....g	0.018		0	BFFN	4		0.015	0.087	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.036		0	BFFN	4		0.030	0.174	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	77		0	BFSN	4		65	375	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.182		0	A	1		0.155	0.892	
Threonine....g	1.109		0	A	1		0.943	5.422	
Isoleucine....g	1.263		0	A	1		1.073	6.175	
Leucine....g	2.208		0	A	1		1.877	10.797	
Lysine....g	2.346		0	A	1		1.994	11.471	
Methionine....g	0.723		0	A	1		0.614	3.535	
Cystine....g	0.358		0	A	1		0.304	1.752	
Phenylalanine....g	1.096		0	A	1		0.932	5.361	
Tyrosine....g	0.885		0	A	1		0.752	4.325	
Valine....g	1.377		0	A	1		1.171	6.734	
Arginine....g	1.795		0	A	1		1.526	8.777	
Histidine....g	0.886		0	A	1		0.753	4.332	
Alanine....g	1.688		0	A	1		1.434	8.252	
Aspartic acid....g	2.528		0	A	1		2.149	12.364	
Glutamic acid....g	4.167		0	A	1		3.542	20.377	
Glycine....g	1.690		0	A	1		1.437	8.265	
Proline....g	1.323		0	A	1		1.125	6.471	
Serine....g	1.093		0	A	1		0.929	5.347	
Hydroxyproline....g	0.292		0	BFPN	4		0.248	1.426	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13408

Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 489g: 1 roast (yield from 600 g raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13411

Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted

Cube Steak, URMIS #2279

Refuse: 4% Bone and connective tissue 1%, sep fat 3%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	64.83	0.703	10	A	1		55.10	333.86	
Energy kcal	185		0	NC	4		157	953	
Energy kJ	774		0	NC	4		658	3988	
Protein g	27.23	0.400	10	A	1		23.15	140.23	
Total lipid (fat) g	7.63	0.605	10	A	1		6.48	39.28	
Ash g	1.07	0.049	10	A	1		0.91	5.53	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	6		0	BFNN	4		5	29	
Iron, Fe mg	2.40		0	BFNN	4		2.04	12.35	
Magnesium, Mg mg	18		0	BFNN	4		16	94	
Phosphorus, P mg	172		0	BFNN	4		146	884	
Potassium, K mg	222		0	BFNN	4		188	1142	
Sodium, Na mg	36		0	BFNN	4		30	183	
Zinc, Zn mg	4.74		0	BFNN	4		4.03	24.43	
Copper, Cu mg	0.064		0	BFNN	4		0.054	0.328	
Manganese, Mn mg	0.009		0	BFNN	4		0.008	0.047	
Selenium, Se µg	30.9		0	BFNN	4		26.3	159.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.057		0	BFPN	4		0.048	0.292	
Riboflavin mg	0.170		0	BFPN	4		0.145	0.876	
Niacin mg	5.232		0	BFPN	4		4.447	26.944	
Pantothenic acid mg	0.535		0	BFPN	4		0.455	2.754	
Vitamin B-6 mg	0.380		0	BFPN	4		0.323	1.957	
Folate, total µg	9		0	BFPN	4		8	47	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	9		0	BFPN	4		8	47	
Folate, DFE µg	9		0	NC	4		8	47	
Choline, total mg	103.7		0	BFPN	4		88.2	534.1	
Betaine mg	13.6		0	BFPN	4		11.6	70.2	
Vitamin B-12 µg	1.61		0	BFPN	4		1.37	8.28	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.37		0	BFSN	4		0.32	1.93	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.3		0	BFSN	4		1.1	6.9	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13411

Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.661		0	NC	4		2.262	13.704	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.000		0	BFFN	4		0.000	0.000	
13:0....g									
14:0....g	0.197		0	BFFN	4		0.167	1.014	
15:0....g									
16:0....g	1.647		0	BFFN	4		1.400	8.482	
17:0....g									
18:0....g	0.817		0	BFFN	4		0.695	4.208	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.214		0	NC	4		2.732	16.553	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.298		0	BFFN	4		0.253	1.532	
17:1....g									
18:1 undifferentiated....g	2.917		0	BFFN	4		2.479	15.020	
20:1....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.285		0	NC	4		0.242	1.467	
18:2 undifferentiated....g	0.222		0	BFFN	4		0.189	1.144	
18:3 undifferentiated....g	0.021		0	BFFN	4		0.018	0.108	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.042		0	BFFN	4		0.036	0.216	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	78		0	BFSN	4		66	402	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.179		0	A	1		0.152	0.922	
Threonine....g	1.088		0	A	1		0.925	5.602	
Isoleucine....g	1.239		0	A	1		1.053	6.380	
Leucine....g	2.166		0	A	1		1.841	11.155	
Lysine....g	2.301		0	A	1		1.956	11.852	
Methionine....g	0.709		0	A	1		0.603	3.652	
Cystine....g	0.351		0	A	1		0.299	1.810	
Phenylalanine....g	1.076		0	A	1		0.914	5.539	
Tyrosine....g	0.868		0	A	1		0.738	4.469	
Valine....g	1.351		0	A	1		1.148	6.957	
Arginine....g	1.761		0	A	1		1.497	9.068	
Histidine....g	0.869		0	A	1		0.739	4.475	
Alanine....g	1.655		0	A	1		1.407	8.526	
Aspartic acid....g	2.480		0	A	1		2.108	12.774	
Glutamic acid....g	4.088		0	A	1		3.475	21.053	
Glycine....g	1.658		0	A	1		1.409	8.539	
Proline....g	1.298		0	A	1		1.103	6.685	
Serine....g	1.073		0	A	1		0.912	5.524	
Hydroxyproline....g	0.286		0	BFPN	4		0.243	1.473	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13411

Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 515g: 1 roast (yield from 627 g raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23604

Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked

Refuse: 11% Bone and connective tissue 2.33%, separable fat 8.89%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	65.93	0.423	20	A	1		18.69	299.06	
Energy kcal	163		0	NC	4		46	742	
Energy kJ	684		0	NC	4		194	3103	
Protein (N x 6.25) g	28.00	0.290	20	A	1		7.94	127.01	
Total lipid (fat) g	5.72	0.426	20	A	1		1.62	25.95	
Ash g	1.11	0.031	20	A	1		0.31	5.03	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	6		0	BFNN	4		2	26	
Iron, Fe mg	2.35		0	BFNN	4		0.66	10.64	
Magnesium, Mg mg	19		0	BFNN	4		5	85	
Phosphorus, P mg	177		0	BFNN	4		50	803	
Potassium, K mg	230		0	BFNN	4		65	1042	
Sodium, Na mg	37		0	BFNN	4		10	166	
Zinc, Zn mg	4.82		0	BFNN	4		1.37	21.85	
Copper, Cu mg	0.070		0	BFNN	4		0.020	0.315	
Manganese, Mn mg	0.010		0	BFNN	4		0.003	0.045	
Selenium, Se µg	31.7		0	BFNN	4		9.0	143.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.063		0	BFPN	4		0.018	0.287	
Riboflavin mg	0.158		0	BFPN	4		0.045	0.716	
Niacin mg	5.030		0	BFPN	4		1.426	22.817	
Pantothenic acid mg	0.551		0	BFPN	4		0.156	2.499	
Vitamin B-6 mg	0.376		0	BFPN	4		0.106	1.704	
Folate, total µg	9		0	BFPN	4		3	43	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	9		0	BFPN	4		3	43	
Folate, DFE µg	9		0	NC	4		3	43	
Choline, total mg	106.6		0	BFPN	4		30.2	483.8	
Betaine mg	14.0		0	BFPN	4		4.0	63.6	
Vitamin B-12 µg	1.54		0	BFPN	4		0.44	7.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.36		0	BFSN	4		0.10	1.65	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	2.0		0	BFSN	4		0.6	9.1	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23604

Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.972		0	NC	4		0.559	8.943	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.000		0	BFFN	4		0.000	0.000	
13:0....g									
14:0....g	0.139		0	BFFN	4		0.039	0.631	
15:0....g									
16:0....g	1.231		0	BFFN	4		0.349	5.585	
17:0....g									
18:0....g	0.601		0	BFFN	4		0.170	2.727	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.391		0	NC	4		0.678	10.847	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.225		0	BFFN	4		0.064	1.021	
17:1....g									
18:1 undifferentiated....g	2.165		0	BFFN	4		0.614	9.820	
20:1....g	0.002		0	BFFN	4		0.000	0.007	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.231		0	NC	4		0.066	1.049	
18:2 undifferentiated....g	0.180		0	BFFN	4		0.051	0.816	
18:3 undifferentiated....g	0.017		0	BFFN	4		0.005	0.075	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.035		0	BFFN	4		0.010	0.157	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	76		0	BFSN	4		21	343	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.184		0	A	1		0.052	0.835	
Threonine....g	1.119		0	A	1		0.317	5.074	
Isoleucine....g	1.274		0	A	1		0.361	5.779	
Leucine....g	2.227		0	A	1		0.631	10.104	
Lysine....g	2.366		0	A	1		0.671	10.734	
Methionine....g	0.729		0	A	1		0.207	3.308	
Cystine....g	0.361		0	A	1		0.102	1.639	
Phenylalanine....g	1.106		0	A	1		0.314	5.017	
Tyrosine....g	0.892		0	A	1		0.253	4.047	
Valine....g	1.389		0	A	1		0.394	6.301	
Arginine....g	1.811		0	A	1		0.513	8.213	
Histidine....g	0.894		0	A	1		0.253	4.054	
Alanine....g	1.702		0	A	1		0.483	7.722	
Aspartic acid....g	2.551		0	A	1		0.723	11.569	
Glutamic acid....g	4.204		0	A	1		1.192	19.068	
Glycine....g	1.705		0	A	1		0.483	7.734	
Proline....g	1.335		0	A	1		0.378	6.055	
Serine....g	1.103		0	A	1		0.313	5.003	
Hydroxyproline....g	0.294		0	BFPN	4		0.083	1.334	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 23604

Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23594

Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw

Refuse: 13% Bone and connective tissue 2.49%, separable fat 10.55%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	72.58	0.276	20	A	1		20.58	329.22	
Energy kcal	128		0	NC	4		36	579	
Energy kJ	534		0	NC	4		151	2421	
Protein (N x 6.25) g	22.19	0.152	20	A	1		6.29	100.64	
Total lipid (fat) g	4.31	0.261	20	A	1		1.22	19.55	
Ash g	1.09	0.015	20	A	1		0.31	4.96	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	20	4.059	5	A	1		6	90	
Iron, Fe mg	1.92	0.128	5	A	1		0.55	8.72	
Magnesium, Mg mg	24	0.364	5	A	1		7	109	
Phosphorus, P mg	214	2.891	5	A	1		61	973	
Potassium, K mg	350	6.581	5	A	1		99	1588	
Sodium, Na mg	59	2.082	5	A	1		17	267	
Zinc, Zn mg	4.22	0.127	5	A	1		1.20	19.13	
Copper, Cu mg	0.099	0.005	5	A	1		0.028	0.449	
Manganese, Mn mg	0.014	0.001	5	A	1		0.004	0.062	
Selenium, Se µg	28.2	4.734	5	A	1		8.0	128.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.090	0.005	5	A	1		0.025	0.407	
Riboflavin mg	0.144	0.018	5	A	1		0.041	0.655	
Niacin mg	6.661	0.271	5	A	1		1.888	30.213	
Pantothenic acid mg	0.656		0	BFPN	4		0.186	2.977	
Vitamin B-6 mg	0.656	0.021	5	A	1		0.186	2.974	
Folate, total µg	13		0	BFPN	4		4	59	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	13		0	BFPN	4		4	59	
Folate, DFE µg	13		0	NC	4		4	59	
Choline, total mg	92.7		0	BFPN	4		26.3	420.4	
Betaine mg	13.6		0	BFPN	4		3.9	61.8	
Vitamin B-12 µg	1.57	0.246	4	A	1		0.45	7.14	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.29		0	BFSN	4		0.08	1.32	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.2		0	BFSN	4		0.3	5.3	
Dihydrophylloquinone µg									

NDB No. 23594

Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	1.476		0	NC	4		0.418	6.694	
4:0 g	0.000		0	BFFN	4		0.000	0.000	
6:0 g	0.000		0	BFFN	4		0.000	0.000	
8:0 g	0.000		0	BFFN	4		0.000	0.000	
10:0 g	0.000		0	BFFN	4		0.000	0.000	
12:0 g	0.000		0	BFFN	4		0.000	0.000	
13:0 g									
14:0 g	0.101		0	BFFN	4		0.029	0.460	
15:0 g									
16:0 g	0.936		0	BFFN	4		0.265	4.244	
17:0 g									
18:0 g	0.439		0	BFFN	4		0.124	1.990	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.816		0	NC	4		0.515	8.236	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.178		0	BFFN	4		0.050	0.805	
17:1 g									
18:1 undifferentiated g	1.636		0	BFFN	4		0.464	7.420	
20:1 g	0.003		0	BFFN	4		0.001	0.011	
22:1 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.185		0	NC	4		0.052	0.839	
18:2 undifferentiated g	0.145		0	BFFN	4		0.041	0.655	
18:3 undifferentiated g	0.010		0	BFFN	4		0.003	0.046	
18:4 g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.030		0	BFFN	4		0.009	0.138	
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000	0.000	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	61		0	BFSN	4		17	276	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.148		0	A	1		0.042	0.673	
Threonine g	0.902		0	A	1		0.256	4.090	
Isoleucine g	1.027		0	A	1		0.291	4.658	
Leucine g	1.795		0	A	1		0.509	8.144	
Lysine g	1.907		0	A	1		0.541	8.652	
Methionine g	0.588		0	A	1		0.167	2.666	
Cystine g	0.291		0	A	1		0.083	1.321	
Phenylalanine g	0.891		0	A	1		0.253	4.044	
Tyrosine g	0.719		0	A	1		0.204	3.262	
Valine g	1.120		0	A	1		0.317	5.079	
Arginine g	1.459		0	A	1		0.414	6.620	
Histidine g	0.720		0	A	1		0.204	3.267	
Alanine g	1.372		0	A	1		0.389	6.224	
Aspartic acid g	2.056		0	A	1		0.583	9.325	
Glutamic acid g	3.388		0	A	1		0.961	15.369	
Glycine g	1.374		0	A	1		0.390	6.234	
Proline g	1.076		0	A	1		0.305	4.881	
Serine g	0.889		0	A	1		0.252	4.033	
Hydroxyproline g	0.237		0	BFPN	4		0.067	1.076	

NDB No. 23594

Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23619

Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted

URMIS #2279

Refuse: 10% Bone and connective tissue 1.37%, separable fat 8.55%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	65.26	0.737	10	A	1		18.50	296.01	
Energy kcal	179		0	NC	4		51	811	
Energy kJ	748		0	NC	4		212	3393	
Protein (N x 6.25) g	27.56	0.507	10	A	1		7.81	124.99	
Total lipid (fat) g	6.77	0.657	10	A	1		1.92	30.73	
Ash g	1.07	0.051	10	A	1		0.30	4.86	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	6		0	BFNN	4		2	26	
Iron, Fe mg	2.43		0	BFNN	4		0.69	11.04	
Magnesium, Mg mg	19		0	BFNN	4		5	84	
Phosphorus, P mg	174		0	BFNN	4		49	790	
Potassium, K mg	225		0	BFNN	4		64	1021	
Sodium, Na mg	36		0	BFNN	4		10	164	
Zinc, Zn mg	4.82		0	BFNN	4		1.37	21.84	
Copper, Cu mg	0.065		0	BFNN	4		0.018	0.293	
Manganese, Mn mg	0.009		0	BFNN	4		0.003	0.042	
Selenium, Se µg	31.4		0	BFNN	4		8.9	142.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.057		0	BFPN	4		0.016	0.260	
Riboflavin mg	0.172		0	BFPN	4		0.049	0.781	
Niacin mg	5.294		0	BFPN	4		1.501	24.015	
Pantothenic acid mg	0.541		0	BFPN	4		0.153	2.455	
Vitamin B-6 mg	0.385		0	BFPN	4		0.109	1.745	
Folate, total µg	9		0	BFPN	4		3	42	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	9		0	BFPN	4		3	42	
Folate, DFE µg	9		0	NC	4		3	42	
Choline, total mg	104.9		0	BFPN	4		29.8	476.0	
Betaine mg	13.8		0	BFPN	4		3.9	62.5	
Vitamin B-12 µg	1.63		0	BFPN	4		0.46	7.38	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.37		0	BFSN	4		0.10	1.68	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.3		0	BFSN	4		0.4	6.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23619

Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.334		0	NC	4		0.662	10.588	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.000		0	BFFN	4		0.000	0.000	
13:0....g									
14:0....g	0.165		0	BFFN	4		0.047	0.746	
15:0....g									
16:0....g	1.458		0	BFFN	4		0.413	6.613	
17:0....g									
18:0....g	0.712		0	BFFN	4		0.202	3.229	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.831		0	NC	4		0.803	12.843	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.267		0	BFFN	4		0.076	1.209	
17:1....g									
18:1 undifferentiated....g	2.563		0	BFFN	4		0.727	11.627	
20:1....g	0.002		0	BFFN	4		0.000	0.008	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.274		0	NC	4		0.078	1.241	
18:2 undifferentiated....g	0.213		0	BFFN	4		0.060	0.965	
18:3 undifferentiated....g	0.020		0	BFFN	4		0.006	0.089	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.041		0	BFFN	4		0.012	0.186	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	77		0	BFSN	4		22	349	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.181		0	A	1		0.051	0.821	
Threonine....g	1.101		0	A	1		0.312	4.993	
Isoleucine....g	1.254		0	A	1		0.355	5.687	
Leucine....g	2.192		0	A	1		0.621	9.943	
Lysine....g	2.329		0	A	1		0.660	10.563	
Methionine....g	0.718		0	A	1		0.203	3.255	
Cystine....g	0.356		0	A	1		0.101	1.613	
Phenylalanine....g	1.088		0	A	1		0.309	4.937	
Tyrosine....g	0.878		0	A	1		0.249	3.983	
Valine....g	1.367		0	A	1		0.388	6.201	
Arginine....g	1.782		0	A	1		0.505	8.082	
Histidine....g	0.879		0	A	1		0.249	3.989	
Alanine....g	1.675		0	A	1		0.475	7.599	
Aspartic acid....g	2.510		0	A	1		0.712	11.385	
Glutamic acid....g	4.137		0	A	1		1.173	18.764	
Glycine....g	1.678		0	A	1		0.476	7.611	
Proline....g	1.314		0	A	1		0.372	5.959	
Serine....g	1.085		0	A	1		0.308	4.924	
Hydroxyproline....g	0.289		0	BFPN	4		0.082	1.313	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 23619

Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23618

Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw

URMIS #2279

Refuse: 13% Bone and connective tissue 2.44%, separable fat 10.58%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	71.99	0.409	10	A	1		20.41	326.56	
Energy kcal	140		0	NC	4		40	633	
Energy kJ	584		0	NC	4		166	2649	
Protein (N x 6.25) g	22.22	0.228	10	A	1		6.30	100.77	
Total lipid (fat) g	4.96	0.414	10	A	1		1.41	22.50	
Ash g	1.06	0.025	10	A	1		0.30	4.81	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	19	6.413	3	A	1		5	87	
Iron, Fe mg	2.06	0.115	3	A	1		0.58	9.33	
Magnesium, Mg mg	24	0.747	3	A	1		7	110	
Phosphorus, P mg	215	5.774	3	A	1		61	975	
Potassium, K mg	341	9.103	3	A	1		97	1548	
Sodium, Na mg	56	1.299	3	A	1		16	252	
Zinc, Zn mg	4.16	0.131	3	A	1		1.18	18.86	
Copper, Cu mg	0.098	0.006	3	A	1		0.028	0.443	
Manganese, Mn mg	0.014	0.001	3	A	1		0.004	0.063	
Selenium, Se µg	27.7	6.858	3	A	1		7.9	125.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.093	0.011	3	A	1		0.026	0.420	
Riboflavin mg	0.160	0.019	3	A	1		0.045	0.725	
Niacin mg	6.757	0.135	3	A	1		1.916	30.649	
Pantothenic acid mg	0.436		0	BFPN	4		0.124	1.979	
Vitamin B-6 mg	0.653	0.007	3	A	1		0.185	2.960	
Folate, total µg	13		0	BFPN	4		4	60	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	13		0	BFPN	4		4	60	
Folate, DFE µg	13		0	NC	4		4	60	
Choline, total mg	92.8		0	BFPN	4		26.3	420.9	
Betaine mg	13.6		0	BFPN	4		3.9	61.9	
Vitamin B-12 µg	1.85		2	A	1		0.52	8.40	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.30		0	BFSN	4		0.08	1.35	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.2		0	BFSN	4		0.3	5.4	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23618

Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.699		0	NC	4		0.482	7.704	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.000		0	BFFN	4		0.000	0.000	
13:0....g									
14:0....g	0.117		0	BFFN	4		0.033	0.529	
15:0....g									
16:0....g	1.077		0	BFFN	4		0.305	4.885	
17:0....g									
18:0....g	0.505		0	BFFN	4		0.143	2.290	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.090		0	NC	4		0.592	9.478	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.204		0	BFFN	4		0.058	0.926	
17:1....g									
18:1 undifferentiated....g	1.882		0	BFFN	4		0.534	8.539	
20:1....g	0.003		0	BFFN	4		0.001	0.013	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.213		0	NC	4		0.060	0.966	
18:2 undifferentiated....g	0.166		0	BFFN	4		0.047	0.754	
18:3 undifferentiated....g	0.012		0	BFFN	4		0.003	0.053	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.035		0	BFFN	4		0.010	0.159	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	62		0	BFSN	4		18	282	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.146		0	A	1		0.041	0.662	
Threonine....g	0.887		0	A	1		0.252	4.025	
Isoleucine....g	1.011		0	A	1		0.287	4.584	
Leucine....g	1.767		0	A	1		0.501	8.016	
Lysine....g	1.877		0	A	1		0.532	8.516	
Methionine....g	0.579		0	A	1		0.164	2.624	
Cystine....g	0.287		0	A	1		0.081	1.300	
Phenylalanine....g	0.877		0	A	1		0.249	3.980	
Tyrosine....g	0.708		0	A	1		0.201	3.211	
Valine....g	1.102		0	A	1		0.312	4.999	
Arginine....g	1.436		0	A	1		0.407	6.516	
Histidine....g	0.709		0	A	1		0.201	3.216	
Alanine....g	1.351		0	A	1		0.383	6.126	
Aspartic acid....g	2.024		0	A	1		0.574	9.179	
Glutamic acid....g	3.335		0	A	1		0.945	15.128	
Glycine....g	1.353		0	A	1		0.383	6.136	
Proline....g	1.059		0	A	1		0.300	4.804	
Serine....g	0.875		0	A	1		0.248	3.969	
Hydroxyproline....g	0.233		0	BFPN	4		0.066	1.059	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 23618

Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23637

Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, raw

URMIS #1464

Refuse: 12% Bone and connective tissue 1.97%, separable fat 10.51%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	73.17	0.278	10	A	1		20.74	331.88	
Energy kcal	128		0	NC	4		36	579	
Energy kJ	534		0	NC	4		152	2424	
Protein (N x 6.25) g	22.18	0.214	10	A	1		6.29	100.62	
Total lipid (fat) g	3.66	0.145	10	A	1		1.04	16.61	
Ash g	1.08	0.017	10	A	1		0.31	4.91	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	21	4.295	3	A	1		6	97	
Iron, Fe mg	1.90	0.227	3	A	1		0.54	8.62	
Magnesium, Mg mg	24	0.372	3	A	1		7	110	
Phosphorus, P mg	217	2.333	3	A	1		61	983	
Potassium, K mg	361	2.021	3	A	1		102	1635	
Sodium, Na mg	62	2.225	3	A	1		17	280	
Zinc, Zn mg	4.42	0.275	3	A	1		1.25	20.03	
Copper, Cu mg	0.103	0.010	3	A	1		0.029	0.469	
Manganese, Mn mg	0.014	0.001	3	A	1		0.004	0.063	
Selenium, Se µg	30.8	6.379	3	A	1		8.7	139.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.091	0.002	3	A	1		0.026	0.411	
Riboflavin mg	0.141	0.028	3	A	1		0.040	0.638	
Niacin mg	6.598	0.471	3	A	1		1.870	29.928	
Pantothenic acid mg	0.651		0	BFPN	4		0.185	2.955	
Vitamin B-6 mg	0.652	0.039	3	A	1		0.185	2.956	
Folate, total µg	13		0	BFPN	4		4	59	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	13		0	BFPN	4		4	59	
Folate, DFE µg	13		0	NC	4		4	59	
Choline, total mg	92.6		0	BFPN	4		26.3	420.3	
Betaine mg	13.6		0	BFPN	4		3.9	61.8	
Vitamin B-12 µg	1.30		2	A	1		0.37	5.88	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.29		0	BFSN	4		0.08	1.30	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.1		0	BFSN	4		0.3	5.2	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23637

Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.253		0	NC	4		0.355	5.685	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.000		0	BFFN	4		0.000	0.000	
13:0....g									
14:0....g	0.086		0	BFFN	4		0.024	0.391	
15:0....g									
16:0....g	0.795		0	BFFN	4		0.225	3.604	
17:0....g									
18:0....g	0.373		0	BFFN	4		0.106	1.690	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.542		0	NC	4		0.437	6.994	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.151		0	BFFN	4		0.043	0.684	
17:1....g									
18:1 undifferentiated....g	1.389		0	BFFN	4		0.394	6.301	
20:1....g	0.002		0	BFFN	4		0.001	0.010	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.157		0	NC	4		0.045	0.713	
18:2 undifferentiated....g	0.123		0	BFFN	4		0.035	0.557	
18:3 undifferentiated....g	0.009		0	BFFN	4		0.002	0.039	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.026		0	BFFN	4		0.007	0.117	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	59		0	BFSN	4		17	270	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.146		0	A	1		0.041	0.661	
Threonine....g	0.886		0	A	1		0.251	4.019	
Isoleucine....g	1.009		0	A	1		0.286	4.578	
Leucine....g	1.764		0	A	1		0.500	8.004	
Lysine....g	1.875		0	A	1		0.531	8.503	
Methionine....g	0.578		0	A	1		0.164	2.620	
Cystine....g	0.286		0	A	1		0.081	1.298	
Phenylalanine....g	0.876		0	A	1		0.248	3.974	
Tyrosine....g	0.707		0	A	1		0.200	3.206	
Valine....g	1.100		0	A	1		0.312	4.992	
Arginine....g	1.434		0	A	1		0.407	6.506	
Histidine....g	0.708		0	A	1		0.201	3.211	
Alanine....g	1.349		0	A	1		0.382	6.117	
Aspartic acid....g	2.020		0	A	1		0.573	9.165	
Glutamic acid....g	3.330		0	A	1		0.944	15.105	
Glycine....g	1.351		0	A	1		0.383	6.126	
Proline....g	1.057		0	A	1		0.300	4.797	
Serine....g	0.874		0	A	1		0.248	3.963	
Hydroxyproline....g	0.233		0	BFPN	4		0.066	1.057	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 23637

Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

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Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13398

Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised

Cube Steak

Refuse: 2% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	57.33	0.439	20	PAK	1		48.73	106.06	
Energy kcal	223		0	NC	4		190	413	
Energy kJ	934		0	NC	4		794	1728	
Protein (N x 6.25) g	33.56	0.478	20	PAK	1		28.53	62.09	
Total lipid (fat) g	8.86	0.484	20	PAK	1		7.53	16.39	
Ash g	1.00	0.045	20	PAK	1		0.85	1.85	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	8		0	BFFN	4		7	15	
Iron, Fe mg	2.72		0	BFFN	4		2.31	5.04	
Magnesium, Mg mg	22		0	BFFN	4		18	40	
Phosphorus, P mg	208		0	BFFN	4		176	384	
Potassium, K mg	271		0	BFFN	4		230	501	
Sodium, Na mg	44		0	BFFN	4		37	81	
Zinc, Zn mg	5.60		0	BFFN	4		4.76	10.35	
Copper, Cu mg	0.080		0	BFFN	4		0.068	0.147	
Manganese, Mn mg	0.012		0	BFFN	4		0.010	0.021	
Selenium, Se µg	34.2		0	BFFN	4		29.0	63.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.077		0	BFPN	4		0.065	0.142	
Riboflavin mg	0.179		0	BFPN	4		0.152	0.330	
Niacin mg	5.866		0	BFPN	4		4.986	10.851	
Pantothenic acid mg	0.662		0	BFPN	4		0.562	1.224	
Vitamin B-6 mg	0.441		0	BFPN	4		0.375	0.815	
Folate, total µg	10		0	BFPN	4		9	19	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	10		0	BFPN	4		9	19	
Folate, DFE µg	10		0	NC	4		9	19	
Choline, total mg	127.8		0	BFPN	4		108.6	236.5	
Betaine mg	16.8		0	BFPN	4		14.3	31.1	
Vitamin B-12 µg	1.87		0	BFPN	4		1.59	3.45	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.45		0	BFSN	4		0.39	0.84	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	AS	1		0.1	0.3	
Vitamin D IU	6		0	PAK	1		5	12	
Vitamin K (phylloquinone) µg	1.6		0	BFSN	4		1.4	3.0	
Dihydrophylloquinone µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4 µg									

NDB No. 13398

Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.184		0	NC	4		2.707	5.891	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.008		0	BFFN	4		0.007	0.015	
12:0....g	0.008		0	BFFN	4		0.007	0.015	
13:0....g									
14:0....g	0.241		0	BFFN	4		0.205	0.446	
15:0....g									
16:0....g	1.974		0	BFFN	4		1.678	3.652	
17:0....g									
18:0....g	0.953		0	BFFN	4		0.810	1.763	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.751		0	NC	4		3.189	6.940	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.354		0	BFFN	4		0.301	0.655	
17:1....g									
18:1 undifferentiated....g	3.393		0	BFFN	4		2.884	6.278	
20:1....g	0.004		0	BFFN	4		0.003	0.007	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.334		0	NC	4		0.284	0.617	
18:2 undifferentiated....g	0.249		0	BFFN	4		0.212	0.461	
18:3 undifferentiated....g	0.044		0	BFFN	4		0.038	0.082	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.040		0	BFFN	4		0.034	0.074	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	95		0	BFSN	4		80	175	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.221		0	PAK	1		0.187	0.408	
Threonine....g	1.341		0	PAK	1		1.140	2.480	
Isoleucine....g	1.527		0	PAK	1		1.298	2.825	
Leucine....g	2.670		0	PAK	1		2.269	4.939	
Lysine....g	2.836		0	PAK	1		2.411	5.247	
Methionine....g	0.874		0	PAK	1		0.743	1.617	
Cystine....g	0.433		0	PAK	1		0.368	0.801	
Phenylalanine....g	1.326		0	PAK	1		1.127	2.452	
Tyrosine....g	1.069		0	PAK	1		0.909	1.978	
Valine....g	1.665		0	PAK	1		1.415	3.080	
Arginine....g	2.170		0	PAK	1		1.845	4.015	
Histidine....g	1.071		0	PAK	1		0.910	1.981	
Alanine....g	2.040		0	PAK	1		1.734	3.774	
Aspartic acid....g	3.057		0	PAK	1		2.598	5.655	
Glutamic acid....g	5.038		0	PAK	1		4.282	9.320	
Glycine....g	2.043		0	PAK	1		1.737	3.780	
Proline....g	1.600		0	PAK	1		1.360	2.960	
Serine....g	1.322		0	PAK	1		1.124	2.446	
Hydroxyproline....g	0.353		0	BFPN	4		0.300	0.652	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13398

Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 185g: 1 steak (yield from 290 g raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13401

Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised

Cube Steak, URMIS #2279

Refuse: 1% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	56.74	0.498	10	PAK	1		48.23	108.37	
Energy kcal	230		0	NC	4		195	439	
Energy kJ	962		0	NC	4		818	1838	
Protein (N x 6.25) g	32.73	0.416	10	PAK	1		27.82	62.51	
Total lipid (fat) g	10.00	0.698	10	PAK	1		8.50	19.10	
Ash g	1.01	0.076	10	PAK	1		0.86	1.93	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	7		0	BFFN	4		6	14	
Iron, Fe mg	2.71		0	BFFN	4		2.30	5.17	
Magnesium, Mg mg	21		0	BFFN	4		18	40	
Phosphorus, P mg	199		0	BFFN	4		169	381	
Potassium, K mg	264		0	BFFN	4		224	503	
Sodium, Na mg	42		0	BFFN	4		36	81	
Zinc, Zn mg	5.41		0	BFFN	4		4.60	10.34	
Copper, Cu mg	0.071		0	BFFN	4		0.061	0.136	
Manganese, Mn mg	0.011		0	BFFN	4		0.010	0.021	
Selenium, Se µg	34.5		0	BFFN	4		29.3	65.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.068		0	BFPN	4		0.058	0.130	
Riboflavin mg	0.184		0	BFPN	4		0.156	0.351	
Niacin mg	5.918		0	BFPN	4		5.030	11.303	
Pantothenic acid mg	0.644		0	BFPN	4		0.548	1.231	
Vitamin B-6 mg	0.430		0	BFPN	4		0.365	0.821	
Folate, total µg	10		0	BFPN	4		9	19	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	10		0	BFPN	4		9	19	
Folate, DFE µg	10		0	NC	4		9	19	
Choline, total mg	124.7		0	BFPN	4		106.0	238.1	
Betaine mg	16.4		0	BFPN	4		13.9	31.3	
Vitamin B-12 µg	1.97		0	BFPN	4		1.67	3.75	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.46		0	BFSN	4		0.39	0.88	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.6		0	BFSN	4		1.4	3.1	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13401

Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.593		0	NC	4		3.054	6.863	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.009		0	BFFN	4		0.008	0.017	
12:0....g	0.009		0	BFFN	4		0.008	0.017	
13:0....g									
14:0....g	0.272		0	BFFN	4		0.231	0.520	
15:0....g									
16:0....g	2.228		0	BFFN	4		1.894	4.255	
17:0....g									
18:0....g	1.075		0	BFFN	4		0.914	2.054	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.233		0	NC	4		3.598	8.085	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.399		0	BFFN	4		0.339	0.762	
17:1....g									
18:1 undifferentiated....g	3.829		0	BFFN	4		3.255	7.314	
20:1....g	0.005		0	BFFN	4		0.004	0.009	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.377		0	NC	4		0.320	0.719	
18:2 undifferentiated....g	0.281		0	BFFN	4		0.239	0.537	
18:3 undifferentiated....g	0.050		0	BFFN	4		0.042	0.095	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.045		0	BFFN	4		0.039	0.087	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	96		0	BFSN	4		82	183	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.215		0	PAK	1		0.183	0.411	
Threonine....g	1.308		0	PAK	1		1.111	2.497	
Isoleucine....g	1.489		0	PAK	1		1.266	2.844	
Leucine....g	2.604		0	PAK	1		2.213	4.973	
Lysine....g	2.766		0	PAK	1		2.351	5.283	
Methionine....g	0.852		0	PAK	1		0.724	1.628	
Cystine....g	0.422		0	PAK	1		0.359	0.807	
Phenylalanine....g	1.293		0	PAK	1		1.099	2.469	
Tyrosine....g	1.043		0	PAK	1		0.887	1.992	
Valine....g	1.624		0	PAK	1		1.380	3.101	
Arginine....g	2.116		0	PAK	1		1.799	4.042	
Histidine....g	1.045		0	PAK	1		0.888	1.995	
Alanine....g	1.990		0	PAK	1		1.691	3.801	
Aspartic acid....g	2.981		0	PAK	1		2.534	5.694	
Glutamic acid....g	4.914		0	PAK	1		4.177	9.385	
Glycine....g	1.993		0	PAK	1		1.694	3.807	
Proline....g	1.560		0	PAK	1		1.326	2.980	
Serine....g	1.289		0	PAK	1		1.096	2.463	
Hydroxyproline....g	0.344		0	BFPN	4		0.292	0.657	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13401

Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 191g: 1 steak (yield from 299 g raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13404

Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, braised

Cube Steak, URMIS #1464

Refuse: 3% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	57.92	0.698	10	PAK	1		49.23	103.68	
Energy kcal	217		0	NC	4		184	388	
Energy kJ	906		0	NC	4		770	1621	
Protein (N x 6.25) g	34.39	0.628	10	PAK	1		29.23	61.56	
Total lipid (fat) g	7.72	0.465	10	PAK	1		6.56	13.82	
Ash g	0.99	0.053	10	PAK	1		0.84	1.78	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	9		0	BFFN	4		7	16	
Iron, Fe mg	2.74		0	BFFN	4		2.33	4.90	
Magnesium, Mg mg	22		0	BFFN	4		19	40	
Phosphorus, P mg	216		0	BFFN	4		183	386	
Potassium, K mg	279		0	BFFN	4		237	499	
Sodium, Na mg	45		0	BFFN	4		38	81	
Zinc, Zn mg	5.78		0	BFFN	4		4.92	10.35	
Copper, Cu mg	0.088		0	BFFN	4		0.075	0.157	
Manganese, Mn mg	0.012		0	BFFN	4		0.010	0.021	
Selenium, Se µg	33.8		0	BFFN	4		28.7	60.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.087		0	BFPN	4		0.074	0.155	
Riboflavin mg	0.173		0	BFPN	4		0.147	0.309	
Niacin mg	5.802		0	BFPN	4		4.932	10.386	
Pantothenic acid mg	0.679		0	BFPN	4		0.577	1.215	
Vitamin B-6 mg	0.452		0	BFPN	4		0.384	0.808	
Folate, total µg	11		0	BFPN	4		9	19	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	11		0	BFPN	4		9	19	
Folate, DFE µg	11		0	NC	4		9	19	
Choline, total mg	131.0		0	BFPN	4		111.3	234.5	
Betaine mg	17.2		0	BFPN	4		14.6	30.8	
Vitamin B-12 µg	1.76		0	BFPN	4		1.50	3.15	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.45		0	BFSN	4		0.38	0.80	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.6		0	BFSN	4		1.4	2.9	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13404

Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.775		0	NC	4		2.359	4.967	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.007		0	BFFN	4		0.006	0.013	
12:0....g	0.007		0	BFFN	4		0.006	0.013	
13:0....g									
14:0....g	0.210		0	BFFN	4		0.179	0.376	
15:0....g									
16:0....g	1.721		0	BFFN	4		1.462	3.080	
17:0....g									
18:0....g	0.830		0	BFFN	4		0.706	1.486	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.269		0	NC	4		2.779	5.852	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.308		0	BFFN	4		0.262	0.552	
17:1....g									
18:1 undifferentiated....g	2.957		0	BFFN	4		2.514	5.294	
20:1....g	0.004		0	BFFN	4		0.003	0.006	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.291		0	NC	4		0.247	0.520	
18:2 undifferentiated....g	0.217		0	BFFN	4		0.185	0.389	
18:3 undifferentiated....g	0.039		0	BFFN	4		0.033	0.069	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.035		0	BFFN	4		0.030	0.063	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	93		0	BFSN	4		79	167	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.226		0	PAK	1		0.192	0.405	
Threonine....g	1.374		0	PAK	1		1.168	2.459	
Isoleucine....g	1.565		0	PAK	1		1.330	2.801	
Leucine....g	2.736		0	PAK	1		2.325	4.897	
Lysine....g	2.906		0	PAK	1		2.470	5.202	
Methionine....g	0.896		0	PAK	1		0.761	1.603	
Cystine....g	0.444		0	PAK	1		0.377	0.794	
Phenylalanine....g	1.358		0	PAK	1		1.155	2.431	
Tyrosine....g	1.096		0	PAK	1		0.931	1.962	
Valine....g	1.706		0	PAK	1		1.450	3.054	
Arginine....g	2.224		0	PAK	1		1.890	3.980	
Histidine....g	1.098		0	PAK	1		0.933	1.965	
Alanine....g	2.091		0	PAK	1		1.777	3.742	
Aspartic acid....g	3.132		0	PAK	1		2.663	5.607	
Glutamic acid....g	5.163		0	PAK	1		4.388	9.241	
Glycine....g	2.094		0	PAK	1		1.780	3.748	
Proline....g	1.639		0	PAK	1		1.394	2.935	
Serine....g	1.355		0	PAK	1		1.151	2.425	
Hydroxyproline....g	0.361		0	BFPN	4		0.307	0.647	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13404

Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 179g: 1 steak (yield from 281 g raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13869

Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised

Refuse: 5% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	54.97	0.695	5	PAK	1		46.72	154.46	
Energy kcal	247		0	NC	4		210	694	
Energy kJ	1033		0	NC	4		878	2903	
Protein (N x 6.25) g	32.76	0.138	5	PAK	1		27.85	92.06	
Total lipid (fat) g	11.87	0.682	5	PAK	1		10.09	33.37	
Ash g	0.98	0.023	5	PAK	1		0.83	2.75	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	8	0.506	4	PAK	1		7	22	
Iron, Fe mg	2.67	0.079	4	PAK	1		2.27	7.50	
Magnesium, Mg mg	21	0.278	4	PAK	1		18	60	
Phosphorus, P mg	204	2.851	4	PAK	1		173	572	
Potassium, K mg	266	2.329	4	PAK	1		226	747	
Sodium, Na mg	43	1.254	4	PAK	1		36	121	
Zinc, Zn mg	5.49	0.067	4	PAK	1		4.67	15.42	
Copper, Cu mg	0.078	0.013	4	PAK	1		0.066	0.219	
Manganese, Mn mg	0.011	0.000	5	PAK	1		0.010	0.032	
Selenium, Se µg	33.5	5.462	4	PAK	1		28.5	94.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.075	0.006	4	PAK	1		0.064	0.211	
Riboflavin mg	0.174	0.010	4	PAK	1		0.148	0.490	
Niacin mg	5.726	0.255	4	PAK	1		4.867	16.089	
Pantothenic acid mg	0.646		0	BFPN	4		0.549	1.815	
Vitamin B-6 mg	0.430	0.025	4	PAK	1		0.366	1.209	
Folate, total µg	10		0	BFPN	4		9	29	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	10		0	BFPN	4		9	29	
Folate, DFE µg	10		0	NC	4		9	29	
Choline, total mg	124.8		0	BFPN	4		106.1	350.6	
Betaine mg	16.4		0	BFPN	4		13.9	46.1	
Vitamin B-12 µg	1.82	0.106	4	PAK	1		1.55	5.12	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.48		0	BFSN	4		0.41	1.35	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	AS	1		0.2	0.5	
Vitamin D IU	8		0	BFFN	4		7	22	
Vitamin K (phylloquinone) µg	1.7		0	BFSN	4		1.5	4.8	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13869

Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.506		0	NC	4		3.830	12.663	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.026		0	BFFN	4		0.022	0.072	
12:0....g	0.026		0	BFFN	4		0.022	0.072	
13:0....g									
14:0....g	0.352		0	BFFN	4		0.299	0.990	
15:0....g									
16:0....g	2.810		0	BFFN	4		2.388	7.895	
17:0....g									
18:0....g	1.293		0	BFFN	4		1.099	3.634	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.064		0	NC	4		4.304	14.229	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.501		0	BFFN	4		0.426	1.409	
17:1....g									
18:1 undifferentiated....g	4.544		0	BFFN	4		3.863	12.769	
20:1....g	0.018		0	BFFN	4		0.015	0.051	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.478		0	NC	4		0.406	1.342	
18:2 undifferentiated....g	0.315		0	BFFN	4		0.267	0.884	
18:3 undifferentiated....g	0.114		0	BFFN	4		0.097	0.321	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.029		0	BFFN	4		0.024	0.080	
20:5 n-3 (EPA)....g	0.003		18	AR	1		0.003	0.008	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.016		18	AR	1		0.014	0.045	
22:6 n-3 (DHA)....g	0.001		18	AR	1		0.001	0.003	
Fatty acids, total trans....g									
Cholesterol....mg	100		0	BFSN	4		85	281	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.215		0	PAK	1		0.183	0.605	
Threonine....g	1.309		0	PAK	1		1.112	3.677	
Isoleucine....g	1.490		0	PAK	1		1.267	4.188	
Leucine....g	2.606		0	PAK	1		2.215	7.323	
Lysine....g	2.769		0	PAK	1		2.353	7.780	
Methionine....g	0.853		0	PAK	1		0.725	2.397	
Cystine....g	0.423		0	PAK	1		0.359	1.188	
Phenylalanine....g	1.294		0	PAK	1		1.100	3.636	
Tyrosine....g	1.044		0	PAK	1		0.887	2.933	
Valine....g	1.625		0	PAK	1		1.381	4.567	
Arginine....g	2.118		0	PAK	1		1.801	5.953	
Histidine....g	1.046		0	PAK	1		0.889	2.938	
Alanine....g	1.992		0	PAK	1		1.693	5.596	
Aspartic acid....g	2.984		0	PAK	1		2.536	8.385	
Glutamic acid....g	4.918		0	PAK	1		4.180	13.820	
Glycine....g	1.995		0	PAK	1		1.696	5.605	
Proline....g	1.562		0	PAK	1		1.328	4.389	
Serine....g	1.290		0	PAK	1		1.097	3.626	
Hydroxyproline....g	0.344		0	BFPN	4		0.293	0.967	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13869

Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 281g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13868

Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Refuse: 2% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	66.88	0.578	20	PAK	1		18.96	303.37	
Energy kcal	192		0	NC	4		55	873	
Energy kJ	805		0	NC	4		228	3653	
Protein (N x 6.25) g	20.70	0.199	20	PAK	1		5.87	93.88	
Total lipid (fat) g	11.54	0.682	20	PAK	1		3.27	52.35	
Ash g	1.01	0.018	20	PAK	1		0.29	4.56	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	20	4.663	4	PAK	1		6	89	
Iron, Fe mg	1.74	0.109	4	PAK	1		0.49	7.88	
Magnesium, Mg mg	22	0.390	4	PAK	1		6	101	
Phosphorus, P mg	199	3.856	4	PAK	1		56	903	
Potassium, K mg	327	9.957	4	PAK	1		93	1483	
Sodium, Na mg	56	2.278	4	PAK	1		16	255	
Zinc, Zn mg	3.82	0.076	4	PAK	1		1.08	17.34	
Copper, Cu mg	0.091	0.005	4	PAK	1		0.026	0.411	
Manganese, Mn mg	0.013	0.001	5	PAK	1		0.004	0.057	
Selenium, Se µg	24.8		4	PAK	1		7.0	112.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.082	0.004	4	PAK	1		0.023	0.371	
Riboflavin mg	0.126	0.018	4	PAK	1		0.036	0.573	
Niacin mg	6.183	0.337	4	PAK	1		1.753	28.044	
Pantothenic acid mg	0.595		0	BFPN	4		0.169	2.700	
Vitamin B-6 mg	0.613	0.027	4	BFPN	4		0.174	2.781	
Folate, total µg	11		0	BFPN	4		3	50	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	11		0	BFPN	4		3	50	
Folate, DFE µg	11		0	NC	4		3	50	
Choline, total mg	86.4		0	BFPN	4		24.5	392.1	
Betaine mg	12.7		0	BFPN	4		3.6	57.7	
Vitamin B-12 µg	1.49	0.220	4	PAK	1		0.42	6.77	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.35		0	BFSN	4		0.10	1.60	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.4		0	BFSN	4		0.4	6.4	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13868

Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.544		0	NC	4		1.288	20.610	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.037		0	BFFN	4		0.010	0.166	
12:0....g	0.025		0	BFFN	4		0.007	0.114	
13:0....g									
14:0....g	0.353		0	BFFN	4		0.100	1.603	
15:0....g									
16:0....g	2.772		0	BFFN	4		0.786	12.574	
17:0....g									
18:0....g	1.356		0	BFFN	4		0.384	6.152	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.987		0	NC	4		1.414	22.619	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.587		0	BFFN	4		0.167	2.664	
17:1....g									
18:1 undifferentiated....g	4.383		0	BFFN	4		1.243	19.882	
20:1....g	0.016		0	BFFN	4		0.005	0.073	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.441		0	NC	4		0.125	1.998	
18:2 undifferentiated....g	0.287		0	BFFN	4		0.081	1.301	
18:3 undifferentiated....g	0.131		0	BFFN	4		0.037	0.593	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.023		0	BFFN	4		0.006	0.104	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	73		0	BFSN	4		21	333	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.136		0	PAK	1		0.039	0.617	
Threonine....g	0.827		0	PAK	1		0.234	3.750	
Isoleucine....g	0.942		0	PAK	1		0.267	4.271	
Leucine....g	1.646		0	PAK	1		0.467	7.468	
Lysine....g	1.749		0	PAK	1		0.496	7.934	
Methionine....g	0.539		0	PAK	1		0.153	2.445	
Cystine....g	0.267		0	PAK	1		0.076	1.212	
Phenylalanine....g	0.818		0	PAK	1		0.232	3.708	
Tyrosine....g	0.660		0	PAK	1		0.187	2.992	
Valine....g	1.027		0	PAK	1		0.291	4.658	
Arginine....g	1.338		0	PAK	1		0.379	6.071	
Histidine....g	0.661		0	PAK	1		0.187	2.996	
Alanine....g	1.258		0	PAK	1		0.357	5.707	
Aspartic acid....g	1.885		0	PAK	1		0.534	8.551	
Glutamic acid....g	3.107		0	PAK	1		0.881	14.094	
Glycine....g	1.260		0	PAK	1		0.357	5.716	
Proline....g	0.987		0	PAK	1		0.280	4.476	
Serine....g	0.815		0	PAK	1		0.231	3.698	
Hydroxyproline....g	0.217		0	BFPN	4		0.062	0.986	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13868

Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13872

Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised

URMIS #2279

Refuse: 5% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	54.27	1.070	3	PAK	1		46.13	123.19	
Energy kcal	254		0	NC	4		216	576	
Energy kJ	1061		0	NC	4		902	2408	
Protein (N x 6.25) g	32.85	0.325	3	PAK	1		27.92	74.57	
Total lipid (fat) g	12.56	1.214	3	PAK	1		10.67	28.51	
Ash g	0.95	0.040	3	PAK	1		0.81	2.16	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	7		2	PAK	1		6	16	
Iron, Fe mg	2.70		2	PAK	1		2.29	6.12	
Magnesium, Mg mg	21		2	PAK	1		18	47	
Phosphorus, P mg	199		2	PAK	1		169	451	
Potassium, K mg	263		2	PAK	1		223	597	
Sodium, Na mg	42		2	PAK	1		36	96	
Zinc, Zn mg	5.40		2	PAK	1		4.59	12.25	
Copper, Cu mg	0.071		2	PAK	1		0.061	0.162	
Manganese, Mn mg	0.011	0.001	3	PAK	1		0.009	0.025	
Selenium, Se µg	34.4		2	PAK	1		29.2	78.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.068		2	PAK	1		0.058	0.155	
Riboflavin mg	0.185		2	PAK	1		0.157	0.419	
Niacin mg	5.939		2	PAK	1		5.048	13.482	
Pantothenic acid mg	0.647		0	BFPN	4		0.550	1.468	
Vitamin B-6 mg	0.432		2	PAK	1		0.367	0.980	
Folate, total µg	10		0	BFPN	4		9	23	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	10		0	BFPN	4		9	23	
Folate, DFE µg	10		0	NC	4		9	23	
Choline, total mg	125.1		0	BFPN	4		106.4	284.0	
Betaine mg	16.4		0	BFPN	4		14.0	37.3	
Vitamin B-12 µg	1.97		2	PAK	1		1.68	4.48	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.49		0	BFSN	4		0.41	1.11	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.7		0	BFSN	4		1.5	3.9	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13872

Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.766		0	NC	4		4.051	10.818	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.027		0	BFFN	4		0.023	0.061	
12:0....g	0.027		0	BFFN	4		0.023	0.061	
13:0....g									
14:0....g	0.373		0	BFFN	4		0.317	0.846	
15:0....g									
16:0....g	2.971		0	BFFN	4		2.526	6.745	
17:0....g									
18:0....g	1.368		0	BFFN	4		1.163	3.105	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.355		0	NC	4		4.552	12.156	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.530		0	BFFN	4		0.451	1.204	
17:1....g									
18:1 undifferentiated....g	4.806		0	BFFN	4		4.085	10.909	
20:1....g	0.019		0	BFFN	4		0.016	0.043	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.484		0	NC	4		0.411	1.099	
18:2 undifferentiated....g	0.333		0	BFFN	4		0.283	0.755	
18:3 undifferentiated....g	0.121		0	BFFN	4		0.103	0.275	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.030		0	BFFN	4		0.026	0.069	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	101		0	BFSN	4		86	230	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.216		0	PAK	1		0.184	0.490	
Threonine....g	1.312		0	PAK	1		1.115	2.979	
Isoleucine....g	1.495		0	PAK	1		1.270	3.393	
Leucine....g	2.613		0	PAK	1		2.221	5.932	
Lysine....g	2.776		0	PAK	1		2.360	6.302	
Methionine....g	0.855		0	PAK	1		0.727	1.942	
Cystine....g	0.424		0	PAK	1		0.360	0.962	
Phenylalanine....g	1.298		0	PAK	1		1.103	2.945	
Tyrosine....g	1.047		0	PAK	1		0.890	2.376	
Valine....g	1.630		0	PAK	1		1.385	3.700	
Arginine....g	2.124		0	PAK	1		1.806	4.822	
Histidine....g	1.048		0	PAK	1		0.891	2.380	
Alanine....g	1.997		0	PAK	1		1.698	4.534	
Aspartic acid....g	2.992		0	PAK	1		2.543	6.793	
Glutamic acid....g	4.932		0	PAK	1		4.192	11.195	
Glycine....g	2.000		0	PAK	1		1.700	4.541	
Proline....g	1.566		0	PAK	1		1.331	3.555	
Serine....g	1.294		0	PAK	1		1.100	2.937	
Hydroxyproline....g	0.345		0	BFPN	4		0.293	0.783	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13872

Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 227g: 1 steak (yield from 341 g raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13871

Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw

URMIS #2279

Refuse: 2% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	66.32	0.779	10	PAK	1		18.80	300.82	
Energy kcal	198		0	NC	4		56	898	
Energy kJ	829		0	NC	4		235	3759	
Protein (N x 6.25) g	20.71	0.294	10	PAK	1		5.87	93.95	
Total lipid (fat) g	12.15	0.995	10	PAK	1		3.44	55.12	
Ash g	1.02	0.031	10	PAK	1		0.29	4.61	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	16		2	PAK	1		4	71	
Iron, Fe mg	1.84		2	PAK	1		0.52	8.34	
Magnesium, Mg mg	22		2	PAK	1		6	100	
Phosphorus, P mg	197		2	PAK	1		56	894	
Potassium, K mg	319		2	PAK	1		90	1447	
Sodium, Na mg	53		2	PAK	1		15	240	
Zinc, Zn mg	3.80		2	PAK	1		1.08	17.22	
Copper, Cu mg	0.092		2	PAK	1		0.026	0.417	
Manganese, Mn mg	0.013	0.001	3	PAK	1		0.004	0.057	
Selenium, Se µg	25.0		2	PAK	1		7.1	113.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.079		2	PAK	1		0.022	0.360	
Riboflavin mg	0.143		2	PAK	1		0.040	0.647	
Niacin mg	6.294		2	PAK	1		1.784	28.549	
Pantothenic acid mg	0.605		0	BFPN	4		0.171	2.742	
Vitamin B-6 mg	0.611		2	BFPN	4		0.173	2.773	
Folate, total µg	11		0	BFPN	4		3	51	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	11		0	BFPN	4		3	51	
Folate, DFE µg	11		0	NC	4		3	51	
Choline, total mg	86.5		0	BFPN	4		24.5	392.4	
Betaine mg	12.7		0	BFPN	4		3.6	57.7	
Vitamin B-12 µg	1.76		2	PAK	1		0.50	7.96	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.36		0	BFSN	4		0.10	1.63	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.4		0	BFSN	4		0.4	6.5	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13871

Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.784		0	NC	4		1.356	21.700	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.039		0	BFFN	4		0.011	0.175	
12:0....g	0.027		0	BFFN	4		0.008	0.120	
13:0....g									
14:0....g	0.372		0	BFFN	4		0.105	1.688	
15:0....g									
16:0....g	2.919		0	BFFN	4		0.827	13.240	
17:0....g									
18:0....g	1.428		0	BFFN	4		0.405	6.477	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.251		0	NC	4		1.489	23.816	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.619		0	BFFN	4		0.175	2.806	
17:1....g									
18:1 undifferentiated....g	4.615		0	BFFN	4		1.308	20.934	
20:1....g	0.017		0	BFFN	4		0.005	0.077	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.464		0	NC	4		0.131	2.104	
18:2 undifferentiated....g	0.302		0	BFFN	4		0.086	1.370	
18:3 undifferentiated....g	0.138		0	BFFN	4		0.039	0.625	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.024		0	BFFN	4		0.007	0.109	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	75		0	BFSN	4		21	339	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.136		0	PAK	1		0.039	0.617	
Threonine....g	0.827		0	PAK	1		0.235	3.753	
Isoleucine....g	0.942		0	PAK	1		0.267	4.274	
Leucine....g	1.648		0	PAK	1		0.467	7.473	
Lysine....g	1.750		0	PAK	1		0.496	7.940	
Methionine....g	0.539		0	PAK	1		0.153	2.446	
Cystine....g	0.267		0	PAK	1		0.076	1.212	
Phenylalanine....g	0.818		0	PAK	1		0.232	3.711	
Tyrosine....g	0.660		0	PAK	1		0.187	2.994	
Valine....g	1.028		0	PAK	1		0.291	4.661	
Arginine....g	1.339		0	PAK	1		0.380	6.075	
Histidine....g	0.661		0	PAK	1		0.187	2.998	
Alanine....g	1.259		0	PAK	1		0.357	5.711	
Aspartic acid....g	1.887		0	PAK	1		0.535	8.557	
Glutamic acid....g	3.109		0	PAK	1		0.881	14.104	
Glycine....g	1.261		0	PAK	1		0.358	5.721	
Proline....g	0.987		0	PAK	1		0.280	4.479	
Serine....g	0.816		0	PAK	1		0.231	3.701	
Hydroxyproline....g	0.218		0	BFPN	4		0.062	0.987	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13871

Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13875

Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised

URMIS #1464

Refuse: 3% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	55.67	0.575	3	PAK	1		47.32	125.81	
Energy kcal	240		0	NC	4		204	543	
Energy kJ	1006		0	NC	4		855	2274	
Protein (N x 6.25) g	32.67	0.319	3	PAK	1		27.77	73.83	
Total lipid (fat) g	11.19	0.192	3	PAK	1		9.51	25.29	
Ash g	1.01	0.008	3	PAK	1		0.86	2.27	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	8		2	PAK	1		7	19	
Iron, Fe mg	2.64		2	PAK	1		2.25	5.97	
Magnesium, Mg mg	22		2	PAK	1		18	49	
Phosphorus, P mg	208		2	PAK	1		177	471	
Potassium, K mg	269		2	PAK	1		228	607	
Sodium, Na mg	43		2	PAK	1		37	98	
Zinc, Zn mg	5.58		2	PAK	1		4.74	12.61	
Copper, Cu mg	0.085		2	PAK	1		0.072	0.192	
Manganese, Mn mg	0.012	0.000	3	PAK	1		0.010	0.026	
Selenium, Se µg	32.6		2	PAK	1		27.7	73.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.082		2	PAK	1		0.070	0.186	
Riboflavin mg	0.164		2	PAK	1		0.139	0.371	
Niacin mg	5.512		2	PAK	1		4.685	12.457	
Pantothenic acid mg	0.645		0	BFPN	4		0.548	1.457	
Vitamin B-6 mg	0.429		2	PAK	1		0.365	0.969	
Folate, total µg	10		0	BFPN	4		9	23	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	10		0	BFPN	4		9	23	
Folate, DFE µg	10		0	NC	4		9	23	
Choline, total mg	124.4		0	BFPN	4		105.8	281.2	
Betaine mg	16.3		0	BFPN	4		13.9	36.9	
Vitamin B-12 µg	1.67		2	PAK	1		1.42	3.78	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.47		0	BFSN	4		0.40	1.07	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.7		0	BFSN	4		1.4	3.8	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13875

Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.247		0	NC	4		3.610	9.598	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.024		0	BFFN	4		0.020	0.054	
12:0....g	0.024		0	BFFN	4		0.020	0.054	
13:0....g									
14:0....g	0.332		0	BFFN	4		0.282	0.750	
15:0....g									
16:0....g	2.648		0	BFFN	4		2.251	5.984	
17:0....g									
18:0....g	1.219		0	BFFN	4		1.036	2.755	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.772		0	NC	4		4.056	10.785	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.473		0	BFFN	4		0.402	1.068	
17:1....g									
18:1 undifferentiated....g	4.283		0	BFFN	4		3.640	9.678	
20:1....g	0.017		0	BFFN	4		0.014	0.038	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.431		0	NC	4		0.367	0.975	
18:2 undifferentiated....g	0.297		0	BFFN	4		0.252	0.670	
18:3 undifferentiated....g	0.108		0	BFFN	4		0.092	0.244	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.027		0	BFFN	4		0.023	0.061	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	98		0	BFSN	4		84	222	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.194		0	NR	4		0.165	0.438	
Threonine....g	1.178		0	NR	4		1.001	2.662	
Isoleucine....g	1.342		0	NR	4		1.140	3.032	
Leucine....g	2.346		0	NR	4		1.994	5.302	
Lysine....g	2.492		0	NR	4		2.118	5.633	
Methionine....g	0.768		0	NR	4		0.653	1.736	
Cystine....g	0.381		0	NR	4		0.323	0.860	
Phenylalanine....g	1.165		0	NR	4		0.990	2.633	
Tyrosine....g	0.940		0	NR	4		0.799	2.124	
Valine....g	1.463		0	NR	4		1.244	3.306	
Arginine....g	1.907		0	NR	4		1.621	4.310	
Histidine....g	0.941		0	NR	4		0.800	2.127	
Alanine....g	1.793		0	NR	4		1.524	4.052	
Aspartic acid....g	2.686		0	NR	4		2.283	6.071	
Glutamic acid....g	4.427		0	NR	4		3.763	10.005	
Glycine....g	1.796		0	NR	4		1.526	4.058	
Proline....g	1.406		0	NR	4		1.195	3.177	
Serine....g	1.162		0	NR	4		0.987	2.625	
Hydroxyproline....g	0.310		0	BFPN	4		0.263	0.700	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13875

Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 226g: 1 steak (yield from raw steak weighing 340g)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13874

Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw

URMIS #1464

Refuse: 3% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	67.44	0.857	10	PAK	1		57.33	210.42	
Energy kcal	187		0	NC	4		159	583	
Energy kJ	782		0	NC	4		665	2440	
Protein (N x 6.25) g	20.68	0.286	10	PAK	1		17.58	64.53	
Total lipid (fat) g	10.93	0.946	10	PAK	1		9.29	34.10	
Ash g	0.99	0.019	10	PAK	1		0.85	3.10	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	23		2	PAK	1		20	73	
Iron, Fe mg	1.63		2	PAK	1		1.39	5.10	
Magnesium, Mg mg	22		2	PAK	1		19	70	
Phosphorus, P mg	201		2	PAK	1		171	627	
Potassium, K mg	335		2	PAK	1		285	1045	
Sodium, Na mg	60		2	PAK	1		51	186	
Zinc, Zn mg	3.85		2	PAK	1		3.27	12.01	
Copper, Cu mg	0.089		2	PAK	1		0.076	0.278	
Manganese, Mn mg	0.013		3	PAK	1		0.011	0.039	
Selenium, Se µg	24.7		2	PAK	1		21.0	77.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.084		2	PAK	1		0.071	0.262	
Riboflavin mg	0.110		2	PAK	1		0.094	0.343	
Niacin mg	6.071		2	PAK	1		5.161	18.942	
Pantothenic acid mg	0.586		0	BFPN	4		0.498	1.828	
Vitamin B-6 mg	0.615		2	BFPN	4		0.522	1.918	
Folate, total µg	11		0	BFPN	4		9	34	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	11		0	BFPN	4		9	34	
Folate, DFE µg	11		0	NC	4		9	34	
Choline, total mg	86.4		0	BFPN	4		73.4	269.5	
Betaine mg	12.7		0	BFPN	4		10.8	39.6	
Vitamin B-12 µg	1.23		2	PAK	1		1.05	3.84	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.35		0	BFSN	4		0.29	1.08	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.4		0	BFSN	4		1.2	4.3	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13874

Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.303		0	NC	4		3.658	13.426	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.035		0	BFFN	4		0.029	0.108	
12:0....g	0.024		0	BFFN	4		0.020	0.075	
13:0....g									
14:0....g	0.335		0	BFFN	4		0.284	1.044	
15:0....g									
16:0....g	2.625		0	BFFN	4		2.232	8.191	
17:0....g									
18:0....g	1.284		0	BFFN	4		1.092	4.007	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.723		0	NC	4		4.014	14.735	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.556		0	BFFN	4		0.473	1.736	
17:1....g									
18:1 undifferentiated....g	4.151		0	BFFN	4		3.528	12.951	
20:1....g	0.015		0	BFFN	4		0.013	0.047	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.417		0	NC	4		0.355	1.301	
18:2 undifferentiated....g	0.272		0	BFFN	4		0.231	0.847	
18:3 undifferentiated....g	0.124		0	BFFN	4		0.105	0.386	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.022		0	BFFN	4		0.018	0.068	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	72		0	BFSN	4		61	225	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.136		0	PAK	1		0.116	0.424	
Threonine....g	0.826		0	PAK	1		0.702	2.578	
Isoleucine....g	0.941		0	PAK	1		0.800	2.936	
Leucine....g	1.645		0	PAK	1		1.399	5.133	
Lysine....g	1.748		0	PAK	1		1.486	5.454	
Methionine....g	0.539		0	PAK	1		0.458	1.680	
Cystine....g	0.267		0	PAK	1		0.227	0.833	
Phenylalanine....g	0.817		0	PAK	1		0.694	2.549	
Tyrosine....g	0.659		0	PAK	1		0.560	2.056	
Valine....g	1.026		0	PAK	1		0.872	3.201	
Arginine....g	1.337		0	PAK	1		1.137	4.173	
Histidine....g	0.660		0	PAK	1		0.561	2.059	
Alanine....g	1.257		0	PAK	1		1.069	3.923	
Aspartic acid....g	1.884		0	PAK	1		1.601	5.878	
Glutamic acid....g	3.105		0	PAK	1		2.639	9.688	
Glycine....g	1.259		0	PAK	1		1.071	3.929	
Proline....g	0.986		0	PAK	1		0.838	3.076	
Serine....g	0.815		0	PAK	1		0.693	2.542	
Hydroxyproline....g	0.217		0	BFPN	4		0.185	0.678	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13874

Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 312g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13407

Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised

Cube Steak

Refuse: 4% Bone and connective tissue, 1.8%, separable fat, 1.8%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	58.09	0.432	20	A	1		49.37	107.46	
Energy kcal	214		0	NC	4		182	397	
Energy kJ	897		0	NC	4		762	1659	
Protein (N x 6.25) g	34.00	0.478	20	A	1		28.90	62.91	
Total lipid (fat) g	7.67	0.422	20	A	1		6.52	14.18	
Ash g	1.01	0.046	20	A	1		0.86	1.87	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	7		0	BFNN	4		6	13	
Iron, Fe mg	2.83		0	BFNN	4		2.41	5.24	
Magnesium, Mg mg	23		0	BFNN	4		19	42	
Phosphorus, P mg	214		0	BFNN	4		182	396	
Potassium, K mg	278		0	BFNN	4		236	514	
Sodium, Na mg	44		0	BFNN	4		38	82	
Zinc, Zn mg	5.82		0	BFNN	4		4.95	10.77	
Copper, Cu mg	0.084		0	BFNN	4		0.071	0.155	
Manganese, Mn mg	0.012		0	BFNN	4		0.010	0.022	
Selenium, Se µg	38.3		0	BFNN	4		32.5	70.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.077		0	BFPN	4		0.065	0.142	
Riboflavin mg	0.192		0	BFPN	4		0.163	0.355	
Niacin mg	6.109		0	BFPN	4		5.192	11.301	
Pantothenic acid mg	0.669		0	BFPN	4		0.569	1.238	
Vitamin B-6 mg	0.456		0	BFPN	4		0.388	0.844	
Folate, total µg	11		0	BFPN	4		10	21	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	11		0	BFPN	4		10	21	
Folate, DFE µg	11		0	NC	4		10	21	
Choline, total mg	129.5		0	BFPN	4		110.1	239.6	
Betaine mg	17.0		0	BFPN	4		14.5	31.5	
Vitamin B-12 µg	1.88		0	BFPN	4		1.59	3.47	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.45		0	BFSN	4		0.38	0.83	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.2	
Vitamin D IU	5		0	BFFN	4		4	9	
Vitamin K (phylloquinone) µg	1.6		0	BFSN	4		1.4	2.9	
Dihydrophylloquinone µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4 µg									

NDB No. 13407

Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.675		0	NC	4		2.274	4.948	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.000		0	BFFN	4		0.000	0.000	
13:0....g									
14:0....g	0.198		0	BFFN	4		0.168	0.366	
15:0....g									
16:0....g	1.656		0	BFFN	4		1.407	3.063	
17:0....g									
18:0....g	0.821		0	BFFN	4		0.698	1.520	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.231		0	NC	4		2.746	5.977	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.299		0	BFFN	4		0.254	0.553	
17:1....g									
18:1 undifferentiated....g	2.932		0	BFFN	4		2.492	5.424	
20:1....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.286		0	NC	4		0.243	0.530	
18:2 undifferentiated....g	0.223		0	BFFN	4		0.190	0.413	
18:3 undifferentiated....g	0.021		0	BFFN	4		0.018	0.039	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.042		0	BFFN	4		0.036	0.078	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	93		0	BFSN	4		79	172	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.223		0	A	1		0.190	0.413	
Threonine....g	1.358		0	A	1		1.155	2.513	
Isoleucine....g	1.547		0	A	1		1.315	2.862	
Leucine....g	2.705		0	A	1		2.299	5.004	
Lysine....g	2.874		0	A	1		2.443	5.316	
Methionine....g	0.886		0	A	1		0.753	1.638	
Cystine....g	0.439		0	A	1		0.373	0.812	
Phenylalanine....g	1.343		0	A	1		1.142	2.485	
Tyrosine....g	1.084		0	A	1		0.921	2.005	
Valine....g	1.687		0	A	1		1.434	3.121	
Arginine....g	2.199		0	A	1		1.869	4.068	
Histidine....g	1.085		0	A	1		0.922	2.008	
Alanine....g	2.067		0	A	1		1.757	3.824	
Aspartic acid....g	3.097		0	A	1		2.633	5.730	
Glutamic acid....g	5.105		0	A	1		4.339	9.444	
Glycine....g	2.071		0	A	1		1.760	3.831	
Proline....g	1.621		0	A	1		1.378	2.999	
Serine....g	1.339		0	A	1		1.139	2.478	
Hydroxyproline....g	0.357		0	BFPN	4		0.304	0.661	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13407

Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 185g: 1 steak (yield from 290 g raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13410

Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised

Cube Steak, URMIS #2279

Refuse: 2% Bone and connective tissue 1%, sep fat 1%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	57.36	0.489	10	A	1		48.75	109.55	
Energy kcal	223		0	NC	4		189	425	
Energy kJ	932		0	NC	4		792	1780	
Protein (N x 6.25) g	33.08	0.618	10	A	1		28.12	63.18	
Total lipid (fat) g	9.03	0.556	10	A	1		7.68	17.25	
Ash g	1.02	0.076	10	A	1		0.87	1.95	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	7		0	BFNN	4		6	13	
Iron, Fe mg	2.93		0	BFNN	4		2.49	5.59	
Magnesium, Mg mg	22		0	BFNN	4		19	43	
Phosphorus, P mg	209		0	BFNN	4		178	400	
Potassium, K mg	271		0	BFNN	4		230	517	
Sodium, Na mg	43		0	BFNN	4		37	83	
Zinc, Zn mg	5.79		0	BFNN	4		4.92	11.05	
Copper, Cu mg	0.078		0	BFNN	4		0.066	0.148	
Manganese, Mn mg	0.011		0	BFNN	4		0.009	0.021	
Selenium, Se µg	37.8		0	BFNN	4		32.1	72.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.069		0	BFPN	4		0.059	0.132	
Riboflavin mg	0.207		0	BFPN	4		0.176	0.395	
Niacin mg	6.356		0	BFPN	4		5.402	12.139	
Pantothenic acid mg	0.650		0	BFPN	4		0.552	1.241	
Vitamin B-6 mg	0.462		0	BFPN	4		0.392	0.882	
Folate, total µg	11		0	BFPN	4		9	21	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	11		0	BFPN	4		9	21	
Folate, DFE µg	11		0	NC	4		9	21	
Choline, total mg	126.0		0	BFPN	4		107.1	240.6	
Betaine mg	16.6		0	BFPN	4		14.1	31.6	
Vitamin B-12 µg	1.95		0	BFPN	4		1.66	3.73	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.45		0	BFSN	4		0.39	0.87	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.6		0	BFSN	4		1.4	3.1	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13410

Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.152		0	NC	4		2.679	6.019	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.000		0	BFFN	4		0.000	0.000	
13:0....g									
14:0....g	0.233		0	BFFN	4		0.198	0.445	
15:0....g									
16:0....g	1.951		0	BFFN	4		1.658	3.725	
17:0....g									
18:0....g	0.968		0	BFFN	4		0.823	1.848	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.807		0	NC	4		3.236	7.271	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.352		0	BFFN	4		0.299	0.673	
17:1....g									
18:1 undifferentiated....g	3.454		0	BFFN	4		2.936	6.598	
20:1....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.337		0	NC	4		0.287	0.644	
18:2 undifferentiated....g	0.263		0	BFFN	4		0.224	0.502	
18:3 undifferentiated....g	0.025		0	BFFN	4		0.021	0.047	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.050		0	BFFN	4		0.042	0.095	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	95		0	BFSN	4		80	181	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.217		0	A	1		0.185	0.415	
Threonine....g	1.321		0	A	1		1.123	2.524	
Isoleucine....g	1.505		0	A	1		1.279	2.874	
Leucine....g	2.631		0	A	1		2.237	5.026	
Lysine....g	2.796		0	A	1		2.376	5.340	
Methionine....g	0.861		0	A	1		0.732	1.645	
Cystine....g	0.427		0	A	1		0.363	0.815	
Phenylalanine....g	1.307		0	A	1		1.111	2.496	
Tyrosine....g	1.054		0	A	1		0.896	2.013	
Valine....g	1.641		0	A	1		1.395	3.134	
Arginine....g	2.139		0	A	1		1.818	4.085	
Histidine....g	1.056		0	A	1		0.897	2.016	
Alanine....g	2.011		0	A	1		1.709	3.841	
Aspartic acid....g	3.013		0	A	1		2.561	5.755	
Glutamic acid....g	4.966		0	A	1		4.221	9.485	
Glycine....g	2.014		0	A	1		1.712	3.847	
Proline....g	1.577		0	A	1		1.340	3.012	
Serine....g	1.303		0	A	1		1.108	2.489	
Hydroxyproline....g	0.348		0	BFPN	4		0.295	0.664	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13410

Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 191g: 1 steak (yield from 299 g raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13413

Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, braised

Cube Steak, URMIS #1464

Refuse: 5% Bone and connective tissue 3%, sep fat 2%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	58.82	0.656	10	A	1		49.99	105.28	
Energy kcal	206		0	NC	4		175	369	
Energy kJ	862		0	NC	4		733	1543	
Protein (N x 6.25) g	34.93	0.626	10	A	1		29.69	62.52	
Total lipid (fat) g	6.30	0.164	10	A	1		5.36	11.28	
Ash g	1.01	0.055	10	A	1		0.85	1.80	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	7		0	BFNN	4		6	13	
Iron, Fe mg	2.85		0	BFNN	4		2.42	5.10	
Magnesium, Mg mg	23		0	BFNN	4		20	42	
Phosphorus, P mg	222		0	BFNN	4		189	397	
Potassium, K mg	289		0	BFNN	4		246	517	
Sodium, Na mg	46		0	BFNN	4		39	82	
Zinc, Zn mg	5.97		0	BFNN	4		5.07	10.68	
Copper, Cu mg	0.096		0	BFNN	4		0.082	0.172	
Manganese, Mn mg	0.013		0	BFNN	4		0.011	0.023	
Selenium, Se µg	43.3		0	BFNN	4		36.8	77.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.084		0	BFPN	4		0.071	0.150	
Riboflavin mg	0.189		0	BFPN	4		0.161	0.338	
Niacin mg	6.007		0	BFPN	4		5.106	10.753	
Pantothenic acid mg	0.688		0	BFPN	4		0.585	1.232	
Vitamin B-6 mg	0.461		0	BFPN	4		0.392	0.824	
Folate, total µg	12		0	BFPN	4		10	21	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	12		0	BFPN	4		10	21	
Folate, DFE µg	12		0	NC	4		10	21	
Choline, total mg	133.0		0	BFPN	4		113.1	238.1	
Betaine mg	17.5		0	BFPN	4		14.9	31.3	
Vitamin B-12 µg	1.80		0	BFPN	4		1.53	3.21	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.44		0	BFSN	4		0.37	0.79	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.6		0	BFSN	4		1.3	2.8	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13413

Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.198		0	NC	4		1.869	3.935	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.000		0	BFFN	4		0.000	0.000	
13:0....g									
14:0....g	0.163		0	BFFN	4		0.138	0.291	
15:0....g									
16:0....g	1.361		0	BFFN	4		1.157	2.435	
17:0....g									
18:0....g	0.675		0	BFFN	4		0.574	1.208	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.655		0	NC	4		2.257	4.753	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.246		0	BFFN	4		0.209	0.440	
17:1....g									
18:1 undifferentiated....g	2.410		0	BFFN	4		2.048	4.313	
20:1....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.235		0	NC	4		0.200	0.421	
18:2 undifferentiated....g	0.183		0	BFFN	4		0.156	0.328	
18:3 undifferentiated....g	0.017		0	BFFN	4		0.015	0.031	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.035		0	BFFN	4		0.029	0.062	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	91		0	BFSN	4		78	163	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.230		0	A	1		0.195	0.411	
Threonine....g	1.395		0	A	1		1.186	2.498	
Isoleucine....g	1.589		0	A	1		1.351	2.845	
Leucine....g	2.779		0	A	1		2.362	4.974	
Lysine....g	2.952		0	A	1		2.509	5.284	
Methionine....g	0.910		0	A	1		0.773	1.628	
Cystine....g	0.451		0	A	1		0.383	0.807	
Phenylalanine....g	1.380		0	A	1		1.173	2.470	
Tyrosine....g	1.113		0	A	1		0.946	1.992	
Valine....g	1.733		0	A	1		1.473	3.102	
Arginine....g	2.259		0	A	1		1.920	4.043	
Histidine....g	1.115		0	A	1		0.948	1.995	
Alanine....g	2.124		0	A	1		1.805	3.801	
Aspartic acid....g	3.182		0	A	1		2.704	5.695	
Glutamic acid....g	5.244		0	A	1		4.457	9.386	
Glycine....g	2.127		0	A	1		1.808	3.807	
Proline....g	1.665		0	A	1		1.415	2.981	
Serine....g	1.376		0	A	1		1.170	2.463	
Hydroxyproline....g	0.367		0	BFPN	4		0.312	0.657	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13413

Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 179g: 1 steak (yield from 281 g raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23605

Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised

Refuse: 11% Bone and connective tissue, 4.78%, separable fat, 6.51%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	57.54	0.546	20	A	1		16.31	261.00	
Energy kcal	216		0	NC	4		61	981	
Energy kJ	905		0	NC	4		257	4105	
Protein (N x 6.25) g	34.34	0.286	20	A	1		9.74	155.78	
Total lipid (fat) g	7.73	0.459	20	A	1		2.19	35.05	
Ash g	1.02	0.033	20	A	1		0.29	4.61	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	7	0.434	5	A	1		2	32	
Iron, Fe mg	2.87	0.105	5	A	1		0.81	13.04	
Magnesium, Mg mg	23	0.478	5	A	1		6	104	
Phosphorus, P mg	217	3.825	5	A	1		62	984	
Potassium, K mg	282	3.829	5	A	1		80	1277	
Sodium, Na mg	45	1.107	5	A	1		13	204	
Zinc, Zn mg	5.90	0.108	5	A	1		1.67	26.78	
Copper, Cu mg	0.085	0.012	5	A	1		0.024	0.386	
Manganese, Mn mg	0.012	0.000	5	A	1		0.003	0.055	
Selenium, Se µg	38.8	5.652	5	A	1		11.0	176.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.078	0.005	5	A	1		0.022	0.352	
Riboflavin mg	0.194	0.012	5	A	1		0.055	0.879	
Niacin mg	6.169	0.245	5	A	1		1.749	27.984	
Pantothenic acid mg	0.676		0	BFPN	4		0.192	3.065	
Vitamin B-6 mg	0.461	0.023	5	A	1		0.131	2.090	
Folate, total µg	11		0	BFPN	4		3	52	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	11		0	BFPN	4		3	52	
Folate, DFE µg	11		0	NC	4		3	52	
Choline, total mg	130.8		0	BFPN	4		37.1	593.3	
Betaine mg	17.2		0	BFPN	4		4.9	77.9	
Vitamin B-12 µg	1.89	0.105	4	A	1		0.54	8.58	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.45		0	BFSN	4		0.13	2.05	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.0	0.6	
Vitamin D IU	5		0	BFFN	4		1	23	
Vitamin K (phylloquinone) µg	1.6		0	BFSN	4		0.5	7.3	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23605

Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.663		0	NC	4		0.755	12.078	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.000		0	BFFN	4		0.000	0.000	
13:0....g									
14:0....g	0.188		0	BFFN	4		0.053	0.851	
15:0....g									
16:0....g	1.663		0	BFFN	4		0.471	7.543	
17:0....g									
18:0....g	0.812		0	BFFN	4		0.230	3.683	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.230		0	NC	4		0.916	14.650	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.304		0	BFFN	4		0.086	1.379	
17:1....g									
18:1 undifferentiated....g	2.924		0	BFFN	4		0.829	13.262	
20:1....g	0.002		0	BFFN	4		0.001	0.009	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.331		0	NC	4		0.094	1.502	
18:2 undifferentiated....g	0.243		0	BFFN	4		0.069	1.101	
18:3 undifferentiated....g	0.022		0	BFFN	4		0.006	0.102	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.047		0	BFFN	4		0.013	0.213	
20:5 n-3 (EPA)....g	0.003		18	AR	1		0.001	0.014	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.015		18	AR	1		0.004	0.068	
22:6 n-3 (DHA)....g	0.001		18	AR	1		0.000	0.005	
Fatty acids, total trans....g									
Cholesterol....mg	94		0	BFSN	4		27	427	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.226		0	A	1		0.064	1.024	
Threonine....g	1.372		0	A	1		0.389	6.223	
Isoleucine....g	1.562		0	A	1		0.443	7.087	
Leucine....g	2.732		0	A	1		0.774	12.392	
Lysine....g	2.902		0	A	1		0.823	13.165	
Methionine....g	0.894		0	A	1		0.254	4.057	
Cystine....g	0.443		0	A	1		0.126	2.010	
Phenylalanine....g	1.356		0	A	1		0.385	6.153	
Tyrosine....g	1.094		0	A	1		0.310	4.964	
Valine....g	1.704		0	A	1		0.483	7.728	
Arginine....g	2.221		0	A	1		0.630	10.073	
Histidine....g	1.096		0	A	1		0.311	4.971	
Alanine....g	2.088		0	A	1		0.592	9.470	
Aspartic acid....g	3.128		0	A	1		0.887	14.189	
Glutamic acid....g	5.156		0	A	1		1.462	23.385	
Glycine....g	2.091		0	A	1		0.593	9.485	
Proline....g	1.637		0	A	1		0.464	7.426	
Serine....g	1.353		0	A	1		0.384	6.136	
Hydroxyproline....g	0.361		0	BFPN	4		0.102	1.637	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 23605

Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23622

Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised

URMIS #2279

Refuse: 11% Bone and connective tissue 5.23%, separable fat 5.81%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	56.44	0.909	10	A	1		16.00	256.02	
Energy kcal	228		0	NC	4		64	1032	
Energy kJ	952		0	NC	4		270	4318	
Protein (N x 6.25) g	34.22	0.479	10	A	1		9.70	155.23	
Total lipid (fat) g	9.02	0.694	10	A	1		2.56	40.92	
Ash g	0.98	0.062	10	A	1		0.28	4.45	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	7	0.904	3	A	1		2	32	
Iron, Fe mg	3.01	0.225	3	A	1		0.85	13.64	
Magnesium, Mg mg	23	1.033	3	A	1		7	104	
Phosphorus, P mg	215	6.821	3	A	1		61	976	
Potassium, K mg	278	4.041	3	A	1		79	1261	
Sodium, Na mg	45	0.846	3	A	1		13	202	
Zinc, Zn mg	5.95	0.254	3	A	1		1.69	26.98	
Copper, Cu mg	0.080	0.016	3	A	1		0.023	0.362	
Manganese, Mn mg	0.012	0.001	3	A	1		0.003	0.052	
Selenium, Se µg	38.8	7.700	3	A	1		11.0	176.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.071	0.002	3	A	1		0.020	0.323	
Riboflavin mg	0.214	0.020	3	A	1		0.061	0.970	
Niacin mg	6.575	0.318	3	A	1		1.864	29.825	
Pantothenic acid mg	0.672		0	BFPN	4		0.191	3.049	
Vitamin B-6 mg	0.478	0.037	3	A	1		0.135	2.166	
Folate, total µg	11		0	BFPN	4		3	52	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	11		0	BFPN	4		3	52	
Folate, DFE µg	11		0	NC	4		3	52	
Choline, total mg	130.3		0	BFPN	4		37.0	591.2	
Betaine mg	17.1		0	BFPN	4		4.9	77.7	
Vitamin B-12 µg	2.02	0.055	3	A	1		0.57	9.16	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.46		0	BFSN	4		0.13	2.11	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.0	0.7	
Vitamin D IU	6		0	BFFN	4		2	27	
Vitamin K (phylloquinone) µg	1.7		0	BFSN	4		0.5	7.5	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23622

Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.109		0	NC	4		0.881	14.102	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.000		0	BFFN	4		0.000	0.000	
13:0....g									
14:0....g	0.219		0	BFFN	4		0.062	0.994	
15:0....g									
16:0....g	1.942		0	BFFN	4		0.550	8.807	
17:0....g									
18:0....g	0.948		0	BFFN	4		0.269	4.301	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.771		0	NC	4		1.069	17.106	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.355		0	BFFN	4		0.101	1.610	
17:1....g									
18:1 undifferentiated....g	3.414		0	BFFN	4		0.968	15.485	
20:1....g	0.002		0	BFFN	4		0.001	0.010	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.383		0	NC	4		0.109	1.739	
18:2 undifferentiated....g	0.284		0	BFFN	4		0.080	1.286	
18:3 undifferentiated....g	0.026		0	BFFN	4		0.007	0.119	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.055		0	BFFN	4		0.016	0.248	
20:5 n-3 (EPA)....g	0.003		18	AR	1		0.001	0.014	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.015		18	AR	1		0.004	0.068	
22:6 n-3 (DHA)....g	0.001		18	AR	1		0.000	0.005	
Fatty acids, total trans....g									
Cholesterol....mg	97		0	BFSN	4		27	438	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.225		0	A	1		0.064	1.020	
Threonine....g	1.367		0	A	1		0.388	6.201	
Isoleucine....g	1.557		0	A	1		0.441	7.062	
Leucine....g	2.722		0	A	1		0.772	12.348	
Lysine....g	2.892		0	A	1		0.820	13.119	
Methionine....g	0.891		0	A	1		0.253	4.042	
Cystine....g	0.442		0	A	1		0.125	2.003	
Phenylalanine....g	1.352		0	A	1		0.383	6.131	
Tyrosine....g	1.091		0	A	1		0.309	4.947	
Valine....g	1.698		0	A	1		0.481	7.701	
Arginine....g	2.213		0	A	1		0.627	10.038	
Histidine....g	1.092		0	A	1		0.310	4.954	
Alanine....g	2.081		0	A	1		0.590	9.437	
Aspartic acid....g	3.117		0	A	1		0.884	14.140	
Glutamic acid....g	5.138		0	A	1		1.456	23.304	
Glycine....g	2.084		0	A	1		0.591	9.452	
Proline....g	1.631		0	A	1		0.463	7.400	
Serine....g	1.348		0	A	1		0.382	6.115	
Hydroxyproline....g	0.360		0	BFPN	4		0.102	1.631	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 23622

Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23593

Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, braised

URMIS #1464

Refuse: 12% Bone and connective tissue 4.61%, separable fat 7.21%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	58.64	0.404	10	A	1		16.62	265.98	
Energy kcal	205		0	NC	4		58	931	
Energy kJ	858		0	NC	4		243	3894	
Protein (N x 6.25) g	34.46	0.337	10	A	1		9.77	156.32	
Total lipid (fat) g	6.43	0.187	10	A	1		1.82	29.18	
Ash g	1.05	0.026	10	A	1		0.30	4.77	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	7	0.416	3	A	1		2	33	
Iron, Fe mg	2.85	0.089	3	A	1		0.81	12.94	
Magnesium, Mg mg	23	0.328	3	A	1		7	106	
Phosphorus, P mg	222	2.404	3	A	1		63	1009	
Potassium, K mg	289	6.984	3	A	1		82	1312	
Sodium, Na mg	46	1.908	3	A	1		13	208	
Zinc, Zn mg	5.98	0.068	3	A	1		1.69	27.11	
Copper, Cu mg	0.096	0.014	3	A	1		0.027	0.437	
Manganese, Mn mg	0.013	0.000	3	A	1		0.004	0.057	
Selenium, Se µg	43.3	9.563	3	A	1		12.3	196.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.082	0.007	3	A	1		0.023	0.374	
Riboflavin mg	0.187	0.017	3	A	1		0.053	0.846	
Niacin mg	5.927	0.358	3	A	1		1.680	26.884	
Pantothenic acid mg	0.679		0	BFPN	4		0.193	3.080	
Vitamin B-6 mg	0.455	0.029	3	A	1		0.129	2.062	
Folate, total µg	12		0	BFPN	4		3	52	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	12		0	BFPN	4		3	52	
Folate, DFE µg	12		0	NC	4		3	52	
Choline, total mg	131.3		0	BFPN	4		37.2	595.4	
Betaine mg	17.2		0	BFPN	4		4.9	78.2	
Vitamin B-12 µg	1.77	0.074	3	A	1		0.50	8.03	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.44		0	BFSN	4		0.12	2.00	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.6		0	BFSN	4		0.4	7.1	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23593

Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.216		0	NC	4		0.628	10.053	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.000		0	BFFN	4		0.000	0.000	
13:0....g									
14:0....g	0.156		0	BFFN	4		0.044	0.709	
15:0....g									
16:0....g	1.384		0	BFFN	4		0.392	6.279	
17:0....g									
18:0....g	0.676		0	BFFN	4		0.192	3.066	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.688		0	NC	4		0.762	12.195	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.253		0	BFFN	4		0.072	1.148	
17:1....g									
18:1 undifferentiated....g	2.434		0	BFFN	4		0.690	11.040	
20:1....g	0.002		0	BFFN	4		0.000	0.007	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.260		0	NC	4		0.074	1.178	
18:2 undifferentiated....g	0.202		0	BFFN	4		0.057	0.917	
18:3 undifferentiated....g	0.019		0	BFFN	4		0.005	0.084	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.039		0	BFFN	4		0.011	0.177	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	92		0	BFSN	4		26	416	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.226		0	A	1		0.064	1.027	
Threonine....g	1.377		0	A	1		0.390	6.245	
Isoleucine....g	1.568		0	A	1		0.444	7.112	
Leucine....g	2.741		0	A	1		0.777	12.435	
Lysine....g	2.912		0	A	1		0.826	13.211	
Methionine....g	0.897		0	A	1		0.254	4.071	
Cystine....g	0.445		0	A	1		0.126	2.017	
Phenylalanine....g	1.361		0	A	1		0.386	6.174	
Tyrosine....g	1.098		0	A	1		0.311	4.981	
Valine....g	1.710		0	A	1		0.485	7.755	
Arginine....g	2.228		0	A	1		0.632	10.108	
Histidine....g	1.100		0	A	1		0.312	4.989	
Alanine....g	2.095		0	A	1		0.594	9.503	
Aspartic acid....g	3.139		0	A	1		0.890	14.239	
Glutamic acid....g	5.174		0	A	1		1.467	23.467	
Glycine....g	2.098		0	A	1		0.595	9.518	
Proline....g	1.643		0	A	1		0.466	7.452	
Serine....g	1.358		0	A	1		0.385	6.158	
Hydroxyproline....g	0.362		0	BFPN	4		0.103	1.642	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 23593

Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13415

Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted

Eye of Round Roast

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	65.05		0	O	4		55.29	225.07	216.62
Energy kcal	167		0	NC	4		142	577	556
Energy kJ	698		0	NC	4		593	2415	2324
Protein (N x 6.25) g	29.66		0	O	4		25.21	102.62	98.77
Total lipid (fat) g	4.46		0	O	4		3.79	15.43	14.85
Ash g	1.21		0	O	4		1.03	4.19	4.03
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total g	0.00		0	Z	7		0.00	0.00	0.00
Starch g									
Minerals:									
Calcium, Ca mg	16		0	BFYN	4		14	56	54
Iron, Fe mg	1.84		0	BFYN	4		1.56	6.36	6.12
Magnesium, Mg mg	15		0	BFYN	4		13	52	50
Phosphorus, P mg	279		0	BFYN	4		237	966	929
Potassium, K mg	401		0	BFYN	4		341	1388	1336
Sodium, Na mg	67		0	BFYN	4		57	230	221
Zinc, Zn mg	4.30		0	BFYN	4		3.65	14.87	14.31
Copper, Cu mg	0.053		0	BFYN	4		0.045	0.184	0.177
Manganese, Mn mg	0.002		0	BFYN	4		0.001	0.006	0.005
Selenium, Se µg	28.4		0	BFYN	4		24.1	98.3	94.6
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.080		0	BFYN	4		0.068	0.276	0.266
Riboflavin mg	0.232		0	BFYN	4		0.197	0.801	0.771
Niacin mg	8.464		0	BFYN	4		7.194	29.286	28.185
Pantothenic acid mg	0.448		0	BFYN	4		0.381	1.549	1.491
Vitamin B-6 mg	0.811		0	BFYN	4		0.690	2.807	2.702
Folate, total µg	5		0	BFYN	4		4	16	16
Folic acid µg	0		0	BFYN	4		0	0	0
Folate, food µg	5		0	BFYN	4		4	16	16
Folate, DFE µg	5		0	NC	4		4	16	16
Choline, total mg	81.0		0	BFYN	4		68.9	280.4	269.9
Betaine mg	13.9		0	BFYN	4		11.8	48.0	46.1
Vitamin B-12 µg	2.32		0	BFYN	4		1.97	8.02	7.72
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	4		0	BFYN	4		4	14	14
Retinol µg	4		0	BFYN	4		4	14	14
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	14		0	BFYN	4		12	48	46
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.30		0	BFYN	4		0.25	1.04	1.00
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	0.00
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	AS	1		0.0	0.1	0.1
Vitamin D IU	1		0	BFFN	4		1	5	4
Vitamin K (phylloquinone) µg	1.3		0	BFSN	4		1.1	4.5	4.3
Dihydrophylloquinone µg	0.0		0	Z	7		0.0	0.0	0.0
Menaquinone-4 µg									

NDB No. 13415

Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.615		0	BFYN	4		1.373	5.588	5.378
4:0....g	0.000		0	Z	7		0.000	0.000	0.000
6:0....g	0.000		0	Z	7		0.000	0.000	0.000
8:0....g	0.000		0	Z	7		0.000	0.000	0.000
10:0....g	0.004		0	BFYN	4		0.004	0.015	0.015
12:0....g	0.003		0	BFYN	4		0.003	0.011	0.010
13:0....g									
14:0....g	0.106		0	BFYN	4		0.090	0.366	0.352
15:0....g	0.017		0	BFYN	4		0.015	0.060	0.058
16:0....g	0.929		0	BFYN	4		0.790	3.216	3.095
17:0....g	0.044		0	BFYN	4		0.038	0.154	0.148
18:0....g	0.504		0	BFYN	4		0.428	1.744	1.678
20:0....g	0.003		0	BFYN	4		0.003	0.011	0.010
22:0....g									
24:0....g	0.004		0	BFYN	4		0.003	0.012	0.012
Fatty acids, total monounsaturated....g	1.876		0	BFYN	4		1.595	6.491	6.247
14:1....g	0.032		0	BFYN	4		0.027	0.110	0.106
15:1....g									
16:1 undifferentiated....g	0.146		0	BFYN	4		0.124	0.507	0.488
16:1 c....g	0.133		0	BFYN	4		0.113	0.462	0.444
16:1 t....g	0.013		0	BFYN	4		0.011	0.045	0.043
17:1....g	0.036		0	BFYN	4		0.030	0.123	0.118
18:1 undifferentiated....g	1.651		0	BFYN	4		1.404	5.713	5.499
18:1 c....g	1.471		0	BFYN	4		1.251	5.091	4.900
18:1 t....g	0.180		0	BFYN	4		0.153	0.622	0.599
18:1-11 t (18:1t n-7)....g									
20:1....g	0.011		0	BFYN	4		0.009	0.038	0.036
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.317		0	BFYN	4		0.269	1.096	1.055
18:2 undifferentiated....g	0.225		0	BFYN	4		0.192	0.780	0.750
18:2 n-6 c,c....g	0.185		0	BFYN	4		0.157	0.639	0.615
18:2 CLAs....g	0.019		0	BFYN	4		0.016	0.067	0.064
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.021		0	BFYN	4		0.018	0.073	0.070
18:3 undifferentiated....g	0.009		0	BFYN	4		0.007	0.030	0.029
18:3 n-3 c,c,c (ALA)....g	0.009		0	BFYN	4		0.007	0.030	0.029
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c....g	0.002		0	BFYN	4		0.002	0.007	0.006
20:3 undifferentiated....g	0.016		0	BFYN	4		0.013	0.054	0.052
20:3 n-3....g									
20:3 n-6....g	0.016		0	BFYN	4		0.013	0.054	0.052
20:4 undifferentiated....g	0.045		0	BFYN	4		0.039	0.157	0.151
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.004		0	BFYN	4		0.004	0.015	0.015
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.013		0	BFYN	4		0.011	0.045	0.043
22:6 n-3 (DHA)....g	0.002		0	BFYN	4		0.002	0.008	0.008
Fatty acids, total trans....g	0.214		0	BFYN	4		0.182	0.741	0.713
Fatty acids, total trans-monoenoic....g	0.193		0	BFYN	4		0.164	0.667	0.642
Fatty acids, total trans-polyenoic....g	0.021		0	BFYN	4		0.018	0.073	0.070
Cholesterol....mg	76		0	BFYN	4		64	262	252
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.339		0	O	4		0.289	1.175	1.130
Threonine....g	1.430		0	O	4		1.215	4.947	4.762
Isoleucine....g	1.413		0	O	4		1.201	4.890	4.706
Leucine....g	2.615		0	O	4		2.223	9.048	8.708

NDB No. 13415

Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	2.906		0	O	4		2.470	10.056	9.678
Methionine....g	0.821		0	O	4		0.698	2.840	2.734
Cystine....g	0.309		0	O	4		0.263	1.070	1.029
Phenylalanine....g	1.217		0	O	4		1.034	4.210	4.052
Tyrosine....g	1.130		0	O	4		0.961	3.911	3.765
Valine....g	1.516		0	O	4		1.289	5.247	5.050
Arginine....g	2.066		0	O	4		1.756	7.148	6.880
Histidine....g	1.137		0	O	4		0.967	3.935	3.787
Alanine....g	1.881		0	O	4		1.599	6.508	6.264
Aspartic acid....g	2.956		0	O	4		2.513	10.228	9.844
Glutamic acid....g	4.961		0	O	4		4.217	17.164	16.519
Glycine....g	1.493		0	O	4		1.269	5.165	4.971
Proline....g	1.361		0	O	4		1.157	4.710	4.533
Serine....g	1.249		0	O	4		1.062	4.322	4.160
Hydroxyproline....g	0.207		0	O	4		0.176	0.717	0.690
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 346g: 1 roast (yield from 436 g raw meat)

Measure 3 = 333g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23330

Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw

Eye of Round Roast

Refuse: 1% Connective tissue 1%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	73.09	0.340	36	AR	1		62.12	493.33	
Energy kcal	124		0	NC	4		105	837	
Energy kJ	519		0	NC	4		441	3503	
Protein (N x 6.25) g	23.27	0.315	36	AR	1		19.78	157.07	
Total lipid (fat) g	3.44	0.215	36	AR	1		2.93	23.24	
Ash g	1.09	0.039	36	AR	1		0.93	7.37	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	13		3	AR	1		11	87	
Iron, Fe mg	1.45		3	AR	1		1.23	9.80	
Magnesium, Mg mg	12		3	AR	1		10	79	
Phosphorus, P mg	221		3	AR	1		187	1488	
Potassium, K mg	317		3	AR	1		269	2139	
Sodium, Na mg	53		3	AR	1		45	355	
Zinc, Zn mg	3.40		3	AR	1		2.89	22.92	
Copper, Cu mg	0.042		3	AR	1		0.036	0.284	
Manganese, Mn mg	0.001		3	AR	1		0.001	0.009	
Selenium, Se µg	22.4		3	AR	1		19.1	151.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.063		0	BFPN	4		0.054	0.425	
Riboflavin mg	0.183	0.005	6	AR	1		0.155	1.235	
Niacin mg	6.687	0.272	6	AR	1		5.684	45.135	
Pantothenic acid mg	0.354		0	BFPN	4		0.301	2.388	
Vitamin B-6 mg	0.641	0.021	6	AR	1		0.545	4.326	
Folate, total µg	4		0	BFPN	4		3	25	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	4		0	BFPN	4		3	25	
Folate, DFE µg	4		0	NC	4		3	25	
Choline, total mg	64.0		0	BFPN	4		54.4	432.2	
Betaine mg	10.9		0	BFPN	4		9.3	73.9	
Vitamin B-12 µg	1.83	0.101	6	AR	1		1.56	12.36	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	3		0	NC	4		3	22	
Retinol µg	3		0	BFSN	4		3	22	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	11		0	NC	4		9	73	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.24		0	BFFN	4		0.20	1.60	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	AS	1		0.0	0.2	
Vitamin D IU	1		0	BFFN	4		1	7	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	10.2	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23330

Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated g	1.276		0	NC	4		1.085	8.612	
4:0 g	0.000		0	Z	7		0.000	0.000	
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.004	0.001	6	AR	1		0.003	0.024	
12:0 g	0.002	0.000	6	AR	1		0.002	0.016	
13:0 g									
14:0 g	0.084	0.007	6	AR	1		0.071	0.564	
15:0 g	0.014	0.001	6	AR	1		0.012	0.092	
16:0 g	0.734	0.057	6	AR	1		0.624	4.957	
17:0 g	0.035	0.003	6	AR	1		0.030	0.237	
18:0 g	0.398	0.041	6	AR	1		0.338	2.688	
20:0 g	0.002	0.000	6	AR	1		0.002	0.016	
22:0 g									
24:0 g	0.003	0.001	6	AR	1		0.002	0.019	
Fatty acids, total monounsaturated g	1.482		0	NC	4		1.260	10.004	
14:1 g	0.025	0.002	6	AR	1		0.021	0.169	
15:1 g									
16:1 undifferentiated g	0.116		0	AS	1		0.098	0.781	
16:1 c g	0.105	0.011	6	AR	1		0.090	0.711	
16:1 t g	0.010	0.001	6	AR	1		0.009	0.070	
17:1 g	0.028	0.003	6	AR	1		0.024	0.190	
18:1 undifferentiated g	1.305		0	AS	1		1.109	8.805	
18:1 c g	1.162	0.113	6	AR	1		0.988	7.846	
18:1 t g	0.142	0.013	6	AR	1		0.121	0.959	
18:1-11 t (18:1t n-7) g									
20:1 g	0.009	0.001	6	AR	1		0.007	0.058	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.250		0	NC	4		0.213	1.689	
18:2 undifferentiated g	0.178		0	AS	1		0.151	1.202	
18:2 n-6 c,c g	0.146	0.009	6	AR	1		0.124	0.986	
18:2 CLAs g	0.015	0.001	6	AR	1		0.013	0.103	
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.017	0.002	6	AR	1		0.014	0.113	
18:3 undifferentiated g	0.007		0	AS	1		0.006	0.046	
18:3 n-3 c,c,c (ALA) g	0.007	0.001	6	AR	1		0.006	0.046	
18:3 n-6 c,c,c g									
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.002	0.000	6	AR	1		0.001	0.010	
20:3 undifferentiated g	0.012		0	AS	1		0.011	0.084	
20:3 n-3 g									
20:3 n-6 g	0.012	0.001	6	AR	1		0.011	0.084	
20:4 undifferentiated g	0.036	0.004	6	AR	1		0.031	0.242	
20:4 n-6 g									
20:5 n-3 (EPA) g	0.004	0.001	6	AR	1		0.003	0.024	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.010	0.001	6	AR	1		0.009	0.069	
22:6 n-3 (DHA) g	0.002	0.000	6	AR	1		0.002	0.013	
Fatty acids, total trans g	0.169		0	NC	4		0.144	1.141	
Fatty acids, total trans-monoenoic g	0.152		0	NC	4		0.130	1.029	
Fatty acids, total trans-polyenoic g	0.017		0	NC	4		0.014	0.113	
Cholesterol mg	60	3.594	6	AR	1		51	404	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.260		0	AR	1		0.221	1.758	
Threonine g	1.097		0	AR	1		0.932	7.403	
Isoleucine g	1.084		0	AR	1		0.921	7.317	
Leucine g	2.006		0	AR	1		1.705	13.538	

NDB No. 23330

Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.229		0	AR	1		1.895	15.046	
Methionine g	0.630		0	AR	1		0.535	4.250	
Cystine g	0.237		0	AR	1		0.202	1.600	
Phenylalanine g	0.933		0	AR	1		0.793	6.300	
Tyrosine g	0.867		0	AR	1		0.737	5.853	
Valine g	1.163		0	AR	1		0.989	7.851	
Arginine g	1.585		0	AR	1		1.347	10.696	
Histidine g	0.872		0	AR	1		0.741	5.887	
Alanine g	1.443		0	AR	1		1.226	9.738	
Aspartic acid g	2.267		0	AR	1		1.927	15.304	
Glutamic acid g	3.805		0	AR	1		3.234	25.681	
Glycine g	1.145		0	AR	1		0.973	7.728	
Proline g	1.044		0	AR	1		0.887	7.047	
Serine g	0.958		0	AR	1		0.814	6.467	
Hydroxyproline g	0.159		0	AR	1		0.135	1.073	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 675g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13416

Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted

Eye of Round Roast, URMIS #2295

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	64.50		0	O	4		54.83	228.98	
Energy kcal	171		0	NC	4		145	606	
Energy kJ	715		0	NC	4		608	2538	
Protein (N x 6.25) g	29.79		0	O	4		25.32	105.75	
Total lipid (fat) g	4.83		0	O	4		4.11	17.15	
Ash g	1.19		0	O	4		1.01	4.22	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	16		0	BFYN	4		14	58	
Iron, Fe mg	1.86		0	BFYN	4		1.58	6.61	
Magnesium, Mg mg	15		0	BFYN	4		13	54	
Phosphorus, P mg	279		0	BFYN	4		237	990	
Potassium, K mg	408		0	BFYN	4		347	1450	
Sodium, Na mg	66		0	BFYN	4		56	233	
Zinc, Zn mg	4.32		0	BFYN	4		3.67	15.34	
Copper, Cu mg	0.062		0	BFYN	4		0.052	0.219	
Manganese, Mn mg	0.001		0	BFYN	4		0.001	0.004	
Selenium, Se µg	28.7		0	BFYN	4		24.4	101.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.080		0	BFYN	4		0.068	0.283	
Riboflavin mg	0.231		0	BFYN	4		0.196	0.820	
Niacin mg	8.581		0	BFYN	4		7.294	30.463	
Pantothenic acid mg	0.438		0	BFYN	4		0.372	1.554	
Vitamin B-6 mg	0.817		0	BFYN	4		0.694	2.900	
Folate, total µg	5		0	BFYN	4		4	17	
Folic acid µg	0		0	BFYN	4		0	0	
Folate, food µg	5		0	BFYN	4		4	17	
Folate, DFE µg	5		0	NC	4		4	17	
Choline, total mg	81.6		0	BFYN	4		69.4	289.8	
Betaine mg	14.1		0	BFYN	4		12.0	50.0	
Vitamin B-12 µg	2.13		0	BFYN	4		1.81	7.55	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	4		0	BFYN	4		3	14	
Retinol µg	4		0	BFYN	4		3	14	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	13		0	BFYN	4		11	47	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.31		0	BFYN	4		0.26	1.11	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	AS	1		0.0	0.1	
Vitamin D IU	1		0	BFFN	4		1	5	
Vitamin K (phylloquinone) µg	1.3		0	BFSN	4		1.1	4.6	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13416

Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.656		0	BFYN	4		1.408	5.879	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.004		0	BFYN	4		0.004	0.016	
12:0....g	0.003		0	BFYN	4		0.003	0.012	
13:0....g									
14:0....g	0.107		0	BFYN	4		0.091	0.381	
15:0....g	0.017		0	BFYN	4		0.015	0.062	
16:0....g	0.961		0	BFYN	4		0.817	3.412	
17:0....g	0.044		0	BFYN	4		0.038	0.158	
18:0....g	0.511		0	BFYN	4		0.434	1.815	
20:0....g	0.003		0	BFYN	4		0.003	0.011	
22:0....g									
24:0....g	0.004		0	BFYN	4		0.003	0.013	
Fatty acids, total monounsaturated....g	1.959		0	BFYN	4		1.665	6.953	
14:1....g	0.033		0	BFYN	4		0.028	0.118	
15:1....g									
16:1 undifferentiated....g	0.155		0	BFYN	4		0.132	0.552	
16:1 c....g	0.142		0	BFYN	4		0.121	0.504	
16:1 t....g	0.014		0	BFYN	4		0.012	0.048	
17:1....g	0.036		0	BFYN	4		0.031	0.128	
18:1 undifferentiated....g	1.723		0	BFYN	4		1.464	6.116	
18:1 c....g	1.546		0	BFYN	4		1.314	5.489	
18:1 t....g	0.177		0	BFYN	4		0.150	0.627	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.011		0	BFYN	4		0.009	0.039	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.333		0	BFYN	4		0.283	1.183	
18:2 undifferentiated....g	0.241		0	BFYN	4		0.205	0.856	
18:2 n-6 c,c....g	0.198		0	BFYN	4		0.168	0.702	
18:2 CLAs....g	0.020		0	BFYN	4		0.017	0.071	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.023		0	BFYN	4		0.020	0.082	
18:3 undifferentiated....g	0.009		0	BFYN	4		0.008	0.033	
18:3 n-3 c,c,c (ALA)....g	0.009		0	BFYN	4		0.008	0.033	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.002		0	BFYN	4		0.002	0.008	
20:3 undifferentiated....g	0.015		0	BFYN	4		0.013	0.054	
20:3 n-3....g									
20:3 n-6....g	0.015		0	BFYN	4		0.013	0.054	
20:4 undifferentiated....g	0.047		0	BFYN	4		0.040	0.169	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.004		0	BFYN	4		0.004	0.016	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.012		0	BFYN	4		0.010	0.042	
22:6 n-3 (DHA)....g	0.002		0	BFYN	4		0.002	0.007	
Fatty acids, total trans....g	0.213		0	BFYN	4		0.181	0.757	
Fatty acids, total trans-monoenoic....g	0.190		0	BFYN	4		0.162	0.675	
Fatty acids, total trans-polyenoic....g	0.023		0	BFYN	4		0.020	0.082	
Cholesterol....mg	74		0	BFYN	4		63	262	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.343		0	O	4		0.291	1.217	
Threonine....g	1.432		0	O	4		1.217	5.084	
Isoleucine....g	1.419		0	O	4		1.206	5.038	
Leucine....g	2.609		0	O	4		2.218	9.263	

NDB No. 13416

Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	2.889		0	O	4		2.455	10.255	
Methionine....g	0.823		0	O	4		0.700	2.922	
Cystine....g	0.308		0	O	4		0.262	1.092	
Phenylalanine....g	1.219		0	O	4		1.036	4.327	
Tyrosine....g	1.130		0	O	4		0.960	4.011	
Valine....g	1.526		0	O	4		1.297	5.417	
Arginine....g	2.062		0	O	4		1.753	7.321	
Histidine....g	1.124		0	O	4		0.956	3.991	
Alanine....g	1.888		0	O	4		1.605	6.704	
Aspartic acid....g	2.951		0	O	4		2.508	10.475	
Glutamic acid....g	4.970		0	O	4		4.224	17.642	
Glycine....g	1.506		0	O	4		1.280	5.347	
Proline....g	1.362		0	O	4		1.157	4.834	
Serine....g	1.248		0	O	4		1.061	4.431	
Hydroxyproline....g	0.209		0	O	4		0.177	0.741	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 355g: 1 roast (yield from 445 g raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23331

Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw

Eye of Round Roast, URMIS # 2295

Refuse: 1% Connective tissue 1%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	72.88	0.353	24	AR	1		61.94	479.52	
Energy kcal	127		0	NC	4		108	834	
Energy kJ	530		0	NC	4		451	3487	
Protein (N x 6.25) g	23.26	0.319	24	AR	1		19.77	153.06	
Total lipid (fat) g	3.74	0.250	24	AR	1		3.18	24.59	
Ash g	1.10	0.040	24	AR	1		0.93	7.24	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	13		2	AR	1		11	85	
Iron, Fe mg	1.47		2	AR	1		1.25	9.68	
Magnesium, Mg mg	12		2	AR	1		10	79	
Phosphorus, P mg	220		2	AR	1		187	1450	
Potassium, K mg	323		2	AR	1		274	2123	
Sodium, Na mg	52		2	AR	1		44	341	
Zinc, Zn mg	3.41		2	AR	1		2.90	22.47	
Copper, Cu mg	0.049		2	AR	1		0.041	0.320	
Manganese, Mn mg	0.001		2	AR	1		0.001	0.007	
Selenium, Se µg	22.7		2	AR	1		19.3	149.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.063		0	BFPN	4		0.054	0.414	
Riboflavin mg	0.183	0.006	4	AR	1		0.155	1.201	
Niacin mg	6.779	0.337	4	AR	1		5.762	44.606	
Pantothenic acid mg	0.346		0	BFPN	4		0.294	2.275	
Vitamin B-6 mg	0.645	0.026	4	AR	1		0.549	4.246	
Folate, total µg	4		0	BFPN	4		3	24	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	4		0	BFPN	4		3	24	
Folate, DFE µg	4		0	NC	4		3	24	
Choline, total mg	64.5		0	BFPN	4		54.8	424.4	
Betaine mg	11.1		0	BFPN	4		9.5	73.3	
Vitamin B-12 µg	1.68	0.126	4	AR	1		1.43	11.06	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	3		0	NC	4		3	21	
Retinol µg	3		0	BFSN	4		3	21	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	11		0	NC	4		9	69	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.25		0	BFFN	4		0.21	1.62	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	AS	1		0.0	0.2	
Vitamin D IU	1		0	BFFN	4		1	8	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	10.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23331

Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.308		0	NC	4		1.112	8.608	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.004	0.001	4	AR	1		0.003	0.023	
12:0....g	0.003	0.000	4	AR	1		0.002	0.017	
13:0....g									
14:0....g	0.085	0.009	4	AR	1		0.072	0.557	
15:0....g	0.014	0.001	4	AR	1		0.012	0.090	
16:0....g	0.759	0.071	4	AR	1		0.645	4.997	
17:0....g	0.035	0.004	4	AR	1		0.030	0.231	
18:0....g	0.404	0.051	4	AR	1		0.343	2.657	
20:0....g	0.002	0.000	4	AR	1		0.002	0.016	
22:0....g									
24:0....g	0.003	0.001	4	AR	1		0.003	0.020	
Fatty acids, total monounsaturated....g	1.547		0	NC	4		1.315	10.181	
14:1....g	0.026	0.003	4	AR	1		0.022	0.173	
15:1....g									
16:1 undifferentiated....g	0.123		0	AS	1		0.104	0.808	
16:1 c....g	0.112	0.014	4	AR	1		0.095	0.738	
16:1 t....g	0.011	0.001	4	AR	1		0.009	0.070	
17:1....g	0.029	0.003	4	AR	1		0.024	0.188	
18:1 undifferentiated....g	1.361		0	AS	1		1.157	8.956	
18:1 c....g	1.222	0.140	4	AR	1		1.038	8.038	
18:1 t....g	0.140	0.016	4	AR	1		0.119	0.918	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.009	0.001	4	AR	1		0.007	0.057	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.263		0	NC	4		0.224	1.732	
18:2 undifferentiated....g	0.190		0	AS	1		0.162	1.253	
18:2 n-6 c,c....g	0.156	0.011	4	AR	1		0.133	1.028	
18:2 CLAs....g	0.016	0.002	4	AR	1		0.014	0.105	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.018	0.002	4	AR	1		0.016	0.120	
18:3 undifferentiated....g	0.007		0	AS	1		0.006	0.048	
18:3 n-3 c,c,c (ALA)....g	0.007	0.001	4	AR	1		0.006	0.048	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.002	0.000	4	AR	1		0.001	0.011	
20:3 undifferentiated....g	0.012		0	AS	1		0.010	0.079	
20:3 n-3....g									
20:3 n-6....g	0.012	0.001	4	AR	1		0.010	0.079	
20:4 undifferentiated....g	0.038	0.005	4	AR	1		0.032	0.247	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.004	0.001	4	AR	1		0.003	0.023	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.009	0.001	4	AR	1		0.008	0.061	
22:6 n-3 (DHA)....g	0.002	0.000	4	AR	1		0.001	0.010	
Fatty acids, total trans....g	0.169		0	NC	4		0.143	1.109	
Fatty acids, total trans-monoenoic....g	0.150		0	NC	4		0.128	0.988	
Fatty acids, total trans-polyenoic....g	0.018		0	NC	4		0.016	0.120	
Cholesterol....mg	58	4.464	4	AR	1		50	384	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.261		0	AR	1		0.222	1.718	
Threonine....g	1.090		0	AR	1		0.927	7.175	
Isoleucine....g	1.081		0	AR	1		0.918	7.110	
Leucine....g	1.987		0	AR	1		1.689	13.073	

NDB No. 23331

Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.200		0	AR	1		1.870	14.473	
Methionine g	0.627		0	AR	1		0.533	4.124	
Cystine g	0.234		0	AR	1		0.199	1.541	
Phenylalanine g	0.928		0	AR	1		0.789	6.106	
Tyrosine g	0.860		0	AR	1		0.731	5.660	
Valine g	1.162		0	AR	1		0.988	7.645	
Arginine g	1.570		0	AR	1		1.335	10.332	
Histidine g	0.856		0	AR	1		0.728	5.633	
Alanine g	1.438		0	AR	1		1.222	9.461	
Aspartic acid g	2.247		0	AR	1		1.910	14.783	
Glutamic acid g	3.784		0	AR	1		3.216	24.898	
Glycine g	1.147		0	AR	1		0.975	7.547	
Proline g	1.037		0	AR	1		0.881	6.822	
Serine g	0.950		0	AR	1		0.808	6.253	
Hydroxyproline g	0.159		0	AR	1		0.135	1.046	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 658g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13417

Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted

Eye of Round Roast, URMIS #1480

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	65.92		0	O	4		56.03	222.15	
Energy kcal	162		0	NC	4		137	544	
Energy kJ	676		0	NC	4		575	2278	
Protein (N x 6.25) g	29.45		0	O	4		25.03	99.25	
Total lipid (fat) g	3.97		0	O	4		3.37	13.38	
Ash g	1.21		0	O	4		1.03	4.08	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	16		0	BFYN	4		14	54	
Iron, Fe mg	1.74		0	BFYN	4		1.48	5.86	
Magnesium, Mg mg	14		0	BFYN	4		12	48	
Phosphorus, P mg	280		0	BFYN	4		238	943	
Potassium, K mg	392		0	BFYN	4		333	1320	
Sodium, Na mg	63		0	BFYN	4		54	213	
Zinc, Zn mg	4.25		0	BFYN	4		3.61	14.32	
Copper, Cu mg	0.044		0	BFYN	4		0.038	0.150	
Manganese, Mn mg	0.002		0	BFYN	4		0.002	0.006	
Selenium, Se µg	27.9		0	BFYN	4		23.7	94.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.080		0	BFYN	4		0.068	0.269	
Riboflavin mg	0.233		0	BFYN	4		0.198	0.784	
Niacin mg	8.289		0	BFYN	4		7.046	27.933	
Pantothenic acid mg	0.463		0	BFYN	4		0.394	1.560	
Vitamin B-6 mg	0.803		0	BFYN	4		0.682	2.705	
Folate, total µg	5		0	BFYN	4		4	16	
Folic acid µg	0		0	BFYN	4		0	0	
Folate, food µg	5		0	BFYN	4		4	16	
Folate, DFE µg	5		0	NC	4		4	16	
Choline, total mg	80.2		0	BFYN	4		68.1	270.1	
Betaine mg	13.5		0	BFYN	4		11.5	45.5	
Vitamin B-12 µg	2.60		0	BFYN	4		2.21	8.77	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	6		0	BFYN	4		5	21	
Retinol µg	6		0	BFYN	4		5	21	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	21		0	BFYN	4		18	71	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.28		0	BFYN	4		0.24	0.95	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	AS	1		0.0	0.1	
Vitamin D IU	1		0	BFFN	4		1	4	
Vitamin K (phylloquinone) µg	1.3		0	BFSN	4		1.1	4.4	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13417

Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated g	1.555		0	BFYN	4		1.322	5.241	
4:0 g	0.000		0	Z	7		0.000	0.000	
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.005		0	BFYN	4		0.004	0.016	
12:0 g	0.003		0	BFYN	4		0.003	0.010	
13:0 g									
14:0 g	0.103		0	BFYN	4		0.088	0.349	
15:0 g	0.018		0	BFYN	4		0.015	0.060	
16:0 g	0.882		0	BFYN	4		0.750	2.972	
17:0 g	0.044		0	BFYN	4		0.038	0.150	
18:0 g	0.493		0	BFYN	4		0.419	1.662	
20:0 g	0.003		0	BFYN	4		0.003	0.011	
22:0 g									
24:0 g	0.003		0	BFYN	4		0.003	0.012	
Fatty acids, total monounsaturated g	1.751		0	BFYN	4		1.488	5.901	
14:1 g	0.029		0	BFYN	4		0.025	0.099	
15:1 g									
16:1 undifferentiated g	0.133		0	BFYN	4		0.113	0.448	
16:1 c g	0.121		0	BFYN	4		0.103	0.407	
16:1 t g	0.012		0	BFYN	4		0.010	0.041	
17:1 g	0.035		0	BFYN	4		0.029	0.117	
18:1 undifferentiated g	1.543		0	BFYN	4		1.312	5.200	
18:1 c g	1.359		0	BFYN	4		1.155	4.579	
18:1 t g	0.185		0	BFYN	4		0.157	0.622	
18:1-11 t (18:1t n-7) g									
20:1 g	0.011		0	BFYN	4		0.009	0.037	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.292		0	BFYN	4		0.248	0.984	
18:2 undifferentiated g	0.202		0	BFYN	4		0.172	0.680	
18:2 n-6 c,c g	0.165		0	BFYN	4		0.141	0.558	
18:2 CLAs g	0.018		0	BFYN	4		0.015	0.061	
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.018		0	BFYN	4		0.015	0.061	
18:3 undifferentiated g	0.008		0	BFYN	4		0.006	0.026	
18:3 n-3 c,c,c (ALA) g	0.008		0	BFYN	4		0.006	0.026	
18:3 n-6 c,c,c g									
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.002		0	BFYN	4		0.001	0.005	
20:3 undifferentiated g	0.016		0	BFYN	4		0.014	0.055	
20:3 n-3 g									
20:3 n-6 g	0.016		0	BFYN	4		0.014	0.055	
20:4 undifferentiated g	0.042		0	BFYN	4		0.036	0.143	
20:4 n-6 g									
20:5 n-3 (EPA) g	0.005		0	BFYN	4		0.004	0.016	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.014		0	BFYN	4		0.012	0.048	
22:6 n-3 (DHA) g	0.003		0	BFYN	4		0.003	0.010	
Fatty acids, total trans g	0.215		0	BFYN	4		0.183	0.724	
Fatty acids, total trans-monoenoic g	0.197		0	BFYN	4		0.167	0.663	
Fatty acids, total trans-polyenoic g	0.018		0	BFYN	4		0.015	0.061	
Cholesterol mg	79		0	BFYN	4		67	265	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.345		0	O	4		0.293	1.161	
Threonine g	1.476		0	O	4		1.255	4.976	
Isoleucine g	1.458		0	O	4		1.240	4.915	
Leucine g	2.723		0	O	4		2.315	9.177	

NDB No. 13417

Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	3.040		0	O	4		2.584	10.245	
Methionine....g	0.849		0	O	4		0.722	2.863	
Cystine....g	0.322		0	O	4		0.274	1.087	
Phenylalanine....g	1.255		0	O	4		1.066	4.228	
Tyrosine....g	1.178		0	O	4		1.002	3.971	
Valine....g	1.559		0	O	4		1.325	5.253	
Arginine....g	2.150		0	O	4		1.828	7.246	
Histidine....g	1.203		0	O	4		1.022	4.053	
Alanine....g	1.935		0	O	4		1.644	6.519	
Aspartic acid....g	3.074		0	O	4		2.613	10.359	
Glutamic acid....g	5.133		0	O	4		4.363	17.300	
Glycine....g	1.522		0	O	4		1.294	5.129	
Proline....g	1.418		0	O	4		1.206	4.780	
Serine....g	1.303		0	O	4		1.107	4.390	
Hydroxyproline....g	0.203		0	O	4		0.172	0.683	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 337g: 1 roast (yield from 426 g raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23332

Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw

Eye of Round Roast, URMIS # 1480

Refuse: 1% Connective tissue 1%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	73.40	0.380	12	AR	1		62.39	513.07	
Energy kcal	120		0	NC	4		102	840	
Energy kJ	503		0	NC	4		428	3516	
Protein (N x 6.25) g	23.28	0.327	12	AR	1		19.79	162.75	
Total lipid (fat) g	3.00	0.313	12	AR	1		2.55	20.98	
Ash g	1.08	0.041	12	AR	1		0.92	7.55	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	13		1	AR	1		11	88	
Iron, Fe mg	1.37		1	AR	1		1.17	9.60	
Magnesium, Mg mg	11		1	AR	1		10	79	
Phosphorus, P mg	221		1	AR	1		188	1545	
Potassium, K mg	309		1	AR	1		263	2163	
Sodium, Na mg	50		1	AR	1		42	349	
Zinc, Zn mg	3.36		1	AR	1		2.85	23.46	
Copper, Cu mg	0.035		1	AR	1		0.030	0.245	
Manganese, Mn mg	0.002		1	AR	1		0.001	0.010	
Selenium, Se µg	22.1		1	AR	1		18.8	154.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.063		0	BFPN	4		0.054	0.441	
Riboflavin mg	0.184		2	AR	1		0.156	1.285	
Niacin mg	6.548		2	AR	1		5.566	45.772	
Pantothenic acid mg	0.366		0	BFPN	4		0.311	2.557	
Vitamin B-6 mg	0.634		2	AR	1		0.539	4.432	
Folate, total µg	4		0	BFPN	4		3	26	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	4		0	BFPN	4		3	26	
Folate, DFE µg	4		0	NC	4		3	26	
Choline, total mg	63.3		0	BFPN	4		53.8	442.6	
Betaine mg	10.7		0	BFPN	4		9.1	74.6	
Vitamin B-12 µg	2.06		2	AR	1		1.75	14.37	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	5		0	NC	4		4	35	
Retinol µg	5		0	BFPN	4		4	35	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	17		0	NC	4		14	117	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.22		0	BFFN	4		0.19	1.56	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	AS	1		0.0	0.2	
Vitamin D IU	1		0	BFFN	4		1	7	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	10.6	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23332

Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.229		0	NC	4		1.044	8.587	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.004		2	AR	1		0.003	0.026	
12:0....g	0.002		2	AR	1		0.002	0.017	
13:0....g									
14:0....g	0.082		2	AR	1		0.069	0.571	
15:0....g	0.014		2	AR	1		0.012	0.098	
16:0....g	0.697		2	AR	1		0.592	4.870	
17:0....g	0.035		2	AR	1		0.030	0.245	
18:0....g	0.390		2	AR	1		0.331	2.723	
20:0....g	0.003		2	AR	1		0.002	0.018	
22:0....g									
24:0....g	0.003		2	AR	1		0.002	0.019	
Fatty acids, total monounsaturated....g	1.383		0	NC	4		1.176	9.670	
14:1....g	0.023		2	AR	1		0.020	0.162	
15:1....g									
16:1 undifferentiated....g	0.105		0	AS	1		0.089	0.734	
16:1 c....g	0.095		2	AR	1		0.081	0.666	
16:1 t....g	0.010		2	AR	1		0.008	0.068	
17:1....g	0.027		2	AR	1		0.023	0.192	
18:1 undifferentiated....g	1.219		0	AS	1		1.036	8.522	
18:1 c....g	1.073		2	AR	1		0.912	7.502	
18:1 t....g	0.146		2	AR	1		0.124	1.019	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.009		2	AR	1		0.007	0.061	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.231		0	NC	4		0.196	1.612	
18:2 undifferentiated....g	0.159		0	AS	1		0.135	1.114	
18:2 n-6 c,c....g	0.131		2	AR	1		0.111	0.914	
18:2 CLAs....g	0.014		2	AR	1		0.012	0.101	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.014		2	AR	1		0.012	0.100	
18:3 undifferentiated....g	0.006		0	AS	1		0.005	0.042	
18:3 n-3 c,c,c (ALA)....g	0.006		2	AR	1		0.005	0.042	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.001		2	AR	1		0.001	0.008	
20:3 undifferentiated....g	0.013		0	AS	1		0.011	0.091	
20:3 n-3....g									
20:3 n-6....g	0.013		2	AR	1		0.011	0.091	
20:4 undifferentiated....g	0.034		2	AR	1		0.028	0.234	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.004		2	AR	1		0.003	0.027	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.011		2	AR	1		0.010	0.079	
22:6 n-3 (DHA)....g	0.002		2	AR	1		0.002	0.017	
Fatty acids, total trans....g	0.170		0	NC	4		0.144	1.187	
Fatty acids, total trans-monoenoic....g	0.156		0	NC	4		0.132	1.087	
Fatty acids, total trans-polyenoic....g	0.014		0	NC	4		0.012	0.100	
Cholesterol....mg	62		2	AR	1		53	435	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.261		0	AR	1		0.222	1.825	
Threonine....g	1.118		0	AR	1		0.951	7.817	
Isoleucine....g	1.105		0	AR	1		0.939	7.721	
Leucine....g	2.063		0	AR	1		1.753	14.418	

NDB No. 23332

Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.303		0	AR	1		1.957	16.095	
Methionine g	0.643		0	AR	1		0.547	4.497	
Cystine g	0.244		0	AR	1		0.208	1.707	
Phenylalanine g	0.950		0	AR	1		0.808	6.642	
Tyrosine g	0.893		0	AR	1		0.759	6.239	
Valine g	1.181		0	AR	1		1.004	8.252	
Arginine g	1.629		0	AR	1		1.384	11.384	
Histidine g	0.911		0	AR	1		0.774	6.367	
Alanine g	1.465		0	AR	1		1.245	10.242	
Aspartic acid g	2.328		0	AR	1		1.979	16.274	
Glutamic acid g	3.888		0	AR	1		3.305	27.178	
Glycine g	1.153		0	AR	1		0.980	8.057	
Proline g	1.074		0	AR	1		0.913	7.509	
Serine g	0.987		0	AR	1		0.839	6.897	
Hydroxyproline g	0.159		0	AR	1		0.135	1.112	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 699g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13418

Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted

Eye of Round Roast

Refuse: 2% Connective tissue 2%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	65.35		0	O	4		55.55	226.11	215.66
Energy kcal	163		0	NC	4		138	563	537
Energy kJ	680		0	NC	4		578	2353	2244
Protein (N x 6.25) g	29.85		0	O	4		25.37	103.28	98.51
Total lipid (fat) g	3.90		0	O	4		3.32	13.49	12.87
Ash g	1.27		0	O	4		1.08	4.39	4.19
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total g	0.00		0	Z	7		0.00	0.00	0.00
Starch g									
Minerals:									
Calcium, Ca mg	16		0	BFYN	4		14	56	54
Iron, Fe mg	1.84		0	BFYN	4		1.56	6.35	6.06
Magnesium, Mg mg	15		0	BFYN	4		13	52	49
Phosphorus, P mg	281		0	BFYN	4		239	971	926
Potassium, K mg	404		0	BFYN	4		343	1397	1332
Sodium, Na mg	67		0	BFYN	4		57	231	220
Zinc, Zn mg	4.33		0	BFYN	4		3.68	14.97	14.28
Copper, Cu mg	0.054		0	BFYN	4		0.046	0.185	0.177
Manganese, Mn mg	0.002		0	BFYN	4		0.001	0.006	0.005
Selenium, Se µg	28.6		0	BFYN	4		24.3	98.8	94.3
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.080		0	BFYN	4		0.068	0.278	0.265
Riboflavin mg	0.233		0	BFYN	4		0.198	0.806	0.769
Niacin mg	8.506		0	BFYN	4		7.230	29.431	28.070
Pantothenic acid mg	0.449		0	BFYN	4		0.382	1.553	1.482
Vitamin B-6 mg	0.815		0	BFYN	4		0.693	2.820	2.689
Folate, total µg	5		0	BFYN	4		4	16	16
Folic acid µg	0		0	BFYN	4		0	0	0
Folate, food µg	5		0	BFYN	4		4	16	16
Folate, DFE µg	5		0	NC	4		4	16	16
Choline, total mg	81.3		0	BFYN	4		69.1	281.4	268.4
Betaine mg	13.9		0	BFYN	4		11.8	48.1	45.9
Vitamin B-12 µg	2.32		0	BFYN	4		1.98	8.04	7.67
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	1		0	BFYN	4		1	5	5
Retinol µg	1		0	BFYN	4		1	5	5
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	5		0	BFYN	4		4	17	16
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.30		0	BFYN	4		0.26	1.04	0.99
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	0.00
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	AS	1		0.0	0.1	0.1
Vitamin D IU	1		0	BFFN	4		1	5	5
Vitamin K (phylloquinone) µg	1.3		0	BFSN	4		1.1	4.4	4.2
Dihydrophylloquinone µg	0.0		0	Z	7		0.0	0.0	0.0
Menaquinone-4 µg									

NDB No. 13418

Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated g	1.375		0	BFYN	4		1.168	4.756	4.536
4:0 g	0.000		0	Z	7		0.000	0.000	0.000
6:0 g	0.000		0	Z	7		0.000	0.000	0.000
8:0 g	0.000		0	Z	7		0.000	0.000	0.000
10:0 g	0.004		0	BFYN	4		0.003	0.014	0.013
12:0 g	0.003		0	BFYN	4		0.002	0.009	0.009
13:0 g									
14:0 g	0.088		0	BFYN	4		0.075	0.305	0.291
15:0 g	0.014		0	BFYN	4		0.012	0.050	0.048
16:0 g	0.798		0	BFYN	4		0.678	2.761	2.634
17:0 g	0.038		0	BFYN	4		0.032	0.130	0.124
18:0 g	0.424		0	BFYN	4		0.360	1.465	1.398
20:0 g	0.003		0	BFYN	4		0.002	0.009	0.009
22:0 g									
24:0 g	0.003		0	BFYN	4		0.003	0.012	0.011
Fatty acids, total monounsaturated g	1.602		0	BFYN	4		1.362	5.544	5.288
14:1 g	0.026		0	BFYN	4		0.022	0.091	0.087
15:1 g									
16:1 undifferentiated g	0.124		0	BFYN	4		0.105	0.428	0.408
16:1 c g	0.112		0	BFYN	4		0.096	0.389	0.371
16:1 t g	0.011		0	BFYN	4		0.010	0.039	0.037
17:1 g	0.030		0	BFYN	4		0.026	0.105	0.100
18:1 undifferentiated g	1.413		0	BFYN	4		1.201	4.888	4.662
18:1 c g	1.264		0	BFYN	4		1.075	4.374	4.172
18:1 t g	0.148		0	BFYN	4		0.126	0.513	0.490
18:1-11 t (18:1t n-7) g									
20:1 g	0.009		0	BFYN	4		0.008	0.032	0.031
22:1 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.295		0	BFYN	4		0.251	1.020	0.973
18:2 undifferentiated g	0.205		0	BFYN	4		0.174	0.710	0.677
18:2 n-6 c,c g	0.172		0	BFYN	4		0.146	0.595	0.567
18:2 CLAs g	0.016		0	BFYN	4		0.013	0.054	0.052
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.017		0	BFYN	4		0.015	0.060	0.058
18:3 undifferentiated g	0.008		0	BFYN	4		0.006	0.026	0.025
18:3 n-3 c,c,c (ALA) g	0.008		0	BFYN	4		0.006	0.026	0.025
18:3 n-6 c,c,c g									
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c g	0.002		0	BFYN	4		0.001	0.006	0.005
20:3 undifferentiated g	0.015		0	BFYN	4		0.013	0.053	0.051
20:3 n-3 g									
20:3 n-6 g	0.015		0	BFYN	4		0.013	0.053	0.051
20:4 undifferentiated g	0.045		0	BFYN	4		0.039	0.157	0.150
20:4 n-6 g									
20:5 n-3 (EPA) g	0.005		0	BFYN	4		0.004	0.016	0.015
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.013		0	BFYN	4		0.011	0.044	0.042
22:6 n-3 (DHA) g	0.002		0	BFYN	4		0.002	0.008	0.008
Fatty acids, total trans g	0.177		0	BFYN	4		0.151	0.613	0.584
Fatty acids, total trans-monoenoic g	0.160		0	BFYN	4		0.136	0.552	0.527
Fatty acids, total trans-polyenoic g	0.017		0	BFYN	4		0.015	0.060	0.058
Cholesterol mg	76		0	BFYN	4		64	262	250
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.377		0	O	4		0.321	1.305	1.244
Threonine g	1.581		0	O	4		1.343	5.469	5.216
Isoleucine g	1.568		0	O	4		1.333	5.425	5.175
Leucine g	2.893		0	O	4		2.459	10.010	9.547

NDB No. 13418

Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	3.233		0	O	4		2.748	11.186	10.669
Methionine....g	0.893		0	O	4		0.759	3.091	2.948
Cystine....g	0.337		0	O	4		0.287	1.168	1.114
Phenylalanine....g	1.340		0	O	4		1.139	4.636	4.421
Tyrosine....g	1.255		0	O	4		1.067	4.344	4.143
Valine....g	1.657		0	O	4		1.409	5.734	5.469
Arginine....g	2.255		0	O	4		1.917	7.804	7.443
Histidine....g	1.248		0	O	4		1.061	4.318	4.118
Alanine....g	2.007		0	O	4		1.706	6.945	6.624
Aspartic acid....g	3.248		0	O	4		2.761	11.238	10.718
Glutamic acid....g	5.483		0	O	4		4.661	18.972	18.095
Glycine....g	1.449		0	O	4		1.232	5.013	4.781
Proline....g	1.412		0	O	4		1.200	4.885	4.659
Serine....g	1.365		0	O	4		1.160	4.722	4.503
Hydroxyproline....g	0.148		0	O	4		0.126	0.512	0.489
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 346g: 1 roast (yield from 436 g raw meat)

Measure 3 = 330g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23360

Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw

Eye of Round Roast

Refuse: 2% Connective tissue 2%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	73.43	0.462	36	AR	1		62.41	495.63	
Energy kcal	121		0	NC	4		103	816	
Energy kJ	506		0	NC	4		430	3416	
Protein (N x 6.25) g	23.37	0.283	36	AR	1		19.87	157.78	
Total lipid (fat) g	3.04	0.275	36	AR	1		2.58	20.50	
Ash g	1.10	0.040	36	AR	1		0.93	7.41	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	13		3	AR	1		11	87	
Iron, Fe mg	1.45		3	AR	1		1.23	9.79	
Magnesium, Mg mg	12		3	AR	1		10	80	
Phosphorus, P mg	222		3	AR	1		188	1496	
Potassium, K mg	319		3	AR	1		271	2153	
Sodium, Na mg	53		3	AR	1		45	356	
Zinc, Zn mg	3.42		3	AR	1		2.90	23.07	
Copper, Cu mg	0.042		3	AR	1		0.036	0.286	
Manganese, Mn mg	0.001		3	AR	1		0.001	0.009	
Selenium, Se µg	22.6		3	AR	1		19.2	152.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.063		0	BFPN	4		0.054	0.428	
Riboflavin mg	0.184	0.004	6	AR	1		0.156	1.242	
Niacin mg	6.720	0.269	6	AR	1		5.712	45.359	
Pantothenic acid mg	0.355		0	BFPN	4		0.301	2.394	
Vitamin B-6 mg	0.644	0.020	6	AR	1		0.547	4.346	
Folate, total µg	4		0	BFPN	4		3	25	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	4		0	BFPN	4		3	25	
Folate, DFE µg	4		0	NC	4		3	25	
Choline, total mg	64.2		0	BFPN	4		54.6	433.7	
Betaine mg	11.0		0	BFPN	4		9.3	74.2	
Vitamin B-12 µg	1.84	0.101	6	AR	1		1.56	12.39	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	1		0	NC	4		1	8	
Retinol µg	1		0	BFSN	4		1	8	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	4		0	NC	4		3	26	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.24		0	BFFN	4		0.20	1.61	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	AS	1		0.0	0.2	
Vitamin D IU	1		0	BFFN	4		1	9	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	10.2	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23360

Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated g	1.086		0	NC	4		0.923	7.331	
4:0 g	0.000		0	Z	7		0.000	0.000	
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.003	0.001	6	AR	1		0.003	0.022	
12:0 g	0.002	0.000	6	AR	1		0.002	0.014	
13:0 g									
14:0 g	0.070	0.004	6	AR	1		0.059	0.470	
15:0 g	0.011	0.001	6	AR	1		0.010	0.077	
16:0 g	0.631	0.033	6	AR	1		0.536	4.256	
17:0 g	0.030	0.001	6	AR	1		0.025	0.200	
18:0 g	0.335	0.019	6	AR	1		0.284	2.259	
20:0 g	0.002	0.000	6	AR	1		0.002	0.014	
22:0 g									
24:0 g	0.003	0.001	6	AR	1		0.002	0.018	
Fatty acids, total monounsaturated g	1.266		0	NC	4		1.076	8.545	
14:1 g	0.021	0.002	6	AR	1		0.018	0.140	
15:1 g									
16:1 undifferentiated g	0.098		0	AS	1		0.083	0.659	
16:1 c g	0.089	0.007	6	AR	1		0.075	0.599	
16:1 t g	0.009	0.001	6	AR	1		0.008	0.060	
17:1 g	0.024	0.001	6	AR	1		0.020	0.162	
18:1 undifferentiated g	1.116		0	AS	1		0.949	7.533	
18:1 c g	0.999	0.063	6	AR	1		0.849	6.742	
18:1 t g	0.117	0.005	6	AR	1		0.100	0.791	
18:1-11 t (18:1t n-7) g									
20:1 g	0.007	0.001	6	AR	1		0.006	0.050	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.233		0	NC	4		0.198	1.572	
18:2 undifferentiated g	0.162		0	AS	1		0.138	1.094	
18:2 n-6 c,c g	0.136	0.007	6	AR	1		0.115	0.917	
18:2 CLAs g	0.012	0.001	6	AR	1		0.011	0.084	
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.014	0.001	6	AR	1		0.012	0.093	
18:3 undifferentiated g	0.006		0	AS	1		0.005	0.041	
18:3 n-3 c,c,c (ALA) g	0.006	0.001	6	AR	1		0.005	0.041	
18:3 n-6 c,c,c g									
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.001	0.000	6	AR	1		0.001	0.009	
20:3 undifferentiated g	0.012		0	AS	1		0.010	0.082	
20:3 n-3 g									
20:3 n-6 g	0.012	0.000	6	AR	1		0.010	0.082	
20:4 undifferentiated g	0.036	0.004	6	AR	1		0.031	0.242	
20:4 n-6 g									
20:5 n-3 (EPA) g	0.004	0.001	6	AR	1		0.003	0.025	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.010	0.001	6	AR	1		0.009	0.068	
22:6 n-3 (DHA) g	0.002	0.000	6	AR	1		0.002	0.013	
Fatty acids, total trans g	0.140		0	NC	4		0.119	0.944	
Fatty acids, total trans-monoenoic g	0.126		0	NC	4		0.107	0.851	
Fatty acids, total trans-polyenoic g	0.014		0	NC	4		0.012	0.093	
Cholesterol mg	60	3.588	6	AR	1		51	404	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.287		0	AR	1		0.244	1.934	
Threonine g	1.201		0	AR	1		1.021	8.107	
Isoleucine g	1.192		0	AR	1		1.013	8.043	
Leucine g	2.198		0	AR	1		1.869	14.839	

NDB No. 23360

Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.457		0	AR	1		2.088	16.583	
Methionine g	0.679		0	AR	1		0.577	4.582	
Cystine g	0.256		0	AR	1		0.218	1.731	
Phenylalanine g	1.018		0	AR	1		0.865	6.872	
Tyrosine g	0.954		0	AR	1		0.811	6.439	
Valine g	1.259		0	AR	1		1.070	8.501	
Arginine g	1.714		0	AR	1		1.457	11.568	
Histidine g	0.948		0	AR	1		0.806	6.401	
Alanine g	1.525		0	AR	1		1.296	10.295	
Aspartic acid g	2.468		0	AR	1		2.098	16.659	
Glutamic acid g	4.167		0	AR	1		3.542	28.125	
Glycine g	1.101		0	AR	1		0.936	7.432	
Proline g	1.073		0	AR	1		0.912	7.241	
Serine g	1.037		0	AR	1		0.881	7.000	
Hydroxyproline g	0.118		0	AR	1		0.100	0.797	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 675g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13419

Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted

Eye of Round Roast, URMIS #2295

Refuse: 3% Bone and Conective tissue 3%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	64.83		0	O	4		55.11	230.15	214.59
Energy kcal	166		0	NC	4		141	590	550
Energy kJ	696		0	NC	4		592	2471	2304
Protein (N x 6.25) g	29.94		0	O	4		25.45	106.29	99.10
Total lipid (fat) g	4.26		0	O	4		3.62	15.12	14.10
Ash g	1.21		0	O	4		1.03	4.30	4.01
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total g	0.00		0	Z	7		0.00	0.00	0.00
Starch g									
Minerals:									
Calcium, Ca mg	16		0	BFYN	4		14	58	54
Iron, Fe mg	1.86		0	BFYN	4		1.58	6.60	6.16
Magnesium, Mg mg	15		0	BFYN	4		13	54	51
Phosphorus, P mg	280		0	BFYN	4		238	995	928
Potassium, K mg	411		0	BFYN	4		349	1458	1360
Sodium, Na mg	66		0	BFYN	4		56	234	218
Zinc, Zn mg	4.35		0	BFYN	4		3.70	15.43	14.39
Copper, Cu mg	0.062		0	BFYN	4		0.053	0.220	0.205
Manganese, Mn mg	0.001		0	BFYN	4		0.001	0.004	0.004
Selenium, Se µg	28.8		0	BFYN	4		24.5	102.3	95.4
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.080		0	BFYN	4		0.068	0.285	0.265
Riboflavin mg	0.232		0	BFYN	4		0.197	0.824	0.768
Niacin mg	8.620		0	BFYN	4		7.327	30.601	28.533
Pantothenic acid mg	0.449		0	BFYN	4		0.381	1.592	1.485
Vitamin B-6 mg	0.820		0	BFYN	4		0.697	2.912	2.715
Folate, total µg	5		0	BFYN	4		4	17	16
Folic acid µg	0		0	BFYN	4		0	0	0
Folate, food µg	5		0	BFYN	4		4	17	16
Folate, DFE µg	5		0	NC	4		4	17	16
Choline, total mg	81.2		0	BFYN	4		69.1	288.4	268.9
Betaine mg	13.9		0	BFYN	4		11.8	49.3	46.0
Vitamin B-12 µg	2.13		0	BFYN	4		1.81	7.56	7.05
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	2		0	BFYN	4		2	8	7
Retinol µg	2		0	BFYN	4		2	8	7
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	7		0	BFYN	4		6	25	23
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.34		0	BFYN	4		0.29	1.19	1.11
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	0.00
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	BFYN	4		0.0	0.2	0.1
Vitamin D IU	2		0	BFFN	4		1	6	5
Vitamin K (phylloquinone) µg	1.3		0	BFSN	4		1.1	4.5	4.2
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13419

Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated g	1.439		0	BFYN	4		1.223	5.108	4.763
4:0 g	0.000		0	Z	7		0.000	0.000	0.000
6:0 g	0.000		0	Z	7		0.000	0.000	0.000
8:0 g	0.000		0	Z	7		0.000	0.000	0.000
10:0 g	0.004		0	BFYN	4		0.003	0.014	0.013
12:0 g	0.003		0	BFYN	4		0.002	0.010	0.010
13:0 g									
14:0 g	0.092		0	BFYN	4		0.078	0.325	0.303
15:0 g	0.015		0	BFYN	4		0.012	0.052	0.048
16:0 g	0.843		0	BFYN	4		0.716	2.991	2.789
17:0 g	0.038		0	BFYN	4		0.033	0.137	0.127
18:0 g	0.438		0	BFYN	4		0.373	1.556	1.451
20:0 g	0.003		0	BFYN	4		0.002	0.009	0.009
22:0 g									
24:0 g	0.004		0	BFYN	4		0.003	0.013	0.013
Fatty acids, total monounsaturated g	1.713		0	BFYN	4		1.456	6.079	5.668
14:1 g	0.028		0	BFYN	4		0.024	0.101	0.094
15:1 g									
16:1 undifferentiated g	0.135		0	BFYN	4		0.115	0.479	0.447
16:1 c g	0.123		0	BFYN	4		0.105	0.437	0.408
16:1 t g	0.012		0	BFYN	4		0.010	0.042	0.039
17:1 g	0.032		0	BFYN	4		0.027	0.112	0.104
18:1 undifferentiated g	1.508		0	BFYN	4		1.282	5.354	4.992
18:1 c g	1.360		0	BFYN	4		1.156	4.828	4.501
18:1 t g	0.148		0	BFYN	4		0.126	0.526	0.491
18:1-11 t (18:1t n-7) g									
20:1 g	0.009		0	BFYN	4		0.008	0.033	0.031
22:1 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.314		0	BFYN	4		0.267	1.113	1.038
18:2 undifferentiated g	0.223		0	BFYN	4		0.189	0.791	0.737
18:2 n-6 c,c g	0.186		0	BFYN	4		0.158	0.661	0.616
18:2 CLAs g	0.017		0	BFYN	4		0.014	0.059	0.055
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.020		0	BFYN	4		0.017	0.071	0.066
18:3 undifferentiated g	0.008		0	BFYN	4		0.007	0.029	0.027
18:3 n-3 c,c,c (ALA) g	0.008		0	BFYN	4		0.007	0.029	0.027
18:3 n-6 c,c,c g									
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c g	0.002		0	BFYN	4		0.002	0.007	0.006
20:3 undifferentiated g	0.015		0	BFYN	4		0.013	0.053	0.050
20:3 n-3 g									
20:3 n-6 g	0.015		0	BFYN	4		0.013	0.053	0.050
20:4 undifferentiated g	0.047		0	BFYN	4		0.040	0.169	0.157
20:4 n-6 g									
20:5 n-3 (EPA) g	0.004		0	BFYN	4		0.004	0.016	0.015
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.012		0	BFYN	4		0.010	0.042	0.039
22:6 n-3 (DHA) g	0.002		0	BFYN	4		0.002	0.007	0.006
Fatty acids, total trans g	0.180		0	BFYN	4		0.153	0.639	0.596
Fatty acids, total trans-monoenoic g	0.160		0	BFYN	4		0.136	0.568	0.530
Fatty acids, total trans-polyenoic g	0.020		0	BFYN	4		0.017	0.071	0.066
Cholesterol mg	74		0	BFYN	4		63	262	244
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.360		0	O	4		0.306	1.279	1.193
Threonine g	1.497		0	O	4		1.272	5.314	4.954
Isoleucine g	1.490		0	O	4		1.266	5.288	4.930
Leucine g	2.729		0	O	4		2.320	9.689	9.034

NDB No. 13419

Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	3.039		0	O	4		2.583	10.789	10.060
Methionine....g	0.846		0	O	4		0.719	3.002	2.799
Cystine....g	0.317		0	O	4		0.270	1.126	1.050
Phenylalanine....g	1.269		0	O	4		1.078	4.503	4.199
Tyrosine....g	1.187		0	O	4		1.009	4.213	3.928
Valine....g	1.576		0	O	4		1.340	5.595	5.217
Arginine....g	2.126		0	O	4		1.807	7.548	7.038
Histidine....g	1.165		0	O	4		0.990	4.137	3.857
Alanine....g	1.900		0	O	4		1.615	6.746	6.290
Aspartic acid....g	3.063		0	O	4		2.604	10.875	10.140
Glutamic acid....g	5.194		0	O	4		4.415	18.440	17.193
Glycine....g	1.369		0	O	4		1.164	4.862	4.533
Proline....g	1.329		0	O	4		1.129	4.717	4.398
Serine....g	1.288		0	O	4		1.095	4.571	4.262
Hydroxyproline....g	0.154		0	O	4		0.131	0.546	0.509
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 355g: 1 roast (yield from 445 g raw meat)

Measure 3 = 331g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23361

Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw

Eye of Round Roast, URMIS # 2295

Refuse: 2% Connective tissue 2%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	73.18	0.467	24	AR	1		62.20	481.49	
Energy kcal	124		0	NC	4		105	815	
Energy kJ	518		0	NC	4		440	3408	
Protein (N x 6.25) g	23.35	0.287	24	AR	1		19.85	153.66	
Total lipid (fat) g	3.38	0.294	24	AR	1		2.87	22.23	
Ash g	1.10	0.041	24	AR	1		0.94	7.27	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	13		2	AR	1		11	85	
Iron, Fe mg	1.47		2	AR	1		1.25	9.67	
Magnesium, Mg mg	12		2	AR	1		10	80	
Phosphorus, P mg	221		2	AR	1		188	1457	
Potassium, K mg	324		2	AR	1		276	2135	
Sodium, Na mg	52		2	AR	1		44	342	
Zinc, Zn mg	3.43		2	AR	1		2.92	22.60	
Copper, Cu mg	0.049		2	AR	1		0.042	0.322	
Manganese, Mn mg	0.001		2	AR	1		0.001	0.007	
Selenium, Se µg	22.8		2	AR	1		19.4	149.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.063		0	BFPN	4		0.054	0.417	
Riboflavin mg	0.183	0.005	4	AR	1		0.156	1.206	
Niacin mg	6.810	0.334	4	AR	1		5.788	44.809	
Pantothenic acid mg	0.354		0	BFPN	4		0.301	2.332	
Vitamin B-6 mg	0.648	0.025	4	AR	1		0.551	4.264	
Folate, total µg	4		0	BFPN	4		3	25	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	4		0	BFPN	4		3	25	
Folate, DFE µg	4		0	NC	4		3	25	
Choline, total mg	64.2		0	BFPN	4		54.6	422.4	
Betaine mg	11.0		0	BFPN	4		9.3	72.2	
Vitamin B-12 µg	1.68	0.125	4	AR	1		1.43	11.08	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		1	11	
Retinol µg	2		0	BFSN	4		1	11	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	6		0	NC	4		5	37	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.27		0	BFFN	4		0.23	1.74	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	AS	1		0.0	0.2	
Vitamin D IU	1		0	BFFN	4		1	9	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	10.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23361

Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.137		0	NC	4		0.966	7.479	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.003	0.001	4	AR	1		0.003	0.021	
12:0....g	0.002	0.000	4	AR	1		0.002	0.015	
13:0....g									
14:0....g	0.072	0.004	4	AR	1		0.061	0.476	
15:0....g	0.012	0.001	4	AR	1		0.010	0.076	
16:0....g	0.666	0.041	4	AR	1		0.566	4.380	
17:0....g	0.030	0.002	4	AR	1		0.026	0.200	
18:0....g	0.346	0.023	4	AR	1		0.294	2.279	
20:0....g	0.002	0.000	4	AR	1		0.002	0.014	
22:0....g									
24:0....g	0.003	0.001	4	AR	1		0.003	0.020	
Fatty acids, total monounsaturated....g	1.353		0	NC	4		1.150	8.902	
14:1....g	0.023	0.003	4	AR	1		0.019	0.148	
15:1....g									
16:1 undifferentiated....g	0.107		0	AS	1		0.091	0.702	
16:1 c....g	0.097	0.008	4	AR	1		0.083	0.640	
16:1 t....g	0.009	0.001	4	AR	1		0.008	0.062	
17:1....g	0.025	0.002	4	AR	1		0.021	0.164	
18:1 undifferentiated....g	1.191		0	AS	1		1.013	7.839	
18:1 c....g	1.074	0.078	4	AR	1		0.913	7.069	
18:1 t....g	0.117	0.006	4	AR	1		0.100	0.771	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.007	0.001	4	AR	1		0.006	0.049	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.248		0	NC	4		0.211	1.630	
18:2 undifferentiated....g	0.176		0	AS	1		0.150	1.158	
18:2 n-6 c,c....g	0.147	0.008	4	AR	1		0.125	0.968	
18:2 CLAs....g	0.013	0.002	4	AR	1		0.011	0.087	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.016	0.002	4	AR	1		0.013	0.103	
18:3 undifferentiated....g	0.007		0	AS	1		0.006	0.043	
18:3 n-3 c,c,c (ALA)....g	0.007	0.001	4	AR	1		0.006	0.043	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.002	0.000	4	AR	1		0.001	0.010	
20:3 undifferentiated....g	0.012		0	AS	1		0.010	0.078	
20:3 n-3....g									
20:3 n-6....g	0.012	0.001	4	AR	1		0.010	0.078	
20:4 undifferentiated....g	0.038	0.005	4	AR	1		0.032	0.247	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.004	0.001	4	AR	1		0.003	0.023	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.009	0.001	4	AR	1		0.008	0.061	
22:6 n-3 (DHA)....g	0.002	0.000	4	AR	1		0.001	0.010	
Fatty acids, total trans....g	0.142		0	NC	4		0.121	0.936	
Fatty acids, total trans-monoenoic....g	0.127		0	NC	4		0.108	0.832	
Fatty acids, total trans-polyenoic....g	0.016		0	NC	4		0.013	0.103	
Cholesterol....mg	58	4.458	4	AR	1		50	383	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.276		0	AR	1		0.235	1.817	
Threonine....g	1.147		0	AR	1		0.975	7.546	
Isoleucine....g	1.141		0	AR	1		0.970	7.509	
Leucine....g	2.091		0	AR	1		1.777	13.759	

NDB No. 23361

Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	2.329		0	AR	1		1.979	15.322	
Methionine....g	0.648		0	AR	1		0.551	4.264	
Cystine....g	0.243		0	AR	1		0.207	1.599	
Phenylalanine....g	0.972		0	AR	1		0.826	6.395	
Tyrosine....g	0.909		0	AR	1		0.773	5.983	
Valine....g	1.208		0	AR	1		1.026	7.945	
Arginine....g	1.629		0	AR	1		1.385	10.719	
Histidine....g	0.893		0	AR	1		0.759	5.874	
Alanine....g	1.456		0	AR	1		1.238	9.581	
Aspartic acid....g	2.347		0	AR	1		1.995	15.443	
Glutamic acid....g	3.980		0	AR	1		3.383	26.187	
Glycine....g	1.049		0	AR	1		0.892	6.904	
Proline....g	1.018		0	AR	1		0.865	6.698	
Serine....g	0.987		0	AR	1		0.839	6.492	
Hydroxyproline....g	0.118		0	AR	1		0.100	0.776	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 658g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13420

Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted

Eye of Round Roast, URMIS #1480

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	66.20		0	O	4		56.27	223.09	195.95
Energy kcal	157		0	NC	4		133	529	465
Energy kJ	657		0	NC	4		558	2214	1945
Protein (N x 6.25) g	29.52		0	O	4		25.09	99.48	87.38
Total lipid (fat) g	3.43		0	O	4		2.92	11.56	10.15
Ash g	1.19		0	O	4		1.01	4.01	3.52
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total g	0.00		0	Z	7		0.00	0.00	0.00
Starch g									
Minerals:									
Calcium, Ca mg	16		0	BFYN	4		14	54	47
Iron, Fe mg	1.74		0	BFYN	4		1.48	5.85	5.14
Magnesium, Mg mg	14		0	BFYN	4		12	49	43
Phosphorus, P mg	281		0	BFYN	4		239	948	833
Potassium, K mg	394		0	BFYN	4		335	1329	1167
Sodium, Na mg	63		0	BFYN	4		54	214	188
Zinc, Zn mg	4.28		0	BFYN	4		3.64	14.42	12.67
Copper, Cu mg	0.045		0	BFYN	4		0.038	0.151	0.132
Manganese, Mn mg	0.002		0	BFYN	4		0.002	0.006	0.006
Selenium, Se µg	28.1		0	BFYN	4		23.9	94.7	83.2
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.080		0	BFYN	4		0.068	0.271	0.238
Riboflavin mg	0.234		0	BFYN	4		0.199	0.789	0.693
Niacin mg	8.335		0	BFYN	4		7.085	28.090	24.673
Pantothenic acid mg	0.465		0	BFYN	4		0.395	1.566	1.376
Vitamin B-6 mg	0.807		0	BFYN	4		0.686	2.719	2.388
Folate, total µg	5		0	BFYN	4		4	16	14
Folic acid µg	0		0	BFYN	4		0	0	0
Folate, food µg	5		0	BFYN	4		4	16	14
Folate, DFE µg	5		0	NC	4		4	16	14
Choline, total mg	80.5		0	BFYN	4		68.4	271.2	238.2
Betaine mg	13.6		0	BFYN	4		11.5	45.7	40.1
Vitamin B-12 µg	2.61		0	BFYN	4		2.22	8.81	7.74
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	3		0	BFYN	4		2	9	8
Retinol µg	3		0	BFYN	4		2	9	8
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	9		0	BFYN	4		7	29	25
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.28		0	BFYN	4		0.24	0.93	0.82
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	0.00
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	AS	1		0.0	0.1	0.1
Vitamin D IU	1		0	BFFN	4		1	5	4
Vitamin K (phylloquinone) µg	1.3		0	BFSN	4		1.1	4.3	3.8
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13420

Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated g	1.280		0	BFYN	4		1.088	4.313	3.788
4:0 g	0.000		0	Z	7		0.000	0.000	0.000
6:0 g	0.000		0	Z	7		0.000	0.000	0.000
8:0 g	0.000		0	Z	7		0.000	0.000	0.000
10:0 g	0.004		0	BFYN	4		0.004	0.015	0.013
12:0 g	0.003		0	BFYN	4		0.002	0.009	0.007
13:0 g									
14:0 g	0.083		0	BFYN	4		0.071	0.281	0.247
15:0 g	0.014		0	BFYN	4		0.012	0.047	0.042
16:0 g	0.731		0	BFYN	4		0.622	2.465	2.165
17:0 g	0.037		0	BFYN	4		0.031	0.124	0.109
18:0 g	0.401		0	BFYN	4		0.341	1.352	1.188
20:0 g	0.003		0	BFYN	4		0.002	0.009	0.008
22:0 g									
24:0 g	0.003		0	BFYN	4		0.003	0.011	0.010
Fatty acids, total monounsaturated g	1.438		0	BFYN	4		1.223	4.847	4.258
14:1 g	0.023		0	BFYN	4		0.020	0.079	0.069
15:1 g									
16:1 undifferentiated g	0.107		0	BFYN	4		0.091	0.360	0.316
16:1 c g	0.097		0	BFYN	4		0.082	0.325	0.286
16:1 t g	0.010		0	BFYN	4		0.009	0.035	0.030
17:1 g	0.029		0	BFYN	4		0.024	0.096	0.085
18:1 undifferentiated g	1.270		0	BFYN	4		1.080	4.281	3.760
18:1 c g	1.121		0	BFYN	4		0.953	3.779	3.319
18:1 t g	0.149		0	BFYN	4		0.127	0.502	0.441
18:1-11 t (18:1t n-7) g									
20:1 g	0.009		0	BFYN	4		0.008	0.031	0.027
22:1 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.266		0	BFYN	4		0.226	0.898	0.789
18:2 undifferentiated g	0.178		0	BFYN	4		0.152	0.601	0.528
18:2 n-6 c,c g	0.151		0	BFYN	4		0.128	0.507	0.445
18:2 CLAs g	0.014		0	BFYN	4		0.012	0.047	0.041
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.014		0	BFYN	4		0.012	0.047	0.042
18:3 undifferentiated g	0.006		0	BFYN	4		0.005	0.022	0.019
18:3 n-3 c,c,c (ALA) g	0.006		0	BFYN	4		0.005	0.022	0.019
18:3 n-6 c,c,c g									
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c g	0.001		0	BFYN	4		0.001	0.004	0.004
20:3 undifferentiated g	0.016		0	BFYN	4		0.014	0.054	0.047
20:3 n-3 g									
20:3 n-6 g	0.016		0	BFYN	4		0.014	0.054	0.047
20:4 undifferentiated g	0.042		0	BFYN	4		0.036	0.143	0.126
20:4 n-6 g									
20:5 n-3 (EPA) g	0.005		0	BFYN	4		0.004	0.016	0.014
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.014		0	BFYN	4		0.012	0.047	0.042
22:6 n-3 (DHA) g	0.003		0	BFYN	4		0.003	0.010	0.009
Fatty acids, total trans g	0.173		0	BFYN	4		0.147	0.584	0.513
Fatty acids, total trans-monoenoic g	0.159		0	BFYN	4		0.135	0.536	0.471
Fatty acids, total trans-polyenoic g	0.014		0	BFYN	4		0.012	0.047	0.042
Cholesterol mg	79		0	BFYN	4		67	265	233
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.405		0	O	4		0.344	1.365	1.199
Threonine g	1.729		0	O	4		1.469	5.826	5.117
Isoleucine g	1.713		0	O	4		1.456	5.773	5.071
Leucine g	3.193		0	O	4		2.714	10.759	9.450

NDB No. 13420

Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	3.582		0	O	4		3.045	12.071	10.603
Methionine g	0.981		0	O	4		0.834	3.306	2.904
Cystine g	0.374		0	O	4		0.318	1.260	1.106
Phenylalanine g	1.464		0	O	4		1.244	4.933	4.333
Tyrosine g	1.386		0	O	4		1.178	4.671	4.103
Valine g	1.807		0	O	4		1.536	6.088	5.347
Arginine g	2.492		0	O	4		2.118	8.397	7.376
Histidine g	1.402		0	O	4		1.191	4.723	4.149
Alanine g	2.196		0	O	4		1.866	7.400	6.500
Aspartic acid g	3.582		0	O	4		3.045	12.071	10.603
Glutamic acid g	6.011		0	O	4		5.110	20.258	17.794
Glycine g	1.588		0	O	4		1.350	5.353	4.702
Proline g	1.573		0	O	4		1.337	5.301	4.656
Serine g	1.511		0	O	4		1.284	5.091	4.472
Hydroxyproline g	0.157		0	O	4		0.133	0.528	0.464
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 337g: 1 roast (yield from 426 g raw meat)

Measure 3 = 296g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23362

Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw

Eye of Round Roast, URMIS # 1480

Refuse: 2% Connective tissue 2%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	73.81	0.480	12	AR	1		62.73	515.90	
Energy kcal	116		0	NC	4		99	813	
Energy kJ	487		0	NC	4		414	3404	
Protein (N x 6.25) g	23.41	0.296	12	AR	1		19.90	163.61	
Total lipid (fat) g	2.52	0.332	12	AR	1		2.15	17.64	
Ash g	1.09	0.042	12	AR	1		0.92	7.60	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	13		1	AR	1		11	88	
Iron, Fe mg	1.37		1	AR	1		1.17	9.58	
Magnesium, Mg mg	11		1	AR	1		10	80	
Phosphorus, P mg	222		1	AR	1		189	1554	
Potassium, K mg	312		1	AR	1		265	2178	
Sodium, Na mg	50		1	AR	1		43	350	
Zinc, Zn mg	3.38		1	AR	1		2.87	23.63	
Copper, Cu mg	0.035		1	AR	1		0.030	0.247	
Manganese, Mn mg	0.002		1	AR	1		0.001	0.010	
Selenium, Se µg	22.2		1	AR	1		18.9	155.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.064		0	BFPN	4		0.054	0.444	
Riboflavin mg	0.185		2	AR	1		0.157	1.293	
Niacin mg	6.585		2	AR	1		5.597	46.029	
Pantothenic acid mg	0.367		0	BFPN	4		0.312	2.566	
Vitamin B-6 mg	0.637		2	AR	1		0.542	4.455	
Folate, total µg	4		0	BFPN	4		3	26	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	4		0	BFPN	4		3	26	
Folate, DFE µg	4		0	NC	4		3	26	
Choline, total mg	63.6		0	BFPN	4		54.0	444.5	
Betaine mg	10.7		0	BFPN	4		9.1	74.9	
Vitamin B-12 µg	2.07		2	AR	1		1.76	14.43	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		2	14	
Retinol µg	2		0	BFSN	4		2	14	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	7		0	NC	4		6	47	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.22		0	BFFN	4		0.19	1.53	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	AS	1		0.0	0.2	
Vitamin D IU	1		0	BFFN	4		1	8	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	11.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23362

Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.011		0	NC	4		0.859	7.067	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.003		2	AR	1		0.003	0.024	
12:0....g	0.002		2	AR	1		0.002	0.014	
13:0....g									
14:0....g	0.066		2	AR	1		0.056	0.461	
15:0....g	0.011		2	AR	1		0.009	0.078	
16:0....g	0.578		2	AR	1		0.491	4.039	
17:0....g	0.029		2	AR	1		0.025	0.203	
18:0....g	0.317		2	AR	1		0.269	2.216	
20:0....g	0.002		2	AR	1		0.002	0.015	
22:0....g									
24:0....g	0.003		2	AR	1		0.002	0.018	
Fatty acids, total monounsaturated....g	1.136		0	NC	4		0.966	7.943	
14:1....g	0.019		2	AR	1		0.016	0.129	
15:1....g									
16:1 undifferentiated....g	0.084		0	AS	1		0.072	0.590	
16:1 c....g	0.076		2	AR	1		0.065	0.533	
16:1 t....g	0.008		2	AR	1		0.007	0.057	
17:1....g	0.023		2	AR	1		0.019	0.158	
18:1 undifferentiated....g	1.004		0	AS	1		0.853	7.014	
18:1 c....g	0.886		2	AR	1		0.753	6.192	
18:1 t....g	0.118		2	AR	1		0.100	0.822	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.007		2	AR	1		0.006	0.051	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.211		0	NC	4		0.179	1.471	
18:2 undifferentiated....g	0.141		0	AS	1		0.120	0.986	
18:2 n-6 c,c....g	0.119		2	AR	1		0.101	0.831	
18:2 CLAs....g	0.011		2	AR	1		0.009	0.077	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.011		2	AR	1		0.009	0.078	
18:3 undifferentiated....g	0.005		0	AS	1		0.004	0.036	
18:3 n-3 c,c,c (ALA)....g	0.005		2	AR	1		0.004	0.036	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.001		2	AR	1		0.001	0.007	
20:3 undifferentiated....g	0.013		0	AS	1		0.011	0.088	
20:3 n-3....g									
20:3 n-6....g	0.013		2	AR	1		0.011	0.088	
20:4 undifferentiated....g	0.034		2	AR	1		0.028	0.234	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.004		2	AR	1		0.003	0.027	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.011		2	AR	1		0.009	0.078	
22:6 n-3 (DHA)....g	0.002		2	AR	1		0.002	0.017	
Fatty acids, total trans....g	0.137		0	NC	4		0.116	0.956	
Fatty acids, total trans-monoenoic....g	0.126		0	NC	4		0.107	0.879	
Fatty acids, total trans-polyenoic....g	0.011		0	NC	4		0.009	0.078	
Cholesterol....mg	62		2	AR	1		53	434	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.305		0	AR	1		0.259	2.134	
Threonine....g	1.303		0	AR	1		1.108	9.109	
Isoleucine....g	1.291		0	AR	1		1.098	9.027	
Leucine....g	2.407		0	AR	1		2.046	16.823	

NDB No. 23362

Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	2.700		0	AR	1		2.295	18.875	
Methionine....g	0.740		0	AR	1		0.629	5.170	
Cystine....g	0.282		0	AR	1		0.239	1.969	
Phenylalanine....g	1.104		0	AR	1		0.938	7.714	
Tyrosine....g	1.045		0	AR	1		0.888	7.304	
Valine....g	1.362		0	AR	1		1.158	9.519	
Arginine....g	1.878		0	AR	1		1.597	13.130	
Histidine....g	1.057		0	AR	1		0.898	7.386	
Alanine....g	1.655		0	AR	1		1.407	11.571	
Aspartic acid....g	2.700		0	AR	1		2.295	18.875	
Glutamic acid....g	4.532		0	AR	1		3.852	31.676	
Glycine....g	1.197		0	AR	1		1.018	8.370	
Proline....g	1.186		0	AR	1		1.008	8.288	
Serine....g	1.139		0	AR	1		0.968	7.960	
Hydroxyproline....g	0.118		0	AR	1		0.100	0.826	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 699g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23334

Beef, round, eye of round steak, boneless separable lean and fat, trimmed to 0" fat, choice, raw

Eye of Round Steak, URMIS # 2296

Refuse: 1% Connective tissue 1%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	72.81	0.374	24	AR	1		61.89	96.84	
Energy kcal	127		0	NC	4		108	169	
Energy kJ	533		0	NC	4		453	709	
Protein (N x 6.25) g	23.24	0.309	24	AR	1		19.75	30.91	
Total lipid (fat) g	3.83	0.259	24	AR	1		3.26	5.09	
Ash g	1.10	0.040	24	AR	1		0.93	1.46	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	13		2	AR	1		11	17	
Iron, Fe mg	1.47		2	AR	1		1.25	1.96	
Magnesium, Mg mg	12		2	AR	1		10	16	
Phosphorus, P mg	220		2	AR	1		187	293	
Potassium, K mg	322		2	AR	1		274	429	
Sodium, Na mg	52		2	AR	1		44	69	
Zinc, Zn mg	3.41		2	AR	1		2.90	4.54	
Copper, Cu mg	0.049		2	AR	1		0.041	0.065	
Manganese, Mn mg	0.001		2	AR	1		0.001	0.001	
Selenium, Se µg	22.6		2	AR	1		19.2	30.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.063		0	BFPN	4		0.053	0.084	
Riboflavin mg	0.182	0.006	4	AR	1		0.155	0.242	
Niacin mg	6.773	0.339	4	AR	1		5.757	9.009	
Pantothenic acid mg	0.345		0	BFPN	4		0.294	0.459	
Vitamin B-6 mg	0.645	0.025	4	AR	1		0.548	0.857	
Folate, total µg	4		0	BFPN	4		3	5	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	4		0	BFPN	4		3	5	
Folate, DFE µg	4		0	NC	4		3	5	
Choline, total mg	64.4		0	BFPN	4		54.8	85.7	
Betaine mg	11.1		0	BFPN	4		9.5	14.8	
Vitamin B-12 µg	1.68	0.125	4	AR	1		1.43	2.23	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	3		0	NC	4		3	4	
Retinol µg	3		0	BFSN	4		3	4	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	11		0	NC	4		9	14	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.25		0	BFFN	4		0.21	0.34	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	AS	1		0.0	0.0	
Vitamin D IU	1		0	BFFN	4		1	2	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	2.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23334

Beef, round, eye of round steak, boneless separable lean and fat, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.343		0	NC	4		1.142	1.786	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.004	0.001	4	AR	1		0.003	0.005	
12:0....g	0.003	0.000	4	AR	1		0.002	0.004	
13:0....g									
14:0....g	0.087	0.006	4	AR	1		0.074	0.116	
15:0....g	0.014	0.001	4	AR	1		0.012	0.019	
16:0....g	0.778	0.044	4	AR	1		0.661	1.035	
17:0....g	0.036	0.003	4	AR	1		0.031	0.048	
18:0....g	0.416	0.037	4	AR	1		0.353	0.553	
20:0....g	0.003	0.000	4	AR	1		0.002	0.003	
22:0....g									
24:0....g	0.003	0.001	4	AR	1		0.003	0.004	
Fatty acids, total monounsaturated....g	1.585		0	NC	4		1.348	2.108	
14:1....g	0.027	0.002	4	AR	1		0.023	0.036	
15:1....g									
16:1 undifferentiated....g	0.126		0	AS	1		0.107	0.167	
16:1 c....g	0.115	0.010	4	AR	1		0.098	0.153	
16:1 t....g	0.011	0.001	4	AR	1		0.009	0.014	
17:1....g	0.029	0.002	4	AR	1		0.025	0.039	
18:1 undifferentiated....g	1.395		0	AS	1		1.185	1.855	
18:1 c....g	1.251	0.097	4	AR	1		1.063	1.663	
18:1 t....g	0.144	0.010	4	AR	1		0.122	0.192	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.009	0.001	4	AR	1		0.007	0.012	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.266		0	NC	4		0.226	0.354	
18:2 undifferentiated....g	0.193		0	AS	1		0.164	0.257	
18:2 n-6 c,c....g	0.158	0.009	4	AR	1		0.134	0.210	
18:2 CLAs....g	0.016	0.001	4	AR	1		0.014	0.022	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.019	0.001	4	AR	1		0.016	0.025	
18:3 undifferentiated....g	0.007		0	AS	1		0.006	0.010	
18:3 n-3 c,c,c (ALA)....g	0.007	0.001	4	AR	1		0.006	0.010	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.002	0.000	4	AR	1		0.001	0.002	
20:3 undifferentiated....g	0.012		0	AS	1		0.010	0.016	
20:3 n-3....g									
20:3 n-6....g	0.012	0.001	4	AR	1		0.010	0.016	
20:4 undifferentiated....g	0.038	0.005	4	AR	1		0.032	0.050	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.004	0.001	4	AR	1		0.003	0.005	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.009	0.001	4	AR	1		0.008	0.012	
22:6 n-3 (DHA)....g	0.002	0.000	4	AR	1		0.001	0.002	
Fatty acids, total trans....g	0.174		0	NC	4		0.148	0.231	
Fatty acids, total trans-monoenoic....g	0.155		0	NC	4		0.132	0.206	
Fatty acids, total trans-polyenoic....g	0.019		0	NC	4		0.016	0.025	
Cholesterol....mg	58		4	AR	1		50	78	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.261		0	AR	1		0.222	0.347	
Threonine....g	1.090		0	AR	1		0.926	1.449	
Isoleucine....g	1.080		0	AR	1		0.918	1.436	
Leucine....g	1.985		0	AR	1		1.687	2.640	

NDB No. 23334

Beef, round, eye of round steak, boneless separable lean and fat, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.198		0	AR	1		1.868	2.923	
Methionine g	0.626		0	AR	1		0.532	0.833	
Cystine g	0.234		0	AR	1		0.199	0.311	
Phenylalanine g	0.927		0	AR	1		0.788	1.233	
Tyrosine g	0.859		0	AR	1		0.731	1.143	
Valine g	1.161		0	AR	1		0.987	1.544	
Arginine g	1.569		0	AR	1		1.334	2.087	
Histidine g	0.855		0	AR	1		0.727	1.138	
Alanine g	1.437		0	AR	1		1.221	1.911	
Aspartic acid g	2.245		0	AR	1		1.908	2.985	
Glutamic acid g	3.780		0	AR	1		3.213	5.028	
Glycine g	1.146		0	AR	1		0.974	1.524	
Proline g	1.036		0	AR	1		0.881	1.378	
Serine g	0.949		0	AR	1		0.807	1.263	
Hydroxyproline g	0.159		0	AR	1		0.135	0.211	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 133g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23351

Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled

Eye of Round Steak

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	65.06		0	O	4		55.30		
Energy kcal	159		0	NC	4		135		
Energy kJ	665		0	NC	4		565		
Protein (N x 6.25) g	29.66		0	O	4		25.21		
Total lipid (fat) g	4.47		0	O	4		3.80		
Ash g	1.22		0	O	4		1.03		
Carbohydrate, by difference g	0.00		0	NC	4		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	17		0	BFYN	4		14		
Iron, Fe mg	1.88		0	BFYN	4		1.60		
Magnesium, Mg mg	15		0	BFYN	4		13		
Phosphorus, P mg	286		0	BFYN	4		243		
Potassium, K mg	411		0	BFYN	4		350		
Sodium, Na mg	68		0	BFYN	4		58		
Zinc, Zn mg	4.41		0	BFYN	4		3.75		
Copper, Cu mg	0.055		0	BFYN	4		0.046		
Manganese, Mn mg	0.002		0	BFYN	4		0.001		
Selenium, Se µg	29.1		0	BFYN	4		24.8		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.082		0	BFYN	4		0.070		
Riboflavin mg	0.238		0	BFYN	4		0.202		
Niacin mg	8.682		0	BFYN	4		7.379		
Pantothenic acid mg	0.459		0	BFYN	4		0.390		
Vitamin B-6 mg	0.832		0	BFYN	4		0.707		
Folate, total µg	5		0	BFYN	4		4		
Folic acid µg	0		0	BFYN	4		0		
Folate, food µg	5		0	BFYN	4		4		
Folate, DFE µg	5		0	NC	4		4		
Choline, total mg	83.1		0	BFYN	4		70.7		
Betaine mg	14.2		0	BFYN	4		12.1		
Vitamin B-12 µg	2.38		0	BFYN	4		2.02		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	4		0	BFYN	4		4		
Retinol µg	4		0	BFYN	4		4		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	14		0	BFYN	4		12		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.31		0	BFYN	4		0.26		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	AS	1		0.0		
Vitamin D IU	1		0	BFFN	4		1		
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23351

Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.669		0	BFYN	4		1.419		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g	0.005		0	BFYN	4		0.004		
12:0....g	0.003		0	BFYN	4		0.003		
13:0....g									
14:0....g	0.109		0	BFYN	4		0.093		
15:0....g	0.018		0	BFYN	4		0.015		
16:0....g	0.960		0	BFYN	4		0.816		
17:0....g	0.046		0	BFYN	4		0.039		
18:0....g	0.521		0	BFYN	4		0.443		
20:0....g	0.003		0	BFYN	4		0.003		
22:0....g									
24:0....g	0.004		0	BFYN	4		0.003		
Fatty acids, total monounsaturated....g	1.935		0	BFYN	4		1.645		
14:1....g	0.033		0	BFYN	4		0.028		
15:1....g									
16:1 undifferentiated....g	0.151		0	BFYN	4		0.128		
16:1 c....g	0.137		0	BFYN	4		0.117		
16:1 t....g	0.014		0	BFYN	4		0.011		
17:1....g	0.037		0	BFYN	4		0.031		
18:1 undifferentiated....g	1.704		0	BFYN	4		1.448		
18:1 c....g	1.518		0	BFYN	4		1.290		
18:1 t....g	0.186		0	BFYN	4		0.158		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.011		0	BFYN	4		0.010		
22:1 undifferentiated....g	0.000		0	Z	7		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.326		0	BFYN	4		0.277		
18:2 undifferentiated....g	0.232		0	BFYN	4		0.197		
18:2 n-6 c,c....g	0.190		0	BFYN	4		0.162		
18:2 CLAs....g	0.020		0	BFYN	4		0.017		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.022		0	BFYN	4		0.019		
18:3 undifferentiated....g	0.009		0	BFYN	4		0.008		
18:3 n-3 c,c,c (ALA)....g	0.009		0	BFYN	4		0.008		
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g	0.002		0	BFYN	4		0.002		
20:3 undifferentiated....g	0.016		0	BFYN	4		0.014		
20:3 n-3....g									
20:3 n-6....g	0.016		0	BFYN	4		0.014		
20:4 undifferentiated....g	0.047		0	BFYN	4		0.040		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.005		0	BFYN	4		0.004		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.013		0	BFYN	4		0.011		
22:6 n-3 (DHA)....g	0.002		0	BFYN	4		0.002		
Fatty acids, total trans....g	0.221		0	BFYN	4		0.188		
Fatty acids, total trans-monoenoic....g	0.199		0	BFYN	4		0.170		
Fatty acids, total trans-polyenoic....g	0.022		0	BFYN	4		0.019		
Cholesterol....mg	78		0	BFYN	4		66		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.332		0	O	4		0.282		
Threonine....g	1.398		0	O	4		1.188		
Isoleucine....g	1.382		0	O	4		1.174		
Leucine....g	2.556		0	O	4		2.173		

NDB No. 23351

Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	2.841		0	O	4		2.415		
Methionine....g	0.803		0	O	4		0.682		
Cystine....g	0.302		0	O	4		0.257		
Phenylalanine....g	1.190		0	O	4		1.011		
Tyrosine....g	1.105		0	O	4		0.939		
Valine....g	1.482		0	O	4		1.260		
Arginine....g	2.020		0	O	4		1.717		
Histidine....g	1.112		0	O	4		0.945		
Alanine....g	1.839		0	O	4		1.563		
Aspartic acid....g	2.890		0	O	4		2.456		
Glutamic acid....g	4.849		0	O	4		4.122		
Glycine....g	1.459		0	O	4		1.240		
Proline....g	1.331		0	O	4		1.131		
Serine....g	1.221		0	O	4		1.038		
Hydroxyproline....g	0.203		0	O	4		0.172		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23333

Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw

Eye of Round Steak

Refuse: 1% Connective tissue 1%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	73.07	0.365	36	AR	1		62.11	102.30	
Energy kcal	124		0	NC	4		106	174	
Energy kJ	520		0	NC	4		442	728	
Protein (N x 6.25) g	23.26	0.305	36	AR	1		19.77	32.57	
Total lipid (fat) g	3.48	0.232	36	AR	1		2.96	4.87	
Ash g	1.09	0.039	36	AR	1		0.93	1.53	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	13		3	AR	1		11	18	
Iron, Fe mg	1.45		3	AR	1		1.23	2.03	
Magnesium, Mg mg	12		3	AR	1		10	16	
Phosphorus, P mg	220		3	AR	1		187	309	
Potassium, K mg	317		3	AR	1		269	443	
Sodium, Na mg	53		3	AR	1		45	74	
Zinc, Zn mg	3.39		3	AR	1		2.89	4.75	
Copper, Cu mg	0.042		3	AR	1		0.036	0.059	
Manganese, Mn mg	0.001		3	AR	1		0.001	0.002	
Selenium, Se µg	22.4		3	AR	1		19.1	31.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.063		0	BFPN	4		0.054	0.088	
Riboflavin mg	0.183	0.004	6	AR	1		0.155	0.256	
Niacin mg	6.685	0.273	6	AR	1		5.682	9.359	
Pantothenic acid mg	0.354		0	BFPN	4		0.301	0.495	
Vitamin B-6 mg	0.641	0.020	6	AR	1		0.545	0.897	
Folate, total µg	4		0	BFPN	4		3	5	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	4		0	BFPN	4		3	5	
Folate, DFE µg	4		0	NC	4		3	5	
Choline, total mg	64.0		0	BFPN	4		54.4	89.6	
Betaine mg	10.9		0	BFPN	4		9.3	15.3	
Vitamin B-12 µg	1.83	0.101	6	AR	1		1.56	2.56	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	3		0	NC	4		3	5	
Retinol µg	3		0	BFSN	4		3	5	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	11		0	NC	4		9	15	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.24		0	BFFN	4		0.20	0.33	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	AS	1		0.0	0.0	
Vitamin D IU	1		0	BFFN	4		1	2	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	2.1	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23333

Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated g	1.285		0	NC	4		1.092	1.799	
4:0 g	0.000		0	Z	7		0.000	0.000	
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.004	0.001	6	AR	1		0.003	0.005	
12:0 g	0.002	0.000	6	AR	1		0.002	0.003	
13:0 g									
14:0 g	0.084	0.005	6	AR	1		0.072	0.118	
15:0 g	0.014	0.000	6	AR	1		0.012	0.019	
16:0 g	0.739	0.035	6	AR	1		0.628	1.035	
17:0 g	0.035	0.002	6	AR	1		0.030	0.049	
18:0 g	0.401	0.029	6	AR	1		0.341	0.562	
20:0 g	0.003	0.000	6	AR	1		0.002	0.004	
22:0 g									
24:0 g	0.003	0.001	6	AR	1		0.002	0.004	
Fatty acids, total monounsaturated g	1.490		0	NC	4		1.267	2.086	
14:1 g	0.025	0.001	6	AR	1		0.021	0.035	
15:1 g									
16:1 undifferentiated g	0.116		0	AS	1		0.099	0.163	
16:1 c g	0.106	0.008	6	AR	1		0.090	0.148	
16:1 t g	0.010	0.001	6	AR	1		0.009	0.015	
17:1 g	0.028	0.002	6	AR	1		0.024	0.039	
18:1 undifferentiated g	1.312		0	AS	1		1.115	1.836	
18:1 c g	1.169	0.078	6	AR	1		0.993	1.636	
18:1 t g	0.143	0.008	6	AR	1		0.122	0.200	
18:1-11 t (18:1t n-7) g									
20:1 g	0.009	0.001	6	AR	1		0.007	0.012	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.251		0	NC	4		0.213	0.351	
18:2 undifferentiated g	0.179		0	AS	1		0.152	0.250	
18:2 n-6 c,c g	0.147	0.007	6	AR	1		0.125	0.205	
18:2 CLAs g	0.015	0.001	6	AR	1		0.013	0.021	
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.017	0.001	6	AR	1		0.014	0.024	
18:3 undifferentiated g	0.007		0	AS	1		0.006	0.010	
18:3 n-3 c,c,c (ALA) g	0.007	0.001	6	AR	1		0.006	0.010	
18:3 n-6 c,c,c g									
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.002	0.000	6	AR	1		0.001	0.002	
20:3 undifferentiated g	0.012		0	AS	1		0.011	0.017	
20:3 n-3 g									
20:3 n-6 g	0.012	0.000	6	AR	1		0.011	0.017	
20:4 undifferentiated g	0.036	0.004	6	AR	1		0.031	0.050	
20:4 n-6 g									
20:5 n-3 (EPA) g	0.004	0.001	6	AR	1		0.003	0.005	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.010	0.001	6	AR	1		0.009	0.014	
22:6 n-3 (DHA) g	0.002	0.000	6	AR	1		0.002	0.003	
Fatty acids, total trans g	0.170		0	NC	4		0.145	0.239	
Fatty acids, total trans-monoenoic g	0.154		0	NC	4		0.131	0.215	
Fatty acids, total trans-polyenoic g	0.017		0	NC	4		0.014	0.024	
Cholesterol mg	60	3.600	6	AR	1		51	84	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.260		0	AR	1		0.221	0.364	
Threonine g	1.096		0	AR	1		0.932	1.535	
Isoleucine g	1.084		0	AR	1		0.921	1.517	
Leucine g	2.005		0	AR	1		1.704	2.807	

NDB No. 23333

Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.228		0	AR	1		1.894	3.120	
Methionine g	0.629		0	AR	1		0.535	0.881	
Cystine g	0.237		0	AR	1		0.201	0.332	
Phenylalanine g	0.933		0	AR	1		0.793	1.306	
Tyrosine g	0.867		0	AR	1		0.737	1.214	
Valine g	1.163		0	AR	1		0.988	1.628	
Arginine g	1.584		0	AR	1		1.346	2.218	
Histidine g	0.872		0	AR	1		0.741	1.221	
Alanine g	1.442		0	AR	1		1.226	2.019	
Aspartic acid g	2.267		0	AR	1		1.927	3.173	
Glutamic acid g	3.804		0	AR	1		3.233	5.325	
Glycine g	1.145		0	AR	1		0.973	1.602	
Proline g	1.044		0	AR	1		0.887	1.461	
Serine g	0.958		0	AR	1		0.814	1.341	
Hydroxyproline g	0.159		0	AR	1		0.135	0.223	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 140g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23352

Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

Eye of Round Steak, URMIS # 2296

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	64.50		0	O	4		54.83		
Energy kcal	163		0	NC	4		138		
Energy kJ	680		0	NC	4		578		
Protein (N x 6.25) g	29.79		0	O	4		25.32		
Total lipid (fat) g	4.83		0	O	4		4.10		
Ash g	1.21		0	O	4		1.03		
Carbohydrate, by difference g	0.00		0	NC	4		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	17		0	BFYN	4		14		
Iron, Fe mg	1.91		0	BFYN	4		1.62		
Magnesium, Mg mg	16		0	BFYN	4		13		
Phosphorus, P mg	286		0	BFYN	4		243		
Potassium, K mg	419		0	BFYN	4		356		
Sodium, Na mg	67		0	BFYN	4		57		
Zinc, Zn mg	4.43		0	BFYN	4		3.77		
Copper, Cu mg	0.063		0	BFYN	4		0.054		
Manganese, Mn mg	0.001		0	BFYN	4		0.001		
Selenium, Se µg	29.4		0	BFYN	4		25.0		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.082		0	BFYN	4		0.069		
Riboflavin mg	0.237		0	BFYN	4		0.201		
Niacin mg	8.797		0	BFYN	4		7.477		
Pantothenic acid mg	0.449		0	BFYN	4		0.381		
Vitamin B-6 mg	0.837		0	BFYN	4		0.712		
Folate, total µg	5		0	BFYN	4		4		
Folic acid µg	0		0	BFYN	4		0		
Folate, food µg	5		0	BFYN	4		4		
Folate, DFE µg	5		0	NC	4		4		
Choline, total mg	83.7		0	BFYN	4		71.1		
Betaine mg	14.4		0	BFYN	4		12.3		
Vitamin B-12 µg	2.18		0	BFYN	4		1.85		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	4		0	BFYN	4		4		
Retinol µg	4		0	BFYN	4		4		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	14		0	BFYN	4		12		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.33		0	BFYN	4		0.28		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	AS	1		0.0		
Vitamin D IU	1		0	BFFN	4		1		
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23352

Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.744		0	BFYN	4		1.483		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g	0.005		0	BFYN	4		0.004		
12:0....g	0.004		0	BFYN	4		0.003		
13:0....g									
14:0....g	0.113		0	BFYN	4		0.096		
15:0....g	0.018		0	BFYN	4		0.016		
16:0....g	1.011		0	BFYN	4		0.859		
17:0....g	0.047		0	BFYN	4		0.040		
18:0....g	0.540		0	BFYN	4		0.459		
20:0....g	0.003		0	BFYN	4		0.003		
22:0....g									
24:0....g	0.004		0	BFYN	4		0.003		
Fatty acids, total monounsaturated....g	2.059		0	BFYN	4		1.750		
14:1....g	0.035		0	BFYN	4		0.030		
15:1....g									
16:1 undifferentiated....g	0.163		0	BFYN	4		0.139		
16:1 c....g	0.149		0	BFYN	4		0.127		
16:1 t....g	0.014		0	BFYN	4		0.012		
17:1....g	0.038		0	BFYN	4		0.032		
18:1 undifferentiated....g	1.811		0	BFYN	4		1.539		
18:1 c....g	1.624		0	BFYN	4		1.380		
18:1 t....g	0.187		0	BFYN	4		0.159		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.011		0	BFYN	4		0.010		
22:1 undifferentiated....g	0.000		0	Z	7		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.346		0	BFYN	4		0.294		
18:2 undifferentiated....g	0.251		0	BFYN	4		0.213		
18:2 n-6 c,c....g	0.205		0	BFYN	4		0.175		
18:2 CLAs....g	0.021		0	BFYN	4		0.018		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.024		0	BFYN	4		0.021		
18:3 undifferentiated....g	0.010		0	BFYN	4		0.008		
18:3 n-3 c,c,c (ALA)....g	0.010		0	BFYN	4		0.008		
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g	0.002		0	BFYN	4		0.002		
20:3 undifferentiated....g	0.016		0	BFYN	4		0.013		
20:3 n-3....g									
20:3 n-6....g	0.016		0	BFYN	4		0.013		
20:4 undifferentiated....g	0.049		0	BFYN	4		0.041		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.005		0	BFYN	4		0.004		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.012		0	BFYN	4		0.010		
22:6 n-3 (DHA)....g	0.002		0	BFYN	4		0.002		
Fatty acids, total trans....g	0.225		0	BFYN	4		0.192		
Fatty acids, total trans-monoenoic....g	0.201		0	BFYN	4		0.171		
Fatty acids, total trans-polyenoic....g	0.024		0	BFYN	4		0.021		
Cholesterol....mg	76		0	BFYN	4		64		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.334		0	O	4		0.284		
Threonine....g	1.397		0	O	4		1.187		
Isoleucine....g	1.384		0	O	4		1.176		
Leucine....g	2.544		0	O	4		2.163		

NDB No. 23352

Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.817		0	O	4		2.394		
Methionine g	0.803		0	O	4		0.682		
Cystine g	0.300		0	O	4		0.255		
Phenylalanine g	1.188		0	O	4		1.010		
Tyrosine g	1.102		0	O	4		0.936		
Valine g	1.488		0	O	4		1.265		
Arginine g	2.011		0	O	4		1.709		
Histidine g	1.096		0	O	4		0.932		
Alanine g	1.841		0	O	4		1.565		
Aspartic acid g	2.877		0	O	4		2.446		
Glutamic acid g	4.846		0	O	4		4.119		
Glycine g	1.469		0	O	4		1.248		
Proline g	1.328		0	O	4		1.129		
Serine g	1.217		0	O	4		1.034		
Hydroxyproline g	0.204		0	O	4		0.173		
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23353

Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

Eye of Round Steak, URMIS # 1481

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	65.92		0	O	4		56.03		
Energy kcal	154		0	NC	4		131		
Energy kJ	643		0	NC	4		547		
Protein (N x 6.25) g	29.47		0	O	4		25.05		
Total lipid (fat) g	3.98		0	O	4		3.38		
Ash g	1.22		0	O	4		1.04		
Carbohydrate, by difference g	0.00		0	NC	4		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	16		0	BFYN	4		14		
Iron, Fe mg	1.78		0	BFYN	4		1.52		
Magnesium, Mg mg	15		0	BFYN	4		13		
Phosphorus, P mg	287		0	BFYN	4		244		
Potassium, K mg	402		0	BFYN	4		342		
Sodium, Na mg	65		0	BFYN	4		55		
Zinc, Zn mg	4.36		0	BFYN	4		3.71		
Copper, Cu mg	0.046		0	BFYN	4		0.039		
Manganese, Mn mg	0.002		0	BFYN	4		0.002		
Selenium, Se µg	28.7		0	BFYN	4		24.4		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.082		0	BFYN	4		0.070		
Riboflavin mg	0.239		0	BFYN	4		0.203		
Niacin mg	8.509		0	BFYN	4		7.233		
Pantothenic acid mg	0.475		0	BFYN	4		0.404		
Vitamin B-6 mg	0.824		0	BFYN	4		0.700		
Folate, total µg	5		0	BFYN	4		4		
Folic acid µg	0		0	BFYN	4		0		
Folate, food µg	5		0	BFYN	4		4		
Folate, DFE µg	5		0	NC	4		4		
Choline, total mg	82.3		0	BFYN	4		69.9		
Betaine mg	13.9		0	BFYN	4		11.8		
Vitamin B-12 µg	2.67		0	BFYN	4		2.27		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	7		0	BFYN	4		6		
Retinol µg	7		0	BFYN	4		6		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	22		0	BFYN	4		18		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.28		0	BFYN	4		0.24		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	BFYN	4		0.0		
Vitamin D IU	1		0	BFFN	4		1		
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23353

Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.557		0	BFYN	4		1.323		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g	0.005		0	BFYN	4		0.004		
12:0....g	0.003		0	BFYN	4		0.003		
13:0....g									
14:0....g	0.103		0	BFYN	4		0.088		
15:0....g	0.018		0	BFYN	4		0.015		
16:0....g	0.883		0	BFYN	4		0.751		
17:0....g	0.044		0	BFYN	4		0.038		
18:0....g	0.494		0	BFYN	4		0.420		
20:0....g	0.003		0	BFYN	4		0.003		
22:0....g									
24:0....g	0.004		0	BFYN	4		0.003		
Fatty acids, total monounsaturated....g	1.748		0	BFYN	4		1.486		
14:1....g	0.029		0	BFYN	4		0.025		
15:1....g									
16:1 undifferentiated....g	0.132		0	BFYN	4		0.112		
16:1 c....g	0.120		0	BFYN	4		0.102		
16:1 t....g	0.012		0	BFYN	4		0.010		
17:1....g	0.034		0	BFYN	4		0.029		
18:1 undifferentiated....g	1.542		0	BFYN	4		1.311		
18:1 c....g	1.358		0	BFYN	4		1.154		
18:1 t....g	0.184		0	BFYN	4		0.157		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.011		0	BFYN	4		0.009		
22:1 undifferentiated....g	0.000		0	Z	7		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.296		0	BFYN	4		0.251		
18:2 undifferentiated....g	0.204		0	BFYN	4		0.173		
18:2 n-6 c,c....g	0.168		0	BFYN	4		0.142		
18:2 CLAs....g	0.018		0	BFYN	4		0.015		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.018		0	BFYN	4		0.015		
18:3 undifferentiated....g	0.008		0	BFYN	4		0.007		
18:3 n-3 c,c,c (ALA)....g	0.008		0	BFYN	4		0.007		
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g	0.002		0	BFYN	4		0.001		
20:3 undifferentiated....g	0.017		0	BFYN	4		0.014		
20:3 n-3....g									
20:3 n-6....g	0.017		0	BFYN	4		0.014		
20:4 undifferentiated....g	0.044		0	BFYN	4		0.037		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.005		0	BFYN	4		0.004		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.015		0	BFYN	4		0.012		
22:6 n-3 (DHA)....g	0.003		0	BFYN	4		0.003		
Fatty acids, total trans....g	0.215		0	BFYN	4		0.182		
Fatty acids, total trans-monoenoic....g	0.196		0	BFYN	4		0.167		
Fatty acids, total trans-polyenoic....g	0.018		0	BFYN	4		0.015		
Cholesterol....mg	81		0	BFYN	4		69		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.330		0	O	4		0.281		
Threonine....g	1.415		0	O	4		1.203		
Isoleucine....g	1.398		0	O	4		1.188		
Leucine....g	2.611		0	O	4		2.219		

NDB No. 23353

Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	2.914		0	O	4		2.477		
Methionine....g	0.814		0	O	4		0.692		
Cystine....g	0.309		0	O	4		0.263		
Phenylalanine....g	1.203		0	O	4		1.022		
Tyrosine....g	1.130		0	O	4		0.960		
Valine....g	1.494		0	O	4		1.270		
Arginine....g	2.061		0	O	4		1.752		
Histidine....g	1.153		0	O	4		0.980		
Alanine....g	1.855		0	O	4		1.576		
Aspartic acid....g	2.947		0	O	4		2.505		
Glutamic acid....g	4.921		0	O	4		4.183		
Glycine....g	1.459		0	O	4		1.240		
Proline....g	1.360		0	O	4		1.156		
Serine....g	1.249		0	O	4		1.061		
Hydroxyproline....g	0.201		0	O	4		0.171		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23335

Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw

Eye of Round Steak, URMIS # 1481

Refuse: 1% Connective tissue 1%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	73.46	0.393	12	AR	1		62.44	110.92	
Energy kcal	120		0	NC	4		102	181	
Energy kJ	501		0	NC	4		426	757	
Protein (N x 6.25) g	23.30	0.317	12	AR	1		19.80	35.18	
Total lipid (fat) g	2.95	0.310	12	AR	1		2.50	4.45	
Ash g	1.08	0.041	12	AR	1		0.92	1.63	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	13		1	AR	1		11	19	
Iron, Fe mg	1.37		1	AR	1		1.17	2.07	
Magnesium, Mg mg	11		1	AR	1		10	17	
Phosphorus, P mg	221		1	AR	1		188	334	
Potassium, K mg	310		1	AR	1		263	468	
Sodium, Na mg	50		1	AR	1		42	75	
Zinc, Zn mg	3.36		1	AR	1		2.86	5.07	
Copper, Cu mg	0.035		1	AR	1		0.030	0.053	
Manganese, Mn mg	0.002		1	AR	1		0.001	0.002	
Selenium, Se µg	22.1		1	AR	1		18.8	33.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.063		0	BFPN	4		0.054	0.095	
Riboflavin mg	0.184		2	AR	1		0.156	0.278	
Niacin mg	6.552		2	AR	1		5.569	9.894	
Pantothenic acid mg	0.366		0	BFPN	4		0.311	0.553	
Vitamin B-6 mg	0.635		2	AR	1		0.539	0.958	
Folate, total µg	4		0	BFPN	4		3	6	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	4		0	BFPN	4		3	6	
Folate, DFE µg	4		0	NC	4		3	6	
Choline, total mg	63.4		0	BFPN	4		53.9	95.7	
Betaine mg	10.7		0	BFPN	4		9.1	16.1	
Vitamin B-12 µg	2.06		2	AR	1		1.75	3.11	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	5		0	NC	4		4	8	
Retinol µg	5		0	BFPN	4		4	8	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	17		0	NC	4		14	25	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.22		0	BFFN	4		0.19	0.33	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	AS	1		0.0	0.0	
Vitamin D IU	1		0	BFFN	4		1	1	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	2.3	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23335

Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.199		0	NC	4		1.019	1.810	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.004		2	AR	1		0.003	0.005	
12:0....g	0.002		2	AR	1		0.002	0.004	
13:0....g									
14:0....g	0.080		2	AR	1		0.068	0.120	
15:0....g	0.014		2	AR	1		0.012	0.021	
16:0....g	0.680		2	AR	1		0.578	1.027	
17:0....g	0.034		2	AR	1		0.029	0.052	
18:0....g	0.380		2	AR	1		0.323	0.574	
20:0....g	0.003		2	AR	1		0.002	0.004	
22:0....g									
24:0....g	0.003		2	AR	1		0.002	0.004	
Fatty acids, total monounsaturated....g	1.346		0	NC	4		1.144	2.033	
14:1....g	0.022		2	AR	1		0.019	0.034	
15:1....g									
16:1 undifferentiated....g	0.102		0	AS	1		0.086	0.153	
16:1 c....g	0.092		2	AR	1		0.078	0.139	
16:1 t....g	0.009		2	AR	1		0.008	0.014	
17:1....g	0.026		2	AR	1		0.022	0.040	
18:1 undifferentiated....g	1.188		0	AS	1		1.009	1.793	
18:1 c....g	1.046		2	AR	1		0.889	1.579	
18:1 t....g	0.142		2	AR	1		0.121	0.214	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.009		2	AR	1		0.007	0.013	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.228		0	NC	4		0.194	0.344	
18:2 undifferentiated....g	0.157		0	AS	1		0.133	0.237	
18:2 n-6 c,c....g	0.129		2	AR	1		0.110	0.195	
18:2 CLAs....g	0.014		2	AR	1		0.012	0.021	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.014		2	AR	1		0.012	0.021	
18:3 undifferentiated....g	0.006		0	AS	1		0.005	0.009	
18:3 n-3 c,c,c (ALA)....g	0.006		2	AR	1		0.005	0.009	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.001		2	AR	1		0.001	0.002	
20:3 undifferentiated....g	0.013		0	AS	1		0.011	0.019	
20:3 n-3....g									
20:3 n-6....g	0.013		2	AR	1		0.011	0.019	
20:4 undifferentiated....g	0.034		2	AR	1		0.028	0.051	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.004		2	AR	1		0.003	0.006	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.011		2	AR	1		0.010	0.017	
22:6 n-3 (DHA)....g	0.002		2	AR	1		0.002	0.004	
Fatty acids, total trans....g	0.165		0	NC	4		0.141	0.250	
Fatty acids, total trans-monoenoic....g	0.151		0	NC	4		0.129	0.228	
Fatty acids, total trans-polyenoic....g	0.014		0	NC	4		0.012	0.021	
Cholesterol....mg	62		2	AR	1		53	94	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.261		0	AR	1		0.222	0.394	
Threonine....g	1.119		0	AR	1		0.951	1.690	
Isoleucine....g	1.105		0	AR	1		0.940	1.669	
Leucine....g	2.064		0	AR	1		1.754	3.117	

NDB No. 23335

Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.304		0	AR	1		1.958	3.479	
Methionine g	0.644		0	AR	1		0.547	0.972	
Cystine g	0.244		0	AR	1		0.208	0.369	
Phenylalanine g	0.951		0	AR	1		0.808	1.436	
Tyrosine g	0.893		0	AR	1		0.759	1.349	
Valine g	1.181		0	AR	1		1.004	1.784	
Arginine g	1.630		0	AR	1		1.385	2.461	
Histidine g	0.911		0	AR	1		0.775	1.376	
Alanine g	1.466		0	AR	1		1.246	2.214	
Aspartic acid g	2.330		0	AR	1		1.980	3.518	
Glutamic acid g	3.891		0	AR	1		3.307	5.875	
Glycine g	1.153		0	AR	1		0.980	1.742	
Proline g	1.075		0	AR	1		0.914	1.623	
Serine g	0.987		0	AR	1		0.839	1.491	
Hydroxyproline g	0.159		0	AR	1		0.135	0.240	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 151g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23381

Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled

Eye of Round Steak

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	65.35		0	O	4		55.55		
Energy kcal	155		0	NC	4		131		
Energy kJ	646		0	NC	4		549		
Protein (N x 6.25) g	29.85		0	O	4		25.37		
Total lipid (fat) g	3.90		0	O	4		3.32		
Ash g	1.27		0	O	4		1.08		
Carbohydrate, by difference g	0.00		0	NC	4		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	17		0	BFYN	4		14		
Iron, Fe mg	1.88		0	BFYN	4		1.60		
Magnesium, Mg mg	15		0	BFYN	4		13		
Phosphorus, P mg	288		0	BFYN	4		245		
Potassium, K mg	414		0	BFYN	4		352		
Sodium, Na mg	68		0	BFYN	4		58		
Zinc, Zn mg	4.44		0	BFYN	4		3.77		
Copper, Cu mg	0.055		0	BFYN	4		0.047		
Manganese, Mn mg	0.002		0	BFYN	4		0.001		
Selenium, Se µg	29.3		0	BFYN	4		24.9		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.082		0	BFYN	4		0.070		
Riboflavin mg	0.239		0	BFYN	4		0.203		
Niacin mg	8.727		0	BFYN	4		7.418		
Pantothenic acid mg	0.461		0	BFYN	4		0.392		
Vitamin B-6 mg	0.836		0	BFYN	4		0.711		
Folate, total µg	5		0	BFYN	4		4		
Folic acid µg	0		0	BFYN	4		0		
Folate, food µg	5		0	BFYN	4		4		
Folate, DFE µg	5		0	NC	4		4		
Choline, total mg	83.4		0	BFYN	4		70.9		
Betaine mg	14.3		0	BFYN	4		12.1		
Vitamin B-12 µg	2.38		0	BFYN	4		2.03		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	2		0	BFYN	4		2		
Retinol µg	2		0	BFYN	4		2		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	8		0	BFYN	4		7		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.31		0	BFYN	4		0.26		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	AS	1		0.0		
Vitamin D IU	1		0	BFFN	4		1		
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23381

Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.410		0	BFYN	4		1.199		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g	0.004		0	BFYN	4		0.004		
12:0....g	0.003		0	BFYN	4		0.002		
13:0....g									
14:0....g	0.091		0	BFYN	4		0.077		
15:0....g	0.015		0	BFYN	4		0.013		
16:0....g	0.819		0	BFYN	4		0.696		
17:0....g	0.039		0	BFYN	4		0.033		
18:0....g	0.435		0	BFYN	4		0.369		
20:0....g	0.003		0	BFYN	4		0.002		
22:0....g									
24:0....g	0.004		0	BFYN	4		0.003		
Fatty acids, total monounsaturated....g	1.644		0	BFYN	4		1.397		
14:1....g	0.027		0	BFYN	4		0.023		
15:1....g									
16:1 undifferentiated....g	0.127		0	BFYN	4		0.108		
16:1 c....g	0.115		0	BFYN	4		0.098		
16:1 t....g	0.012		0	BFYN	4		0.010		
17:1....g	0.031		0	BFYN	4		0.026		
18:1 undifferentiated....g	1.449		0	BFYN	4		1.232		
18:1 c....g	1.297		0	BFYN	4		1.103		
18:1 t....g	0.152		0	BFYN	4		0.129		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.010		0	BFYN	4		0.008		
22:1 undifferentiated....g	0.000		0	Z	7		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.302		0	BFYN	4		0.257		
18:2 undifferentiated....g	0.210		0	BFYN	4		0.179		
18:2 n-6 c,c....g	0.176		0	BFYN	4		0.150		
18:2 CLAs....g	0.016		0	BFYN	4		0.014		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.018		0	BFYN	4		0.015		
18:3 undifferentiated....g	0.008		0	BFYN	4		0.007		
18:3 n-3 c,c,c (ALA)....g	0.008		0	BFYN	4		0.007		
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g	0.002		0	BFYN	4		0.001		
20:3 undifferentiated....g	0.016		0	BFYN	4		0.013		
20:3 n-3....g									
20:3 n-6....g	0.016		0	BFYN	4		0.013		
20:4 undifferentiated....g	0.047		0	BFYN	4		0.040		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.005		0	BFYN	4		0.004		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.013		0	BFYN	4		0.011		
22:6 n-3 (DHA)....g	0.002		0	BFYN	4		0.002		
Fatty acids, total trans....g	0.182		0	BFYN	4		0.154		
Fatty acids, total trans-monoenoic....g	0.164		0	BFYN	4		0.139		
Fatty acids, total trans-polyenoic....g	0.018		0	BFYN	4		0.015		
Cholesterol....mg	78		0	BFYN	4		66		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.366		0	O	4		0.311		
Threonine....g	1.534		0	O	4		1.304		
Isoleucine....g	1.522		0	O	4		1.293		
Leucine....g	2.807		0	O	4		2.386		

NDB No. 23381

Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	3.137		0	O	4		2.667		
Methionine....g	0.867		0	O	4		0.737		
Cystine....g	0.327		0	O	4		0.278		
Phenylalanine....g	1.300		0	O	4		1.105		
Tyrosine....g	1.218		0	O	4		1.036		
Valine....g	1.608		0	O	4		1.367		
Arginine....g	2.189		0	O	4		1.860		
Histidine....g	1.211		0	O	4		1.029		
Alanine....g	1.948		0	O	4		1.656		
Aspartic acid....g	3.152		0	O	4		2.679		
Glutamic acid....g	5.321		0	O	4		4.523		
Glycine....g	1.406		0	O	4		1.195		
Proline....g	1.370		0	O	4		1.164		
Serine....g	1.324		0	O	4		1.126		
Hydroxyproline....g	0.151		0	O	4		0.128		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23363

Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw

Eye of Round Steak

Refuse: 2% Connective tissue 2%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	73.43	0.462	36	AR	1		62.41	102.80	
Energy kcal	121		0	NC	4		103	169	
Energy kJ	506		0	NC	4		430	708	
Protein (N x 6.25) g	23.37	0.283	36	AR	1		19.87	32.72	
Total lipid (fat) g	3.04	0.275	36	AR	1		2.58	4.25	
Ash g	1.10	0.040	36	AR	1		0.93	1.54	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	13		3	AR	1		11	18	
Iron, Fe mg	1.45		3	AR	1		1.23	2.03	
Magnesium, Mg mg	12		3	AR	1		10	17	
Phosphorus, P mg	222		3	AR	1		188	310	
Potassium, K mg	319		3	AR	1		271	446	
Sodium, Na mg	53		3	AR	1		45	74	
Zinc, Zn mg	3.42		3	AR	1		2.90	4.78	
Copper, Cu mg	0.042		3	AR	1		0.036	0.059	
Manganese, Mn mg	0.001		3	AR	1		0.001	0.002	
Selenium, Se µg	22.6		3	AR	1		19.2	31.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.063		0	BFPN	4		0.054	0.089	
Riboflavin mg	0.184	0.004	6	AR	1		0.156	0.258	
Niacin mg	6.720	0.269	6	AR	1		5.712	9.408	
Pantothenic acid mg	0.355		0	BFPN	4		0.301	0.497	
Vitamin B-6 mg	0.644	0.020	6	AR	1		0.547	0.901	
Folate, total µg	4		0	BFPN	4		3	5	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	4		0	BFPN	4		3	5	
Folate, DFE µg	4		0	NC	4		3	5	
Choline, total mg	64.2		0	BFPN	4		54.6	89.9	
Betaine mg	11.0		0	BFPN	4		9.3	15.4	
Vitamin B-12 µg	1.84	0.101	6	AR	1		1.56	2.57	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		2	3	
Retinol µg	2		0	BFSN	4		2	3	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	6		0	NC	4		5	8	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.24		0	BFFN	4		0.20	0.33	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	AS	1		0.0	0.0	
Vitamin D IU	1		0	BFFN	4		1	2	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	2.1	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23363

Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.086		0	NC	4		0.923	1.520	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.003	0.001	6	AR	1		0.003	0.004	
12:0....g	0.002	0.000	6	AR	1		0.002	0.003	
13:0....g									
14:0....g	0.070	0.004	6	AR	1		0.059	0.098	
15:0....g	0.011	0.001	6	AR	1		0.010	0.016	
16:0....g	0.631	0.033	6	AR	1		0.536	0.883	
17:0....g	0.030	0.001	6	AR	1		0.025	0.042	
18:0....g	0.335	0.019	6	AR	1		0.284	0.468	
20:0....g	0.002	0.000	6	AR	1		0.002	0.003	
22:0....g									
24:0....g	0.003	0.001	6	AR	1		0.002	0.004	
Fatty acids, total monounsaturated....g	1.266		0	NC	4		1.076	1.772	
14:1....g	0.021	0.002	6	AR	1		0.018	0.029	
15:1....g									
16:1 undifferentiated....g	0.098		0	AS	1		0.083	0.137	
16:1 c....g	0.089	0.007	6	AR	1		0.075	0.124	
16:1 t....g	0.009	0.001	6	AR	1		0.008	0.012	
17:1....g	0.024	0.001	6	AR	1		0.020	0.034	
18:1 undifferentiated....g	1.116		0	AS	1		0.949	1.562	
18:1 c....g	0.999	0.063	6	AR	1		0.849	1.398	
18:1 t....g	0.117	0.005	6	AR	1		0.100	0.164	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.007	0.001	6	AR	1		0.006	0.010	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.233		0	NC	4		0.198	0.326	
18:2 undifferentiated....g	0.162		0	AS	1		0.138	0.227	
18:2 n-6 c,c....g	0.136	0.007	6	AR	1		0.115	0.190	
18:2 CLAs....g	0.012	0.001	6	AR	1		0.011	0.017	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.014	0.001	6	AR	1		0.012	0.019	
18:3 undifferentiated....g	0.006		0	AS	1		0.005	0.008	
18:3 n-3 c,c,c (ALA)....g	0.006	0.001	6	AR	1		0.005	0.008	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.001	0.000	6	AR	1		0.001	0.002	
20:3 undifferentiated....g	0.012		0	AS	1		0.010	0.017	
20:3 n-3....g									
20:3 n-6....g	0.012	0.000	6	AR	1		0.010	0.017	
20:4 undifferentiated....g	0.036	0.004	6	AR	1		0.031	0.050	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.004	0.001	6	AR	1		0.003	0.005	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.010	0.001	6	AR	1		0.009	0.014	
22:6 n-3 (DHA)....g	0.002	0.000	6	AR	1		0.002	0.003	
Fatty acids, total trans....g	0.140		0	NC	4		0.119	0.196	
Fatty acids, total trans-monoenoic....g	0.126		0	NC	4		0.107	0.177	
Fatty acids, total trans-polyenoic....g	0.014		0	NC	4		0.012	0.019	
Cholesterol....mg	60	3.588	6	AR	1		51	84	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.287		0	AR	1		0.244	0.401	
Threonine....g	1.201		0	AR	1		1.021	1.681	
Isoleucine....g	1.192		0	AR	1		1.013	1.668	
Leucine....g	2.198		0	AR	1		1.869	3.078	

NDB No. 23363

Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.457		0	AR	1		2.088	3.439	
Methionine g	0.679		0	AR	1		0.577	0.950	
Cystine g	0.256		0	AR	1		0.218	0.359	
Phenylalanine g	1.018		0	AR	1		0.865	1.425	
Tyrosine g	0.954		0	AR	1		0.811	1.336	
Valine g	1.259		0	AR	1		1.070	1.763	
Arginine g	1.714		0	AR	1		1.457	2.399	
Histidine g	0.948		0	AR	1		0.806	1.328	
Alanine g	1.525		0	AR	1		1.296	2.135	
Aspartic acid g	2.468		0	AR	1		2.098	3.455	
Glutamic acid g	4.167		0	AR	1		3.542	5.833	
Glycine g	1.101		0	AR	1		0.936	1.541	
Proline g	1.073		0	AR	1		0.912	1.502	
Serine g	1.037		0	AR	1		0.881	1.452	
Hydroxyproline g	0.118		0	AR	1		0.100	0.165	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 140g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23382

Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled

Eye of Round Steak, URMIS # 2296

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	64.83		0	O	4		55.11		
Energy kcal	158		0	NC	4		134		
Energy kJ	661		0	NC	4		562		
Protein (N x 6.25) g	29.94		0	O	4		25.45		
Total lipid (fat) g	4.26		0	O	4		3.62		
Ash g	1.21		0	O	4		1.03		
Carbohydrate, by difference g	0.00		0	NC	4		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	17		0	BFYN	4		14		
Iron, Fe mg	1.91		0	BFYN	4		1.62		
Magnesium, Mg mg	16		0	BFYN	4		13		
Phosphorus, P mg	288		0	BFYN	4		244		
Potassium, K mg	421		0	BFYN	4		358		
Sodium, Na mg	68		0	BFYN	4		57		
Zinc, Zn mg	4.46		0	BFYN	4		3.79		
Copper, Cu mg	0.064		0	BFYN	4		0.054		
Manganese, Mn mg	0.001		0	BFYN	4		0.001		
Selenium, Se µg	29.6		0	BFYN	4		25.1		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.082		0	BFYN	4		0.070		
Riboflavin mg	0.238		0	BFYN	4		0.202		
Niacin mg	8.844		0	BFYN	4		7.517		
Pantothenic acid mg	0.450		0	BFYN	4		0.382		
Vitamin B-6 mg	0.842		0	BFYN	4		0.715		
Folate, total µg	5		0	BFYN	4		4		
Folic acid µg	0		0	BFYN	4		0		
Folate, food µg	5		0	BFYN	4		4		
Folate, DFE µg	5		0	NC	4		4		
Choline, total mg	84.0		0	BFYN	4		71.4		
Betaine mg	14.5		0	BFYN	4		12.3		
Vitamin B-12 µg	2.19		0	BFYN	4		1.86		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	2		0	BFYN	4		2		
Retinol µg	2		0	BFYN	4		2		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	7		0	BFYN	4		6		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.33		0	BFYN	4		0.28		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	AS	1		0.0		
Vitamin D IU	2		0	BFFN	4		1		
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23382

Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated g	1.476		0	BFYN	4		1.255		
4:0 g	0.000		0	Z	7		0.000		
6:0 g	0.000		0	Z	7		0.000		
8:0 g	0.000		0	Z	7		0.000		
10:0 g	0.004		0	BFYN	4		0.004		
12:0 g	0.003		0	BFYN	4		0.003		
13:0 g									
14:0 g	0.094		0	BFYN	4		0.080		
15:0 g	0.015		0	BFYN	4		0.013		
16:0 g	0.864		0	BFYN	4		0.735		
17:0 g	0.039		0	BFYN	4		0.034		
18:0 g	0.450		0	BFYN	4		0.382		
20:0 g	0.003		0	BFYN	4		0.002		
22:0 g									
24:0 g	0.004		0	BFYN	4		0.003		
Fatty acids, total monounsaturated g	1.757		0	BFYN	4		1.493		
14:1 g	0.029		0	BFYN	4		0.025		
15:1 g									
16:1 undifferentiated g	0.139		0	BFYN	4		0.118		
16:1 c g	0.126		0	BFYN	4		0.107		
16:1 t g	0.012		0	BFYN	4		0.010		
17:1 g	0.032		0	BFYN	4		0.027		
18:1 undifferentiated g	1.547		0	BFYN	4		1.315		
18:1 c g	1.395		0	BFYN	4		1.186		
18:1 t g	0.152		0	BFYN	4		0.129		
18:1-11 t (18:1t n-7) g									
20:1 g	0.010		0	BFYN	4		0.008		
22:1 undifferentiated g	0.000		0	Z	7		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.322		0	BFYN	4		0.273		
18:2 undifferentiated g	0.229		0	BFYN	4		0.194		
18:2 n-6 c,c g	0.191		0	BFYN	4		0.162		
18:2 CLAs g	0.017		0	BFYN	4		0.015		
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.020		0	BFYN	4		0.017		
18:3 undifferentiated g	0.008		0	BFYN	4		0.007		
18:3 n-3 c,c,c (ALA) g	0.008		0	BFYN	4		0.007		
18:3 n-6 c,c,c g									
18:3i g									
18:4 g	0.000		0	Z	7		0.000		
20:2 n-6 c,c g	0.002		0	BFYN	4		0.002		
20:3 undifferentiated g	0.015		0	BFYN	4		0.013		
20:3 n-3 g									
20:3 n-6 g	0.015		0	BFYN	4		0.013		
20:4 undifferentiated g	0.049		0	BFYN	4		0.041		
20:4 n-6 g									
20:5 n-3 (EPA) g	0.005		0	BFYN	4		0.004		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.012		0	BFYN	4		0.010		
22:6 n-3 (DHA) g	0.002		0	BFYN	4		0.002		
Fatty acids, total trans g	0.185		0	BFYN	4		0.157		
Fatty acids, total trans-monoenoic g	0.164		0	BFYN	4		0.140		
Fatty acids, total trans-polyenoic g	0.020		0	BFYN	4		0.017		
Cholesterol mg	76		0	BFYN	4		64		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.354		0	O	4		0.301		
Threonine g	1.470		0	O	4		1.250		
Isoleucine g	1.463		0	O	4		1.244		
Leucine g	2.681		0	O	4		2.279		

NDB No. 23382

Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.985		0	O	4		2.538		
Methionine g	0.831		0	O	4		0.706		
Cystine g	0.312		0	O	4		0.265		
Phenylalanine g	1.246		0	O	4		1.059		
Tyrosine g	1.166		0	O	4		0.991		
Valine g	1.548		0	O	4		1.316		
Arginine g	2.089		0	O	4		1.775		
Histidine g	1.145		0	O	4		0.973		
Alanine g	1.867		0	O	4		1.587		
Aspartic acid g	3.009		0	O	4		2.558		
Glutamic acid g	5.102		0	O	4		4.337		
Glycine g	1.345		0	O	4		1.143		
Proline g	1.305		0	O	4		1.109		
Serine g	1.265		0	O	4		1.075		
Hydroxyproline g	0.151		0	O	4		0.129		
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23364

Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw

Eye of Round Steak, URMIS # 2296

Refuse: 2% Connective tissue 2%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	73.18	0.467	24	AR	1		62.20	97.32	
Energy kcal	124		0	NC	4		105	165	
Energy kJ	518		0	NC	4		440	689	
Protein (N x 6.25) g	23.35	0.287	24	AR	1		19.85	31.06	
Total lipid (fat) g	3.38	0.294	24	AR	1		2.87	4.49	
Ash g	1.10	0.041	24	AR	1		0.94	1.47	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	13		2	AR	1		11	17	
Iron, Fe mg	1.47		2	AR	1		1.25	1.95	
Magnesium, Mg mg	12		2	AR	1		10	16	
Phosphorus, P mg	221		2	AR	1		188	295	
Potassium, K mg	324		2	AR	1		276	432	
Sodium, Na mg	52		2	AR	1		44	69	
Zinc, Zn mg	3.43		2	AR	1		2.92	4.57	
Copper, Cu mg	0.049		2	AR	1		0.042	0.065	
Manganese, Mn mg	0.001		2	AR	1		0.001	0.001	
Selenium, Se µg	22.8		2	AR	1		19.4	30.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.063		0	BFPN	4		0.054	0.084	
Riboflavin mg	0.183	0.005	4	AR	1		0.156	0.244	
Niacin mg	6.810	0.334	4	AR	1		5.788	9.057	
Pantothenic acid mg	0.346		0	BFPN	4		0.294	0.461	
Vitamin B-6 mg	0.648	0.025	4	AR	1		0.551	0.862	
Folate, total µg	4		0	BFPN	4		3	5	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	4		0	BFPN	4		3	5	
Folate, DFE µg	4		0	NC	4		3	5	
Choline, total mg	64.7		0	BFPN	4		55.0	86.0	
Betaine mg	11.2		0	BFPN	4		9.5	14.9	
Vitamin B-12 µg	1.68	0.125	4	AR	1		1.43	2.24	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		1	2	
Retinol µg	2		0	BFSN	4		1	2	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	6		0	NC	4		5	7	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.25		0	BFFN	4		0.21	0.33	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	AS	1		0.0	0.0	
Vitamin D IU	1		0	BFFN	4		1	2	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	2.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23364

Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.137		0	NC	4		0.966	1.512	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.003	0.001	4	AR	1		0.003	0.004	
12:0....g	0.002	0.000	4	AR	1		0.002	0.003	
13:0....g									
14:0....g	0.072	0.004	4	AR	1		0.061	0.096	
15:0....g	0.012	0.001	4	AR	1		0.010	0.015	
16:0....g	0.666	0.041	4	AR	1		0.566	0.885	
17:0....g	0.030	0.002	4	AR	1		0.026	0.040	
18:0....g	0.346	0.023	4	AR	1		0.294	0.461	
20:0....g	0.002	0.000	4	AR	1		0.002	0.003	
22:0....g									
24:0....g	0.003	0.001	4	AR	1		0.003	0.004	
Fatty acids, total monounsaturated....g	1.353		0	NC	4		1.150	1.799	
14:1....g	0.023	0.003	4	AR	1		0.019	0.030	
15:1....g									
16:1 undifferentiated....g	0.107		0	AS	1		0.091	0.142	
16:1 c....g	0.097	0.008	4	AR	1		0.083	0.129	
16:1 t....g	0.009	0.001	4	AR	1		0.008	0.013	
17:1....g	0.025	0.002	4	AR	1		0.021	0.033	
18:1 undifferentiated....g	1.191		0	AS	1		1.013	1.585	
18:1 c....g	1.074	0.078	4	AR	1		0.913	1.429	
18:1 t....g	0.117	0.006	4	AR	1		0.100	0.156	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.007	0.001	4	AR	1		0.006	0.010	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.248		0	NC	4		0.211	0.329	
18:2 undifferentiated....g	0.176		0	AS	1		0.150	0.234	
18:2 n-6 c,c....g	0.147	0.008	4	AR	1		0.125	0.196	
18:2 CLAs....g	0.013	0.002	4	AR	1		0.011	0.018	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.016	0.002	4	AR	1		0.013	0.021	
18:3 undifferentiated....g	0.007		0	AS	1		0.006	0.009	
18:3 n-3 c,c,c (ALA)....g	0.007	0.001	4	AR	1		0.006	0.009	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.002	0.000	4	AR	1		0.001	0.002	
20:3 undifferentiated....g	0.012		0	AS	1		0.010	0.016	
20:3 n-3....g									
20:3 n-6....g	0.012	0.001	4	AR	1		0.010	0.016	
20:4 undifferentiated....g	0.038	0.005	4	AR	1		0.032	0.050	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.004	0.001	4	AR	1		0.003	0.005	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.009	0.001	4	AR	1		0.008	0.012	
22:6 n-3 (DHA)....g	0.002	0.000	4	AR	1		0.001	0.002	
Fatty acids, total trans....g	0.142		0	NC	4		0.121	0.189	
Fatty acids, total trans-monoenoic....g	0.127		0	NC	4		0.108	0.168	
Fatty acids, total trans-polyenoic....g	0.016		0	NC	4		0.013	0.021	
Cholesterol....mg	58	4.458	4	AR	1		50	77	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.276		0	AR	1		0.235	0.367	
Threonine....g	1.147		0	AR	1		0.975	1.525	
Isoleucine....g	1.141		0	AR	1		0.970	1.518	
Leucine....g	2.091		0	AR	1		1.777	2.781	

NDB No. 23364

Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.329		0	AR	1		1.979	3.097	
Methionine g	0.648		0	AR	1		0.551	0.862	
Cystine g	0.243		0	AR	1		0.207	0.323	
Phenylalanine g	0.972		0	AR	1		0.826	1.293	
Tyrosine g	0.909		0	AR	1		0.773	1.209	
Valine g	1.208		0	AR	1		1.026	1.606	
Arginine g	1.629		0	AR	1		1.385	2.167	
Histidine g	0.893		0	AR	1		0.759	1.187	
Alanine g	1.456		0	AR	1		1.238	1.937	
Aspartic acid g	2.347		0	AR	1		1.995	3.122	
Glutamic acid g	3.980		0	AR	1		3.383	5.293	
Glycine g	1.049		0	AR	1		0.892	1.395	
Proline g	1.018		0	AR	1		0.865	1.354	
Serine g	0.987		0	AR	1		0.839	1.312	
Hydroxyproline g	0.118		0	AR	1		0.100	0.157	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 133g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23383

Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled

Eye of Round Steak, URMIS # 1481

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	66.20		0	O	4		56.27		
Energy kcal	149		0	NC	4		127		
Energy kJ	623		0	NC	4		530		
Protein (N x 6.25) g	29.52		0	O	4		25.09		
Total lipid (fat) g	3.43		0	O	4		2.92		
Ash g	1.19		0	O	4		1.01		
Carbohydrate, by difference g	0.00		0	NC	4		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	16		0	BFYN	4		14		
Iron, Fe mg	1.78		0	BFYN	4		1.51		
Magnesium, Mg mg	15		0	BFYN	4		13		
Phosphorus, P mg	289		0	BFYN	4		245		
Potassium, K mg	405		0	BFYN	4		344		
Sodium, Na mg	65		0	BFYN	4		55		
Zinc, Zn mg	4.39		0	BFYN	4		3.73		
Copper, Cu mg	0.046		0	BFYN	4		0.039		
Manganese, Mn mg	0.002		0	BFYN	4		0.002		
Selenium, Se µg	28.8		0	BFYN	4		24.5		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.082		0	BFYN	4		0.070		
Riboflavin mg	0.240		0	BFYN	4		0.204		
Niacin mg	8.552		0	BFYN	4		7.269		
Pantothenic acid mg	0.477		0	BFYN	4		0.405		
Vitamin B-6 mg	0.828		0	BFYN	4		0.704		
Folate, total µg	5		0	BFYN	4		4		
Folic acid µg	0		0	BFYN	4		0		
Folate, food µg	5		0	BFYN	4		4		
Folate, DFE µg	5		0	NC	4		4		
Choline, total mg	82.6		0	BFYN	4		70.2		
Betaine mg	13.9		0	BFYN	4		11.8		
Vitamin B-12 µg	2.68		0	BFYN	4		2.28		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	3		0	BFYN	4		2		
Retinol µg	3		0	BFYN	4		2		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	9		0	BFYN	4		7		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.28		0	BFYN	4		0.24		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	AS	1		0.0		
Vitamin D IU	1		0	BFFN	4		1		
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23383

Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.313		0	BFYN	4		1.116		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g	0.004		0	BFYN	4		0.004		
12:0....g	0.003		0	BFYN	4		0.002		
13:0....g									
14:0....g	0.086		0	BFYN	4		0.073		
15:0....g	0.014		0	BFYN	4		0.012		
16:0....g	0.750		0	BFYN	4		0.638		
17:0....g	0.038		0	BFYN	4		0.032		
18:0....g	0.412		0	BFYN	4		0.350		
20:0....g	0.003		0	BFYN	4		0.002		
22:0....g									
24:0....g	0.003		0	BFYN	4		0.003		
Fatty acids, total monounsaturated....g	1.476		0	BFYN	4		1.254		
14:1....g	0.024		0	BFYN	4		0.020		
15:1....g									
16:1 undifferentiated....g	0.110		0	BFYN	4		0.093		
16:1 c....g	0.099		0	BFYN	4		0.084		
16:1 t....g	0.011		0	BFYN	4		0.009		
17:1....g	0.029		0	BFYN	4		0.025		
18:1 undifferentiated....g	1.303		0	BFYN	4		1.108		
18:1 c....g	1.151		0	BFYN	4		0.978		
18:1 t....g	0.153		0	BFYN	4		0.130		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.009		0	BFYN	4		0.008		
22:1 undifferentiated....g	0.000		0	Z	7		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.273		0	BFYN	4		0.232		
18:2 undifferentiated....g	0.183		0	BFYN	4		0.156		
18:2 n-6 c,c....g	0.154		0	BFYN	4		0.131		
18:2 CLAs....g	0.014		0	BFYN	4		0.012		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.014		0	BFYN	4		0.012		
18:3 undifferentiated....g	0.007		0	BFYN	4		0.006		
18:3 n-3 c,c,c (ALA)....g	0.007		0	BFYN	4		0.006		
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g	0.001		0	BFYN	4		0.001		
20:3 undifferentiated....g	0.016		0	BFYN	4		0.014		
20:3 n-3....g									
20:3 n-6....g	0.016		0	BFYN	4		0.014		
20:4 undifferentiated....g	0.044		0	BFYN	4		0.037		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.005		0	BFYN	4		0.004		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.014		0	BFYN	4		0.012		
22:6 n-3 (DHA)....g	0.003		0	BFYN	4		0.003		
Fatty acids, total trans....g	0.178		0	BFYN	4		0.151		
Fatty acids, total trans-monoenoic....g	0.163		0	BFYN	4		0.139		
Fatty acids, total trans-polyenoic....g	0.014		0	BFYN	4		0.012		
Cholesterol....mg	81		0	BFYN	4		69		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.385		0	O	4		0.327		
Threonine....g	1.643		0	O	4		1.397		
Isoleucine....g	1.629		0	O	4		1.384		
Leucine....g	3.035		0	O	4		2.580		

NDB No. 23383

Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	3.405		0	O	4		2.895		
Methionine g	0.933		0	O	4		0.793		
Cystine g	0.355		0	O	4		0.302		
Phenylalanine g	1.392		0	O	4		1.183		
Tyrosine g	1.318		0	O	4		1.120		
Valine g	1.718		0	O	4		1.460		
Arginine g	2.369		0	O	4		2.014		
Histidine g	1.333		0	O	4		1.133		
Alanine g	2.088		0	O	4		1.775		
Aspartic acid g	3.405		0	O	4		2.895		
Glutamic acid g	5.715		0	O	4		4.858		
Glycine g	1.510		0	O	4		1.284		
Proline g	1.495		0	O	4		1.271		
Serine g	1.436		0	O	4		1.221		
Hydroxyproline g	0.149		0	O	4		0.127		
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23365

Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, raw

Eye of Round Steak, URMIS # 1481

Refuse: 2% Connective tissue 2%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	73.81	0.480	12	AR	1		62.73	111.45	
Energy kcal	116		0	NC	4		99	176	
Energy kJ	487		0	NC	4		414	735	
Protein (N x 6.25) g	23.41	0.296	12	AR	1		19.90	35.34	
Total lipid (fat) g	2.52	0.332	12	AR	1		2.15	3.81	
Ash g	1.09	0.042	12	AR	1		0.92	1.64	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	13		1	AR	1		11	19	
Iron, Fe mg	1.37		1	AR	1		1.17	2.07	
Magnesium, Mg mg	11		1	AR	1		10	17	
Phosphorus, P mg	222		1	AR	1		189	336	
Potassium, K mg	312		1	AR	1		265	470	
Sodium, Na mg	50		1	AR	1		43	76	
Zinc, Zn mg	3.38		1	AR	1		2.87	5.11	
Copper, Cu mg	0.035		1	AR	1		0.030	0.053	
Manganese, Mn mg	0.002		1	AR	1		0.001	0.002	
Selenium, Se µg	22.2		1	AR	1		18.9	33.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.064		0	BFPN	4		0.054	0.096	
Riboflavin mg	0.185		2	AR	1		0.157	0.279	
Niacin mg	6.585		2	AR	1		5.597	9.943	
Pantothenic acid mg	0.367		0	BFPN	4		0.312	0.554	
Vitamin B-6 mg	0.637		2	AR	1		0.542	0.962	
Folate, total µg	4		0	BFPN	4		3	6	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	4		0	BFPN	4		3	6	
Folate, DFE µg	4		0	NC	4		3	6	
Choline, total mg	63.6		0	BFPN	4		54.0	96.0	
Betaine mg	10.7		0	BFPN	4		9.1	16.2	
Vitamin B-12 µg	2.07		2	AR	1		1.76	3.12	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		2	3	
Retinol µg	2		0	BFSN	4		2	3	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	7		0	NC	4		6	10	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.22		0	BFFN	4		0.19	0.33	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	AS	1		0.0	0.0	
Vitamin D IU	1		0	BFFN	4		1	2	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	2.3	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23365

Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.011		0	NC	4		0.859	1.527	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.003		2	AR	1		0.003	0.005	
12:0....g	0.002		2	AR	1		0.002	0.003	
13:0....g									
14:0....g	0.066		2	AR	1		0.056	0.100	
15:0....g	0.011		2	AR	1		0.009	0.017	
16:0....g	0.578		2	AR	1		0.491	0.872	
17:0....g	0.029		2	AR	1		0.025	0.044	
18:0....g	0.317		2	AR	1		0.269	0.479	
20:0....g	0.002		2	AR	1		0.002	0.003	
22:0....g									
24:0....g	0.003		2	AR	1		0.002	0.004	
Fatty acids, total monounsaturated....g	1.136		0	NC	4		0.966	1.716	
14:1....g	0.019		2	AR	1		0.016	0.028	
15:1....g									
16:1 undifferentiated....g	0.084		0	AS	1		0.072	0.127	
16:1 c....g	0.076		2	AR	1		0.065	0.115	
16:1 t....g	0.008		2	AR	1		0.007	0.012	
17:1....g	0.023		2	AR	1		0.019	0.034	
18:1 undifferentiated....g	1.004		0	AS	1		0.853	1.515	
18:1 c....g	0.886		2	AR	1		0.753	1.338	
18:1 t....g	0.118		2	AR	1		0.100	0.178	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.007		2	AR	1		0.006	0.011	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.211		0	NC	4		0.179	0.318	
18:2 undifferentiated....g	0.141		0	AS	1		0.120	0.213	
18:2 n-6 c,c....g	0.119		2	AR	1		0.101	0.180	
18:2 CLAs....g	0.011		2	AR	1		0.009	0.017	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.011		2	AR	1		0.009	0.017	
18:3 undifferentiated....g	0.005		0	AS	1		0.004	0.008	
18:3 n-3 c,c,c (ALA)....g	0.005		2	AR	1		0.004	0.008	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.001		2	AR	1		0.001	0.002	
20:3 undifferentiated....g	0.013		0	AS	1		0.011	0.019	
20:3 n-3....g									
20:3 n-6....g	0.013		2	AR	1		0.011	0.019	
20:4 undifferentiated....g	0.034		2	AR	1		0.028	0.051	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.004		2	AR	1		0.003	0.006	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.011		2	AR	1		0.009	0.017	
22:6 n-3 (DHA)....g	0.002		2	AR	1		0.002	0.004	
Fatty acids, total trans....g	0.137		0	NC	4		0.116	0.207	
Fatty acids, total trans-monoenoic....g	0.126		0	NC	4		0.107	0.190	
Fatty acids, total trans-polyenoic....g	0.011		0	NC	4		0.009	0.017	
Cholesterol....mg	62		2	AR	1		53	94	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.305		0	AR	1		0.259	0.461	
Threonine....g	1.303		0	AR	1		1.108	1.968	
Isoleucine....g	1.291		0	AR	1		1.098	1.950	
Leucine....g	2.407		0	AR	1		2.046	3.634	

NDB No. 23365

Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.700		0	AR	1		2.295	4.077	
Methionine g	0.740		0	AR	1		0.629	1.117	
Cystine g	0.282		0	AR	1		0.239	0.425	
Phenylalanine g	1.104		0	AR	1		0.938	1.666	
Tyrosine g	1.045		0	AR	1		0.888	1.578	
Valine g	1.362		0	AR	1		1.158	2.056	
Arginine g	1.878		0	AR	1		1.597	2.836	
Histidine g	1.057		0	AR	1		0.898	1.595	
Alanine g	1.655		0	AR	1		1.407	2.500	
Aspartic acid g	2.700		0	AR	1		2.295	4.077	
Glutamic acid g	4.532		0	AR	1		3.852	6.843	
Glycine g	1.197		0	AR	1		1.018	1.808	
Proline g	1.186		0	AR	1		1.008	1.790	
Serine g	1.139		0	AR	1		0.968	1.720	
Hydroxyproline g	0.118		0	AR	1		0.100	0.178	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 151g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13878

Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted

Refuse: 1% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	61.97	0.387	20	PAK	1		52.67	206.36	
Energy kcal	208		0	NC	4		177	692	
Energy kJ	870		0	NC	4		740	2897	
Protein (N x 6.25) g	28.31	0.305	20	PAK	1		24.06	94.26	
Total lipid (fat) g	9.65	0.520	20	PAK	1		8.21	32.15	
Ash g	1.10	0.031	20	PAK	1		0.93	3.65	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	7		0	BFNN	4		6	22	
Iron, Fe mg	2.29		0	BFNN	4		1.94	7.61	
Magnesium, Mg mg	18		0	BFNN	4		16	61	
Phosphorus, P mg	174		0	BFNN	4		148	580	
Potassium, K mg	227		0	BFNN	4		193	757	
Sodium, Na mg	37		0	BFNN	4		31	122	
Zinc, Zn mg	4.70		0	BFNN	4		3.99	15.64	
Copper, Cu mg	0.067		0	BFNN	4		0.057	0.222	
Manganese, Mn mg	0.010		0	BFNN	4		0.008	0.032	
Selenium, Se µg	28.7		0	BFNN	4		24.4	95.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.065		0	BFPN	4		0.055	0.216	
Riboflavin mg	0.151		0	BFPN	4		0.128	0.501	
Niacin mg	4.947		0	BFPN	4		4.205	16.474	
Pantothenic acid mg	0.558		0	BFPN	4		0.474	1.858	
Vitamin B-6 mg	0.372		0	BFPN	4		0.316	1.238	
Folate, total µg	9		0	BFPN	4		7	29	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	9		0	BFPN	4		7	29	
Folate, DFE µg	9		0	NC	4		7	29	
Choline, total mg	107.8		0	BFPN	4		91.6	359.0	
Betaine mg	14.2		0	BFPN	4		12.0	47.2	
Vitamin B-12 µg	1.57		0	BFPN	4		1.34	5.24	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.41		0	BFSN	4		0.34	1.35	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	AS	1		0.1	0.5	
Vitamin D IU	6		0	BFFN	4		5	21	
Vitamin K (phylloquinone) µg	1.4		0	BFSN	4		1.2	4.8	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13878

Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.664		0	NC	4		3.114	12.200	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.021		0	BFFN	4		0.018	0.069	
12:0....g	0.021		0	BFFN	4		0.018	0.069	
13:0....g									
14:0....g	0.286		0	BFFN	4		0.243	0.954	
15:0....g									
16:0....g	2.284		0	BFFN	4		1.942	7.607	
17:0....g									
18:0....g	1.052		0	BFFN	4		0.894	3.501	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.117		0	NC	4		3.499	13.709	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.408		0	BFFN	4		0.346	1.357	
17:1....g									
18:1 undifferentiated....g	3.695		0	BFFN	4		3.140	12.303	
20:1....g	0.015		0	BFFN	4		0.012	0.049	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.392		0	NC	4		0.333	1.305	
18:2 undifferentiated....g	0.256		0	BFFN	4		0.217	0.852	
18:3 undifferentiated....g	0.093		0	BFFN	4		0.079	0.310	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.023		0	BFFN	4		0.020	0.077	
20:5 n-3 (EPA)....g	0.003		18	AR	1		0.003	0.010	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.016		18	AR	1		0.014	0.053	
22:6 n-3 (DHA)....g	0.001		18	AR	1		0.001	0.003	
Fatty acids, total trans....g									
Cholesterol....mg	84		0	BFSN	4		72	281	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.186		0	PAK	1		0.158	0.619	
Threonine....g	1.131		0	PAK	1		0.961	3.765	
Isoleucine....g	1.288		0	PAK	1		1.095	4.288	
Leucine....g	2.252		0	PAK	1		1.914	7.498	
Lysine....g	2.392		0	PAK	1		2.033	7.966	
Methionine....g	0.737		0	PAK	1		0.627	2.455	
Cystine....g	0.365		0	PAK	1		0.310	1.216	
Phenylalanine....g	1.118		0	PAK	1		0.950	3.723	
Tyrosine....g	0.902		0	PAK	1		0.767	3.004	
Valine....g	1.404		0	PAK	1		1.194	4.676	
Arginine....g	1.830		0	PAK	1		1.556	6.095	
Histidine....g	0.903		0	PAK	1		0.768	3.008	
Alanine....g	1.721		0	PAK	1		1.463	5.730	
Aspartic acid....g	2.578		0	PAK	1		2.192	8.586	
Glutamic acid....g	4.249		0	PAK	1		3.612	14.150	
Glycine....g	1.724		0	PAK	1		1.465	5.739	
Proline....g	1.349		0	PAK	1		1.147	4.493	
Serine....g	1.115		0	PAK	1		0.948	3.713	
Hydroxyproline....g	0.295		0	BFPN	4		0.251	0.982	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13878

Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 333g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13877

Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Refuse: 3% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	69.31	0.490	20	PAK	1		19.65	314.40	
Energy kcal	166		0	NC	4		47	753	
Energy kJ	695		0	NC	4		197	3153	
Protein (N x 6.25) g	21.49	0.240	20	PAK	1		6.09	97.49	
Total lipid (fat) g	8.24	0.624	20	PAK	1		2.34	37.38	
Ash g	1.01	0.020	20	PAK	1		0.29	4.59	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	20		0	BFNN	4		6	92	
Iron, Fe mg	1.81		0	BFNN	4		0.51	8.20	
Magnesium, Mg mg	23		0	BFNN	4		7	105	
Phosphorus, P mg	207		0	BFNN	4		59	939	
Potassium, K mg	340		0	BFNN	4		96	1543	
Sodium, Na mg	58		0	BFNN	4		17	265	
Zinc, Zn mg	3.98		0	BFNN	4		1.13	18.03	
Copper, Cu mg	0.094		0	BFNN	4		0.027	0.427	
Manganese, Mn mg	0.013		0	BFNN	4		0.004	0.059	
Selenium, Se µg	25.8		0	BFNN	4		7.3	117.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.085		0	BFPN	4		0.024	0.385	
Riboflavin mg	0.131		0	BFPN	4		0.037	0.595	
Niacin mg	6.420		0	BFPN	4		1.820	29.122	
Pantothenic acid mg	0.618		0	BFPN	4		0.175	2.803	
Vitamin B-6 mg	0.637		0	BFPN	4		0.180	2.887	
Folate, total µg	12		0	BFPN	4		3	52	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	12		0	BFPN	4		3	52	
Folate, DFE µg	12		0	NC	4		3	52	
Choline, total mg	89.8		0	BFPN	4		25.4	407.2	
Betaine mg	13.2		0	BFPN	4		3.7	59.9	
Vitamin B-12 µg	1.55		0	BFPN	4		0.44	7.03	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.33		0	BFSN	4		0.09	1.48	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.3		0	BFSN	4		0.4	5.9	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13877

Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.245		0	NC	4		0.920	14.718	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.026		0	BFFN	4		0.007	0.119	
12:0....g	0.018		0	BFFN	4		0.005	0.082	
13:0....g									
14:0....g	0.252		0	BFFN	4		0.072	1.144	
15:0....g									
16:0....g	1.980		0	BFFN	4		0.561	8.979	
17:0....g									
18:0....g	0.969		0	BFFN	4		0.275	4.393	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.561		0	NC	4		1.010	16.152	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.420		0	BFFN	4		0.119	1.903	
17:1....g									
18:1 undifferentiated....g	3.130		0	BFFN	4		0.887	14.198	
20:1....g	0.011		0	BFFN	4		0.003	0.052	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.315		0	NC	4		0.089	1.427	
18:2 undifferentiated....g	0.205		0	BFFN	4		0.058	0.929	
18:3 undifferentiated....g	0.093		0	BFFN	4		0.026	0.424	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.016		0	BFFN	4		0.005	0.074	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	68		0	BFSN	4		19	309	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.141		0	PAK	1		0.040	0.641	
Threonine....g	0.859		0	PAK	1		0.243	3.894	
Isoleucine....g	0.978		0	PAK	1		0.277	4.435	
Leucine....g	1.710		0	PAK	1		0.485	7.755	
Lysine....g	1.816		0	PAK	1		0.515	8.239	
Methionine....g	0.560		0	PAK	1		0.159	2.539	
Cystine....g	0.277		0	PAK	1		0.079	1.258	
Phenylalanine....g	0.849		0	PAK	1		0.241	3.851	
Tyrosine....g	0.685		0	PAK	1		0.194	3.106	
Valine....g	1.066		0	PAK	1		0.302	4.836	
Arginine....g	1.390		0	PAK	1		0.394	6.304	
Histidine....g	0.686		0	PAK	1		0.194	3.111	
Alanine....g	1.307		0	PAK	1		0.370	5.927	
Aspartic acid....g	1.958		0	PAK	1		0.555	8.880	
Glutamic acid....g	3.226		0	PAK	1		0.915	14.635	
Glycine....g	1.309		0	PAK	1		0.371	5.936	
Proline....g	1.025		0	PAK	1		0.290	4.648	
Serine....g	0.847		0	PAK	1		0.240	3.840	
Hydroxyproline....g	0.226		0	BFPN	4		0.064	1.024	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13877

Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13880

Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

URMIS #2295

Refuse: 1% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	61.36	0.650	10	PAK	1		52.15	204.32	
Energy kcal	212		0	NC	4		180	707	
Energy kJ	888		0	NC	4		755	2957	
Protein (N x 6.25) g	28.48	0.439	10	PAK	1		24.21	94.83	
Total lipid (fat) g	10.05	0.889	10	PAK	1		8.54	33.46	
Ash g	1.06	0.038	10	PAK	1		0.90	3.54	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	6		0	BFNN	4		5	20	
Iron, Fe mg	2.33		0	BFNN	4		1.98	7.74	
Magnesium, Mg mg	18		0	BFNN	4		15	60	
Phosphorus, P mg	171		0	BFNN	4		146	571	
Potassium, K mg	227		0	BFNN	4		193	754	
Sodium, Na mg	37		0	BFNN	4		31	122	
Zinc, Zn mg	4.65		0	BFNN	4		3.96	15.50	
Copper, Cu mg	0.061		0	BFNN	4		0.052	0.204	
Manganese, Mn mg	0.010		0	BFNN	4		0.008	0.032	
Selenium, Se µg	29.6		0	BFNN	4		25.2	98.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.059		0	BFPN	4		0.050	0.196	
Riboflavin mg	0.160		0	BFPN	4		0.136	0.533	
Niacin mg	5.149		0	BFPN	4		4.377	17.146	
Pantothenic acid mg	0.561		0	BFPN	4		0.477	1.867	
Vitamin B-6 mg	0.374		0	BFPN	4		0.318	1.246	
Folate, total µg	9		0	BFPN	4		8	30	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	9		0	BFPN	4		8	30	
Folate, DFE µg	9		0	NC	4		8	30	
Choline, total mg	108.5		0	BFPN	4		92.2	361.2	
Betaine mg	14.3		0	BFPN	4		12.1	47.5	
Vitamin B-12 µg	1.71		0	BFPN	4		1.45	5.70	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.41		0	BFSN	4		0.35	1.37	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.5		0	BFSN	4		1.2	4.9	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13880

Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.813		0	NC	4		3.241	12.698	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.022		0	BFFN	4		0.018	0.072	
12:0....g	0.022		0	BFFN	4		0.018	0.072	
13:0....g									
14:0....g	0.298		0	BFFN	4		0.253	0.993	
15:0....g									
16:0....g	2.377		0	BFFN	4		2.021	7.917	
17:0....g									
18:0....g	1.094		0	BFFN	4		0.930	3.644	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.285		0	NC	4		3.642	14.267	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.424		0	BFFN	4		0.361	1.413	
17:1....g									
18:1 undifferentiated....g	3.845		0	BFFN	4		3.268	12.804	
20:1....g	0.015		0	BFFN	4		0.013	0.051	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.387		0	NC	4		0.329	1.289	
18:2 undifferentiated....g	0.266		0	BFFN	4		0.226	0.886	
18:3 undifferentiated....g	0.097		0	BFFN	4		0.082	0.322	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.024		0	BFFN	4		0.021	0.081	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	86		0	BFSN	4		73	285	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.184		0	NR	4		0.157	0.614	
Threonine....g	1.121		0	NR	4		0.953	3.734	
Isoleucine....g	1.277		0	NR	4		1.086	4.253	
Leucine....g	2.233		0	NR	4		1.898	7.436	
Lysine....g	2.372		0	NR	4		2.016	7.900	
Methionine....g	0.731		0	NR	4		0.621	2.434	
Cystine....g	0.362		0	NR	4		0.308	1.206	
Phenylalanine....g	1.109		0	NR	4		0.942	3.692	
Tyrosine....g	0.894		0	NR	4		0.760	2.979	
Valine....g	1.393		0	NR	4		1.184	4.637	
Arginine....g	1.815		0	NR	4		1.543	6.044	
Histidine....g	0.896		0	NR	4		0.761	2.983	
Alanine....g	1.707		0	NR	4		1.451	5.683	
Aspartic acid....g	2.557		0	NR	4		2.173	8.514	
Glutamic acid....g	4.214		0	NR	4		3.582	14.033	
Glycine....g	1.709		0	NR	4		1.453	5.692	
Proline....g	1.338		0	NR	4		1.137	4.456	
Serine....g	1.106		0	NR	4		0.940	3.682	
Hydroxyproline....g	0.295		0	BFPN	4		0.251	0.982	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13880

Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 333g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13879

Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, raw

URMIS #2295

Refuse: 1% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	68.57	0.697	10	PAK	1		19.44	311.03	
Energy kcal	173		0	NC	4		49	785	
Energy kJ	724		0	NC	4		205	3283	
Protein (N x 6.25) g	21.68	0.353	10	PAK	1		6.15	98.36	
Total lipid (fat) g	8.91	0.892	10	PAK	1		2.53	40.43	
Ash g	1.03	0.021	10	PAK	1		0.29	4.69	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	16		0	BFNN	4		5	74	
Iron, Fe mg	1.92		0	BFNN	4		0.55	8.73	
Magnesium, Mg mg	23		0	BFNN	4		7	105	
Phosphorus, P mg	206		0	BFNN	4		58	935	
Potassium, K mg	334		0	BFNN	4		95	1514	
Sodium, Na mg	55		0	BFNN	4		16	251	
Zinc, Zn mg	3.97		0	BFNN	4		1.13	18.01	
Copper, Cu mg	0.096		0	BFNN	4		0.027	0.436	
Manganese, Mn mg	0.013		0	BFNN	4		0.004	0.059	
Selenium, Se µg	26.1		0	BFNN	4		7.4	118.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.083		0	BFPN	4		0.024	0.376	
Riboflavin mg	0.149		0	BFPN	4		0.042	0.677	
Niacin mg	6.590		0	BFPN	4		1.868	29.890	
Pantothenic acid mg	0.633		0	BFPN	4		0.179	2.871	
Vitamin B-6 mg	0.640		0	BFPN	4		0.181	2.903	
Folate, total µg	12		0	BFPN	4		3	54	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	12		0	BFPN	4		3	54	
Folate, DFE µg	12		0	NC	4		3	54	
Choline, total mg	90.6		0	BFPN	4		25.7	410.8	
Betaine mg	13.3		0	BFPN	4		3.8	60.4	
Vitamin B-12 µg	1.84		0	BFPN	4		0.52	8.33	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.33		0	BFSN	4		0.09	1.52	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.3		0	BFSN	4		0.4	6.1	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13879

Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.509		0	NC	4		0.995	15.918	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.028		0	BFFN	4		0.008	0.128	
12:0....g	0.019		0	BFFN	4		0.005	0.088	
13:0....g									
14:0....g	0.273		0	BFFN	4		0.077	1.238	
15:0....g									
16:0....g	2.141		0	BFFN	4		0.607	9.712	
17:0....g									
18:0....g	1.048		0	BFFN	4		0.297	4.751	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.851		0	NC	4		1.092	17.470	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.454		0	BFFN	4		0.129	2.058	
17:1....g									
18:1 undifferentiated....g	3.385		0	BFFN	4		0.960	15.356	
20:1....g	0.012		0	BFFN	4		0.004	0.056	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.340		0	NC	4		0.096	1.543	
18:2 undifferentiated....g	0.222		0	BFFN	4		0.063	1.005	
18:3 undifferentiated....g	0.101		0	BFFN	4		0.029	0.458	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.018		0	BFFN	4		0.005	0.080	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	70		0	BFSN	4		20	316	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.143		0	PAK	1		0.040	0.646	
Threonine....g	0.866		0	PAK	1		0.246	3.929	
Isoleucine....g	0.987		0	PAK	1		0.280	4.475	
Leucine....g	1.725		0	PAK	1		0.489	7.824	
Lysine....g	1.833		0	PAK	1		0.520	8.313	
Methionine....g	0.565		0	PAK	1		0.160	2.561	
Cystine....g	0.280		0	PAK	1		0.079	1.269	
Phenylalanine....g	0.857		0	PAK	1		0.243	3.885	
Tyrosine....g	0.691		0	PAK	1		0.196	3.134	
Valine....g	1.076		0	PAK	1		0.305	4.880	
Arginine....g	1.402		0	PAK	1		0.398	6.360	
Histidine....g	0.692		0	PAK	1		0.196	3.139	
Alanine....g	1.318		0	PAK	1		0.374	5.980	
Aspartic acid....g	1.975		0	PAK	1		0.560	8.959	
Glutamic acid....g	3.255		0	PAK	1		0.923	14.766	
Glycine....g	1.320		0	PAK	1		0.374	5.989	
Proline....g	1.034		0	PAK	1		0.293	4.689	
Serine....g	0.854		0	PAK	1		0.242	3.875	
Hydroxyproline....g	0.219		0	BFPN	4		0.062	0.994	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13879

Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13882

Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted

URMIS #1480

Refuse: 9% Bone and connective tissue 1%, sep fat 8%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	62.58	0.355	10	PAK	1		53.19	260.96	
Energy kcal	204		0	NC	4		173	849	
Energy kJ	852		0	NC	4		724	3553	
Protein (N x 6.25) g	28.13	0.440	10	PAK	1		23.91	117.31	
Total lipid (fat) g	9.26	0.563	10	PAK	1		7.87	38.62	
Ash g	1.13	0.048	10	PAK	1		0.96	4.70	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	7		0	BFNN	4		6	30	
Iron, Fe mg	2.24		0	BFNN	4		1.91	9.36	
Magnesium, Mg mg	18		0	BFNN	4		16	77	
Phosphorus, P mg	177		0	BFNN	4		150	738	
Potassium, K mg	228		0	BFNN	4		194	952	
Sodium, Na mg	37		0	BFNN	4		31	154	
Zinc, Zn mg	4.74		0	BFNN	4		4.03	19.77	
Copper, Cu mg	0.072		0	BFNN	4		0.061	0.300	
Manganese, Mn mg	0.010		0	BFNN	4		0.008	0.041	
Selenium, Se µg	27.7		0	BFNN	4		23.5	115.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.071		0	BFPN	4		0.060	0.295	
Riboflavin mg	0.141		0	BFPN	4		0.120	0.589	
Niacin mg	4.747		0	BFPN	4		4.035	19.793	
Pantothenic acid mg	0.555		0	BFPN	4		0.472	2.315	
Vitamin B-6 mg	0.369		0	BFPN	4		0.314	1.540	
Folate, total µg	9		0	BFPN	4		7	37	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	9		0	BFPN	4		7	37	
Folate, DFE µg	9		0	NC	4		7	37	
Choline, total mg	107.1		0	BFPN	4		91.1	446.8	
Betaine mg	14.1		0	BFPN	4		12.0	58.7	
Vitamin B-12 µg	1.44		0	BFPN	4		1.22	6.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.40		0	BFSN	4		0.34	1.66	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.4		0	BFSN	4		1.2	5.9	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13882

Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.515		0	NC	4		2.987	14.655	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.020		0	BFFN	4		0.017	0.083	
12:0....g	0.020		0	BFFN	4		0.017	0.083	
13:0....g									
14:0....g	0.275		0	BFFN	4		0.233	1.145	
15:0....g									
16:0....g	2.191		0	BFFN	4		1.863	9.138	
17:0....g									
18:0....g	1.009		0	BFFN	4		0.857	4.206	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.949		0	NC	4		3.357	16.468	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.391		0	BFFN	4		0.332	1.630	
17:1....g									
18:1 undifferentiated....g	3.544		0	BFFN	4		3.013	14.779	
20:1....g	0.014		0	BFFN	4		0.012	0.058	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.357		0	NC	4		0.303	1.488	
18:2 undifferentiated....g	0.245		0	BFFN	4		0.209	1.023	
18:3 undifferentiated....g	0.089		0	BFFN	4		0.076	0.372	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.022		0	BFFN	4		0.019	0.093	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	83		0	BFSN	4		71	346	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.185		0	PAK	1		0.157	0.771	
Threonine....g	1.124		0	PAK	1		0.955	4.686	
Isoleucine....g	1.280		0	PAK	1		1.088	5.337	
Leucine....g	2.238		0	PAK	1		1.902	9.332	
Lysine....g	2.377		0	PAK	1		2.021	9.914	
Methionine....g	0.733		0	PAK	1		0.623	3.055	
Cystine....g	0.363		0	PAK	1		0.309	1.514	
Phenylalanine....g	1.111		0	PAK	1		0.945	4.634	
Tyrosine....g	0.896		0	PAK	1		0.762	3.738	
Valine....g	1.396		0	PAK	1		1.186	5.820	
Arginine....g	1.819		0	PAK	1		1.546	7.586	
Histidine....g	0.898		0	PAK	1		0.763	3.744	
Alanine....g	1.710		0	PAK	1		1.454	7.132	
Aspartic acid....g	2.562		0	PAK	1		2.178	10.686	
Glutamic acid....g	4.223		0	PAK	1		3.590	17.611	
Glycine....g	1.713		0	PAK	1		1.456	7.143	
Proline....g	1.341		0	PAK	1		1.140	5.593	
Serine....g	1.108		0	PAK	1		0.942	4.621	
Hydroxyproline....g	0.296		0	BFPN	4		0.251	1.232	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13882

Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 417g: 1 roast (yield from 530 g raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13881

Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, raw

URMIS #1480

Refuse: 3% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	70.06	0.636	10	PAK	1		19.86	317.78	
Energy kcal	159		0	NC	4		45	722	
Energy kJ	666		0	NC	4		189	3022	
Protein (N x 6.25) g	21.30	0.334	10	PAK	1		6.04	96.62	
Total lipid (fat) g	7.57	0.866	10	PAK	1		2.15	34.33	
Ash g	0.99	0.032	10	PAK	1		0.28	4.50	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	24		0	BFNN	4		7	110	
Iron, Fe mg	1.69		0	BFNN	4		0.48	7.67	
Magnesium, Mg mg	23		0	BFNN	4		7	105	
Phosphorus, P mg	208		0	BFNN	4		59	943	
Potassium, K mg	346		0	BFNN	4		98	1572	
Sodium, Na mg	62		0	BFNN	4		17	280	
Zinc, Zn mg	3.98		0	BFNN	4		1.13	18.06	
Copper, Cu mg	0.092		0	BFNN	4		0.026	0.419	
Manganese, Mn mg	0.013		0	BFNN	4		0.004	0.059	
Selenium, Se µg	25.6		0	BFNN	4		7.2	115.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.087		0	BFPN	4		0.025	0.392	
Riboflavin mg	0.113		0	BFPN	4		0.032	0.514	
Niacin mg	6.252		0	BFPN	4		1.773	28.360	
Pantothenic acid mg	0.603		0	BFPN	4		0.171	2.737	
Vitamin B-6 mg	0.633		0	BFPN	4		0.179	2.871	
Folate, total µg	11		0	BFPN	4		3	51	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	11		0	BFPN	4		3	51	
Folate, DFE µg	11		0	NC	4		3	51	
Choline, total mg	89.0		0	BFPN	4		25.2	403.6	
Betaine mg	13.1		0	BFPN	4		3.7	59.3	
Vitamin B-12 µg	1.27		0	BFPN	4		0.36	5.75	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.32		0	BFSN	4		0.09	1.45	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.3		0	BFSN	4		0.4	5.8	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13881

Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.980		0	NC	4		0.845	13.516	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.024		0	BFFN	4		0.007	0.109	
12:0....g	0.017		0	BFFN	4		0.005	0.075	
13:0....g									
14:0....g	0.232		0	BFFN	4		0.066	1.051	
15:0....g									
16:0....g	1.818		0	BFFN	4		0.515	8.247	
17:0....g									
18:0....g	0.890		0	BFFN	4		0.252	4.035	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.271		0	NC	4		0.927	14.835	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.385		0	BFFN	4		0.109	1.748	
17:1....g									
18:1 undifferentiated....g	2.875		0	BFFN	4		0.815	13.040	
20:1....g	0.011		0	BFFN	4		0.003	0.048	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.289		0	NC	4		0.082	1.310	
18:2 undifferentiated....g	0.188		0	BFFN	4		0.053	0.853	
18:3 undifferentiated....g	0.086		0	BFFN	4		0.024	0.389	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.015		0	BFFN	4		0.004	0.068	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	66		0	BFSN	4		19	301	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.140		0	PAK	1		0.040	0.635	
Threonine....g	0.851		0	PAK	1		0.241	3.860	
Isoleucine....g	0.969		0	PAK	1		0.275	4.396	
Leucine....g	1.694		0	PAK	1		0.480	7.685	
Lysine....g	1.800		0	PAK	1		0.510	8.165	
Methionine....g	0.555		0	PAK	1		0.157	2.516	
Cystine....g	0.275		0	PAK	1		0.078	1.247	
Phenylalanine....g	0.841		0	PAK	1		0.239	3.816	
Tyrosine....g	0.679		0	PAK	1		0.192	3.079	
Valine....g	1.057		0	PAK	1		0.300	4.793	
Arginine....g	1.377		0	PAK	1		0.390	6.247	
Histidine....g	0.680		0	PAK	1		0.193	3.083	
Alanine....g	1.295		0	PAK	1		0.367	5.874	
Aspartic acid....g	1.940		0	PAK	1		0.550	8.800	
Glutamic acid....g	3.198		0	PAK	1		0.907	14.504	
Glycine....g	1.297		0	PAK	1		0.368	5.883	
Proline....g	1.015		0	PAK	1		0.288	4.606	
Serine....g	0.839		0	PAK	1		0.238	3.806	
Hydroxyproline....g	0.224		0	BFPN	4		0.063	1.015	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13881

Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23598

Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted

Refuse: 9% Bone and connective tissue, 1.21%, separable fat, 7.42%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	65.52	0.344	20	A	1		18.57	297.20	
Energy kcal	169		0	NC	4		48	769	
Energy kJ	709		0	NC	4		201	3216	
Protein (N x 6.25) g	29.73	0.254	20	A	1		8.43	134.87	
Total lipid (fat) g	4.71	0.287	20	A	1		1.34	21.38	
Ash g	1.15	0.032	20	A	1		0.33	5.22	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	6		0	BFNN	4		2	27	
Iron, Fe mg	2.46		0	BFNN	4		0.70	11.17	
Magnesium, Mg mg	20		0	BFNN	4		6	89	
Phosphorus, P mg	186		0	BFNN	4		53	844	
Potassium, K mg	241		0	BFNN	4		68	1095	
Sodium, Na mg	38		0	BFNN	4		11	174	
Zinc, Zn mg	5.06		0	BFNN	4		1.43	22.95	
Copper, Cu mg	0.073		0	BFNN	4		0.021	0.331	
Manganese, Mn mg	0.011		0	BFNN	4		0.003	0.048	
Selenium, Se µg	33.3		0	BFNN	4		9.4	151.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.067		0	BFPN	4		0.019	0.305	
Riboflavin mg	0.168		0	BFPN	4		0.048	0.761	
Niacin mg	5.341		0	BFPN	4		1.514	24.228	
Pantothenic acid mg	0.585		0	BFPN	4		0.166	2.653	
Vitamin B-6 mg	0.399		0	BFPN	4		0.113	1.809	
Folate, total µg	10		0	BFPN	4		3	45	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	10		0	BFPN	4		3	45	
Folate, DFE µg	10		0	NC	4		3	45	
Choline, total mg	113.2		0	BFPN	4		32.1	513.7	
Betaine mg	14.9		0	BFPN	4		4.2	67.5	
Vitamin B-12 µg	1.64		0	BFPN	4		0.46	7.43	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.37		0	BFSN	4		0.10	1.67	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.0	0.3	
Vitamin D IU	3		0	BFFN	4		1	14	
Vitamin K (phylloquinone) µg	1.9		0	BFSN	4		0.5	8.7	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23598

Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.624		0	NC	4		0.461	7.368	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.000		0	BFFN	4		0.000	0.000	
13:0....g									
14:0....g	0.115		0	BFFN	4		0.032	0.519	
15:0....g									
16:0....g	1.015		0	BFFN	4		0.288	4.602	
17:0....g									
18:0....g	0.495		0	BFFN	4		0.140	2.247	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.970		0	NC	4		0.559	8.938	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.185		0	BFFN	4		0.053	0.841	
17:1....g									
18:1 undifferentiated....g	1.784		0	BFFN	4		0.506	8.091	
20:1....g	0.001		0	BFFN	4		0.000	0.005	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.209		0	NC	4		0.059	0.949	
18:2 undifferentiated....g	0.148		0	BFFN	4		0.042	0.672	
18:3 undifferentiated....g	0.014		0	BFFN	4		0.004	0.062	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.029		0	BFFN	4		0.008	0.130	
20:5 n-3 (EPA)....g	0.003		18	AR	1		0.001	0.014	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.015		18	AR	1		0.004	0.068	
22:6 n-3 (DHA)....g	0.001		18	AR	1		0.000	0.005	
Fatty acids, total trans....g									
Cholesterol....mg	76		0	BFSN	4		22	347	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.195		0	A	1		0.055	0.886	
Threonine....g	1.188		0	A	1		0.337	5.388	
Isoleucine....g	1.353		0	A	1		0.383	6.136	
Leucine....g	2.365		0	A	1		0.671	10.728	
Lysine....g	2.513		0	A	1		0.712	11.398	
Methionine....g	0.774		0	A	1		0.220	3.512	
Cystine....g	0.384		0	A	1		0.109	1.740	
Phenylalanine....g	1.174		0	A	1		0.333	5.327	
Tyrosine....g	0.947		0	A	1		0.269	4.298	
Valine....g	1.475		0	A	1		0.418	6.691	
Arginine....g	1.923		0	A	1		0.545	8.721	
Histidine....g	0.949		0	A	1		0.269	4.304	
Alanine....g	1.808		0	A	1		0.512	8.199	
Aspartic acid....g	2.708		0	A	1		0.768	12.285	
Glutamic acid....g	4.464		0	A	1		1.265	20.247	
Glycine....g	1.810		0	A	1		0.513	8.212	
Proline....g	1.417		0	A	1		0.402	6.429	
Serine....g	1.171		0	A	1		0.332	5.313	
Hydroxyproline....g	0.312		0	A	1		0.089	1.417	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 23598

Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23597

Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw

Refuse: 10% Bone and connective tissue 2%, sep fat 8%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	73.43	0.283	20	A	1		20.82	333.08	
Energy kcal	124		0	NC	4		35	560	
Energy kJ	517		0	NC	4		147	2345	
Protein (N x 6.25) g	22.60	0.196	20	A	1		6.41	102.49	
Total lipid (fat) g	3.00	0.207	20	A	1		0.85	13.61	
Ash g	1.08	0.022	20	A	1		0.31	4.90	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	20		0	BFNN	4		6	92	
Iron, Fe mg	1.96		0	BFNN	4		0.56	8.89	
Magnesium, Mg mg	25		0	BFNN	4		7	112	
Phosphorus, P mg	219		0	BFNN	4		62	992	
Potassium, K mg	357		0	BFNN	4		101	1620	
Sodium, Na mg	60		0	BFNN	4		17	272	
Zinc, Zn mg	4.30		0	BFNN	4		1.22	19.51	
Copper, Cu mg	0.101		0	BFNN	4		0.029	0.458	
Manganese, Mn mg	0.014		0	BFNN	4		0.004	0.063	
Selenium, Se µg	28.8		0	BFNN	4		8.2	130.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.091		0	BFPN	4		0.026	0.415	
Riboflavin mg	0.147		0	BFPN	4		0.042	0.666	
Niacin mg	6.780		0	BFPN	4		1.922	30.754	
Pantothenic acid mg	0.668		0	BFPN	4		0.189	3.031	
Vitamin B-6 mg	0.667		0	BFPN	4		0.189	3.027	
Folate, total µg	13		0	BFPN	4		4	60	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	13		0	BFPN	4		4	60	
Folate, DFE µg	13		0	NC	4		4	60	
Choline, total mg	94.4		0	BFPN	4		26.8	428.1	
Betaine mg	13.9		0	BFPN	4		3.9	62.9	
Vitamin B-12 µg	1.60		0	BFPN	4		0.45	7.27	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.28		0	BFSN	4		0.08	1.26	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.1		0	BFSN	4		0.3	5.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23597

Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.027		0	NC	4		0.291	4.658	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.000		0	BFFN	4		0.000	0.000	
13:0....g									
14:0....g	0.071		0	BFFN	4		0.020	0.320	
15:0....g									
16:0....g	0.651		0	BFFN	4		0.185	2.953	
17:0....g									
18:0....g	0.305		0	BFFN	4		0.087	1.384	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.263		0	NC	4		0.358	5.731	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.124		0	BFFN	4		0.035	0.560	
17:1....g									
18:1 undifferentiated....g	1.138		0	BFFN	4		0.323	5.163	
20:1....g	0.002		0	BFFN	4		0.000	0.008	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.129		0	NC	4		0.036	0.583	
18:2 undifferentiated....g	0.101		0	BFFN	4		0.028	0.456	
18:3 undifferentiated....g	0.007		0	BFFN	4		0.002	0.032	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.021		0	BFFN	4		0.006	0.096	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	59		0	BFSN	4		17	267	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.149		0	A	1		0.042	0.674	
Threonine....g	0.903		0	A	1		0.256	4.094	
Isoleucine....g	1.028		0	A	1		0.291	4.663	
Leucine....g	1.797		0	A	1		0.510	8.153	
Lysine....g	1.910		0	A	1		0.541	8.662	
Methionine....g	0.588		0	A	1		0.167	2.669	
Cystine....g	0.292		0	A	1		0.083	1.323	
Phenylalanine....g	0.892		0	A	1		0.253	4.048	
Tyrosine....g	0.720		0	A	1		0.204	3.266	
Valine....g	1.121		0	A	1		0.318	5.085	
Arginine....g	1.461		0	A	1		0.414	6.627	
Histidine....g	0.721		0	A	1		0.204	3.271	
Alanine....g	1.374		0	A	1		0.389	6.231	
Aspartic acid....g	2.058		0	A	1		0.583	9.336	
Glutamic acid....g	3.392		0	A	1		0.962	15.386	
Glycine....g	1.376		0	A	1		0.390	6.241	
Proline....g	1.077		0	A	1		0.305	4.886	
Serine....g	0.890		0	A	1		0.252	4.037	
Hydroxyproline....g	0.237		0	BFPN	4		0.067	1.077	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 23597

Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23620

Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted

URMIS #2295

Refuse: 9% Bone and connective tissue 1%, sep fat 8%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	64.73	0.442	10	A	1		18.35	293.62	
Energy kcal	175		0	NC	4		50	796	
Energy kJ	734		0	NC	4		208	3329	
Protein (N x 6.25) g	29.87	0.359	10	A	1		8.47	135.50	
Total lipid (fat) g	5.30	0.466	10	A	1		1.50	24.06	
Ash g	1.11	0.041	10	A	1		0.32	5.04	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	6		0	BFNN	4		2	28	
Iron, Fe mg	2.61		0	BFNN	4		0.74	11.83	
Magnesium, Mg mg	20		0	BFNN	4		6	90	
Phosphorus, P mg	187		0	BFNN	4		53	847	
Potassium, K mg	241		0	BFNN	4		68	1094	
Sodium, Na mg	39		0	BFNN	4		11	175	
Zinc, Zn mg	5.16		0	BFNN	4		1.46	23.41	
Copper, Cu mg	0.069		0	BFNN	4		0.020	0.314	
Manganese, Mn mg	0.010		0	BFNN	4		0.003	0.045	
Selenium, Se µg	33.7		0	BFNN	4		9.5	152.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.062		0	BFPN	4		0.018	0.282	
Riboflavin mg	0.187		0	BFPN	4		0.053	0.846	
Niacin mg	5.740		0	BFPN	4		1.627	26.035	
Pantothenic acid mg	0.587		0	BFPN	4		0.166	2.661	
Vitamin B-6 mg	0.417		0	BFPN	4		0.118	1.891	
Folate, total µg	10		0	BFPN	4		3	45	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	10		0	BFPN	4		3	45	
Folate, DFE µg	10		0	NC	4		3	45	
Choline, total mg	113.8		0	BFPN	4		32.3	516.1	
Betaine mg	14.9		0	BFPN	4		4.2	67.8	
Vitamin B-12 µg	1.76		0	BFPN	4		0.50	8.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.38		0	BFSN	4		0.11	1.70	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.3		0	BFSN	4		0.4	6.1	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23620

Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.828		0	NC	4		0.518	8.290	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.000		0	BFFN	4		0.000	0.000	
13:0....g									
14:0....g	0.129		0	BFFN	4		0.037	0.584	
15:0....g									
16:0....g	1.141		0	BFFN	4		0.324	5.177	
17:0....g									
18:0....g	0.557		0	BFFN	4		0.158	2.528	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.217		0	NC	4		0.629	10.056	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.209		0	BFFN	4		0.059	0.946	
17:1....g									
18:1 undifferentiated....g	2.007		0	BFFN	4		0.569	9.104	
20:1....g	0.001		0	BFFN	4		0.000	0.006	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.214		0	NC	4		0.061	0.972	
18:2 undifferentiated....g	0.167		0	BFFN	4		0.047	0.756	
18:3 undifferentiated....g	0.015		0	BFFN	4		0.004	0.070	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.032		0	BFFN	4		0.009	0.146	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	78		0	BFSN	4		22	355	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.196		0	A	1		0.056	0.891	
Threonine....g	1.193		0	A	1		0.338	5.413	
Isoleucine....g	1.359		0	A	1		0.385	6.165	
Leucine....g	2.376		0	A	1		0.674	10.779	
Lysine....g	2.525		0	A	1		0.716	11.452	
Methionine....g	0.778		0	A	1		0.221	3.529	
Cystine....g	0.386		0	A	1		0.109	1.749	
Phenylalanine....g	1.180		0	A	1		0.335	5.352	
Tyrosine....g	0.952		0	A	1		0.270	4.318	
Valine....g	1.482		0	A	1		0.420	6.722	
Arginine....g	1.932		0	A	1		0.548	8.762	
Histidine....g	0.953		0	A	1		0.270	4.324	
Alanine....g	1.816		0	A	1		0.515	8.238	
Aspartic acid....g	2.721		0	A	1		0.771	12.343	
Glutamic acid....g	4.485		0	A	1		1.271	20.342	
Glycine....g	1.819		0	A	1		0.516	8.251	
Proline....g	1.424		0	A	1		0.404	6.460	
Serine....g	1.177		0	A	1		0.334	5.338	
Hydroxyproline....g	0.314		0	BFPN	4		0.089	1.424	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 23620

Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23616

Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, raw

URMIS #2295

Refuse: 10% Bone and connective tissue 2%, sep fat 8%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	72.89	0.368	10	A	1		20.66	330.62	
Energy kcal	128		0	NC	4		36	582	
Energy kJ	536		0	NC	4		152	2431	
Protein (N x 6.25) g	22.88	0.278	10	A	1		6.49	103.77	
Total lipid (fat) g	3.38	0.351	10	A	1		0.96	15.35	
Ash g	1.10	0.022	10	A	1		0.31	5.00	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	20		0	BFNN	4		6	90	
Iron, Fe mg	2.12		0	BFNN	4		0.60	9.61	
Magnesium, Mg mg	25		0	BFNN	4		7	114	
Phosphorus, P mg	221		0	BFNN	4		63	1004	
Potassium, K mg	351		0	BFNN	4		100	1593	
Sodium, Na mg	57		0	BFNN	4		16	259	
Zinc, Zn mg	4.28		0	BFNN	4		1.21	19.42	
Copper, Cu mg	0.101		0	BFNN	4		0.028	0.456	
Manganese, Mn mg	0.014		0	BFNN	4		0.004	0.064	
Selenium, Se µg	28.6		0	BFNN	4		8.1	129.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.096		0	BFPN	4		0.027	0.433	
Riboflavin mg	0.165		0	BFPN	4		0.047	0.747	
Niacin mg	6.958		0	BFPN	4		1.973	31.563	
Pantothenic acid mg	0.681		0	BFPN	4		0.193	3.089	
Vitamin B-6 mg	0.672		0	BFPN	4		0.191	3.048	
Folate, total µg	14		0	BFPN	4		4	61	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	14		0	BFPN	4		4	61	
Folate, DFE µg	14		0	NC	4		4	61	
Choline, total mg	95.6		0	BFPN	4		27.1	433.5	
Betaine mg									
Vitamin B-12 µg	1.91		0	BFPN	4		0.54	8.65	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.29		0	BFSN	4		0.08	1.31	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	AS	1		0.0	0.2	
Vitamin D IU	2		0	BFFN	4		1	8	
Vitamin K (phylloquinone) µg	1.2		0	BFSN	4		0.3	5.2	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23616

Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.158		0	NC	4		0.328	5.253	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.000		0	BFFN	4		0.000	0.000	
13:0....g									
14:0....g	0.080		0	BFFN	4		0.023	0.361	
15:0....g									
16:0....g	0.734		0	BFFN	4		0.208	3.331	
17:0....g									
18:0....g	0.344		0	BFFN	4		0.098	1.561	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.425		0	NC	4		0.404	6.462	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.139		0	BFFN	4		0.039	0.632	
17:1....g									
18:1 undifferentiated....g	1.284		0	BFFN	4		0.364	5.822	
20:1....g	0.002		0	BFFN	4		0.001	0.009	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.159		0	NC	4		0.045	0.722	
18:2 undifferentiated....g	0.113		0	BFFN	4		0.032	0.514	
18:3 undifferentiated....g	0.008		0	BFFN	4		0.002	0.036	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.024		0	BFFN	4		0.007	0.108	
20:5 n-3 (EPA)....g	0.002		15	AR	1		0.001	0.009	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.011		15	AR	1		0.003	0.050	
22:6 n-3 (DHA)....g	0.001		15	AR	1		0.000	0.005	
Fatty acids, total trans....g									
Cholesterol....mg	60		0	BFSN	4		17	273	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.150		0	A	1		0.043	0.682	
Threonine....g	0.914		0	A	1		0.259	4.146	
Isoleucine....g	1.041		0	A	1		0.295	4.721	
Leucine....g	1.820		0	A	1		0.516	8.255	
Lysine....g	1.933		0	A	1		0.548	8.770	
Methionine....g	0.596		0	A	1		0.169	2.702	
Cystine....g	0.295		0	A	1		0.084	1.339	
Phenylalanine....g	0.904		0	A	1		0.256	4.099	
Tyrosine....g	0.729		0	A	1		0.207	3.307	
Valine....g	1.135		0	A	1		0.322	5.148	
Arginine....g	1.479		0	A	1		0.419	6.710	
Histidine....g	0.730		0	A	1		0.207	3.312	
Alanine....g	1.391		0	A	1		0.394	6.309	
Aspartic acid....g	2.084		0	A	1		0.591	9.452	
Glutamic acid....g	3.434		0	A	1		0.974	15.579	
Glycine....g	1.393		0	A	1		0.395	6.319	
Proline....g	1.091		0	A	1		0.309	4.947	
Serine....g	0.901		0	A	1		0.255	4.088	
Hydroxyproline....g	0.240		0	BFPN	4		0.068	1.090	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 23616

Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23591

Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted

URMIS #1480

Refuse: 9% Bone and connective tissue 1%, sep fat 8%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	66.31	0.409	10	A	1		18.80	300.78	
Energy kcal	163		0	NC	4		46	741	
Energy kJ	684		0	NC	4		194	3102	
Protein (N x 6.25) g	29.59	0.373	10	A	1		8.39	134.23	
Total lipid (fat) g	4.11	0.224	10	A	1		1.17	18.64	
Ash g	1.18	0.048	10	A	1		0.34	5.37	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	6		0	BFNN	4		2	28	
Iron, Fe mg	2.42		0	BFNN	4		0.68	10.96	
Magnesium, Mg mg	20		0	BFNN	4		6	89	
Phosphorus, P mg	188		0	BFNN	4		53	854	
Potassium, K mg	245		0	BFNN	4		69	1111	
Sodium, Na mg	39		0	BFNN	4		11	176	
Zinc, Zn mg	5.06		0	BFNN	4		1.43	22.96	
Copper, Cu mg	0.082		0	BFNN	4		0.023	0.370	
Manganese, Mn mg	0.011		0	BFNN	4		0.003	0.049	
Selenium, Se µg	36.7		0	BFNN	4		10.4	166.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.071		0	BFPN	4		0.020	0.321	
Riboflavin mg	0.160		0	BFPN	4		0.045	0.726	
Niacin mg	5.089		0	BFPN	4		1.443	23.085	
Pantothenic acid mg	0.583		0	BFPN	4		0.165	2.645	
Vitamin B-6 mg	0.390		0	BFPN	4		0.111	1.770	
Folate, total µg	10		0	BFPN	4		3	45	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	10		0	BFPN	4		3	45	
Folate, DFE µg	10		0	NC	4		3	45	
Choline, total mg	112.7		0	BFPN	4		32.0	511.2	
Betaine mg	14.8		0	BFPN	4		4.2	67.2	
Vitamin B-12 µg	1.52		0	BFPN	4		0.43	6.90	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.36		0	BFSN	4		0.10	1.63	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.3		0	BFSN	4		0.4	5.8	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23591

Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.416		0	NC	4		0.401	6.424	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.000		0	BFFN	4		0.000	0.000	
13:0....g									
14:0....g	0.100		0	BFFN	4		0.028	0.453	
15:0....g									
16:0....g	0.885		0	BFFN	4		0.251	4.012	
17:0....g									
18:0....g	0.432		0	BFFN	4		0.122	1.959	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.718		0	NC	4		0.487	7.792	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.162		0	BFFN	4		0.046	0.733	
17:1....g									
18:1 undifferentiated....g	1.555		0	BFFN	4		0.441	7.054	
20:1....g	0.001		0	BFFN	4		0.000	0.005	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.166		0	NC	4		0.047	0.753	
18:2 undifferentiated....g	0.129		0	BFFN	4		0.037	0.586	
18:3 undifferentiated....g	0.012		0	BFFN	4		0.003	0.054	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.025		0	BFFN	4		0.007	0.113	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	75		0	BFSN	4		21	339	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.194		0	A	1		0.055	0.882	
Threonine....g	1.182		0	A	1		0.335	5.362	
Isoleucine....g	1.346		0	A	1		0.382	6.107	
Leucine....g	2.354		0	A	1		0.667	10.678	
Lysine....g	2.501		0	A	1		0.709	11.344	
Methionine....g	0.771		0	A	1		0.218	3.495	
Cystine....g	0.382		0	A	1		0.108	1.732	
Phenylalanine....g	1.169		0	A	1		0.331	5.302	
Tyrosine....g	0.943		0	A	1		0.267	4.277	
Valine....g	1.468		0	A	1		0.416	6.659	
Arginine....g	1.914		0	A	1		0.542	8.680	
Histidine....g	0.944		0	A	1		0.268	4.284	
Alanine....g	1.799		0	A	1		0.510	8.160	
Aspartic acid....g	2.695		0	A	1		0.764	12.227	
Glutamic acid....g	4.442		0	A	1		1.259	20.151	
Glycine....g	1.802		0	A	1		0.511	8.173	
Proline....g	1.411		0	A	1		0.400	6.399	
Serine....g	1.166		0	A	1		0.330	5.288	
Hydroxyproline....g	0.311		0	BFPN	4		0.088	1.410	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 23591

Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23635

Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, raw

URMIS #1480

Refuse: 10% Bone and connective tissue 3%, sep fat 7%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	73.97	0.373	10	A	1		20.97	335.51	
Energy kcal	119		0	NC	4		34	540	
Energy kJ	498		0	NC	4		141	2257	
Protein (N x 6.25) g	22.31	0.260	10	A	1		6.33	101.21	
Total lipid (fat) g	2.62	0.163	10	A	1		0.74	11.90	
Ash g	1.05	0.037	10	A	1		0.30	4.76	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	22		0	BFNN	4		6	98	
Iron, Fe mg	1.92		0	BFNN	4		0.54	8.71	
Magnesium, Mg mg	25		0	BFNN	4		7	111	
Phosphorus, P mg	219		0	BFNN	4		62	993	
Potassium, K mg	364		0	BFNN	4		103	1652	
Sodium, Na mg	62		0	BFNN	4		18	283	
Zinc, Zn mg	4.46		0	BFNN	4		1.26	20.23	
Copper, Cu mg	0.104		0	BFNN	4		0.030	0.474	
Manganese, Mn mg	0.014		0	BFNN	4		0.004	0.063	
Selenium, Se µg	31.1		0	BFNN	4		8.8	141.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.091		0	BFPN	4		0.026	0.414	
Riboflavin mg	0.142		0	BFPN	4		0.040	0.642	
Niacin mg	6.637		0	BFPN	4		1.882	30.105	
Pantothenic acid mg	0.655		0	BFPN	4		0.186	2.972	
Vitamin B-6 mg	0.655		0	BFPN	4		0.186	2.973	
Folate, total µg	13		0	BFPN	4		4	59	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	13		0	BFPN	4		4	59	
Folate, DFE µg	13		0	NC	4		4	59	
Choline, total mg	93.2		0	BFPN	4		26.4	422.7	
Betaine mg	13.7		0	BFPN	4		3.9	62.2	
Vitamin B-12 µg	1.30		0	BFPN	4		0.37	5.92	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.28		0	BFSN	4		0.08	1.26	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.1		0	BFSN	4		0.3	5.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23635

Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.898		0	NC	4		0.255	4.074	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.000		0	BFFN	4		0.000	0.000	
13:0....g									
14:0....g	0.062		0	BFFN	4		0.017	0.280	
15:0....g									
16:0....g	0.570		0	BFFN	4		0.161	2.583	
17:0....g									
18:0....g	0.267		0	BFFN	4		0.076	1.211	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.105		0	NC	4		0.313	5.012	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.108		0	BFFN	4		0.031	0.490	
17:1....g									
18:1 undifferentiated....g	0.996		0	BFFN	4		0.282	4.516	
20:1....g	0.002		0	BFFN	4		0.000	0.007	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.113		0	NC	4		0.032	0.510	
18:2 undifferentiated....g	0.088		0	BFFN	4		0.025	0.399	
18:3 undifferentiated....g	0.006		0	BFFN	4		0.002	0.028	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.019		0	BFFN	4		0.005	0.084	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	58		0	BFSN	4		16	262	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.147		0	A	1		0.042	0.665	
Threonine....g	0.891		0	A	1		0.253	4.043	
Isoleucine....g	1.015		0	A	1		0.288	4.605	
Leucine....g	1.775		0	A	1		0.503	8.051	
Lysine....g	1.886		0	A	1		0.535	8.553	
Methionine....g	0.581		0	A	1		0.165	2.636	
Cystine....g	0.288		0	A	1		0.082	1.306	
Phenylalanine....g	0.881		0	A	1		0.250	3.998	
Tyrosine....g	0.711		0	A	1		0.202	3.225	
Valine....g	1.107		0	A	1		0.314	5.021	
Arginine....g	1.443		0	A	1		0.409	6.545	
Histidine....g	0.712		0	A	1		0.202	3.230	
Alanine....g	1.356		0	A	1		0.385	6.153	
Aspartic acid....g	2.032		0	A	1		0.576	9.219	
Glutamic acid....g	3.350		0	A	1		0.950	15.194	
Glycine....g	1.359		0	A	1		0.385	6.163	
Proline....g	1.064		0	A	1		0.302	4.825	
Serine....g	0.879		0	A	1		0.249	3.987	
Hydroxyproline....g	0.234		0	BFPN	4		0.066	1.063	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 23635

Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13865

Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

URMIS #2316

Refuse: 8% Bone

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	56.73		0	PAE	4		48.22	177.56	
Energy kcal	235		0	NC	4		200	736	
Energy kJ	983		0		4		836	3078	
Protein (N x 6.25) g	27.54		0	PAE	4		23.41	86.20	
Total lipid (fat) g	12.98		0	PAE	4		11.03	40.63	
Ash g	1.32		0	PAE	4		1.12	4.13	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	6		0	PAE	4		5	19	
Iron, Fe mg	2.55		0	PAE	4		2.17	7.98	
Magnesium, Mg mg	26		0	PAE	4		22	81	
Phosphorus, P mg	240		0	PAE	4		204	751	
Potassium, K mg	395		0	PAE	4		336	1236	
Sodium, Na mg	62		0	PAE	4		53	194	
Zinc, Zn mg	4.35		0	PAE	4		3.70	13.62	
Copper, Cu mg	0.101		0	PAE	4		0.086	0.316	
Manganese, Mn mg	0.015		0	PAE	4		0.013	0.047	
Selenium, Se µg	27.3		0	BFYN	4		23.2	85.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.090		0	PAE	4		0.077	0.282	
Riboflavin mg	0.210		0	PAE	4		0.179	0.657	
Niacin mg	4.020		0	PAE	4		3.417	12.583	
Pantothenic acid mg	0.390		0	PAE	4		0.332	1.221	
Vitamin B-6 mg	0.380		0	PAE	4		0.323	1.189	
Folate, total µg	9		0	PAE	4		8	28	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	9		0	PAE	4		8	28	
Folate, DFE µg	9		0	NC	4		8	28	
Choline, total mg	104.9		0	BFPN	4		89.2	328.3	
Betaine mg									
Vitamin B-12 µg	3.03		0	PAE	4		2.58	9.48	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	BFSN	4		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	PAE	4		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.16		0	BFSN	4		0.14	0.52	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	AS	1		0.2	0.7	
Vitamin D IU	8		0	BFFN	4		7	27	
Vitamin K (phylloquinone) µg	1.6		0	BFSN	4		1.4	5.1	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13865

Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.900		0	PAE	4		4.165	15.337	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.030		0	PAE	4		0.026	0.094	
12:0....g	0.020		0	PAE	4		0.017	0.063	
13:0....g									
14:0....g	0.380		0	PAE	4		0.323	1.189	
15:0....g									
16:0....g	3.070		0	PAE	4		2.610	9.609	
17:0....g									
18:0....g	1.400		0	PAE	4		1.190	4.382	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.560		0	PAE	4		4.726	17.403	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.570		0	PAE	4		0.485	1.784	
17:1....g									
18:1 undifferentiated....g	4.970		0	PAE	4		4.225	15.556	
20:1....g	0.020		0	PAE	4		0.017	0.063	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.520		0	PAE	4		0.442	1.628	
18:2 undifferentiated....g	0.360		0	PAE	4		0.306	1.127	
18:3 undifferentiated....g	0.120		0	PAE	4		0.102	0.376	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.040		0	PAE	4		0.034	0.125	
20:5 n-3 (EPA)....g	0.003		18	AR	1		0.003	0.009	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.016		18	AR	1		0.014	0.050	
22:6 n-3 (DHA)....g	0.001		18	AR	1		0.001	0.003	
Fatty acids, total trans....g									
Cholesterol....mg	79		0	PAE	4		67	247	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.308		0	PAE	4		0.262	0.964	
Threonine....g	1.203		0	PAE	4		1.023	3.765	
Isoleucine....g	1.238		0	PAE	4		1.052	3.875	
Leucine....g	2.177		0	PAE	4		1.850	6.814	
Lysine....g	2.291		0	PAE	4		1.947	7.171	
Methionine....g	0.705		0	PAE	4		0.599	2.207	
Cystine....g	0.308		0	PAE	4		0.262	0.964	
Phenylalanine....g	1.075		0	PAE	4		0.914	3.365	
Tyrosine....g	0.925		0	PAE	4		0.786	2.895	
Valine....g	1.339		0	PAE	4		1.138	4.191	
Arginine....g	1.740		0	PAE	4		1.479	5.446	
Histidine....g	0.943		0	PAE	4		0.802	2.952	
Alanine....g	1.661		0	PAE	4		1.412	5.199	
Aspartic acid....g	2.516		0	PAE	4		2.139	7.875	
Glutamic acid....g	4.137		0	PAE	4		3.516	12.949	
Glycine....g	1.503		0	PAE	4		1.278	4.704	
Proline....g	1.216		0	PAE	4		1.034	3.806	
Serine....g	1.053		0	PAE	4		0.895	3.296	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13865

Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 313g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13864
Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw

URMIS #2316
Refuse: 6% Bone

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	65.44		0	PAE	4		18.55	296.84	
Energy kcal	195		0	NC	4		55	885	
Energy kJ	816		0		4		231	3701	
Protein (N x 6.25) g	20.56		0	PAE	4		5.83	93.26	
Total lipid (fat) g	11.92		0	PAE	4		3.38	54.07	
Ash g	0.98		0	PAE	4		0.28	4.45	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	4		0	PAE	4		1	18	
Iron, Fe mg	1.99		0	PAE	4		0.56	9.03	
Magnesium, Mg mg	22		0	PAE	4		6	100	
Phosphorus, P mg	199		0	PAE	4		56	903	
Potassium, K mg	342		0	PAE	4		97	1551	
Sodium, Na mg	54		0	PAE	4		15	245	
Zinc, Zn mg	3.24		0	PAE	4		0.92	14.70	
Copper, Cu mg	0.075		0	PAE	4		0.021	0.340	
Manganese, Mn mg	0.013		0	PAE	4		0.004	0.059	
Selenium, Se µg	19.6		0	BFNN	4		5.6	88.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.100		0	PAE	4		0.028	0.454	
Riboflavin mg	0.170		0	PAE	4		0.048	0.771	
Niacin mg	3.740		0	PAE	4		1.060	16.965	
Pantothenic acid mg	0.360		0	PAE	4		0.102	1.633	
Vitamin B-6 mg	0.470		0	PAE	4		0.133	2.132	
Folate, total µg	8		0	PAE	4		2	36	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	8		0	PAE	4		2	36	
Folate, DFE µg	8		0	NC	4		2	36	
Choline, total mg	85.9		0	BFPN	4		24.3	389.5	
Betaine mg									
Vitamin B-12 µg	2.82		0	PAE	4		0.80	12.79	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	BFSN	4		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	PAE	4		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.18		0	BFSN	4		0.05	0.80	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	AS	1		0.0	0.8	
Vitamin D IU	6		0	BFFN	4		2	29	
Vitamin K (phylloquinone) µg	1.5		0	BFSN	4		0.4	6.7	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13864

Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.630		0	PAE	4		1.313	21.002	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.030		0	PAE	4		0.009	0.136	
12:0....g	0.020		0	PAE	4		0.006	0.091	
13:0....g									
14:0....g	0.360		0	PAE	4		0.102	1.633	
15:0....g									
16:0....g	2.840		0	PAE	4		0.805	12.882	
17:0....g									
18:0....g	1.380		0	PAE	4		0.391	6.260	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.140		0	PAE	4		1.457	23.315	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.600		0	PAE	4		0.170	2.722	
17:1....g									
18:1 undifferentiated....g	4.530		0	PAE	4		1.284	20.548	
20:1....g	0.010		0	PAE	4		0.003	0.045	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.460		0	PAE	4		0.130	2.087	
18:2 undifferentiated....g	0.310		0	PAE	4		0.088	1.406	
18:3 undifferentiated....g	0.120		0	PAE	4		0.034	0.544	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.030		0	PAE	4		0.009	0.136	
20:5 n-3 (EPA)....g	0.002		15	AR	1		0.001	0.009	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.012		15	AR	1		0.003	0.054	
22:6 n-3 (DHA)....g	0.001		15	AR	1		0.000	0.005	
Fatty acids, total trans....g									
Cholesterol....mg	62		0	PAE	4		18	281	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.230		0	PAE	4		0.065	1.043	
Threonine....g	0.898		0	PAE	4		0.255	4.073	
Isoleucine....g	0.924		0	PAE	4		0.262	4.191	
Leucine....g	1.625		0	PAE	4		0.461	7.371	
Lysine....g	1.711		0	PAE	4		0.485	7.761	
Methionine....g	0.526		0	PAE	4		0.149	2.386	
Cystine....g	0.230		0	PAE	4		0.065	1.043	
Phenylalanine....g	0.803		0	PAE	4		0.228	3.642	
Tyrosine....g	0.691		0	PAE	4		0.196	3.134	
Valine....g	1.000		0	PAE	4		0.284	4.536	
Arginine....g	1.299		0	PAE	4		0.368	5.892	
Histidine....g	0.704		0	PAE	4		0.200	3.193	
Alanine....g	1.240		0	PAE	4		0.352	5.625	
Aspartic acid....g	1.878		0	PAE	4		0.532	8.519	
Glutamic acid....g	3.089		0	PAE	4		0.876	14.012	
Glycine....g	1.122		0	PAE	4		0.318	5.089	
Proline....g	0.908		0	PAE	4		0.257	4.119	
Serine....g	0.786		0	PAE	4		0.223	3.565	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13864

Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13867

Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

URMIS #1501

Refuse: 8% Bone

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	58.49		0	PAE	4		49.72	183.07	
Energy kcal	218		0	NC	4		185	682	
Energy kJ	912		0		4		775	2855	
Protein (N x 6.25) g	27.58		0	PAE	4		23.44	86.33	
Total lipid (fat) g	11.08		0	PAE	4		9.42	34.68	
Ash g	1.33		0	PAE	4		1.13	4.16	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	6		0	PAE	4		5	19	
Iron, Fe mg	2.56		0	PAE	4		2.18	8.01	
Magnesium, Mg mg	26		0	PAE	4		22	81	
Phosphorus, P mg	240		0	PAE	4		204	751	
Potassium, K mg	395		0	PAE	4		336	1236	
Sodium, Na mg	62		0	PAE	4		53	194	
Zinc, Zn mg	4.36		0	PAE	4		3.71	13.65	
Copper, Cu mg	0.101		0	PAE	4		0.086	0.316	
Manganese, Mn mg	0.015		0	PAE	4		0.013	0.047	
Selenium, Se µg	27.4		0	BFYN	4		23.3	85.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.100		0	PAE	4		0.085	0.313	
Riboflavin mg	0.210		0	PAE	4		0.179	0.657	
Niacin mg	4.020		0	PAE	4		3.417	12.583	
Pantothenic acid mg	0.390		0	PAE	4		0.332	1.221	
Vitamin B-6 mg	0.380		0	PAE	4		0.323	1.189	
Folate, total µg	9		0	PAE	4		8	28	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	9		0	PAE	4		8	28	
Folate, DFE µg	9		0	NC	4		8	28	
Choline, total mg	105.0		0	BFPN	4		89.3	328.8	
Betaine mg	13.8		0	BFPN	4		11.7	43.2	
Vitamin B-12 µg	3.03		0	PAE	4		2.58	9.48	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg									
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	PAE	4		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13867

Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.230		0	PAE	4		3.596	13.240	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.030		0	PAE	4		0.026	0.094	
12:0....g	0.020		0	PAE	4		0.017	0.063	
13:0....g									
14:0....g	0.330		0	PAE	4		0.281	1.033	
15:0....g									
16:0....g	2.650		0	PAE	4		2.253	8.295	
17:0....g									
18:0....g	1.200		0	PAE	4		1.020	3.756	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.760		0	PAE	4		4.046	14.899	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.490		0	PAE	4		0.417	1.534	
17:1....g									
18:1 undifferentiated....g	4.250		0	PAE	4		3.613	13.303	
20:1....g	0.020		0	PAE	4		0.017	0.063	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.440		0	PAE	4		0.374	1.377	
18:2 undifferentiated....g	0.300		0	PAE	4		0.255	0.939	
18:3 undifferentiated....g	0.110		0	PAE	4		0.094	0.344	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.030		0	PAE	4		0.026	0.094	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	79		0	PAE	4		67	247	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.309		0	PAE	4		0.263	0.967	
Threonine....g	1.205		0	PAE	4		1.024	3.772	
Isoleucine....g	1.240		0	PAE	4		1.054	3.881	
Leucine....g	2.180		0	PAE	4		1.853	6.823	
Lysine....g	2.295		0	PAE	4		1.951	7.183	
Methionine....g	0.706		0	PAE	4		0.600	2.210	
Cystine....g	0.309		0	PAE	4		0.263	0.967	
Phenylalanine....g	1.077		0	PAE	4		0.915	3.371	
Tyrosine....g	0.927		0	PAE	4		0.788	2.902	
Valine....g	1.341		0	PAE	4		1.140	4.197	
Arginine....g	1.743		0	PAE	4		1.482	5.456	
Histidine....g	0.944		0	PAE	4		0.802	2.955	
Alanine....g	1.664		0	PAE	4		1.414	5.208	
Aspartic acid....g	2.520		0	PAE	4		2.142	7.888	
Glutamic acid....g	4.144		0	PAE	4		3.522	12.971	
Glycine....g	1.505		0	PAE	4		1.279	4.711	
Proline....g	1.218		0	PAE	4		1.035	3.812	
Serine....g	1.055		0	PAE	4		0.897	3.302	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13867

Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 313g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13866

Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, raw

URMIS #1501

Refuse: 6% Bone

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	66.62		0	PAE	4		18.89	302.19	
Energy kcal	184		0	NC	4		52	835	
Energy kJ	770		0		4		218	3492	
Protein (N x 6.25) g	20.56		0	PAE	4		5.83	93.26	
Total lipid (fat) g	10.68		0	PAE	4		3.03	48.44	
Ash g	0.98		0	PAE	4		0.28	4.45	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	4		0	PAE	4		1	18	
Iron, Fe mg	2.00		0	PAE	4		0.57	9.07	
Magnesium, Mg mg	22		0	PAE	4		6	100	
Phosphorus, P mg	199		0	PAE	4		56	903	
Potassium, K mg	342		0	PAE	4		97	1551	
Sodium, Na mg	54		0	PAE	4		15	245	
Zinc, Zn mg	3.24		0	PAE	4		0.92	14.70	
Copper, Cu mg	0.075		0	PAE	4		0.021	0.340	
Manganese, Mn mg	0.013		0	PAE	4		0.004	0.059	
Selenium, Se µg	19.7		0	BFNN	4		5.6	89.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.100		0	PAE	4		0.028	0.454	
Riboflavin mg	0.180		0	PAE	4		0.051	0.816	
Niacin mg	3.740		0	PAE	4		1.060	16.965	
Pantothenic acid mg	0.360		0	PAE	4		0.102	1.633	
Vitamin B-6 mg	0.470		0	PAE	4		0.133	2.132	
Folate, total µg	8		0	PAE	4		2	36	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	8		0	PAE	4		2	36	
Folate, DFE µg	8		0	NC	4		2	36	
Choline, total mg	85.9		0	BFPN	4		24.3	389.5	
Betaine mg	12.6		0	BFPN	4		3.6	57.3	
Vitamin B-12 µg	2.82		0	PAE	4		0.80	12.79	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg									
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	PAE	4		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13866

Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.200		0	PAE	4		1.191	19.051	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.030		0	PAE	4		0.009	0.136	
12:0....g	0.020		0	PAE	4		0.006	0.091	
13:0....g									
14:0....g	0.330		0	PAE	4		0.094	1.497	
15:0....g									
16:0....g	2.570		0	PAE	4		0.729	11.658	
17:0....g									
18:0....g	1.250		0	PAE	4		0.354	5.670	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.620		0	PAE	4		1.310	20.956	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.550		0	PAE	4		0.156	2.495	
17:1....g									
18:1 undifferentiated....g	4.060		0	PAE	4		1.151	18.416	
20:1....g	0.010		0	PAE	4		0.003	0.045	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.410		0	PAE	4		0.116	1.860	
18:2 undifferentiated....g	0.260		0	PAE	4		0.074	1.179	
18:3 undifferentiated....g	0.120		0	PAE	4		0.034	0.544	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.020		0	PAE	4		0.006	0.091	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	62		0	PAE	4		18	281	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.230		0	PAE	4		0.065	1.043	
Threonine....g	0.898		0	PAE	4		0.255	4.073	
Isoleucine....g	0.924		0	PAE	4		0.262	4.191	
Leucine....g	1.625		0	PAE	4		0.461	7.371	
Lysine....g	1.710		0	PAE	4		0.485	7.757	
Methionine....g	0.526		0	PAE	4		0.149	2.386	
Cystine....g	0.230		0	PAE	4		0.065	1.043	
Phenylalanine....g	0.802		0	PAE	4		0.227	3.638	
Tyrosine....g	0.691		0	PAE	4		0.196	3.134	
Valine....g	1.000		0	PAE	4		0.284	4.536	
Arginine....g	1.299		0	PAE	4		0.368	5.892	
Histidine....g	0.704		0	PAE	4		0.200	3.193	
Alanine....g	1.240		0	PAE	4		0.352	5.625	
Aspartic acid....g	1.878		0	PAE	4		0.532	8.519	
Glutamic acid....g	3.088		0	PAE	4		0.875	14.007	
Glycine....g	1.121		0	PAE	4		0.318	5.085	
Proline....g	0.908		0	PAE	4		0.257	4.119	
Serine....g	0.786		0	PAE	4		0.223	3.565	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13866

Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13156

Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled

Refuse: 17% 8% bone, 9% separable fat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	60.50		0		1		51.43	172.43	
Energy kcal	191		0	NC	4		162	544	
Energy kJ	799		0		4		679	2278	
Protein (N x 6.25) g	29.21		0		1		24.83	83.25	
Total lipid (fat) g	7.31		0		1		6.21	20.83	
Ash g	1.41		0		1		1.20	4.02	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	5		0		1		4	14	
Iron, Fe mg	2.70		0		1		2.30	7.70	
Magnesium, Mg mg	28		0		1		24	80	
Phosphorus, P mg	256		0		1		218	730	
Potassium, K mg	422		0		1		359	1203	
Sodium, Na mg	64		0		1		54	182	
Zinc, Zn mg	4.64		0		1		3.94	13.22	
Copper, Cu mg	0.106		0		1		0.090	0.302	
Manganese, Mn mg	0.016		0		1		0.014	0.046	
Selenium, Se µg	27.7		0	BFYN	4		23.5	78.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.100		0		1		0.085	0.285	
Riboflavin mg	0.220		0		1		0.187	0.627	
Niacin mg	4.260		0		1		3.621	12.141	
Pantothenic acid mg	0.410		0		1		0.349	1.169	
Vitamin B-6 mg	0.400		0		1		0.340	1.140	
Folate, total µg	10		0		1		9	29	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	10		0		1		9	29	
Folate, DFE µg	10		0	NC	4		9	29	
Choline, total mg	111.3		0	BFPN	4		94.6	317.1	
Betaine mg	14.6		0	BFPN	4		12.4	41.7	
Vitamin B-12 µg	3.17		0		1		2.69	9.03	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	NC	4		0	0	
Retinol µg	0		0	NR	4		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0		1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.14		0	NR	4		0.12	0.40	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.3	
Vitamin D IU	5		0	BFFN	4		4	14	
Vitamin K (phylloquinone) µg	1.5		0	BFSN	4		1.3	4.3	
Dihydrophylloquinone µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4 µg									

NDB No. 13156

Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.560		0		1		2.176	7.296	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.180		0		1		0.153	0.513	
15:0....g									
16:0....g	1.610		0		1		1.369	4.589	
17:0....g									
18:0....g	0.760		0		1		0.646	2.166	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.100		0		1		2.635	8.835	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.320		0		1		0.272	0.912	
17:1....g									
18:1 undifferentiated....g	2.780		0		1		2.363	7.923	
20:1....g	0.010		0		1		0.009	0.029	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.310		0		1		0.264	0.884	
18:2 undifferentiated....g	0.240		0		1		0.204	0.684	
18:3 undifferentiated....g	0.030		0		1		0.026	0.086	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.040		0		1		0.034	0.114	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	78		0		1		66	222	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.192		0	NR	4		0.163	0.547	
Threonine....g	1.167		0	NR	4		0.992	3.326	
Isoleucine....g	1.329		0	NR	4		1.130	3.787	
Leucine....g	2.324		0	NR	4		1.975	6.622	
Lysine....g	2.469		0	NR	4		2.098	7.036	
Methionine....g	0.761		0	NR	4		0.647	2.168	
Cystine....g	0.377		0	NR	4		0.320	1.074	
Phenylalanine....g	1.154		0	NR	4		0.981	3.288	
Tyrosine....g	0.931		0	NR	4		0.791	2.653	
Valine....g	1.449		0	NR	4		1.232	4.130	
Arginine....g	1.889		0	NR	4		1.605	5.383	
Histidine....g	0.932		0	NR	4		0.792	2.657	
Alanine....g	1.776		0	NR	4		1.509	5.061	
Aspartic acid....g	2.661		0	NR	4		2.262	7.583	
Glutamic acid....g	4.385		0	NR	4		3.727	12.498	
Glycine....g	1.779		0	NR	4		1.512	5.069	
Proline....g	1.393		0	NR	4		1.184	3.969	
Serine....g	1.151		0	NR	4		0.978	3.279	
Hydroxyproline....g	0.307		0	BFPN	4		0.261	0.875	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13156

Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 285g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13158

Beef, round, full cut, separable lean only, trimmed to 1/4" fat, select, cooked, broiled

Refuse: 17% Bone, 8%, separable fat, 9%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	62.44		0		1		53.07	176.08	
Energy kcal	172		0	NC	4		146	485	
Energy kJ	720		0		4		612	2029	
Protein (N x 6.25) g	29.25		0		1		24.86	82.49	
Total lipid (fat) g	5.22		0		1		4.44	14.72	
Ash g	1.41		0		1		1.20	3.98	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	5		0		1		4	14	
Iron, Fe mg	2.71		0		1		2.30	7.64	
Magnesium, Mg mg	28		0		1		24	79	
Phosphorus, P mg	256		0		1		218	722	
Potassium, K mg	423		0		1		360	1193	
Sodium, Na mg	64		0		1		54	180	
Zinc, Zn mg	4.66		0		1		3.96	13.14	
Copper, Cu mg	0.107		0		1		0.091	0.302	
Manganese, Mn mg	0.016		0		1		0.014	0.045	
Selenium, Se µg	27.7		0	BFZN	4		23.5	78.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.100		0		1		0.085	0.282	
Riboflavin mg	0.220		0		1		0.187	0.620	
Niacin mg	4.270		0		1		3.630	12.041	
Pantothenic acid mg	0.410		0		1		0.349	1.156	
Vitamin B-6 mg	0.410		0		1		0.349	1.156	
Folate, total µg	10		0		1		9	28	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	10		0		1		9	28	
Folate, DFE µg	10		0	NC	4		9	28	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	3.17		0		1		2.69	8.94	
Vitamin A, RAE µg	0		0		1		0	0	
Retinol µg	0		0		1		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0		1		0	0	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 13158

Beef, round, full cut, separable lean only, trimmed to 1/4" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.830		0		1		1.556	5.161	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.130		0		1		0.111	0.367	
15:0....g									
16:0....g	1.150		0		1		0.978	3.243	
17:0....g									
18:0....g	0.540		0		1		0.459	1.523	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.220		0		1		1.887	6.260	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.230		0		1		0.196	0.649	
17:1....g									
18:1 undifferentiated....g	1.990		0		1		1.692	5.612	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.220		0		1		0.187	0.620	
18:2 undifferentiated....g	0.170		0		1		0.145	0.479	
18:3 undifferentiated....g	0.020		0		1		0.017	0.056	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.030		0		1		0.026	0.085	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	78		0		1		66	220	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.328		0		1		0.279	0.925	
Threonine....g	1.278		0		1		1.086	3.604	
Isoleucine....g	1.315		0		1		1.118	3.708	
Leucine....g	2.312		0		1		1.965	6.520	
Lysine....g	2.434		0		1		2.069	6.864	
Methionine....g	0.749		0		1		0.637	2.112	
Cystine....g	0.328		0		1		0.279	0.925	
Phenylalanine....g	1.142		0		1		0.971	3.220	
Tyrosine....g	0.983		0		1		0.836	2.772	
Valine....g	1.423		0		1		1.210	4.013	
Arginine....g	1.849		0		1		1.572	5.214	
Histidine....g	1.002		0		1		0.852	2.826	
Alanine....g	1.765		0		1		1.500	4.977	
Aspartic acid....g	2.673		0		1		2.272	7.538	
Glutamic acid....g	4.395		0		1		3.736	12.394	
Glycine....g	1.596		0		1		1.357	4.501	
Proline....g	1.292		0		1		1.098	3.643	
Serine....g	1.119		0		1		0.951	3.156	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13158

Beef, round, full cut, separable lean only, trimmed to 1/4" fat, select, cooked, broiled

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 282g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23062

Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled

Beef Value Cut, Rectus Femoris, Sirloin Tip Steak

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	65.46		16	A	1		98.19		
Energy kcal	177		0	NC	4		265		
Energy kJ	740		0	NC	4		1110		
Protein (N x 6.25) g	27.12		16	A	1		40.67		
Total lipid (fat) g	6.78		16	A	1		10.17		
Ash g	1.00		16	A	1		1.50		
Carbohydrate, by difference g	0.00		0	NC	4		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	5		3	A	1		8		
Iron, Fe mg	2.51		3	A	1		3.76		
Magnesium, Mg mg	26		3	A	1		39		
Phosphorus, P mg	240		3	A	1		360		
Potassium, K mg	377		3	A	1		566		
Sodium, Na mg	52		3	A	1		77		
Zinc, Zn mg	6.84		3	A	1		10.26		
Copper, Cu mg	0.089		3	A	1		0.134		
Manganese, Mn mg	0.011		3	A	1		0.017		
Selenium, Se µg	39.0		3	A	1		58.5		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.059		3	A	1		0.088		
Riboflavin mg	0.217		3	A	1		0.326		
Niacin mg	5.177		3	A	1		7.765		
Pantothenic acid mg	0.751		3	A	1		1.126		
Vitamin B-6 mg	0.496		3	A	1		0.743		
Folate, total µg	10		1	A	1		15		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	10		1	A	1		15		
Folate, DFE µg	10		0	NC	4		15		
Choline, total mg	104.3		0	AS	1		156.4		
Betaine mg	14.9		2	A	1		22.3		
Vitamin B-12 µg	3.23		3	A	1		4.84		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	0		0	AS	1		0		
Retinol µg	0		1	A	1		0		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	0		0	AS	1		0		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.20		1	A	1		0.30		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg	0.00		1	A	1		0.00		
Tocopherol, gamma mg	0.03		1	A	1		0.04		
Tocopherol, delta mg	0.01		1	A	1		0.02		
Tocotrienol, alpha mg	0.01		1	A	1		0.02		
Tocotrienol, beta mg	0.00		1	A	1		0.00		
Tocotrienol, gamma mg	0.00		1	A	1		0.00		
Tocotrienol, delta mg	0.00		1	A	1		0.00		
Vitamin D (D2 + D3) µg									
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	0.2		1	A	1		0.3		

NDB No. 23062

Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg	0.0		1	A	1		0.0		
Menaquinone-4....µg	1.6		1	A	1		2.4		
Lipids:									
Fatty acids, total saturated....g	2.527		0	NC	4		3.791		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		3	A	1		0.000		
10:0....g	0.000		3	A	1		0.000		
12:0....g	0.000		3	A	1		0.000		
13:0....g									
14:0....g	0.184		3	A	1		0.275		
15:0....g	0.027		3	A	1		0.040		
16:0....g	1.531		3	A	1		2.296		
17:0....g	0.064		3	A	1		0.096		
18:0....g	0.703		3	A	1		1.054		
20:0....g	0.000		3	A	1		0.000		
22:0....g	0.020		3	A	1		0.030		
24:0....g									
Fatty acids, total monounsaturated....g	2.712		0	NC	4		4.069		
14:1....g	0.045		3	A	1		0.068		
15:1....g	0.000		3	A	1		0.000		
16:1 undifferentiated....g	0.200		3	A	1		0.300		
17:1....g	0.000		3	A	1		0.000		
18:1 undifferentiated....g	2.467		0	AS	1		3.700		
18:1 c....g	2.282		3	A	1		3.422		
18:1 t....g	0.185		3	A	1		0.278		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.000		3	A	1		0.000		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.358		0	NC	4		0.537		
18:2 undifferentiated....g	0.293		0	AS	1		0.439		
18:2 n-6 c,c....g	0.244		3	A	1		0.365		
18:2 CLAs....g									
18:2 t,t....g	0.049		3	A	1		0.074		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.012		0	AS	1		0.017		
18:3 n-3 c,c,c (ALA)....g	0.012		3	A	1		0.017		
18:3 n-6 c,c,c....g	0.000		3	A	1		0.000		
18:3i....g									
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g	0.000		3	A	1		0.000		
20:3 undifferentiated....g	0.000		3	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.054		3	A	1		0.080		
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.235		0	NC	4		0.352		
Fatty acids, total trans-monoenoic....g	0.185		0	NC	4		0.278		
Fatty acids, total trans-polyenoic....g	0.049		0	NC	4		0.074		
Cholesterol....mg	77		13	A	1		115		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.178		0	A	1		0.267		
Threonine....g	1.083		0	A	1		1.625		
Isoleucine....g	1.234		0	A	1		1.850		
Leucine....g	2.157		0	A	1		3.235		

NDB No. 23062

Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	2.292		0	A	1		3.437		
Methionine....g	0.706		0	A	1		1.059		
Cystine....g	0.350		0	A	1		0.525		
Phenylalanine....g	1.071		0	A	1		1.607		
Tyrosine....g	0.864		0	A	1		1.296		
Valine....g	1.345		0	A	1		2.018		
Arginine....g	1.753		0	A	1		2.630		
Histidine....g	0.865		0	A	1		1.298		
Alanine....g	1.648		0	A	1		2.473		
Aspartic acid....g	2.470		0	A	1		3.705		
Glutamic acid....g	4.071		0	A	1		6.106		
Glycine....g	1.651		0	A	1		2.477		
Proline....g	1.293		0	A	1		1.939		
Serine....g	1.068		0	A	1		1.602		
Hydroxyproline....g	0.285		0	BFPN	4		0.427		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 150g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23061

Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw

Beef Value Cut, Rectus Femoris, Sirloin Tip Steak

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	72.45		16	A	1		61.58	142.72	
Energy kcal	143		0	NC	4		121	281	
Energy kJ	596		0	NC	4		507	1175	
Protein (N x 6.25) g	20.93		16	A	1		17.79	41.24	
Total lipid (fat) g	5.89		16	A	1		5.01	11.61	
Ash g	0.96		16	A	1		0.82	1.90	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	5		3	A	1		4	9	
Iron, Fe mg	1.96		3	A	1		1.67	3.87	
Magnesium, Mg mg	24		3	A	1		20	47	
Phosphorus, P mg	215		3	A	1		182	423	
Potassium, K mg	363		3	A	1		309	715	
Sodium, Na mg	54		3	A	1		46	106	
Zinc, Zn mg	5.32		3	A	1		4.52	10.48	
Copper, Cu mg	0.074		3	A	1		0.063	0.146	
Manganese, Mn mg	0.011		3	A	1		0.009	0.022	
Selenium, Se µg	30.0		3	A	1		25.5	59.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.071		3	A	1		0.060	0.140	
Riboflavin mg	0.185		3	A	1		0.157	0.364	
Niacin mg	5.010		3	A	1		4.258	9.870	
Pantothenic acid mg	0.733		3	A	1		0.623	1.443	
Vitamin B-6 mg	0.527		3	A	1		0.448	1.037	
Folate, total µg	11		1	A	1		9	22	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	11		1	A	1		9	22	
Folate, DFE µg	11		0	NC	4		9	22	
Choline, total mg	83.6		0	AS	1		71.0	164.6	
Betaine mg	14.8		2	A	1		12.6	29.2	
Vitamin B-12 µg	4.49		3	A	1		3.82	8.85	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		1	A	1		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.21		1	A	1		0.18	0.41	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.01		1	A	1		0.01	0.03	
Tocopherol, gamma mg	0.03		1	A	1		0.03	0.06	
Tocopherol, delta mg	0.01		1	A	1		0.01	0.03	
Tocotrienol, alpha mg	0.01		1	A	1		0.01	0.03	
Tocotrienol, beta mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, gamma mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, delta mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3) µg									
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	0.0		1	A	1		0.0	0.0	

NDB No. 23061

Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg	0.0		1	A	1		0.0	0.0	
Menaquinone-4....µg	1.5		1	A	1		1.3	3.0	
Lipids:									
Fatty acids, total saturated....g	2.163		0	NC	4		1.839	4.261	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		3	A	1		0.000	0.000	
10:0....g	0.000		3	A	1		0.000	0.000	
12:0....g	0.000		3	A	1		0.000	0.000	
13:0....g									
14:0....g	0.160		3	A	1		0.136	0.314	
15:0....g	0.023		3	A	1		0.020	0.045	
16:0....g	1.304		3	A	1		1.109	2.569	
17:0....g	0.054		3	A	1		0.046	0.107	
18:0....g	0.605		3	A	1		0.514	1.191	
20:0....g	0.000		3	A	1		0.000	0.000	
22:0....g	0.017		3	A	1		0.015	0.034	
24:0....g									
Fatty acids, total monounsaturated....g	2.336		0	NC	4		1.986	4.603	
14:1....g	0.040		3	A	1		0.034	0.078	
15:1....g	0.000		3	A	1		0.000	0.000	
16:1 undifferentiated....g	0.172		3	A	1		0.146	0.339	
17:1....g	0.000		3	A	1		0.000	0.000	
18:1 undifferentiated....g	2.123		0	AS	1		1.804	4.182	
18:1 c....g	1.960		3	A	1		1.666	3.860	
18:1 t....g	0.163		3	A	1		0.139	0.321	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.002		3	A	1		0.002	0.004	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.312		0	NC	4		0.266	0.615	
18:2 undifferentiated....g	0.253		0	AS	1		0.215	0.498	
18:2 n-6 c,c....g	0.207		3	A	1		0.176	0.408	
18:2 CLAs....g									
18:2 t,t....g	0.046		3	A	1		0.039	0.090	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.011		0	AS	1		0.010	0.022	
18:3 n-3 c,c,c (ALA)....g	0.011		3	A	1		0.010	0.022	
18:3 n-6 c,c,c....g	0.000		3	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000		3	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000		3	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.049		3	A	1		0.041	0.096	
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.209		0	NC	4		0.177	0.411	
Fatty acids, total trans-monoenoic....g	0.163		0	NC	4		0.139	0.321	
Fatty acids, total trans-polyenoic....g	0.046		0	NC	4		0.039	0.090	
Cholesterol....mg	59		13	A	1		50	116	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.138		0	A	1		0.117	0.271	
Threonine....g	0.836		0	A	1		0.711	1.648	
Isoleucine....g	0.952		0	A	1		0.810	1.876	
Leucine....g	1.665		0	A	1		1.416	3.281	

NDB No. 23061

Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	1.769		0	A	1		1.504	3.485	
Methionine g	0.545		0	A	1		0.463	1.074	
Cystine g	0.270		0	A	1		0.230	0.532	
Phenylalanine g	0.827		0	A	1		0.703	1.629	
Tyrosine g	0.667		0	A	1		0.567	1.314	
Valine g	1.039		0	A	1		0.883	2.046	
Arginine g	1.354		0	A	1		1.151	2.667	
Histidine g	0.668		0	A	1		0.568	1.316	
Alanine g	1.273		0	A	1		1.082	2.507	
Aspartic acid g	1.907		0	A	1		1.621	3.757	
Glutamic acid g	3.143		0	A	1		2.671	6.191	
Glycine g	1.275		0	A	1		1.084	2.511	
Proline g	0.998		0	A	1		0.848	1.966	
Serine g	0.825		0	A	1		0.701	1.625	
Hydroxyproline g	0.108		2	A	1		0.092	0.214	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 197g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23046

Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

Beef Value Cut, Rectus Femoris, Sirloin Tip Steak, URMIS #2365

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	64.53		8	A	1		54.85	100.67	
Energy kcal	188		0	NC	4		160	293	
Energy kJ	787		0	NC	4		669	1228	
Protein (N x 6.25) g	26.88		8	A	1		22.85	41.94	
Total lipid (fat) g	8.13		8	A	1		6.91	12.68	
Ash g	0.97		8	A	1		0.82	1.51	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	5		2	A	1		4	8	
Iron, Fe mg	2.51		2	A	1		2.14	3.92	
Magnesium, Mg mg	26		2	A	1		22	40	
Phosphorus, P mg	238		2	A	1		202	371	
Potassium, K mg	373		2	A	1		317	582	
Sodium, Na mg	51		2	A	1		43	80	
Zinc, Zn mg	6.56		2	A	1		5.58	10.23	
Copper, Cu mg	0.090		2	A	1		0.076	0.140	
Manganese, Mn mg	0.011		2	A	1		0.009	0.017	
Selenium, Se µg	39.8		2	A	1		33.8	62.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.054		2	A	1		0.046	0.085	
Riboflavin mg	0.213		2	A	1		0.181	0.333	
Niacin mg	5.435		2	A	1		4.620	8.479	
Pantothenic acid mg	0.702		2	A	1		0.597	1.095	
Vitamin B-6 mg	0.515		2	A	1		0.438	0.803	
Folate, total µg	10		1	A	1		9	16	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	10		1	A	1		9	16	
Folate, DFE µg	10		0	NC	4		9	16	
Choline, total mg	103.8		0	AS	1		88.2	161.9	
Betaine mg	16.4		1	A	1		13.9	25.5	
Vitamin B-12 µg	2.92		2	A	1		2.49	4.56	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		1	A	1		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.20		1	A	1		0.17	0.31	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma mg	0.03		1	A	1		0.03	0.05	
Tocopherol, delta mg	0.01		1	A	1		0.01	0.02	
Tocotrienol, alpha mg	0.01		1	A	1		0.01	0.02	
Tocotrienol, beta mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, gamma mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, delta mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3) µg									
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	0.2		1	A	1		0.2	0.3	

NDB No. 23046

Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg	0.0		1	A	1		0.0	0.0	
Menaquinone-4....µg	1.6		1	A	1		1.4	2.5	
Lipids:									
Fatty acids, total saturated....g	2.759		0	NC	4		2.345	4.304	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		2	A	1		0.000	0.000	
10:0....g	0.000		2	A	1		0.000	0.000	
12:0....g	0.000		2	A	1		0.000	0.000	
13:0....g									
14:0....g	0.198		2	A	1		0.168	0.309	
15:0....g	0.028		2	A	1		0.024	0.044	
16:0....g	1.686		2	A	1		1.433	2.630	
17:0....g	0.069		2	A	1		0.058	0.107	
18:0....g	0.758		2	A	1		0.644	1.182	
20:0....g	0.000		2	A	1		0.000	0.000	
22:0....g	0.021		2	A	1		0.018	0.033	
24:0....g									
Fatty acids, total monounsaturated....g	2.983		0	NC	4		2.535	4.653	
14:1....g	0.047		2	A	1		0.040	0.074	
15:1....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated....g	0.218		2	A	1		0.186	0.341	
17:1....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated....g	2.717		0	AS	1		2.309	4.238	
18:1 c....g	2.522		2	A	1		2.144	3.935	
18:1 t....g	0.194		2	A	1		0.165	0.303	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.000		2	A	1		0.000	0.000	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.367		0	NC	4		0.312	0.572	
18:2 undifferentiated....g	0.300		0	AS	1		0.255	0.468	
18:2 n-6 c,c....g	0.248		2	A	1		0.211	0.388	
18:2 CLAs....g									
18:2 t,t....g	0.052		2	A	1		0.044	0.080	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.011		0	AS	1		0.010	0.018	
18:3 n-3 c,c,c (ALA)....g	0.011		2	A	1		0.010	0.018	
18:3 n-6 c,c,c....g	0.000		2	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000		2	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000		2	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.055		2	A	1		0.047	0.087	
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.246		0	NC	4		0.209	0.384	
Fatty acids, total trans-monoenoic....g	0.194		0	NC	4		0.165	0.303	
Fatty acids, total trans-polyenoic....g	0.052		0	NC	4		0.044	0.080	
Cholesterol....mg	75		6	A	1		64	117	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.177		0	A	1		0.150	0.276	
Threonine....g	1.074		0	A	1		0.913	1.675	
Isoleucine....g	1.223		0	A	1		1.040	1.908	
Leucine....g	2.139		0	A	1		1.818	3.336	

NDB No. 23046

Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	2.272		0	A	1		1.931	3.544	
Methionine....g	0.700		0	A	1		0.595	1.092	
Cystine....g	0.347		0	A	1		0.295	0.541	
Phenylalanine....g	1.062		0	A	1		0.903	1.657	
Tyrosine....g	0.857		0	A	1		0.728	1.336	
Valine....g	1.334		0	A	1		1.134	2.081	
Arginine....g	1.738		0	A	1		1.478	2.712	
Histidine....g	0.858		0	A	1		0.729	1.338	
Alanine....g	1.634		0	A	1		1.389	2.550	
Aspartic acid....g	2.449		0	A	1		2.081	3.820	
Glutamic acid....g	4.036		0	A	1		3.430	6.296	
Glycine....g	1.637		0	A	1		1.391	2.554	
Proline....g	1.282		0	A	1		1.089	1.999	
Serine....g	1.059		0	A	1		0.900	1.652	
Hydroxyproline....g	0.282		0	BFPN	4		0.240	0.441	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 156g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23045

Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw

Beef Value Cut, Rectus Femoris, Sirloin Tip Steak, URMIS #2365

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water g	72.05		8	A	1		61.25	150.59	
Energy kcal	150		0	NC	4		128	314	
Energy kJ	629		0	NC	4		535	1315	
Protein (N x 6.24) g	20.74		8	A	1		17.63	43.34	
Total lipid (fat) g	6.85		8	A	1		5.82	14.32	
Ash g	0.96		8	A	1		0.82	2.02	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	5		2	A	1		4	10	
Iron, Fe mg	1.94		2	A	1		1.65	4.05	
Magnesium, Mg mg	24		2	A	1		20	50	
Phosphorus, P mg	214		2	A	1		182	447	
Potassium, K mg	365		2	A	1		310	762	
Sodium, Na mg	54		2	A	1		46	112	
Zinc, Zn mg	5.15		2	A	1		4.38	10.77	
Copper, Cu mg	0.077		2	A	1		0.065	0.161	
Manganese, Mn mg	0.011		2	A	1		0.009	0.023	
Selenium, Se µg	30.6		2	A	1		26.1	64.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.073		2	A	1		0.062	0.152	
Riboflavin mg	0.176		2	A	1		0.150	0.369	
Niacin mg	4.895		2	A	1		4.161	10.230	
Pantothenic acid mg	0.711		2	A	1		0.604	1.486	
Vitamin B-6 mg	0.526		2	A	1		0.447	1.100	
Folate, total µg	11		1	A	1		9	23	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	11		1	A	1		9	23	
Folate, DFE µg	11		0	NC	4		9	23	
Choline, total mg	81.3		0	AS	1		69.1	169.9	
Betaine mg	16.6		1	A	1		14.1	34.6	
Vitamin B-12 µg	4.04		2	A	1		3.44	8.45	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		1	A	1		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.21		1	A	1		0.18	0.44	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.01		1	A	1		0.01	0.03	
Tocopherol, gamma mg	0.03		1	A	1		0.03	0.06	
Tocopherol, delta mg	0.01		1	A	1		0.01	0.03	
Tocotrienol, alpha mg	0.01		1	A	1		0.01	0.03	
Tocotrienol, beta mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, gamma mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, delta mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3) µg									
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	0.0		1	A	1		0.0	0.0	

NDB No. 23045

Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg	0.0		1	A	1		0.0	0.0	
Menaquinone-4....µg	1.5		1	A	1		1.3	3.1	
Lipids:									
Fatty acids, total saturated....g	2.300		0	NC	4		1.955	4.806	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		2	A	1		0.000	0.000	
10:0....g	0.000		2	A	1		0.000	0.000	
12:0....g	0.000		2	A	1		0.000	0.000	
13:0....g									
14:0....g	0.164		2	A	1		0.140	0.344	
15:0....g	0.023		2	A	1		0.020	0.048	
16:0....g	1.392		2	A	1		1.183	2.909	
17:0....g	0.056		2	A	1		0.048	0.118	
18:0....g	0.645		2	A	1		0.549	1.349	
20:0....g	0.000		2	A	1		0.000	0.000	
22:0....g	0.018		2	A	1		0.016	0.038	
24:0....g									
Fatty acids, total monounsaturated....g	2.497		0	NC	4		2.123	5.220	
14:1....g	0.039		2	A	1		0.033	0.082	
15:1....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated....g	0.180		2	A	1		0.153	0.375	
17:1....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated....g	2.279		0	AS	1		1.937	4.763	
18:1 c....g	2.115		2	A	1		1.798	4.421	
18:1 t....g	0.164		2	A	1		0.139	0.342	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.000		2	A	1		0.000	0.000	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.321		0	NC	4		0.273	0.672	
18:2 undifferentiated....g	0.259		0	AS	1		0.221	0.542	
18:2 n-6 c,c....g	0.213		2	A	1		0.181	0.445	
18:2 CLAs....g									
18:2 t,t....g	0.047		2	A	1		0.040	0.097	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.011		0	AS	1		0.009	0.023	
18:3 n-3 c,c,c (ALA)....g	0.011		2	A	1		0.009	0.023	
18:3 n-6 c,c,c....g	0.000		2	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000		2	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000		2	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.051		2	A	1		0.043	0.106	
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.210		0	NC	4		0.179	0.439	
Fatty acids, total trans-monoenoic....g	0.164		0	NC	4		0.139	0.342	
Fatty acids, total trans-polyenoic....g	0.047		0	NC	4		0.040	0.097	
Cholesterol....mg	58		6	A	1		49	121	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.136		0	A	1		0.116	0.285	
Threonine....g	0.828		0	A	1		0.704	1.731	
Isoleucine....g	0.943		0	A	1		0.802	1.972	
Leucine....g	1.649		0	A	1		1.402	3.447	

NDB No. 23045

Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	1.752		0	A	1		1.490	3.663	
Methionine g	0.540		0	A	1		0.459	1.129	
Cystine g	0.268		0	A	1		0.227	0.559	
Phenylalanine g	0.819		0	A	1		0.696	1.712	
Tyrosine g	0.661		0	A	1		0.562	1.381	
Valine g	1.029		0	A	1		0.874	2.150	
Arginine g	1.341		0	A	1		1.140	2.802	
Histidine g	0.662		0	A	1		0.562	1.383	
Alanine g	1.261		0	A	1		1.072	2.635	
Aspartic acid g	1.889		0	A	1		1.605	3.947	
Glutamic acid g	3.113		0	A	1		2.646	6.506	
Glycine g	1.263		0	A	1		1.073	2.639	
Proline g	0.989		0	A	1		0.840	2.066	
Serine g	0.817		0	A	1		0.694	1.707	
Hydroxyproline g	0.100		1	A	1		0.085	0.209	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 209g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23048

Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

Beef Value Cut, Rectus Femoris, Sirloin Tip Steak, URMIS #1550

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water g	67.13		5	A	1		57.06	107.40	
Energy kcal	162		0	NC	4		137	259	
Energy kJ	676		0	NC	4		575	1082	
Protein (N x 6.25) g	26.61		5	A	1		22.62	42.58	
Total lipid (fat) g	5.32		5	A	1		4.52	8.51	
Ash g	0.97		5	A	1		0.82	1.54	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	5		1	A	1		4	8	
Iron, Fe mg	2.49		1	A	1		2.12	3.98	
Magnesium, Mg mg	26		1	A	1		22	42	
Phosphorus, P mg	243		1	A	1		207	389	
Potassium, K mg	386		1	A	1		328	618	
Sodium, Na mg	53		1	A	1		45	84	
Zinc, Zn mg	7.41		1	A	1		6.30	11.86	
Copper, Cu mg	0.088		1	A	1		0.075	0.141	
Manganese, Mn mg	0.011		1	A	1		0.009	0.018	
Selenium, Se µg	37.5		1	A	1		31.9	60.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.067		1	A	1		0.057	0.107	
Riboflavin mg	0.225		1	A	1		0.191	0.360	
Niacin mg	4.660		1	A	1		3.961	7.456	
Pantothenic acid mg	0.848		1	A	1		0.721	1.357	
Vitamin B-6 mg	0.457		1	A	1		0.388	0.731	
Folate, total µg	10		0	BFPN	4		8	16	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	10		0	BFPN	4		8	16	
Folate, DFE µg	10		0	NC	4		8	16	
Choline, total mg	104.7		0	AS	1		89.0	167.6	
Betaine mg	13.3		1	A	1		11.3	21.3	
Vitamin B-12 µg	3.83		1	A	1		3.26	6.13	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	BFSN	4		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.19		0	BFSN	4		0.16	0.30	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	BFSN	4		0.00	0.00	
Tocopherol, gamma mg	0.03		0	BFSN	4		0.02	0.04	
Tocopherol, delta mg	0.01		0	BFSN	4		0.01	0.02	
Tocotrienol, alpha mg	0.01		0	BFSN	4		0.01	0.02	
Tocotrienol, beta mg	0.00		0	BFSN	4		0.00	0.00	
Tocotrienol, gamma mg	0.00		0	BFSN	4		0.00	0.00	
Tocotrienol, delta mg	0.00		0	BFSN	4		0.00	0.00	
Vitamin D (D2 + D3) µg									
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	0.2		0	BFSN	4		0.2	0.3	

NDB No. 23048

Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg	0.0		0	BFSN	4		0.0	0.0	
Menaquinone-4....µg	1.5		0	BFSN	4		1.3	2.4	
Lipids:									
Fatty acids, total saturated....g	2.063		0	NC	4		1.753	3.301	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		1	A	1		0.000	0.000	
10:0....g	0.000		1	A	1		0.000	0.000	
12:0....g	0.000		1	A	1		0.000	0.000	
13:0....g									
14:0....g	0.155		1	A	1		0.132	0.248	
15:0....g	0.024		1	A	1		0.020	0.038	
16:0....g	1.220		1	A	1		1.037	1.952	
17:0....g	0.054		1	A	1		0.046	0.086	
18:0....g	0.592		1	A	1		0.503	0.947	
20:0....g	0.000		1	A	1		0.000	0.000	
22:0....g	0.018		1	A	1		0.015	0.029	
24:0....g									
Fatty acids, total monounsaturated....g	2.172		0	NC	4		1.846	3.475	
14:1....g	0.041		1	A	1		0.035	0.066	
15:1....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated....g	0.164		1	A	1		0.139	0.262	
17:1....g	0.000		1	A	1		0.000	0.000	
18:1 undifferentiated....g	1.967		0	AS	1		1.672	3.147	
18:1 c....g	1.800		1	A	1		1.530	2.880	
18:1 t....g	0.167		1	A	1		0.142	0.267	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.000		1	A	1		0.000	0.000	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.341		0	NC	4		0.290	0.545	
18:2 undifferentiated....g	0.279		0	AS	1		0.237	0.446	
18:2 n-6 c,c....g	0.234		1	A	1		0.199	0.374	
18:2 CLAs....g									
18:2 t,t....g	0.045		1	A	1		0.038	0.072	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.012		0	AS	1		0.010	0.019	
18:3 n-3 c,c,c (ALA)....g	0.012		1	A	1		0.010	0.019	
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000		1	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000		1	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.050		1	A	1		0.043	0.080	
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.212		0	NC	4		0.180	0.339	
Fatty acids, total trans-monoenoic....g	0.167		0	NC	4		0.142	0.267	
Fatty acids, total trans-polyenoic....g	0.045		0	NC	4		0.038	0.072	
Cholesterol....mg	74		4	A	1		63	119	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.175		0	A	1		0.149	0.280	
Threonine....g	1.063		0	A	1		0.904	1.701	
Isoleucine....g	1.211		0	A	1		1.029	1.937	
Leucine....g	2.117		0	A	1		1.799	3.387	

NDB No. 23048

Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.249		0	A	1		1.912	3.598	
Methionine g	0.693		0	A	1		0.589	1.109	
Cystine g	0.343		0	A	1		0.292	0.549	
Phenylalanine g	1.051		0	A	1		0.893	1.682	
Tyrosine g	0.848		0	A	1		0.721	1.357	
Valine g	1.320		0	A	1		1.122	2.112	
Arginine g	1.721		0	A	1		1.463	2.753	
Histidine g	0.849		0	A	1		0.722	1.359	
Alanine g	1.618		0	A	1		1.375	2.588	
Aspartic acid g	2.424		0	A	1		2.060	3.878	
Glutamic acid g	3.995		0	A	1		3.396	6.392	
Glycine g	1.620		0	A	1		1.377	2.592	
Proline g	1.269		0	A	1		1.078	2.030	
Serine g	1.048		0	A	1		0.891	1.677	
Hydroxyproline g	0.280		0	BFPN	4		0.238	0.447	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 160g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23047

Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw

Beef Value Cut, Rectus Femoris, Sirloin Tip Steak, URMIS #1550

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water g	72.72		5	A	1		61.81	147.63	
Energy kcal	137		0	NC	4		117	279	
Energy kJ	574		0	NC	4		488	1165	
Protein (N x 6.25) g	20.98		5	A	1		17.83	42.58	
Total lipid (fat) g	5.21		5	A	1		4.42	10.57	
Ash g	0.92		5	A	1		0.78	1.87	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	5		1	A	1		4	10	
Iron, Fe mg	2.01		1	A	1		1.71	4.08	
Magnesium, Mg mg	24		1	A	1		20	49	
Phosphorus, P mg	216		1	A	1		184	438	
Potassium, K mg	360		1	A	1		306	731	
Sodium, Na mg	53		1	A	1		45	108	
Zinc, Zn mg	5.65		1	A	1		4.80	11.47	
Copper, Cu mg	0.068		1	A	1		0.058	0.138	
Manganese, Mn mg	0.011		1	A	1		0.009	0.023	
Selenium, Se µg	28.8		1	A	1		24.5	58.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.067		1	A	1		0.057	0.136	
Riboflavin mg	0.201		1	A	1		0.171	0.408	
Niacin mg	5.240		1	A	1		4.454	10.637	
Pantothenic acid mg	0.776		1	A	1		0.660	1.575	
Vitamin B-6 mg	0.527		1	A	1		0.448	1.070	
Folate, total µg	11		0	BFPN	4		9	23	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	11		0	BFPN	4		9	23	
Folate, DFE µg	11		0	NC	4		9	23	
Choline, total mg	85.8		0	AS	1		72.9	174.2	
Betaine mg	13.0		1	A	1		11.1	26.5	
Vitamin B-12 µg	5.39		1	A	1		4.58	10.94	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	BFSN	4		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.20		0	BFSN	4		0.17	0.42	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.01		0	BFSN	4		0.01	0.03	
Tocopherol, gamma mg	0.03		0	BFSN	4		0.02	0.06	
Tocopherol, delta mg	0.01		0	BFSN	4		0.01	0.03	
Tocotrienol, alpha mg	0.01		0	BFSN	4		0.01	0.03	
Tocotrienol, beta mg	0.00		0	BFSN	4		0.00	0.00	
Tocotrienol, gamma mg	0.00		0	BFSN	4		0.00	0.00	
Tocotrienol, delta mg	0.00		0	BFSN	4		0.00	0.00	
Vitamin D (D2 + D3) µg									
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	0.0		0	BFSN	4		0.0	0.0	

NDB No. 23047

Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg	0.0		0	BFSN	4		0.0	0.0	
Menaquinone-4....µg	1.5		0	BFSN	4		1.2	3.0	
Lipids:									
Fatty acids, total saturated....g	1.890		0	NC	4		1.606	3.836	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		1	A	1		0.000	0.000	
10:0....g	0.000		1	A	1		0.000	0.000	
12:0....g	0.000		1	A	1		0.000	0.000	
13:0....g									
14:0....g	0.150		1	A	1		0.128	0.305	
15:0....g	0.023		1	A	1		0.020	0.047	
16:0....g	1.129		1	A	1		0.960	2.292	
17:0....g	0.050		1	A	1		0.043	0.102	
18:0....g	0.523		1	A	1		0.445	1.062	
20:0....g	0.000		1	A	1		0.000	0.000	
22:0....g	0.015		1	A	1		0.013	0.030	
24:0....g									
Fatty acids, total monounsaturated....g	2.014		0	NC	4		1.712	4.088	
14:1....g	0.041		1	A	1		0.035	0.083	
15:1....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated....g	0.157		1	A	1		0.133	0.319	
17:1....g	0.000		1	A	1		0.000	0.000	
18:1 undifferentiated....g	1.810		0	AS	1		1.539	3.674	
18:1 c....g	1.648		1	A	1		1.401	3.345	
18:1 t....g	0.162		1	A	1		0.138	0.329	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.006		1	A	1		0.005	0.012	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.295		0	NC	4		0.250	0.598	
18:2 undifferentiated....g	0.239		0	AS	1		0.203	0.485	
18:2 n-6 c,c....g	0.195		1	A	1		0.166	0.396	
18:2 CLAs....g									
18:2 t,t....g	0.044		1	A	1		0.037	0.089	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.012		0	AS	1		0.010	0.024	
18:3 n-3 c,c,c (ALA)....g	0.012		1	A	1		0.010	0.024	
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000		1	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000		1	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.044		1	A	1		0.037	0.089	
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.206		0	NC	4		0.175	0.418	
Fatty acids, total trans-monoenoic....g	0.162		0	NC	4		0.138	0.329	
Fatty acids, total trans-polyenoic....g	0.044		0	NC	4		0.037	0.089	
Cholesterol....mg	59		4	A	1		50	119	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.138		0	A	1		0.117	0.280	
Threonine....g	0.838		0	A	1		0.712	1.701	
Isoleucine....g	0.954		0	A	1		0.811	1.937	
Leucine....g	1.669		0	A	1		1.418	3.387	

NDB No. 23047

Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	1.773		0	A	1		1.507	3.599	
Methionine g	0.546		0	A	1		0.464	1.109	
Cystine g	0.271		0	A	1		0.230	0.550	
Phenylalanine g	0.829		0	A	1		0.704	1.682	
Tyrosine g	0.668		0	A	1		0.568	1.357	
Valine g	1.041		0	A	1		0.885	2.113	
Arginine g	1.356		0	A	1		1.153	2.754	
Histidine g	0.669		0	A	1		0.569	1.359	
Alanine g	1.275		0	A	1		1.084	2.589	
Aspartic acid g	1.911		0	A	1		1.624	3.879	
Glutamic acid g	3.149		0	A	1		2.677	6.393	
Glycine g	1.277		0	A	1		1.086	2.593	
Proline g	1.000		0	A	1		0.850	2.030	
Serine g	0.826		0	A	1		0.702	1.677	
Hydroxyproline g	0.117		1	A	1		0.099	0.237	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 203g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23032

Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw

Beef Value Cut, Sirloin Tip Steak, URMIS #1543, Vastas Lateralis

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	73.52		5	A	1		62.50	147.05	
Energy kcal	124		0	NC	4		105	247	
Energy kJ	517		0	NC	4		440	1034	
Protein (N x 6.25) g	21.96		5	A	1		18.66	43.92	
Total lipid (fat) g	3.24		5	A	1		2.75	6.47	
Ash g	1.12		5	A	1		0.95	2.23	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	5		1	A	1		4	9	
Iron, Fe mg	2.38		1	A	1		2.02	4.76	
Magnesium, Mg mg	25		1	A	1		21	49	
Phosphorus, P mg	219		1	A	1		186	438	
Potassium, K mg	386		1	A	1		328	772	
Sodium, Na mg	57		1	A	1		49	114	
Zinc, Zn mg	5.74		1	A	1		4.88	11.48	
Copper, Cu mg	0.098		1	A	1		0.083	0.196	
Manganese, Mn mg	0.011		1	A	1		0.009	0.022	
Selenium, Se µg	31.3		1	A	1		26.6	62.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.080		1	A	1		0.068	0.160	
Riboflavin mg	0.204		1	A	1		0.173	0.408	
Niacin mg	5.760		1	A	1		4.896	11.520	
Pantothenic acid mg	0.820		1	A	1		0.697	1.640	
Vitamin B-6 mg	0.622		1	A	1		0.529	1.244	
Folate, total µg	7		0	BFPN	4		6	14	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	7		0	BFPN	4		6	14	
Folate, DFE µg	7		0	NC	4		6	14	
Choline, total mg	91.1		0	AS	1		77.4	182.2	
Betaine mg	8.1		1	A	1		6.9	16.1	
Vitamin B-12 µg	2.87		1	A	1		2.44	5.74	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	BFSN	4		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.17		0	BFSN	4		0.14	0.33	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.01		0	BFSN	4		0.01	0.03	
Tocopherol, gamma mg	0.02		0	BFSN	4		0.02	0.04	
Tocopherol, delta mg	0.01		0	BFSN	4		0.01	0.03	
Tocotrienol, alpha mg	0.02		0	BFSN	4		0.02	0.04	
Tocotrienol, beta mg	0.00		0	BFSN	4		0.00	0.00	
Tocotrienol, gamma mg	0.00		0	BFSN	4		0.00	0.00	
Tocotrienol, delta mg	0.00		0	BFSN	4		0.00	0.00	
Vitamin D (D2 + D3) µg									
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	0.2		0	BFSN	4		0.2	0.4	

NDB No. 23032

Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg	0.0		0	BFSN	4		0.0	0.0	
Menaquinone-4....µg	1.2		0	BFSN	4		1.0	2.4	
Lipids:									
Fatty acids, total saturated....g	1.225		0	NC	4		1.041	2.449	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		1	A	1		0.000	0.000	
10:0....g	0.000		1	A	1		0.000	0.000	
12:0....g	0.000		1	A	1		0.000	0.000	
13:0....g									
14:0....g	0.084		1	A	1		0.071	0.168	
15:0....g	0.013		1	A	1		0.011	0.026	
16:0....g	0.712		1	A	1		0.605	1.424	
17:0....g	0.031		1	A	1		0.026	0.062	
18:0....g	0.370		1	A	1		0.315	0.740	
20:0....g	0.000		1	A	1		0.000	0.000	
22:0....g	0.015		1	A	1		0.013	0.030	
24:0....g									
Fatty acids, total monounsaturated....g	1.338		0	NC	4		1.137	2.675	
14:1....g	0.022		1	A	1		0.019	0.044	
15:1....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated....g	0.095		1	A	1		0.081	0.190	
17:1....g	0.000		1	A	1		0.000	0.000	
18:1 undifferentiated....g	1.216		0	AS	1		1.034	2.432	
18:1 c....g	1.125		1	A	1		0.956	2.250	
18:1 t....g	0.091		1	A	1		0.077	0.182	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.005		1	A	1		0.004	0.010	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.269		0	NC	4		0.228	0.538	
18:2 undifferentiated....g	0.211		0	AS	1		0.179	0.422	
18:2 n-6 c,c....g	0.185		1	A	1		0.157	0.370	
18:2 CLAs....g									
18:2 t,t....g	0.026		1	A	1		0.022	0.052	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.009		0	AS	1		0.008	0.018	
18:3 n-3 c,c,c (ALA)....g	0.009		1	A	1		0.008	0.018	
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000		1	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000		1	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.049		1	A	1		0.042	0.098	
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.117		0	NC	4		0.099	0.234	
Fatty acids, total trans-monoenoic....g	0.091		0	NC	4		0.077	0.182	
Fatty acids, total trans-polyenoic....g	0.026		0	NC	4		0.022	0.052	
Cholesterol....mg	61		4	A	1		52	123	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.144		0	A	1		0.123	0.289	
Threonine....g	0.877		0	A	1		0.746	1.754	
Isoleucine....g	0.999		0	A	1		0.849	1.998	
Leucine....g	1.747		0	A	1		1.485	3.493	

NDB No. 23032

Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	1.856		0	A	1		1.577	3.711	
Methionine g	0.572		0	A	1		0.486	1.144	
Cystine g	0.283		0	A	1		0.241	0.567	
Phenylalanine g	0.867		0	A	1		0.737	1.735	
Tyrosine g	0.700		0	A	1		0.595	1.399	
Valine g	1.089		0	A	1		0.926	2.179	
Arginine g	1.420		0	A	1		1.207	2.840	
Histidine g	0.701		0	A	1		0.596	1.402	
Alanine g	1.335		0	A	1		1.135	2.670	
Aspartic acid g	2.000		0	A	1		1.700	4.000	
Glutamic acid g	3.296		0	A	1		2.802	6.593	
Glycine g	1.337		0	A	1		1.137	2.674	
Proline g	1.047		0	A	1		0.890	2.094	
Serine g	0.865		0	A	1		0.735	1.730	
Hydroxyproline g	0.087		1	A	1		0.074	0.174	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 200g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23056

Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled

Beef Value Cut, Sirloin Tip Steak, Vastas Lateralis

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	65.68		10	A	1		55.83	110.34	
Energy kcal	168		0	NC	4		143	282	
Energy kJ	702		0	NC	4		597	1180	
Protein (N x 6.25) g	29.08		10	A	1		24.72	48.85	
Total lipid (fat) g	4.84		10	A	1		4.11	8.13	
Ash g	1.16		10	A	1		0.98	1.94	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	5		3	A	1		4	9	
Iron, Fe mg	2.77		3	A	1		2.35	4.65	
Magnesium, Mg mg	26		3	A	1		22	44	
Phosphorus, P mg	239		3	A	1		203	401	
Potassium, K mg	365		3	A	1		310	613	
Sodium, Na mg	54		3	A	1		46	91	
Zinc, Zn mg	7.25		3	A	1		6.16	12.18	
Copper, Cu mg	0.112		3	A	1		0.095	0.189	
Manganese, Mn mg	0.014		3	A	1		0.012	0.023	
Selenium, Se µg	42.1		3	A	1		35.8	70.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.066		3	A	1		0.056	0.111	
Riboflavin mg	0.198		3	A	1		0.168	0.332	
Niacin mg	5.873		3	A	1		4.992	9.867	
Pantothenic acid mg	0.797		3	A	1		0.678	1.339	
Vitamin B-6 mg	0.559		3	A	1		0.475	0.940	
Folate, total µg	8		1	A	1		7	13	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	8		1	A	1		7	13	
Folate, DFE µg	8		0	NC	4		7	13	
Choline, total mg	102.6		0	AS	1		87.2	172.4	
Betaine mg	12.0		2	A	1		10.2	20.1	
Vitamin B-12 µg	4.18		3	A	1		3.55	7.02	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		1	A	1		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.20		1	A	1		0.17	0.34	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.01		1	A	1		0.01	0.02	
Tocopherol, gamma mg	0.02		1	A	1		0.02	0.03	
Tocopherol, delta mg	0.01		1	A	1		0.01	0.02	
Tocotrienol, alpha mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, beta mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, gamma mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, delta mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3) µg									
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	0.0		1	A	1		0.0	0.0	

NDB No. 23056

Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg	0.0		1	A	1		0.0	0.0	
Menaquinone-4....µg	1.8		1	A	1		1.5	3.0	
Lipids:									
Fatty acids, total saturated....g	1.901		0	NC	4		1.616	3.193	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		3	A	1		0.000	0.000	
10:0....g	0.000		3	A	1		0.000	0.000	
12:0....g	0.000		3	A	1		0.000	0.000	
13:0....g									
14:0....g	0.127		3	A	1		0.108	0.213	
15:0....g	0.019		3	A	1		0.016	0.032	
16:0....g	1.159		3	A	1		0.985	1.947	
17:0....g	0.046		3	A	1		0.039	0.078	
18:0....g	0.533		3	A	1		0.453	0.895	
20:0....g	0.000		3	A	1		0.000	0.000	
22:0....g	0.017		3	A	1		0.015	0.029	
24:0....g									
Fatty acids, total monounsaturated....g	2.239		0	NC	4		1.903	3.761	
14:1....g	0.036		3	A	1		0.031	0.061	
15:1....g	0.000		3	A	1		0.000	0.000	
16:1 undifferentiated....g	0.174		3	A	1		0.148	0.293	
17:1....g	0.000		3	A	1		0.000	0.000	
18:1 undifferentiated....g	2.023		0	AS	1		1.720	3.399	
18:1 c....g	1.893		3	A	1		1.609	3.180	
18:1 t....g	0.131		3	A	1		0.111	0.219	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.005		3	A	1		0.004	0.008	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.301		0	NC	4		0.256	0.506	
18:2 undifferentiated....g	0.246		0	AS	1		0.209	0.414	
18:2 n-6 c,c....g	0.209		3	A	1		0.177	0.350	
18:2 CLAs....g									
18:2 t,t....g	0.038		3	A	1		0.032	0.063	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.006		0	AS	1		0.005	0.009	
18:3 n-3 c,c,c (ALA)....g	0.006		3	A	1		0.005	0.009	
18:3 n-6 c,c,c....g	0.000		3	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000		3	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000		3	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.050		3	A	1		0.042	0.083	
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.168		0	NC	4		0.143	0.283	
Fatty acids, total trans-monoenoic....g	0.131		0	NC	4		0.111	0.219	
Fatty acids, total trans-polyenoic....g	0.038		0	NC	4		0.032	0.063	
Cholesterol....mg	80		7	A	1		68	134	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.191		0	A	1		0.162	0.321	
Threonine....g	1.162		0	A	1		0.987	1.952	
Isoleucine....g	1.323		0	A	1		1.125	2.223	
Leucine....g	2.313		0	A	1		1.966	3.886	

NDB No. 23056

Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.458		0	A	1		2.089	4.129	
Methionine g	0.757		0	A	1		0.644	1.272	
Cystine g	0.375		0	A	1		0.319	0.630	
Phenylalanine g	1.149		0	A	1		0.976	1.930	
Tyrosine g	0.927		0	A	1		0.788	1.557	
Valine g	1.443		0	A	1		1.226	2.424	
Arginine g	1.880		0	A	1		1.598	3.159	
Histidine g	0.928		0	A	1		0.789	1.559	
Alanine g	1.768		0	A	1		1.503	2.970	
Aspartic acid g	2.649		0	A	1		2.252	4.450	
Glutamic acid g	4.366		0	A	1		3.711	7.334	
Glycine g	1.771		0	A	1		1.505	2.975	
Proline g	1.386		0	A	1		1.178	2.329	
Serine g	1.146		0	A	1		0.974	1.924	
Hydroxyproline g	0.306		0	A	1		0.260	0.513	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 1 serving (3 oz)

Measure 2 = 168g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23055

Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw

Beef Value Cut, Sirloin Tip Steak, Vastas Lateralis

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	73.25		10	A	1		62.26	151.63	
Energy kcal	129		0	NC	4		109	266	
Energy kJ	539		0	NC	4		458	1115	
Protein (N x 6.25) g	21.69		10	A	1		18.44	44.90	
Total lipid (fat) g	4.00		10	A	1		3.40	8.29	
Ash g	1.09		10	A	1		0.93	2.26	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	5		3	A	1		4	10	
Iron, Fe mg	2.22		3	A	1		1.89	4.60	
Magnesium, Mg mg	24		3	A	1		21	51	
Phosphorus, P mg	215		3	A	1		182	444	
Potassium, K mg	381		3	A	1		324	788	
Sodium, Na mg	61		3	A	1		52	125	
Zinc, Zn mg	5.23		3	A	1		4.45	10.83	
Copper, Cu mg	0.095		3	A	1		0.080	0.196	
Manganese, Mn mg	0.011		3	A	1		0.009	0.023	
Selenium, Se µg	31.4		3	A	1		26.7	64.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.066		3	A	1		0.056	0.137	
Riboflavin mg	0.181		3	A	1		0.154	0.375	
Niacin mg	5.557		3	A	1		4.723	11.502	
Pantothenic acid mg	0.758		3	A	1		0.644	1.570	
Vitamin B-6 mg	0.616		3	A	1		0.523	1.274	
Folate, total µg	7		1	A	1		6	14	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	7		1	A	1		6	14	
Folate, DFE µg	7		0	NC	4		6	14	
Choline, total mg	88.8		0	AS	1		75.5	183.8	
Betaine mg	9.8		2	A	1		8.3	20.3	
Vitamin B-12 µg	3.07		3	A	1		2.61	6.35	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		1	A	1		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.17		1	A	1		0.14	0.35	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.01		1	A	1		0.01	0.03	
Tocopherol, gamma mg	0.02		1	A	1		0.02	0.04	
Tocopherol, delta mg	0.01		1	A	1		0.01	0.03	
Tocotrienol, alpha mg	0.02		1	A	1		0.02	0.04	
Tocotrienol, beta mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, gamma mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, delta mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3) µg									
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	0.2		1	A	1		0.2	0.5	

NDB No. 23055

Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg	0.0		1	A	1		0.0	0.0	
Menaquinone-4....µg	1.2		1	A	1		1.0	2.5	
Lipids:									
Fatty acids, total saturated....g	1.578		0	NC	4		1.342	3.267	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		3	A	1		0.000	0.000	
10:0....g	0.000		3	A	1		0.000	0.000	
12:0....g	0.000		3	A	1		0.000	0.000	
13:0....g									
14:0....g	0.110		3	A	1		0.093	0.227	
15:0....g	0.016		3	A	1		0.014	0.033	
16:0....g	0.958		3	A	1		0.815	1.984	
17:0....g	0.039		3	A	1		0.033	0.081	
18:0....g	0.440		3	A	1		0.374	0.910	
20:0....g	0.000		3	A	1		0.000	0.000	
22:0....g	0.016		3	A	1		0.014	0.033	
24:0....g									
Fatty acids, total monounsaturated....g	1.881		0	NC	4		1.599	3.893	
14:1....g	0.032		3	A	1		0.027	0.065	
15:1....g	0.000		3	A	1		0.000	0.000	
16:1 undifferentiated....g	0.149		3	A	1		0.126	0.308	
17:1....g	0.000		3	A	1		0.000	0.000	
18:1 undifferentiated....g	1.694		0	AS	1		1.440	3.507	
18:1 c....g	1.587		3	A	1		1.349	3.285	
18:1 t....g	0.107		3	A	1		0.091	0.222	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.006		3	A	1		0.005	0.013	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.275		0	NC	4		0.233	0.568	
18:2 undifferentiated....g	0.215		0	AS	1		0.182	0.444	
18:2 n-6 c,c....g	0.183		3	A	1		0.155	0.378	
18:2 CLAs....g									
18:2 t,t....g	0.032		3	A	1		0.027	0.066	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.009		0	AS	1		0.007	0.018	
18:3 n-3 c,c,c (ALA)....g	0.009		3	A	1		0.007	0.018	
18:3 n-6 c,c,c....g	0.000		3	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000		3	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000		3	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.051		3	A	1		0.044	0.106	
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.139		0	NC	4		0.118	0.288	
Fatty acids, total trans-monoenoic....g	0.107		0	NC	4		0.091	0.222	
Fatty acids, total trans-polyenoic....g	0.032		0	NC	4		0.027	0.066	
Cholesterol....mg	61		7	A	1		52	127	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.143		0	A	1		0.121	0.295	
Threonine....g	0.866		0	A	1		0.736	1.794	
Isoleucine....g	0.987		0	A	1		0.839	2.043	
Leucine....g	1.725		0	A	1		1.467	3.571	

NDB No. 23055

Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	1.833		0	A	1		1.558	3.794	
Methionine g	0.565		0	A	1		0.480	1.169	
Cystine g	0.280		0	A	1		0.238	0.579	
Phenylalanine g	0.857		0	A	1		0.728	1.773	
Tyrosine g	0.691		0	A	1		0.587	1.431	
Valine g	1.076		0	A	1		0.915	2.227	
Arginine g	1.402		0	A	1		1.192	2.903	
Histidine g	0.692		0	A	1		0.588	1.433	
Alanine g	1.319		0	A	1		1.121	2.729	
Aspartic acid g	1.976		0	A	1		1.679	4.090	
Glutamic acid g	3.256		0	A	1		2.768	6.740	
Glycine g	1.321		0	A	1		1.123	2.734	
Proline g	1.034		0	A	1		0.879	2.140	
Serine g	0.854		0	A	1		0.726	1.769	
Hydroxyproline g	0.093		2	A	1		0.079	0.193	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 207g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23031

Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

Beef Value Cut, Sirloin Tip Steak, URMIS #2358, Vastas Lateralis

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water g	65.10		8	A	1		91.80	55.34	
Energy kcal	174		0	NC	4		246	148	
Energy kJ	730		0	NC	4		1029	620	
Protein (N x 6.25) g	28.79		8	A	1		40.59	24.47	
Total lipid (fat) g	5.71		8	A	1		8.05	4.85	
Ash g	1.15		8	A	1		1.62	0.97	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	5		2	A	1		7	4	
Iron, Fe mg	2.67		2	A	1		3.76	2.27	
Magnesium, Mg mg	26		2	A	1		36	22	
Phosphorus, P mg	236		2	A	1		332	200	
Potassium, K mg	365		2	A	1		515	310	
Sodium, Na mg	55		2	A	1		77	46	
Zinc, Zn mg	6.84		2	A	1		9.65	5.82	
Copper, Cu mg	0.097		2	A	1		0.137	0.083	
Manganese, Mn mg	0.011		2	A	1		0.016	0.009	
Selenium, Se µg	42.8		2	A	1		60.3	36.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.067		2	A	1		0.094	0.057	
Riboflavin mg	0.192		2	A	1		0.271	0.163	
Niacin mg	5.815		2	A	1		8.199	4.943	
Pantothenic acid mg	0.766		2	A	1		1.081	0.651	
Vitamin B-6 mg	0.577		2	A	1		0.813	0.490	
Folate, total µg	8		1	A	1		11	7	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	8		1	A	1		11	7	
Folate, DFE µg	8		0	NC	4		11	7	
Choline, total mg	103.4		0	AS	1		145.7	87.9	
Betaine mg	17.1		1	A	1		24.1	14.5	
Vitamin B-12 µg	4.25		2	A	1		5.99	3.61	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		1	A	1		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.20		1	A	1		0.28	0.17	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.01		1	A	1		0.02	0.01	
Tocopherol, gamma mg	0.02		1	A	1		0.03	0.02	
Tocopherol, delta mg	0.01		1	A	1		0.02	0.01	
Tocotrienol, alpha mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, beta mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, gamma mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, delta mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3) µg									
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	0.0		1	A	1		0.0	0.0	

NDB No. 23031

Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg	0.0		1	A	1		0.0	0.0	
Menaquinone-4....µg	1.8		1	A	1		2.6	1.5	
Lipids:									
Fatty acids, total saturated....g	2.218		0	NC	4		3.127	1.885	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		2	A	1		0.000	0.000	
10:0....g	0.000		2	A	1		0.000	0.000	
12:0....g	0.000		2	A	1		0.000	0.000	
13:0....g									
14:0....g	0.148		2	A	1		0.209	0.126	
15:0....g	0.022		2	A	1		0.031	0.019	
16:0....g	1.368		2	A	1		1.930	1.163	
17:0....g	0.054		2	A	1		0.075	0.045	
18:0....g	0.606		2	A	1		0.855	0.515	
20:0....g	0.000		2	A	1		0.000	0.000	
22:0....g	0.019		2	A	1		0.027	0.016	
24:0....g									
Fatty acids, total monounsaturated....g	2.666		0	NC	4		3.759	2.266	
14:1....g	0.043		2	A	1		0.061	0.037	
15:1....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated....g	0.211		2	A	1		0.298	0.179	
17:1....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated....g	2.406		0	AS	1		3.393	2.045	
18:1 c....g	2.254		2	A	1		3.179	1.916	
18:1 t....g	0.152		2	A	1		0.214	0.129	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.005		2	A	1		0.007	0.004	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.325		0	NC	4		0.458	0.276	
18:2 undifferentiated....g	0.265		0	AS	1		0.374	0.226	
18:2 n-6 c,c....g	0.222		2	A	1		0.313	0.189	
18:2 CLAs....g									
18:2 t,t....g	0.044		2	A	1		0.061	0.037	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.005		0	AS	1		0.007	0.004	
18:3 n-3 c,c,c (ALA)....g	0.005		2	A	1		0.007	0.004	
18:3 n-6 c,c,c....g	0.000		2	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000		2	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000		2	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.054		2	A	1		0.077	0.046	
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.195		0	NC	4		0.276	0.166	
Fatty acids, total trans-monoenoic....g	0.152		0	NC	4		0.214	0.129	
Fatty acids, total trans-polyenoic....g	0.044		0	NC	4		0.061	0.037	
Cholesterol....mg	82		6	A	1		116	70	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.189		0	A	1		0.267	0.161	
Threonine....g	1.150		0	A	1		1.622	0.978	
Isoleucine....g	1.310		0	A	1		1.847	1.113	
Leucine....g	2.290		0	A	1		3.229	1.947	

NDB No. 23031

Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	2.433		0	A	1		3.431	2.068	
Methionine....g	0.750		0	A	1		1.057	0.637	
Cystine....g	0.372		0	A	1		0.524	0.316	
Phenylalanine....g	1.137		0	A	1		1.603	0.967	
Tyrosine....g	0.917		0	A	1		1.294	0.780	
Valine....g	1.428		0	A	1		2.014	1.214	
Arginine....g	1.862		0	A	1		2.625	1.582	
Histidine....g	0.919		0	A	1		1.296	0.781	
Alanine....g	1.750		0	A	1		2.468	1.488	
Aspartic acid....g	2.622		0	A	1		3.698	2.229	
Glutamic acid....g	4.322		0	A	1		6.094	3.674	
Glycine....g	1.753		0	A	1		2.472	1.490	
Proline....g	1.373		0	A	1		1.935	1.167	
Serine....g	1.134		0	A	1		1.599	0.964	
Hydroxyproline....g	0.302		0	A	1		0.426	0.257	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 141g: 1 steak

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23030

Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw

Beef Value Cut, Sirloin Tip Steak, URMIS #2358, Vastas Lateralis

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	73.00		8	A	1		62.05	139.43	
Energy kcal	133		0	NC	4		113	255	
Energy kJ	558		0	NC	4		475	1066	
Protein (N x 6.25) g	21.41		8	A	1		18.20	40.89	
Total lipid (fat) g	4.66		8	A	1		3.96	8.90	
Ash g	1.05		8	A	1		0.89	2.01	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	5		2	A	1		4	9	
Iron, Fe mg	2.14		2	A	1		1.82	4.09	
Magnesium, Mg mg	24		2	A	1		21	46	
Phosphorus, P mg	213		2	A	1		181	406	
Potassium, K mg	378		2	A	1		321	722	
Sodium, Na mg	62		2	A	1		53	119	
Zinc, Zn mg	4.97		2	A	1		4.23	9.50	
Copper, Cu mg	0.093		2	A	1		0.079	0.178	
Manganese, Mn mg	0.011		2	A	1		0.009	0.021	
Selenium, Se µg	31.4		2	A	1		26.7	60.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.059		2	A	1		0.051	0.114	
Riboflavin mg	0.170		2	A	1		0.144	0.325	
Niacin mg	5.455		2	A	1		4.637	10.419	
Pantothenic acid mg	0.727		2	A	1		0.618	1.389	
Vitamin B-6 mg	0.612		2	A	1		0.521	1.170	
Folate, total µg	7		1	A	1		6	13	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	7		1	A	1		6	13	
Folate, DFE µg	7		0	NC	4		6	13	
Choline, total mg	86.5		0	AS	1		73.5	165.2	
Betaine mg	11.6		1	A	1		9.8	22.1	
Vitamin B-12 µg	3.17		2	A	1		2.69	6.05	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		1	A	1		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.17		1	A	1		0.14	0.32	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.01		1	A	1		0.01	0.03	
Tocopherol, gamma mg	0.02		1	A	1		0.02	0.04	
Tocopherol, delta mg	0.01		1	A	1		0.01	0.03	
Tocotrienol, alpha mg	0.02		1	A	1		0.02	0.04	
Tocotrienol, beta mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, gamma mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, delta mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3) µg									
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	0.2		1	A	1		0.2	0.4	

NDB No. 23030

Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone µg	0.0		1	A	1		0.0	0.0	
Menaquinone-4 µg	1.2		1	A	1		1.0	2.3	
Lipids:									
Fatty acids, total saturated g	1.755		0	NC	4		1.492	3.352	
4:0 g	0.000		0	Z	7		0.000	0.000	
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		2	A	1		0.000	0.000	
10:0 g	0.000		2	A	1		0.000	0.000	
12:0 g	0.000		2	A	1		0.000	0.000	
13:0 g									
14:0 g	0.123		2	A	1		0.104	0.234	
15:0 g	0.017		2	A	1		0.015	0.033	
16:0 g	1.081		2	A	1		0.919	2.066	
17:0 g	0.043		2	A	1		0.036	0.082	
18:0 g	0.474		2	A	1		0.403	0.906	
20:0 g	0.000		2	A	1		0.000	0.000	
22:0 g	0.017		2	A	1		0.014	0.032	
24:0 g									
Fatty acids, total monounsaturated g	2.152		0	NC	4		1.829	4.111	
14:1 g	0.036		2	A	1		0.031	0.070	
15:1 g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated g	0.175		2	A	1		0.149	0.335	
17:1 g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated g	1.933		0	AS	1		1.643	3.693	
18:1 c g	1.818		2	A	1		1.545	3.472	
18:1 t g	0.115		2	A	1		0.098	0.221	
18:1-11 t (18:1t n-7) g									
20:1 g	0.007		2	A	1		0.006	0.013	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.277		0	NC	4		0.236	0.530	
18:2 undifferentiated g	0.216		0	AS	1		0.184	0.413	
18:2 n-6 c,c g	0.182		2	A	1		0.154	0.347	
18:2 CLAs g									
18:2 t,t g	0.035		2	A	1		0.030	0.067	
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.008		0	AS	1		0.007	0.016	
18:3 n-3 c,c,c (ALA) g	0.008		2	A	1		0.007	0.016	
18:3 n-6 c,c,c g	0.000		2	A	1		0.000	0.000	
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.000		2	A	1		0.000	0.000	
20:3 undifferentiated g	0.000		2	A	1		0.000	0.000	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.052		2	A	1		0.045	0.100	
20:4 n-6 g									
20:5 n-3 (EPA) g									
21:5 g									
22:4 g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g	0.150		0	NC	4		0.128	0.287	
Fatty acids, total trans-monoenoic g	0.115		0	NC	4		0.098	0.221	
Fatty acids, total trans-polyenoic g	0.035		0	NC	4		0.030	0.067	
Cholesterol mg	61		6	A	1		52	117	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.141		0	A	1		0.120	0.269	
Threonine g	0.855		0	A	1		0.727	1.634	
Isoleucine g	0.974		0	A	1		0.828	1.861	
Leucine g	1.703		0	A	1		1.448	3.253	

NDB No. 23030

Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	1.809		0	A	1		1.538	3.456	
Methionine....g	0.558		0	A	1		0.474	1.065	
Cystine....g	0.276		0	A	1		0.235	0.528	
Phenylalanine....g	0.846		0	A	1		0.719	1.615	
Tyrosine....g	0.682		0	A	1		0.580	1.303	
Valine....g	1.062		0	A	1		0.903	2.029	
Arginine....g	1.384		0	A	1		1.177	2.644	
Histidine....g	0.683		0	A	1		0.581	1.305	
Alanine....g	1.302		0	A	1		1.106	2.486	
Aspartic acid....g	1.950		0	A	1		1.658	3.725	
Glutamic acid....g	3.214		0	A	1		2.732	6.139	
Glycine....g	1.304		0	A	1		1.108	2.490	
Proline....g	1.021		0	A	1		0.868	1.950	
Serine....g	0.843		0	A	1		0.717	1.611	
Hydroxyproline....g	0.100		1	A	1		0.085	0.191	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 191g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23033

Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

Beef Value Cut, Sirloin Tip Steak, URMIS #1543, Vastas Lateralis

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	66.28		5	A	1		56.34	115.33	
Energy kcal	160		0	NC	4		136	279	
Energy kJ	670		0	NC	4		570	1166	
Protein (N x 6.25) g	29.24		5	A	1		24.85	50.88	
Total lipid (fat) g	3.91		5	A	1		3.33	6.81	
Ash g	1.17		5	A	1		1.00	2.04	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	5		1	A	1		5	9	
Iron, Fe mg	2.98		1	A	1		2.53	5.19	
Magnesium, Mg mg	27		1	A	1		23	46	
Phosphorus, P mg	245		1	A	1		208	426	
Potassium, K mg	365		1	A	1		310	635	
Sodium, Na mg	52		1	A	1		44	91	
Zinc, Zn mg	8.06		1	A	1		6.85	14.02	
Copper, Cu mg	0.142		1	A	1		0.121	0.247	
Manganese, Mn mg	0.019		1	A	1		0.016	0.033	
Selenium, Se µg	40.8		1	A	1		34.7	71.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.065		1	A	1		0.055	0.113	
Riboflavin mg	0.210		1	A	1		0.178	0.365	
Niacin mg	5.990		1	A	1		5.091	10.422	
Pantothenic acid mg	0.859		1	A	1		0.730	1.495	
Vitamin B-6 mg	0.524		1	A	1		0.445	0.912	
Folate, total µg	8		0	BFPN	4		7	14	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	8		0	BFPN	4		7	14	
Folate, DFE µg	8		0	NC	4		7	14	
Choline, total mg	101.9		0	AS	1		86.6	177.3	
Betaine mg	6.9		1	A	1		5.9	12.0	
Vitamin B-12 µg	4.04		1	A	1		3.43	7.03	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	BFSN	4		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.19		0	BFSN	4		0.16	0.34	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.01		0	BFSN	4		0.01	0.02	
Tocopherol, gamma mg	0.02		0	BFSN	4		0.02	0.03	
Tocopherol, delta mg	0.01		0	BFSN	4		0.01	0.02	
Tocotrienol, alpha mg	0.00		0	BFSN	4		0.00	0.00	
Tocotrienol, beta mg	0.00		0	BFSN	4		0.00	0.00	
Tocotrienol, gamma mg	0.00		0	BFSN	4		0.00	0.00	
Tocotrienol, delta mg	0.00		0	BFSN	4		0.00	0.00	
Vitamin D (D2 + D3) µg									
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	0.0		0	BFSN	4		0.0	0.0	

NDB No. 23033

Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg	0.0		0	BFSN	4		0.0	0.0	
Menaquinone-4....µg	1.7		0	BFSN	4		1.5	3.0	
Lipids:									
Fatty acids, total saturated....g	1.267		0	NC	4		1.077	2.204	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		1	A	1		0.000	0.000	
10:0....g	0.000		1	A	1		0.000	0.000	
12:0....g	0.000		1	A	1		0.000	0.000	
13:0....g									
14:0....g	0.083		1	A	1		0.070	0.144	
15:0....g	0.013		1	A	1		0.011	0.023	
16:0....g	0.740		1	A	1		0.629	1.288	
17:0....g	0.032		1	A	1		0.027	0.056	
18:0....g	0.385		1	A	1		0.327	0.670	
20:0....g	0.000		1	A	1		0.000	0.000	
22:0....g	0.014		1	A	1		0.012	0.024	
24:0....g									
Fatty acids, total monounsaturated....g	1.385		0	NC	4		1.177	2.409	
14:1....g	0.022		1	A	1		0.019	0.038	
15:1....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated....g	0.101		1	A	1		0.086	0.176	
17:1....g	0.000		1	A	1		0.000	0.000	
18:1 undifferentiated....g	1.257		0	AS	1		1.068	2.187	
18:1 c....g	1.169		1	A	1		0.994	2.034	
18:1 t....g	0.088		1	A	1		0.075	0.153	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.005		1	A	1		0.004	0.009	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.255		0	NC	4		0.217	0.443	
18:2 undifferentiated....g	0.208		0	AS	1		0.177	0.362	
18:2 n-6 c,c....g	0.182		1	A	1		0.155	0.317	
18:2 CLAs....g									
18:2 t,t....g	0.026		1	A	1		0.022	0.045	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.007		0	AS	1		0.006	0.012	
18:3 n-3 c,c,c (ALA)....g	0.007		1	A	1		0.006	0.012	
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000		1	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000		1	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.040		1	A	1		0.034	0.069	
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.114		0	NC	4		0.097	0.198	
Fatty acids, total trans-monoenoic....g	0.088		0	NC	4		0.075	0.153	
Fatty acids, total trans-polyenoic....g	0.026		0	NC	4		0.022	0.045	
Cholesterol....mg	78		4	A	1		67	136	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.192		0	A	1		0.163	0.334	
Threonine....g	1.168		0	A	1		0.993	2.033	
Isoleucine....g	1.330		0	A	1		1.131	2.315	
Leucine....g	2.326		0	A	1		1.977	4.047	

NDB No. 23033

Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	2.471		0	A	1		2.101	4.300	
Methionine....g	0.761		0	A	1		0.647	1.325	
Cystine....g	0.377		0	A	1		0.321	0.657	
Phenylalanine....g	1.155		0	A	1		0.982	2.010	
Tyrosine....g	0.932		0	A	1		0.792	1.621	
Valine....g	1.451		0	A	1		1.233	2.524	
Arginine....g	1.891		0	A	1		1.607	3.290	
Histidine....g	0.933		0	A	1		0.793	1.624	
Alanine....g	1.778		0	A	1		1.511	3.093	
Aspartic acid....g	2.663		0	A	1		2.264	4.634	
Glutamic acid....g	4.390		0	A	1		3.731	7.638	
Glycine....g	1.781		0	A	1		1.513	3.098	
Proline....g	1.394		0	A	1		1.185	2.426	
Serine....g	1.152		0	A	1		0.979	2.004	
Hydroxyproline....g	0.307		0	A	1		0.261	0.535	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 1 serving (3 oz)

Measure 2 = 174g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23064

Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled

Beef Value Cut, Biceps Femoris, London Broil, Western Griller Steak

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water g	64.28		13	A	1		54.64	151.70	
Energy kcal	182		0	NC	4		154	428	
Energy kJ	760		0	NC	4		646	1793	
Protein (N x 6.25) g	27.52		13	A	1		23.40	64.96	
Total lipid (fat) g	7.10		13	A	1		6.03	16.76	
Ash g	1.16		13	A	1		0.99	2.75	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	5		3	A	1		4	11	
Iron, Fe mg	2.99		3	A	1		2.54	7.05	
Magnesium, Mg mg	25		3	A	1		22	60	
Phosphorus, P mg	233		3	A	1		198	551	
Potassium, K mg	363		3	A	1		309	857	
Sodium, Na mg	58		3	A	1		49	136	
Zinc, Zn mg	5.10		3	A	1		4.34	12.04	
Copper, Cu mg	0.115		3	A	1		0.098	0.271	
Manganese, Mn mg	0.020		3	A	1		0.017	0.046	
Selenium, Se µg	43.6		3	A	1		37.1	102.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.066		3	A	1		0.056	0.156	
Riboflavin mg	0.212		3	A	1		0.180	0.499	
Niacin mg	7.557		3	A	1		6.423	17.834	
Pantothenic acid mg	0.792		3	A	1		0.673	1.870	
Vitamin B-6 mg	0.673		3	A	1		0.572	1.588	
Folate, total µg	7		1	A	1		6	17	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	7		1	A	1		6	17	
Folate, DFE µg	7		0	NC	4		6	17	
Choline, total mg	92.9		0	AS	1		78.9	219.2	
Betaine mg	11.5		2	A	1		9.8	27.2	
Vitamin B-12 µg	4.03		3	A	1		3.42	9.50	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		1	A	1		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.10		1	A	1		0.09	0.24	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma mg	0.02		1	A	1		0.02	0.05	
Tocopherol, delta mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, alpha mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, beta mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, gamma mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, delta mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3) µg									
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	0.0		1	A	1		0.0	0.0	

NDB No. 23064

Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg	0.0		1	A	1		0.0	0.0	
Menaquinone-4....µg	1.9		1	A	1		1.6	4.4	
Lipids:									
Fatty acids, total saturated....g	2.541		0	NC	4		2.160	5.997	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		3	A	1		0.000	0.000	
10:0....g	0.000		3	A	1		0.000	0.000	
12:0....g	0.000		3	A	1		0.000	0.000	
13:0....g									
14:0....g	0.195		3	A	1		0.166	0.461	
15:0....g	0.028		3	A	1		0.024	0.066	
16:0....g	1.562		3	A	1		1.327	3.685	
17:0....g	0.065		3	A	1		0.055	0.152	
18:0....g	0.675		3	A	1		0.573	1.592	
20:0....g	0.000		3	A	1		0.000	0.000	
22:0....g	0.017		3	A	1		0.014	0.040	
24:0....g									
Fatty acids, total monounsaturated....g	3.174		0	NC	4		2.698	7.492	
14:1....g	0.063		3	A	1		0.053	0.148	
15:1....g	0.000		3	A	1		0.000	0.000	
16:1 undifferentiated....g	0.298		3	A	1		0.254	0.704	
17:1....g	0.000		3	A	1		0.000	0.000	
18:1 undifferentiated....g	2.802		0	AS	1		2.382	6.613	
18:1 c....g	2.639		3	A	1		2.243	6.229	
18:1 t....g	0.163		3	A	1		0.138	0.385	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.011		3	A	1		0.010	0.027	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.321		0	NC	4		0.273	0.757	
18:2 undifferentiated....g	0.269		0	AS	1		0.229	0.635	
18:2 n-6 c,c....g	0.221		3	A	1		0.188	0.522	
18:2 CLAs....g									
18:2 t,t....g	0.048		3	A	1		0.040	0.112	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.006		0	AS	1		0.005	0.014	
18:3 n-3 c,c,c (ALA)....g	0.006		3	A	1		0.005	0.014	
18:3 n-6 c,c,c....g	0.000		3	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000		3	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000		3	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.046		3	A	1		0.039	0.108	
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.211		0	NC	4		0.179	0.497	
Fatty acids, total trans-monoenoic....g	0.163		0	NC	4		0.138	0.385	
Fatty acids, total trans-polyenoic....g	0.048		0	NC	4		0.040	0.112	
Cholesterol....mg	77		10	A	1		65	182	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.181		0	A	1		0.154	0.427	
Threonine....g	1.100		0	A	1		0.935	2.595	
Isoleucine....g	1.252		0	A	1		1.064	2.955	
Leucine....g	2.190		0	A	1		1.861	5.167	

NDB No. 23064

Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.326		0	A	1		1.977	5.490	
Methionine g	0.717		0	A	1		0.609	1.692	
Cystine g	0.355		0	A	1		0.302	0.838	
Phenylalanine g	1.087		0	A	1		0.924	2.566	
Tyrosine g	0.877		0	A	1		0.746	2.070	
Valine g	1.365		0	A	1		1.161	3.223	
Arginine g	1.780		0	A	1		1.513	4.200	
Histidine g	0.878		0	A	1		0.747	2.073	
Alanine g	1.673		0	A	1		1.422	3.949	
Aspartic acid g	2.507		0	A	1		2.131	5.917	
Glutamic acid g	4.132		0	A	1		3.512	9.752	
Glycine g	1.676		0	A	1		1.425	3.955	
Proline g	1.312		0	A	1		1.115	3.097	
Serine g	1.084		0	A	1		0.922	2.559	
Hydroxyproline g	0.289		0	A	1		0.246	0.682	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 1 serving (3 oz)

Measure 2 = 236g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23063

Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw

Beef Value Cut, Biceps Femoris, London Broil, Western Griller Steak

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	72.19		13	A	1		61.36	220.18	
Energy kcal	142		0	NC	4		121	433	
Energy kJ	594		0	NC	4		505	1812	
Protein (N x 6.25) g	21.59		13	A	1		18.35	65.84	
Total lipid (fat) g	5.53		13	A	1		4.70	16.86	
Ash g	1.05		13	A	1		0.89	3.19	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	5		3	A	1		4	15	
Iron, Fe mg	2.53		3	A	1		2.15	7.72	
Magnesium, Mg mg	24		3	A	1		20	74	
Phosphorus, P mg	211		3	A	1		180	645	
Potassium, K mg	345		3	A	1		293	1052	
Sodium, Na mg	62		3	A	1		53	190	
Zinc, Zn mg	3.94		3	A	1		3.35	12.03	
Copper, Cu mg	0.134		3	A	1		0.114	0.410	
Manganese, Mn mg	0.019		3	A	1		0.016	0.057	
Selenium, Se µg	32.3		3	A	1		27.4	98.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.073		3	A	1		0.062	0.222	
Riboflavin mg	0.204		3	A	1		0.173	0.622	
Niacin mg	6.380		3	A	1		5.423	19.459	
Pantothenic acid mg	0.690		3	A	1		0.586	2.103	
Vitamin B-6 mg	0.721		3	A	1		0.613	2.199	
Folate, total µg	6		1	A	1		5	18	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	6		1	A	1		5	18	
Folate, DFE µg	6		0	NC	4		5	18	
Choline, total mg	87.4		0	AS	1		74.3	266.5	
Betaine mg	12.7		2	A	1		10.8	38.6	
Vitamin B-12 µg	4.34		3	A	1		3.69	13.24	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		1	A	1		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.08		1	A	1		0.07	0.24	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.01		1	A	1		0.01	0.05	
Tocopherol, gamma mg	0.02		1	A	1		0.02	0.06	
Tocopherol, delta mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, alpha mg	0.01		1	A	1		0.01	0.05	
Tocotrienol, beta mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, gamma mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, delta mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3) µg									
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	0.0		1	A	1		0.0	0.0	

NDB No. 23063

Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg	0.0		1	A	1		0.0	0.0	
Menaquinone-4....µg	1.7		1	A	1		1.4	5.2	
Lipids:									
Fatty acids, total saturated....g	2.000		0	NC	4		1.700	6.101	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		3	A	1		0.000	0.000	
10:0....g	0.000		3	A	1		0.000	0.000	
12:0....g	0.000		3	A	1		0.000	0.000	
13:0....g									
14:0....g	0.155		3	A	1		0.132	0.473	
15:0....g	0.022		3	A	1		0.018	0.066	
16:0....g	1.227		3	A	1		1.043	3.742	
17:0....g	0.050		3	A	1		0.042	0.152	
18:0....g	0.529		3	A	1		0.450	1.614	
20:0....g	0.000		3	A	1		0.000	0.000	
22:0....g	0.018		3	A	1		0.015	0.054	
24:0....g									
Fatty acids, total monounsaturated....g	2.503		0	NC	4		2.128	7.635	
14:1....g	0.050		3	A	1		0.042	0.151	
15:1....g	0.000		3	A	1		0.000	0.000	
16:1 undifferentiated....g	0.235		3	A	1		0.200	0.718	
17:1....g	0.000		3	A	1		0.000	0.000	
18:1 undifferentiated....g	2.213		0	AS	1		1.881	6.748	
18:1 c....g	2.081		3	A	1		1.768	6.346	
18:1 t....g	0.132		3	A	1		0.112	0.402	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.006		3	A	1		0.005	0.018	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.309		0	NC	4		0.263	0.943	
18:2 undifferentiated....g	0.249		0	AS	1		0.212	0.759	
18:2 n-6 c,c....g	0.212		3	A	1		0.180	0.647	
18:2 CLAs....g									
18:2 t,t....g	0.037		3	A	1		0.031	0.112	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.003		0	AS	1		0.002	0.008	
18:3 n-3 c,c,c (ALA)....g	0.003		3	A	1		0.002	0.008	
18:3 n-6 c,c,c....g	0.000		3	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000		3	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000		3	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.058		3	A	1		0.049	0.176	
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.169		0	NC	4		0.143	0.514	
Fatty acids, total trans-monoenoic....g	0.132		0	NC	4		0.112	0.402	
Fatty acids, total trans-polyenoic....g	0.037		0	NC	4		0.031	0.112	
Cholesterol....mg	61		10	A	1		52	185	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.142		0	A	1		0.121	0.433	
Threonine....g	0.862		0	A	1		0.733	2.630	
Isoleucine....g	0.982		0	A	1		0.835	2.995	
Leucine....g	1.717		0	A	1		1.460	5.237	

NDB No. 23063

Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	1.824		0	A	1		1.551	5.564	
Methionine g	0.562		0	A	1		0.478	1.714	
Cystine g	0.279		0	A	1		0.237	0.850	
Phenylalanine g	0.853		0	A	1		0.725	2.601	
Tyrosine g	0.688		0	A	1		0.585	2.098	
Valine g	1.071		0	A	1		0.910	3.266	
Arginine g	1.396		0	A	1		1.186	4.257	
Histidine g	0.689		0	A	1		0.586	2.101	
Alanine g	1.312		0	A	1		1.115	4.003	
Aspartic acid g	1.966		0	A	1		1.671	5.997	
Glutamic acid g	3.241		0	A	1		2.755	9.884	
Glycine g	1.314		0	A	1		1.117	4.009	
Proline g	1.029		0	A	1		0.875	3.139	
Serine g	0.850		0	A	1		0.723	2.593	
Hydroxyproline g	0.098		2	A	1		0.084	0.300	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 305g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23050

Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

Beef Value Cut, Biceps Femoris, London Broil, URMIS #2277, Western Griller Steak

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	63.35		8	A	1		53.85	142.55	
Energy kcal	191		0	NC	4		162	430	
Energy kJ	800		0	NC	4		680	1799	
Protein (N x 6.25) g	27.22		8	A	1		23.14	61.25	
Total lipid (fat) g	8.30		8	A	1		7.06	18.68	
Ash g	1.14		8	A	1		0.97	2.58	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	5		2	A	1		4	11	
Iron, Fe mg	2.92		2	A	1		2.48	6.57	
Magnesium, Mg mg	25		2	A	1		22	57	
Phosphorus, P mg	232		2	A	1		197	521	
Potassium, K mg	361		2	A	1		306	811	
Sodium, Na mg	57		2	A	1		48	127	
Zinc, Zn mg	4.81		2	A	1		4.09	10.83	
Copper, Cu mg	0.109		2	A	1		0.093	0.245	
Manganese, Mn mg	0.014		2	A	1		0.012	0.030	
Selenium, Se µg	44.8		2	A	1		38.0	100.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.058		2	A	1		0.050	0.132	
Riboflavin mg	0.196		2	A	1		0.167	0.442	
Niacin mg	7.310		2	A	1		6.213	16.447	
Pantothenic acid mg	0.763		2	A	1		0.649	1.718	
Vitamin B-6 mg	0.680		2	A	1		0.578	1.529	
Folate, total µg	7		1	A	1		6	16	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	7		1	A	1		6	16	
Folate, DFE µg	7		0	NC	4		6	16	
Choline, total mg	94.2		0	AS	1		80.1	211.9	
Betaine mg	11.2		1	A	1		9.5	25.2	
Vitamin B-12 µg	3.83		2	A	1		3.26	8.63	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		1	A	1		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.10		1	A	1		0.09	0.23	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma mg	0.02		1	A	1		0.02	0.04	
Tocopherol, delta mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, alpha mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, beta mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, gamma mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, delta mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3) µg									
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	0.0		1	A	1		0.0	0.0	

NDB No. 23050

Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg	0.0		1	A	1		0.0	0.0	
Menaquinone-4....µg	1.9		1	A	1		1.6	4.2	
Lipids:									
Fatty acids, total saturated....g	2.954		0	NC	4		2.511	6.646	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		2	A	1		0.000	0.000	
10:0....g	0.000		2	A	1		0.000	0.000	
12:0....g	0.000		2	A	1		0.000	0.000	
13:0....g									
14:0....g	0.225		2	A	1		0.191	0.506	
15:0....g	0.033		2	A	1		0.028	0.073	
16:0....g	1.834		2	A	1		1.559	4.126	
17:0....g	0.076		2	A	1		0.065	0.171	
18:0....g	0.768		2	A	1		0.653	1.728	
20:0....g	0.000		2	A	1		0.000	0.000	
22:0....g	0.018		2	A	1		0.016	0.042	
24:0....g									
Fatty acids, total monounsaturated....g	3.759		0	NC	4		3.195	8.457	
14:1....g	0.074		2	A	1		0.063	0.167	
15:1....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated....g	0.354		2	A	1		0.301	0.797	
17:1....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated....g	3.317		0	AS	1		2.819	7.463	
18:1 c....g	3.133		2	A	1		2.663	7.049	
18:1 t....g	0.184		2	A	1		0.156	0.414	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.013		2	A	1		0.011	0.029	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.338		0	NC	4		0.288	0.761	
18:2 undifferentiated....g	0.282		0	AS	1		0.240	0.635	
18:2 n-6 c,c....g	0.227		2	A	1		0.193	0.512	
18:2 CLAs....g									
18:2 t,t....g	0.055		2	A	1		0.047	0.124	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.005		0	AS	1		0.005	0.012	
18:3 n-3 c,c,c (ALA)....g	0.005		2	A	1		0.005	0.012	
18:3 n-6 c,c,c....g	0.000		2	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000		2	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000		2	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.050		2	A	1		0.043	0.114	
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.239		0	NC	4		0.203	0.538	
Fatty acids, total trans-monoenoic....g	0.184		0	NC	4		0.156	0.414	
Fatty acids, total trans-polyenoic....g	0.055		0	NC	4		0.047	0.124	
Cholesterol....mg	78		6	A	1		67	176	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.179		0	A	1		0.152	0.403	
Threonine....g	1.087		0	A	1		0.924	2.447	
Isoleucine....g	1.238		0	A	1		1.053	2.786	
Leucine....g	2.165		0	A	1		1.841	4.872	

NDB No. 23050

Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.300		0	A	1		1.955	5.176	
Methionine g	0.709		0	A	1		0.603	1.595	
Cystine g	0.351		0	A	1		0.299	0.790	
Phenylalanine g	1.075		0	A	1		0.914	2.419	
Tyrosine g	0.867		0	A	1		0.737	1.952	
Valine g	1.350		0	A	1		1.148	3.038	
Arginine g	1.760		0	A	1		1.496	3.960	
Histidine g	0.869		0	A	1		0.738	1.955	
Alanine g	1.655		0	A	1		1.407	3.723	
Aspartic acid g	2.479		0	A	1		2.108	5.579	
Glutamic acid g	4.086		0	A	1		3.473	9.194	
Glycine g	1.657		0	A	1		1.409	3.729	
Proline g	1.298		0	A	1		1.103	2.920	
Serine g	1.072		0	A	1		0.911	2.413	
Hydroxyproline g	0.286		0	A	1		0.243	0.643	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 1 serving (3 oz)

Measure 2 = 225g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23049

Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw

Beef Value Cut, Biceps Femoris, London Broil, URMIS #2277, Western Griller Steak

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	71.51		8	A	1		60.78	209.53	
Energy kcal	150		0	NC	4		128	440	
Energy kJ	628		0	NC	4		534	1840	
Protein (N x 6.25) g	21.24		8	A	1		18.05	62.22	
Total lipid (fat) g	6.59		8	A	1		5.60	19.30	
Ash g	1.04		8	A	1		0.88	3.04	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	5		2	A	1		4	14	
Iron, Fe mg	2.34		2	A	1		1.99	6.86	
Magnesium, Mg mg	24		2	A	1		20	70	
Phosphorus, P mg	209		2	A	1		177	611	
Potassium, K mg	338		2	A	1		287	989	
Sodium, Na mg	63		2	A	1		53	183	
Zinc, Zn mg	3.76		2	A	1		3.20	11.02	
Copper, Cu mg	0.136		2	A	1		0.115	0.397	
Manganese, Mn mg	0.018		2	A	1		0.015	0.053	
Selenium, Se µg	33.3		2	A	1		28.3	97.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.064		2	A	1		0.055	0.189	
Riboflavin mg	0.186		2	A	1		0.158	0.544	
Niacin mg	6.390		2	A	1		5.432	18.723	
Pantothenic acid mg	0.650		2	A	1		0.553	1.906	
Vitamin B-6 mg	0.720		2	A	1		0.612	2.108	
Folate, total µg	6		1	A	1		5	18	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	6		1	A	1		5	18	
Folate, DFE µg	6		0	NC	4		5	18	
Choline, total mg	83.5		0	AS	1		71.0	244.7	
Betaine mg	14.7		1	A	1		12.5	43.0	
Vitamin B-12 µg	4.70		2	A	1		4.00	13.79	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		1	A	1		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.08		1	A	1		0.07	0.23	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.01		1	A	1		0.01	0.04	
Tocopherol, gamma mg	0.02		1	A	1		0.02	0.06	
Tocopherol, delta mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, alpha mg	0.01		1	A	1		0.01	0.04	
Tocotrienol, beta mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, gamma mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, delta mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3) µg									
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	0.0		1	A	1		0.0	0.0	

NDB No. 23049

Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg	0.0		1	A	1		0.0	0.0	
Menaquinone-4....µg	1.7		1	A	1		1.4	5.0	
Lipids:									
Fatty acids, total saturated....g	2.301		0	NC	4		1.956	6.741	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		2	A	1		0.000	0.000	
10:0....g	0.000		2	A	1		0.000	0.000	
12:0....g	0.000		2	A	1		0.000	0.000	
13:0....g									
14:0....g	0.176		2	A	1		0.150	0.517	
15:0....g	0.025		2	A	1		0.021	0.073	
16:0....g	1.428		2	A	1		1.214	4.185	
17:0....g	0.058		2	A	1		0.049	0.170	
18:0....g	0.594		2	A	1		0.505	1.740	
20:0....g	0.000		2	A	1		0.000	0.000	
22:0....g	0.019		2	A	1		0.016	0.055	
24:0....g									
Fatty acids, total monounsaturated....g	2.940		0	NC	4		2.499	8.615	
14:1....g	0.059		2	A	1		0.050	0.173	
15:1....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated....g	0.280		2	A	1		0.238	0.820	
17:1....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated....g	2.595		0	AS	1		2.206	7.604	
18:1 c....g	2.451		2	A	1		2.084	7.183	
18:1 t....g	0.144		2	A	1		0.122	0.422	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.006		2	A	1		0.005	0.018	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.309		0	NC	4		0.263	0.906	
18:2 undifferentiated....g	0.250		0	AS	1		0.212	0.732	
18:2 n-6 c,c....g	0.209		2	A	1		0.178	0.612	
18:2 CLAs....g									
18:2 t,t....g	0.041		2	A	1		0.035	0.120	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.000		0	AS	1		0.000	0.000	
18:3 n-3 c,c,c (ALA)....g	0.000		2	A	1		0.000	0.000	
18:3 n-6 c,c,c....g	0.000		2	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000		2	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000		2	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.060		2	A	1		0.051	0.174	
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.185		0	NC	4		0.157	0.542	
Fatty acids, total trans-monoenoic....g	0.144		0	NC	4		0.122	0.422	
Fatty acids, total trans-polyenoic....g	0.041		0	NC	4		0.035	0.120	
Cholesterol....mg	61		6	A	1		52	178	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.140		0	A	1		0.119	0.409	
Threonine....g	0.848		0	A	1		0.721	2.486	
Isoleucine....g	0.966		0	A	1		0.821	2.831	
Leucine....g	1.689		0	A	1		1.436	4.949	

NDB No. 23049

Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	1.795		0	A	1		1.525	5.258	
Methionine g	0.553		0	A	1		0.470	1.620	
Cystine g	0.274		0	A	1		0.233	0.803	
Phenylalanine g	0.839		0	A	1		0.713	2.458	
Tyrosine g	0.677		0	A	1		0.575	1.983	
Valine g	1.054		0	A	1		0.895	3.087	
Arginine g	1.373		0	A	1		1.167	4.023	
Histidine g	0.678		0	A	1		0.576	1.986	
Alanine g	1.291		0	A	1		1.097	3.783	
Aspartic acid g	1.934		0	A	1		1.644	5.667	
Glutamic acid g	3.188		0	A	1		2.710	9.341	
Glycine g	1.293		0	A	1		1.099	3.789	
Proline g	1.012		0	A	1		0.861	2.966	
Serine g	0.837		0	A	1		0.711	2.451	
Hydroxyproline g	0.109		1	A	1		0.093	0.319	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 293g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23052

Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

Beef Value Cut, Biceps Femoris, London Broil, URMIS #1462, Western Griller Steak

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	65.76		5	A	1		55.89	166.36	
Energy kcal	166		0	NC	4		141	421	
Energy kJ	696		0	NC	4		591	1760	
Protein (N x 6.25) g	28.01		5	A	1		23.81	70.87	
Total lipid (fat) g	5.17		5	A	1		4.40	13.09	
Ash g	1.20		5	A	1		1.02	3.02	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	5		1	A	1		4	12	
Iron, Fe mg	3.12		1	A	1		2.65	7.89	
Magnesium, Mg mg	26		1	A	1		22	65	
Phosphorus, P mg	237		1	A	1		201	600	
Potassium, K mg	368		1	A	1		313	931	
Sodium, Na mg	60		1	A	1		51	152	
Zinc, Zn mg	5.68		1	A	1		4.83	14.37	
Copper, Cu mg	0.127		1	A	1		0.108	0.321	
Manganese, Mn mg	0.032		1	A	1		0.027	0.081	
Selenium, Se µg	41.3		1	A	1		35.1	104.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.081		1	A	1		0.069	0.205	
Riboflavin mg	0.242		1	A	1		0.206	0.612	
Niacin mg	8.050		1	A	1		6.843	20.367	
Pantothenic acid mg	0.850		1	A	1		0.723	2.151	
Vitamin B-6 mg	0.660		1	A	1		0.561	1.670	
Folate, total µg	8		0	BFPN	4		7	20	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	8		0	BFPN	4		7	20	
Folate, DFE µg	8		0	NC	4		7	20	
Choline, total mg	91.6		0	AS	1		77.8	231.6	
Betaine mg	11.8		1	A	1		10.0	29.9	
Vitamin B-12 µg	4.41		1	A	1		3.75	11.16	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	BFSN	4		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.10		0	BFSN	4		0.08	0.24	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.02		0	BFSN	4		0.02	0.05	
Tocopherol, gamma mg	0.02		0	BFSN	4		0.02	0.06	
Tocopherol, delta mg	0.00		0	BFSN	4		0.00	0.00	
Tocotrienol, alpha mg	0.02		0	BFSN	4		0.02	0.05	
Tocotrienol, beta mg	0.00		0	BFSN	4		0.00	0.00	
Tocotrienol, gamma mg	0.00		0	BFSN	4		0.00	0.00	
Tocotrienol, delta mg	0.00		0	BFSN	4		0.00	0.00	
Vitamin D (D2 + D3) µg									
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	0.0		0	BFSN	4		0.0	0.0	

NDB No. 23052

Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg	0.0		0	BFSN	4		0.0	0.0	
Menaquinone-4....µg	2.0		0	BFSN	4		1.7	5.2	
Lipids:									
Fatty acids, total saturated....g	1.716		0	NC	4		1.458	4.341	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		1	A	1		0.000	0.000	
10:0....g	0.000		1	A	1		0.000	0.000	
12:0....g	0.000		1	A	1		0.000	0.000	
13:0....g									
14:0....g	0.136		1	A	1		0.116	0.344	
15:0....g	0.019		1	A	1		0.016	0.048	
16:0....g	1.017		1	A	1		0.864	2.573	
17:0....g	0.042		1	A	1		0.036	0.106	
18:0....g	0.488		1	A	1		0.415	1.235	
20:0....g	0.000		1	A	1		0.000	0.000	
22:0....g	0.014		1	A	1		0.012	0.035	
24:0....g									
Fatty acids, total monounsaturated....g	2.006		0	NC	4		1.705	5.075	
14:1....g	0.039		1	A	1		0.033	0.099	
15:1....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated....g	0.186		1	A	1		0.158	0.471	
17:1....g	0.000		1	A	1		0.000	0.000	
18:1 undifferentiated....g	1.773		0	AS	1		1.507	4.485	
18:1 c....g	1.652		1	A	1		1.404	4.179	
18:1 t....g	0.121		1	A	1		0.103	0.306	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.008		1	A	1		0.007	0.020	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.286		0	NC	4		0.243	0.723	
18:2 undifferentiated....g	0.242		0	AS	1		0.206	0.612	
18:2 n-6 c,c....g	0.209		1	A	1		0.178	0.529	
18:2 CLAs....g									
18:2 t,t....g	0.033		1	A	1		0.028	0.083	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.007		0	AS	1		0.006	0.018	
18:3 n-3 c,c,c (ALA)....g	0.007		1	A	1		0.006	0.018	
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000		1	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000		1	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.037		1	A	1		0.031	0.094	
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.154		0	NC	4		0.131	0.389	
Fatty acids, total trans-monoenoic....g	0.121		0	NC	4		0.103	0.306	
Fatty acids, total trans-polyenoic....g	0.033		0	NC	4		0.028	0.083	
Cholesterol....mg	75		4	A	1		64	190	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.184		0	A	1		0.156	0.466	
Threonine....g	1.119		0	A	1		0.951	2.831	
Isoleucine....g	1.274		0	A	1		1.083	3.224	
Leucine....g	2.228		0	A	1		1.894	5.637	

NDB No. 23052

Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	2.367		0	A	1		2.012	5.989	
Methionine....g	0.729		0	A	1		0.620	1.845	
Cystine....g	0.361		0	A	1		0.307	0.915	
Phenylalanine....g	1.106		0	A	1		0.940	2.799	
Tyrosine....g	0.893		0	A	1		0.759	2.258	
Valine....g	1.390		0	A	1		1.181	3.516	
Arginine....g	1.811		0	A	1		1.540	4.583	
Histidine....g	0.894		0	A	1		0.760	2.262	
Alanine....g	1.703		0	A	1		1.447	4.308	
Aspartic acid....g	2.551		0	A	1		2.169	6.455	
Glutamic acid....g	4.205		0	A	1		3.574	10.639	
Glycine....g	1.706		0	A	1		1.450	4.315	
Proline....g	1.335		0	A	1		1.135	3.378	
Serine....g	1.103		0	A	1		0.938	2.792	
Hydroxyproline....g	0.294		0	A	1		0.250	0.745	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 1 serving (3 oz)

Measure 2 = 253g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23051

Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw

Beef Value Cut, Biceps Femoris, London Broil, URMIS #1462, Western Griller Steak

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	73.28		5	A	1		62.29	237.42	
Energy kcal	129		0	NC	4		110	418	
Energy kJ	540		0	NC	4		459	1750	
Protein (N x 6.25) g	22.15		5	A	1		18.83	71.76	
Total lipid (fat) g	3.83		5	A	1		3.26	12.41	
Ash g	1.06		5	A	1		0.90	3.42	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	5		1	A	1		4	17	
Iron, Fe mg	2.91		1	A	1		2.47	9.43	
Magnesium, Mg mg	24		1	A	1		21	78	
Phosphorus, P mg	217		1	A	1		184	703	
Potassium, K mg	360		1	A	1		306	1166	
Sodium, Na mg	62		1	A	1		53	200	
Zinc, Zn mg	4.31		1	A	1		3.66	13.96	
Copper, Cu mg	0.132		1	A	1		0.112	0.427	
Manganese, Mn mg	0.020		1	A	1		0.017	0.064	
Selenium, Se µg	30.3		1	A	1		25.8	98.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.089		1	A	1		0.076	0.288	
Riboflavin mg	0.241		1	A	1		0.205	0.781	
Niacin mg	6.360		1	A	1		5.406	20.606	
Pantothenic acid mg	0.768		1	A	1		0.653	2.488	
Vitamin B-6 mg	0.724		1	A	1		0.615	2.345	
Folate, total µg	6		0	BFPN	4		5	18	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	6		0	BFPN	4		5	18	
Folate, DFE µg	6		0	NC	4		5	18	
Choline, total mg	91.3		0	AS	1		77.6	295.7	
Betaine mg	10.6		1	A	1		9.0	34.4	
Vitamin B-12 µg	3.61		1	A	1		3.07	11.70	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	BFSN	4		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.07		0	BFSN	4		0.06	0.24	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	BFSN	4		0.00	0.00	
Tocopherol, gamma mg	0.01		0	BFSN	4		0.01	0.05	
Tocopherol, delta mg	0.00		0	BFSN	4		0.00	0.00	
Tocotrienol, alpha mg	0.00		0	BFSN	4		0.00	0.00	
Tocotrienol, beta mg	0.00		0	BFSN	4		0.00	0.00	
Tocotrienol, gamma mg	0.00		0	BFSN	4		0.00	0.00	
Tocotrienol, delta mg	0.00		0	BFSN	4		0.00	0.00	
Vitamin D (D2 + D3) µg									
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	0.0		0	BFSN	4		0.0	0.0	

NDB No. 23051

Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg	0.0		0	BFSN	4		0.0	0.0	
Menaquinone-4....µg	1.4		0	BFSN	4		1.2	4.4	
Lipids:									
Fatty acids, total saturated....g	1.400		0	NC	4		1.190	4.535	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		1	A	1		0.000	0.000	
10:0....g	0.000		1	A	1		0.000	0.000	
12:0....g	0.000		1	A	1		0.000	0.000	
13:0....g									
14:0....g	0.112		1	A	1		0.095	0.363	
15:0....g	0.015		1	A	1		0.013	0.048	
16:0....g	0.824		1	A	1		0.700	2.670	
17:0....g	0.034		1	A	1		0.029	0.110	
18:0....g	0.400		1	A	1		0.340	1.296	
20:0....g	0.000		1	A	1		0.000	0.000	
22:0....g	0.015		1	A	1		0.013	0.048	
24:0....g									
Fatty acids, total monounsaturated....g	1.630		0	NC	4		1.385	5.280	
14:1....g	0.031		1	A	1		0.026	0.100	
15:1....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated....g	0.146		1	A	1		0.124	0.473	
17:1....g	0.000		1	A	1		0.000	0.000	
18:1 undifferentiated....g	1.447		0	AS	1		1.230	4.688	
18:1 c....g	1.339		1	A	1		1.138	4.338	
18:1 t....g	0.108		1	A	1		0.092	0.350	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.006		1	A	1		0.005	0.019	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.309		0	NC	4		0.263	1.001	
18:2 undifferentiated....g	0.247		0	AS	1		0.210	0.800	
18:2 n-6 c,c....g	0.219		1	A	1		0.186	0.709	
18:2 CLAs....g									
18:2 t,t....g	0.028		1	A	1		0.024	0.091	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.008		0	AS	1		0.007	0.026	
18:3 n-3 c,c,c (ALA)....g	0.008		1	A	1		0.007	0.026	
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000		1	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000		1	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.054		1	A	1		0.046	0.175	
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.136		0	NC	4		0.116	0.441	
Fatty acids, total trans-monoenoic....g	0.108		0	NC	4		0.092	0.350	
Fatty acids, total trans-polyenoic....g	0.028		0	NC	4		0.024	0.091	
Cholesterol....mg	61		4	A	1		52	197	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.146		0	A	1		0.124	0.472	
Threonine....g	0.885		0	A	1		0.752	2.867	
Isoleucine....g	1.008		0	A	1		0.856	3.265	
Leucine....g	1.762		0	A	1		1.498	5.708	

NDB No. 23051

Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	1.872		0	A	1		1.591	6.064	
Methionine g	0.577		0	A	1		0.490	1.869	
Cystine g	0.286		0	A	1		0.243	0.926	
Phenylalanine g	0.875		0	A	1		0.744	2.834	
Tyrosine g	0.706		0	A	1		0.600	2.287	
Valine g	1.099		0	A	1		0.934	3.560	
Arginine g	1.432		0	A	1		1.217	4.640	
Histidine g	0.707		0	A	1		0.601	2.290	
Alanine g	1.346		0	A	1		1.144	4.362	
Aspartic acid g	2.017		0	A	1		1.715	6.536	
Glutamic acid g	3.325		0	A	1		2.826	10.772	
Glycine g	1.349		0	A	1		1.146	4.369	
Proline g	1.056		0	A	1		0.897	3.421	
Serine g	0.872		0	A	1		0.742	2.827	
Hydroxyproline g	0.088		1	A	1		0.075	0.285	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 324g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13421

Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted

Cube steak

Refuse: 4% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	64.67	0.526	20	PAK	1		54.97	213.42	
Energy kcal	188		0	NC	4		160	622	
Energy kJ	788		0	NC	4		670	2602	
Protein (N x 6.25) g	26.79	0.222	20	PAK	1		22.77	88.41	
Total lipid (fat) g	8.21	0.455	20	PAK	1		6.98	27.10	
Ash g	1.11	0.024	20	PAK	1		0.94	3.66	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	6		0	BFFN	4		5	21	
Iron, Fe mg	2.18		0	BFFN	4		1.86	7.21	
Magnesium, Mg mg	17		0	BFFN	4		15	58	
Phosphorus, P mg	166		0	BFFN	4		141	549	
Potassium, K mg	217		0	BFFN	4		185	717	
Sodium, Na mg	35		0	BFFN	4		30	116	
Zinc, Zn mg	4.49		0	BFFN	4		3.82	14.81	
Copper, Cu mg	0.064		0	BFFN	4		0.054	0.211	
Manganese, Mn mg	0.009		0	BFFN	4		0.008	0.031	
Selenium, Se µg	27.4		0	BFFN	4		23.3	90.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.062		0	BFPN	4		0.052	0.203	
Riboflavin mg	0.143		0	BFPN	4		0.121	0.470	
Niacin mg	4.682		0	BFPN	4		3.980	15.452	
Pantothenic acid mg	0.528		0	BFPN	4		0.449	1.743	
Vitamin B-6 mg	0.352		0	BFPN	4		0.299	1.161	
Folate, total µg	8		0	BFPN	4		7	28	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	8		0	BFPN	4		7	28	
Folate, DFE µg	8		0	NC	4		7	28	
Choline, total mg	102.0		0	BFPN	4		86.7	336.7	
Betaine mg									
Vitamin B-12 µg	1.49		0	BFPN	4		1.27	4.92	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.38		0	BFSN	4		0.32	1.24	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	AS	1		0.1	0.5	
Vitamin D IU	6		0	PAK	1		5	21	
Vitamin K (phylloquinone) µg	1.3		0	BFSN	4		1.1	4.4	
Dihydrophylloquinone µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4 µg									

NDB No. 13421

Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.007		0	NC	4		2.556	9.922	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.006		0	BFFN	4		0.005	0.020	
12:0....g	0.006		0	BFFN	4		0.005	0.020	
13:0....g									
14:0....g	0.224		0	BFFN	4		0.190	0.740	
15:0....g									
16:0....g	1.849		0	BFFN	4		1.571	6.101	
17:0....g									
18:0....g	0.921		0	BFFN	4		0.783	3.040	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.405		0	NC	4		2.894	11.237	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.305		0	BFFN	4		0.259	1.007	
17:1....g									
18:1 undifferentiated....g	3.094		0	BFFN	4		2.630	10.210	
20:1....g	0.006		0	BFFN	4		0.005	0.020	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.305		0	NC	4		0.259	1.006	
18:2 undifferentiated....g	0.230		0	BFFN	4		0.196	0.760	
18:3 undifferentiated....g	0.044		0	BFFN	4		0.037	0.144	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.031		0	BFFN	4		0.026	0.103	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	78		0	BFSN	4		67	258	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.176		0	PAK	1		0.150	0.581	
Threonine....g	1.070		0	PAK	1		0.910	3.532	
Isoleucine....g	1.219		0	PAK	1		1.036	4.022	
Leucine....g	2.131		0	PAK	1		1.811	7.033	
Lysine....g	2.264		0	PAK	1		1.924	7.471	
Methionine....g	0.698		0	PAK	1		0.593	2.302	
Cystine....g	0.346		0	PAK	1		0.294	1.141	
Phenylalanine....g	1.058		0	PAK	1		0.899	3.492	
Tyrosine....g	0.854		0	PAK	1		0.726	2.817	
Valine....g	1.329		0	PAK	1		1.130	4.386	
Arginine....g	1.732		0	PAK	1		1.472	5.717	
Histidine....g	0.855		0	PAK	1		0.727	2.821	
Alanine....g	1.629		0	PAK	1		1.384	5.375	
Aspartic acid....g	2.440		0	PAK	1		2.074	8.053	
Glutamic acid....g	4.022		0	PAK	1		3.419	13.272	
Glycine....g	1.631		0	PAK	1		1.387	5.383	
Proline....g	1.277		0	PAK	1		1.086	4.215	
Serine....g	1.055		0	PAK	1		0.897	3.483	
Hydroxyproline....g	0.281		0	BFPN	4		0.239	0.929	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13421

Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 330g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13486

Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, raw

Refuse: 4% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	72.01	0.377	20	PAK	1		61.21	928.19	
Energy kcal	151		0	NC	4		128	1942	
Energy kJ	630		0	NC	4		536	8125	
Protein (N x 6.25) g	20.48	0.222	20	PAK	1		17.41	264.02	
Total lipid (fat) g	7.01	0.387	20	PAK	1		5.95	90.30	
Ash g	1.00	0.020	20	PAK	1		0.85	12.84	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	19		0	BFNN	4		16	245	
Iron, Fe mg	1.69		0	BFNN	4		1.44	21.78	
Magnesium, Mg mg	22		0	BFNN	4		18	279	
Phosphorus, P mg	194		0	BFNN	4		165	2495	
Potassium, K mg	318		0	BFNN	4		270	4099	
Sodium, Na mg	55		0	BFNN	4		46	705	
Zinc, Zn mg	3.72		0	BFNN	4		3.16	47.91	
Copper, Cu mg	0.088		0	BFNN	4		0.075	1.136	
Manganese, Mn mg	0.012		0	BFNN	4		0.010	0.157	
Selenium, Se µg	24.2		0	BFNN	4		20.5	311.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.081		0	BFPN	4		0.069	1.042	
Riboflavin mg	0.125		0	BFPN	4		0.106	1.611	
Niacin mg	6.119		0	BFPN	4		5.201	78.867	
Pantothenic acid mg	0.589		0	BFPN	4		0.501	7.592	
Vitamin B-6 mg	0.607		0	BFPN	4		0.516	7.819	
Folate, total µg	11		0	BFPN	4		9	142	
Folic acid µg									
Folate, food µg	11		0	BFPN	4		9	142	
Folate, DFE µg									
Choline, total mg	85.6		0	BFPN	4		72.7	1102.8	
Betaine mg									
Vitamin B-12 µg	1.48		0	BFPN	4		1.26	19.05	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.30		0	BFSN	4		0.25	3.84	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.2		0	BFSN	4		1.0	15.3	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13486

Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.778		0	NC	4		2.361	35.802	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.021		0	BFFN	4		0.018	0.273	
12:0....g	0.016		0	BFFN	4		0.014	0.205	
13:0....g									
14:0....g	0.218		0	BFFN	4		0.185	2.806	
15:0....g									
16:0....g	1.678		0	BFFN	4		1.427	21.633	
17:0....g									
18:0....g	0.844		0	BFFN	4		0.718	10.884	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.011		0	NC	4		2.560	38.816	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.351		0	BFFN	4		0.298	4.518	
17:1....g									
18:1 undifferentiated....g	2.650		0	BFFN	4		2.253	34.161	
20:1....g	0.011		0	BFFN	4		0.009	0.137	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.276		0	NC	4		0.235	3.558	
18:2 undifferentiated....g	0.181		0	BFFN	4		0.153	2.327	
18:3 undifferentiated....g	0.085		0	BFFN	4		0.072	1.094	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.011		0	BFFN	4		0.009	0.137	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	62		0	BFSN	4		53	800	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.135		0	PAK	1		0.114	1.735	
Threonine....g	0.818		0	PAK	1		0.696	10.547	
Isoleucine....g	0.932		0	PAK	1		0.792	12.012	
Leucine....g	1.629		0	PAK	1		1.385	21.002	
Lysine....g	1.731		0	PAK	1		1.471	22.313	
Methionine....g	0.533		0	PAK	1		0.453	6.875	
Cystine....g	0.264		0	PAK	1		0.225	3.407	
Phenylalanine....g	0.809		0	PAK	1		0.688	10.429	
Tyrosine....g	0.653		0	PAK	1		0.555	8.413	
Valine....g	1.016		0	PAK	1		0.864	13.098	
Arginine....g	1.324		0	PAK	1		1.126	17.072	
Histidine....g	0.654		0	PAK	1		0.556	8.426	
Alanine....g	1.245		0	PAK	1		1.058	16.051	
Aspartic acid....g	1.866		0	PAK	1		1.586	24.049	
Glutamic acid....g	3.075		0	PAK	1		2.614	39.636	
Glycine....g	1.247		0	PAK	1		1.060	16.076	
Proline....g	0.976		0	PAK	1		0.830	12.587	
Serine....g	0.807		0	PAK	1		0.686	10.400	
Hydroxyproline....g	0.215		0	BFPN	4		0.183	2.774	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13486

Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 1289g: 1 roast

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13422

Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted

Cube Steak, URMIS #2340

Refuse: 4% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	63.80	0.732	10	PAK	1		54.23	726.09	
Energy kcal	196		0	NC	4		166	2226	
Energy kJ	818		0	NC	4		696	9312	
Protein (N x 6.25) g	27.01	0.241	10	PAK	1		22.96	307.41	
Total lipid (fat) g	8.90	0.748	10	PAK	1		7.56	101.23	
Ash g	1.10	0.026	10	PAK	1		0.93	12.49	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	6		0	BFFN	4		5	66	
Iron, Fe mg	2.22		0	BFFN	4		1.89	25.27	
Magnesium, Mg mg	17		0	BFFN	4		15	196	
Phosphorus, P mg	164		0	BFFN	4		139	1862	
Potassium, K mg	216		0	BFFN	4		184	2461	
Sodium, Na mg	35		0	BFFN	4		30	397	
Zinc, Zn mg	4.44		0	BFFN	4		3.78	50.56	
Copper, Cu mg	0.059		0	BFFN	4		0.050	0.667	
Manganese, Mn mg	0.009		0	BFFN	4		0.008	0.105	
Selenium, Se µg	28.3		0	BFFN	4		24.1	322.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.056		0	BFPN	4		0.048	0.637	
Riboflavin mg	0.152		0	BFPN	4		0.129	1.727	
Niacin mg	4.884		0	BFPN	4		4.151	55.581	
Pantothenic acid mg	0.532		0	BFPN	4		0.452	6.052	
Vitamin B-6 mg	0.355		0	BFPN	4		0.302	4.038	
Folate, total µg	8		0	BFPN	4		7	96	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	8		0	BFPN	4		7	96	
Folate, DFE µg	8		0	NC	4		7	96	
Choline, total mg	102.9		0	BFPN	4		87.5	1170.8	
Betaine mg									
Vitamin B-12 µg	1.62		0	BFPN	4		1.38	18.46	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.39		0	BFSN	4		0.33	4.39	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.4		0	BFSN	4		1.2	15.6	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13422

Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.257		0	NC	4		2.768	37.065	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.007		0	BFFN	4		0.006	0.076	
12:0....g	0.007		0	BFFN	4		0.006	0.076	
13:0....g									
14:0....g	0.243		0	BFFN	4		0.206	2.762	
15:0....g									
16:0....g	2.003		0	BFFN	4		1.702	22.793	
17:0....g									
18:0....g	0.998		0	BFFN	4		0.848	11.357	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.689		0	NC	4		3.135	41.977	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.330		0	BFFN	4		0.281	3.760	
17:1....g									
18:1 undifferentiated....g	3.352		0	BFFN	4		2.849	38.141	
20:1....g	0.007		0	BFFN	4		0.006	0.076	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.330		0	NC	4		0.281	3.760	
18:2 undifferentiated....g	0.250		0	BFFN	4		0.212	2.839	
18:3 undifferentiated....g	0.047		0	BFFN	4		0.040	0.537	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.034		0	BFFN	4		0.029	0.384	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	80		0	BFSN	4		68	913	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.178		0	PAK	1		0.151	2.020	
Threonine....g	1.079		0	PAK	1		0.917	12.280	
Isoleucine....g	1.229		0	PAK	1		1.045	13.986	
Leucine....g	2.149		0	PAK	1		1.827	24.454	
Lysine....g	2.283		0	PAK	1		1.940	25.980	
Methionine....g	0.703		0	PAK	1		0.598	8.005	
Cystine....g	0.349		0	PAK	1		0.296	3.967	
Phenylalanine....g	1.067		0	PAK	1		0.907	12.142	
Tyrosine....g	0.861		0	PAK	1		0.732	9.796	
Valine....g	1.340		0	PAK	1		1.139	15.251	
Arginine....g	1.747		0	PAK	1		1.485	19.878	
Histidine....g	0.862		0	PAK	1		0.733	9.811	
Alanine....g	1.642		0	PAK	1		1.396	18.689	
Aspartic acid....g	2.461		0	PAK	1		2.091	28.001	
Glutamic acid....g	4.055		0	PAK	1		3.447	46.149	
Glycine....g	1.645		0	PAK	1		1.398	18.718	
Proline....g	1.288		0	PAK	1		1.095	14.655	
Serine....g	1.064		0	PAK	1		0.904	12.109	
Hydroxyproline....g	0.284		0	BFPN	4		0.241	3.230	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13422

Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 1138g: 1 roast (yield from 1405 g raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13487

Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, raw

URMIS # 2340

Refuse: 4% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	71.40	0.559	10	PAK	1		60.69	993.84	
Energy kcal	156		0	NC	4		132	2169	
Energy kJ	652		0	NC	4		554	9076	
Protein (N x 6.25) g	20.16	0.422	10	PAK	1		17.14	280.65	
Total lipid (fat) g	7.73	0.584	10	PAK	1		6.57	107.63	
Ash g	0.99	0.026	10	PAK	1		0.84	13.74	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	15		0	BFNN	4		13	211	
Iron, Fe mg	1.78		0	BFNN	4		1.52	24.82	
Magnesium, Mg mg	21		0	BFNN	4		18	298	
Phosphorus, P mg	191		0	BFNN	4		162	2659	
Potassium, K mg	309		0	BFNN	4		263	4305	
Sodium, Na mg	51		0	BFNN	4		44	714	
Zinc, Zn mg	3.68		0	BFNN	4		3.13	51.22	
Copper, Cu mg	0.089		0	BFNN	4		0.076	1.240	
Manganese, Mn mg	0.012		0	BFNN	4		0.010	0.168	
Selenium, Se µg	24.2		0	BFNN	4		20.6	337.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.077		0	BFPN	4		0.066	1.075	
Riboflavin mg	0.139		0	BFPN	4		0.118	1.932	
Niacin mg	6.127		0	BFPN	4		5.208	85.285	
Pantothenic acid mg	0.589		0	BFPN	4		0.500	8.192	
Vitamin B-6 mg	0.595		0	BFPN	4		0.506	8.284	
Folate, total µg	11		0	BFPN	4		9	154	
Folic acid µg									
Folate, food µg	11		0	BFPN	4		9	154	
Folate, DFE µg									
Choline, total mg	84.2		0	BFPN	4		71.6	1172.2	
Betaine mg									
Vitamin B-12 µg	1.71		0	BFPN	4		1.45	23.78	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.30		0	BFSN	4		0.26	4.24	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.2		0	BFSN	4		1.0	16.9	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13487

Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.066		0	NC	4		2.606	42.672	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.023		0	BFFN	4		0.020	0.326	
12:0....g	0.018		0	BFFN	4		0.015	0.244	
13:0....g									
14:0....g	0.240		0	BFFN	4		0.204	3.345	
15:0....g									
16:0....g	1.852		0	BFFN	4		1.574	25.784	
17:0....g									
18:0....g	0.932		0	BFFN	4		0.792	12.973	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.324		0	NC	4		2.825	46.263	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.387		0	BFFN	4		0.329	5.384	
17:1....g									
18:1 undifferentiated....g	2.925		0	BFFN	4		2.486	40.716	
20:1....g	0.012		0	BFFN	4		0.010	0.163	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.305		0	NC	4		0.259	4.241	
18:2 undifferentiated....g	0.199		0	BFFN	4		0.169	2.774	
18:3 undifferentiated....g	0.094		0	BFFN	4		0.080	1.304	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.012		0	BFFN	4		0.010	0.163	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	63		0	BFSN	4		54	883	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.133		0	PAK	1		0.113	1.844	
Threonine....g	0.805		0	PAK	1		0.685	11.211	
Isoleucine....g	0.917		0	PAK	1		0.780	12.768	
Leucine....g	1.604		0	PAK	1		1.363	22.325	
Lysine....g	1.704		0	PAK	1		1.448	23.718	
Methionine....g	0.525		0	PAK	1		0.446	7.308	
Cystine....g	0.260		0	PAK	1		0.221	3.622	
Phenylalanine....g	0.796		0	PAK	1		0.677	11.085	
Tyrosine....g	0.642		0	PAK	1		0.546	8.943	
Valine....g	1.000		0	PAK	1		0.850	13.923	
Arginine....g	1.304		0	PAK	1		1.108	18.147	
Histidine....g	0.643		0	PAK	1		0.547	8.957	
Alanine....g	1.226		0	PAK	1		1.042	17.062	
Aspartic acid....g	1.836		0	PAK	1		1.561	25.563	
Glutamic acid....g	3.027		0	PAK	1		2.573	42.131	
Glycine....g	1.228		0	PAK	1		1.043	17.089	
Proline....g	0.961		0	PAK	1		0.817	13.379	
Serine....g	0.794		0	PAK	1		0.675	11.055	
Hydroxyproline....g	0.212		0	BFPN	4		0.180	2.948	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13487

Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 1392g: 1 roast

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13423

Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted

Cube Steak, URMIS #1525

Refuse: 4% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	65.54	0.682	10	PAK	1		55.71	747.80	
Energy kcal	181		0	NC	4		154	2069	
Energy kJ	759		0	NC	4		645	8657	
Protein (N x 6.25) g	26.57	0.483	10	PAK	1		22.58	303.13	
Total lipid (fat) g	7.53	0.458	10	PAK	1		6.40	85.88	
Ash g	1.12	0.041	10	PAK	1		0.95	12.81	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	7		0	BFFN	4		6	78	
Iron, Fe mg	2.15		0	BFFN	4		1.83	24.50	
Magnesium, Mg mg	18		0	BFFN	4		15	201	
Phosphorus, P mg	169		0	BFFN	4		144	1931	
Potassium, K mg	218		0	BFFN	4		186	2491	
Sodium, Na mg	35		0	BFFN	4		30	403	
Zinc, Zn mg	4.53		0	BFFN	4		3.85	51.74	
Copper, Cu mg	0.069		0	BFFN	4		0.059	0.786	
Manganese, Mn mg	0.009		0	BFFN	4		0.008	0.107	
Selenium, Se µg	26.5		0	BFFN	4		22.5	302.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.067		0	BFPN	4		0.057	0.763	
Riboflavin mg	0.133		0	BFPN	4		0.113	1.522	
Niacin mg	4.483		0	BFPN	4		3.810	51.145	
Pantothenic acid mg	0.524		0	BFPN	4		0.446	5.982	
Vitamin B-6 mg	0.349		0	BFPN	4		0.296	3.980	
Folate, total µg	8		0	BFPN	4		7	94	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	8		0	BFPN	4		7	94	
Folate, DFE µg	8		0	NC	4		7	94	
Choline, total mg	101.2		0	BFPN	4		86.0	1154.5	
Betaine mg									
Vitamin B-12 µg	1.36		0	BFPN	4		1.16	15.52	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.37		0	BFSN	4		0.31	4.19	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.3		0	BFSN	4		1.1	14.9	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13423

Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.756		0	NC	4		2.343	31.446	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.006		0	BFFN	4		0.005	0.065	
12:0....g	0.006		0	BFFN	4		0.005	0.065	
13:0....g									
14:0....g	0.205		0	BFFN	4		0.175	2.344	
15:0....g									
16:0....g	1.695		0	BFFN	4		1.440	19.337	
17:0....g									
18:0....g	0.845		0	BFFN	4		0.718	9.636	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.121		0	NC	4		2.653	35.613	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.280		0	BFFN	4		0.238	3.190	
17:1....g									
18:1 undifferentiated....g	2.836		0	BFFN	4		2.411	32.358	
20:1....g	0.006		0	BFFN	4		0.005	0.065	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.280		0	NC	4		0.238	3.189	
18:2 undifferentiated....g	0.211		0	BFFN	4		0.179	2.409	
18:3 undifferentiated....g	0.040		0	BFFN	4		0.034	0.455	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.029		0	BFFN	4		0.024	0.325	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	76		0	BFSN	4		65	872	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.175		0	PAK	1		0.148	1.992	
Threonine....g	1.061		0	PAK	1		0.902	12.109	
Isoleucine....g	1.209		0	PAK	1		1.027	13.791	
Leucine....g	2.113		0	PAK	1		1.796	24.113	
Lysine....g	2.245		0	PAK	1		1.908	25.618	
Methionine....g	0.692		0	PAK	1		0.588	7.894	
Cystine....g	0.343		0	PAK	1		0.291	3.912	
Phenylalanine....g	1.049		0	PAK	1		0.892	11.973	
Tyrosine....g	0.847		0	PAK	1		0.720	9.659	
Valine....g	1.318		0	PAK	1		1.120	15.038	
Arginine....g	1.718		0	PAK	1		1.460	19.601	
Histidine....g	0.848		0	PAK	1		0.721	9.674	
Alanine....g	1.615		0	PAK	1		1.373	18.429	
Aspartic acid....g	2.420		0	PAK	1		2.057	27.611	
Glutamic acid....g	3.988		0	PAK	1		3.390	45.507	
Glycine....g	1.618		0	PAK	1		1.375	18.458	
Proline....g	1.267		0	PAK	1		1.077	14.451	
Serine....g	1.047		0	PAK	1		0.890	11.941	
Hydroxyproline....g	0.279		0	BFPN	4		0.237	3.185	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13423

Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 1141g: 1 roast (yield from 1388 g raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13488

Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, raw

URMIS #1525

Refuse: 3% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	72.62	0.451	10	PAK	1		61.73	862.00	
Energy kcal	145		0	NC	4		124	1727	
Energy kJ	609		0	NC	4		517	7225	
Protein (N x 6.25) g	20.80	0.355	10	PAK	1		17.68	246.94	
Total lipid (fat) g	6.28	0.418	10	PAK	1		5.34	74.53	
Ash g	1.01	0.031	10	PAK	1		0.85	11.93	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	23		0	BFNN	4		19	271	
Iron, Fe mg	1.59		0	BFNN	4		1.36	18.93	
Magnesium, Mg mg	22		0	BFNN	4		19	259	
Phosphorus, P mg	196		0	BFNN	4		167	2327	
Potassium, K mg	327		0	BFNN	4		278	3879	
Sodium, Na mg	58		0	BFNN	4		49	690	
Zinc, Zn mg	3.75		0	BFNN	4		3.19	44.57	
Copper, Cu mg	0.087		0	BFNN	4		0.074	1.034	
Manganese, Mn mg	0.012		0	BFNN	4		0.010	0.145	
Selenium, Se µg	24.1		0	BFNN	4		20.5	286.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.085		0	BFPN	4		0.072	1.003	
Riboflavin mg	0.111		0	BFPN	4		0.094	1.314	
Niacin mg	6.107		0	BFPN	4		5.191	72.488	
Pantothenic acid mg	0.589		0	BFPN	4		0.501	6.995	
Vitamin B-6 mg	0.618		0	BFPN	4		0.525	7.338	
Folate, total µg	11		0	BFPN	4		9	130	
Folic acid µg									
Folate, food µg	11		0	BFPN	4		9	130	
Folate, DFE µg									
Choline, total mg	86.9		0	BFPN	4		73.9	1031.4	
Betaine mg									
Vitamin B-12 µg	1.24		0	BFPN	4		1.05	14.70	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.29		0	BFSN	4		0.25	3.46	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.2		0	BFSN	4		1.0	13.8	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13488

Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.489		0	NC	4		2.116	29.548	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.019		0	BFFN	4		0.016	0.226	
12:0....g	0.014		0	BFFN	4		0.012	0.169	
13:0....g									
14:0....g	0.195		0	BFFN	4		0.166	2.316	
15:0....g									
16:0....g	1.504		0	BFFN	4		1.279	17.855	
17:0....g									
18:0....g	0.757		0	BFFN	4		0.643	8.983	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.699		0	NC	4		2.294	32.037	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.314		0	BFFN	4		0.267	3.728	
17:1....g									
18:1 undifferentiated....g	2.375		0	BFFN	4		2.019	28.196	
20:1....g	0.010		0	BFFN	4		0.008	0.113	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.247		0	NC	4		0.210	2.937	
18:2 undifferentiated....g	0.162		0	BFFN	4		0.138	1.921	
18:3 undifferentiated....g	0.076		0	BFFN	4		0.065	0.903	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.010		0	BFFN	4		0.008	0.113	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	61		0	BFSN	4		52	721	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.137		0	PAK	1		0.116	1.623	
Threonine....g	0.831		0	PAK	1		0.706	9.865	
Isoleucine....g	0.946		0	PAK	1		0.805	11.235	
Leucine....g	1.655		0	PAK	1		1.407	19.644	
Lysine....g	1.758		0	PAK	1		1.494	20.869	
Methionine....g	0.542		0	PAK	1		0.460	6.431	
Cystine....g	0.268		0	PAK	1		0.228	3.187	
Phenylalanine....g	0.822		0	PAK	1		0.698	9.754	
Tyrosine....g	0.663		0	PAK	1		0.563	7.869	
Valine....g	1.032		0	PAK	1		0.877	12.251	
Arginine....g	1.345		0	PAK	1		1.143	15.968	
Histidine....g	0.664		0	PAK	1		0.564	7.881	
Alanine....g	1.265		0	PAK	1		1.075	15.013	
Aspartic acid....g	1.895		0	PAK	1		1.611	22.493	
Glutamic acid....g	3.123		0	PAK	1		2.655	37.072	
Glycine....g	1.267		0	PAK	1		1.077	15.036	
Proline....g	0.992		0	PAK	1		0.843	11.772	
Serine....g	0.819		0	PAK	1		0.697	9.727	
Hydroxyproline....g	0.219		0	BFPN	4		0.186	2.594	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13488

Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 1187g: 1 roast

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13884

Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted

Refuse: 4% Connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	61.56		0	PAE	4		52.33	200.69	
Energy kcal	219		0	NC	4		186	714	
Energy kJ	916		0		4		779	2987	
Protein (N x 6.25) g	27.45		0	PAE	4		23.33	89.49	
Total lipid (fat) g	11.34		0	PAE	4		9.64	36.97	
Ash g	1.13		0	PAE	4		0.96	3.68	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	6		0	PAE	4		5	20	
Iron, Fe mg	2.81		0	PAE	4		2.39	9.16	
Magnesium, Mg mg	26		0	PAE	4		22	85	
Phosphorus, P mg	230		0	PAE	4		196	750	
Potassium, K mg	367		0	PAE	4		312	1196	
Sodium, Na mg	63		0	PAE	4		54	205	
Zinc, Zn mg	6.67		0	PAE	4		5.67	21.74	
Copper, Cu mg	0.119		0	PAE	4		0.101	0.388	
Manganese, Mn mg	0.016		0	PAE	4		0.014	0.052	
Selenium, Se µg	26.8		0	BFZN	4		22.8	87.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.090		0	PAE	4		0.077	0.293	
Riboflavin mg	0.260		0	PAE	4		0.221	0.848	
Niacin mg	3.590		0	PAE	4		3.052	11.703	
Pantothenic acid mg	0.450		0	PAE	4		0.383	1.467	
Vitamin B-6 mg	0.380		0	PAE	4		0.323	1.239	
Folate, total µg	8		0	PAE	4		7	26	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	8		0	PAE	4		7	26	
Folate, DFE µg	8		0	NC	4		7	26	
Choline, total mg	104.5		0	BFPN	4		88.9	340.8	
Betaine mg	13.7		0	BFPN	4		11.7	44.8	
Vitamin B-12 µg	2.80		0	PAE	4		2.38	9.13	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	NR	4		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.17		0	BFNN	4		0.15	0.57	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	AS	1		0.2	0.6	
Vitamin D IU	7		0	BFFN	4		6	24	
Vitamin K (phylloquinone) µg	1.5		0	BFSN	4		1.2	4.8	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13884

Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.240		0	PAE	4		3.604	13.822	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.020		0	PAE	4		0.017	0.065	
12:0....g	0.020		0	PAE	4		0.017	0.065	
13:0....g									
14:0....g	0.330		0	PAE	4		0.281	1.076	
15:0....g									
16:0....g	2.590		0	PAE	4		2.202	8.443	
17:0....g									
18:0....g	1.290		0	PAE	4		1.097	4.205	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.680		0	PAE	4		3.978	15.257	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.430		0	PAE	4		0.366	1.402	
17:1....g									
18:1 undifferentiated....g	4.240		0	PAE	4		3.604	13.822	
20:1....g	0.010		0	PAE	4		0.009	0.033	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.440		0	PAE	4		0.374	1.434	
18:2 undifferentiated....g	0.320		0	PAE	4		0.272	1.043	
18:3 undifferentiated....g	0.090		0	PAE	4		0.077	0.293	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.030		0	PAE	4		0.026	0.098	
20:5 n-3 (EPA)....g	0.003		18	AR	1		0.003	0.010	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.016		18	AR	1		0.014	0.052	
22:6 n-3 (DHA)....g	0.001		18	AR	1		0.001	0.003	
Fatty acids, total trans....g									
Cholesterol....mg	82		0	PAE	4		70	267	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.307		0	PAE	4		0.261	1.001	
Threonine....g	1.199		0	PAE	4		1.019	3.909	
Isoleucine....g	1.234		0	PAE	4		1.049	4.023	
Leucine....g	2.169		0	PAE	4		1.844	7.071	
Lysine....g	2.284		0	PAE	4		1.941	7.446	
Methionine....g	0.703		0	PAE	4		0.598	2.292	
Cystine....g	0.307		0	PAE	4		0.261	1.001	
Phenylalanine....g	1.072		0	PAE	4		0.911	3.495	
Tyrosine....g	0.922		0	PAE	4		0.784	3.006	
Valine....g	1.335		0	PAE	4		1.135	4.352	
Arginine....g	1.735		0	PAE	4		1.475	5.656	
Histidine....g	0.940		0	PAE	4		0.799	3.064	
Alanine....g	1.656		0	PAE	4		1.408	5.399	
Aspartic acid....g	2.508		0	PAE	4		2.132	8.176	
Glutamic acid....g	4.124		0	PAE	4		3.505	13.444	
Glycine....g	1.498		0	PAE	4		1.273	4.883	
Proline....g	1.212		0	PAE	4		1.030	3.951	
Serine....g	1.050		0	PAE	4		0.893	3.423	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13884

Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 326g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13886

Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

URMIS # 2340

Refuse: 4% Connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	60.92		0	PAE	4		51.78	197.99	
Energy kcal	228		0	NC	4		194	741	
Energy kJ	954		0		4		811	3100	
Protein (N x 6.25) g	27.27		0	PAE	4		23.18	88.63	
Total lipid (fat) g	12.34		0	PAE	4		10.49	40.11	
Ash g	1.12		0	PAE	4		0.95	3.64	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	6		0	PAE	4		5	20	
Iron, Fe mg	2.79		0	PAE	4		2.37	9.07	
Magnesium, Mg mg	25		0	PAE	4		21	81	
Phosphorus, P mg	229		0	PAE	4		195	744	
Potassium, K mg	365		0	PAE	4		310	1186	
Sodium, Na mg	63		0	PAE	4		54	205	
Zinc, Zn mg	6.62		0	PAE	4		5.63	21.52	
Copper, Cu mg	0.119		0	PAE	4		0.101	0.387	
Manganese, Mn mg	0.016		0	PAE	4		0.014	0.052	
Selenium, Se µg	26.8		0	BFZN	4		22.8	87.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.090		0	PAE	4		0.077	0.293	
Riboflavin mg	0.250		0	PAE	4		0.213	0.813	
Niacin mg	3.570		0	PAE	4		3.035	11.603	
Pantothenic acid mg	0.440		0	PAE	4		0.374	1.430	
Vitamin B-6 mg	0.380		0	PAE	4		0.323	1.235	
Folate, total µg	8		0	PAE	4		7	26	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	8		0	PAE	4		7	26	
Folate, DFE µg	8		0	NC	4		7	26	
Choline, total mg	103.9		0	BFPN	4		88.3	337.6	
Betaine mg									
Vitamin B-12 µg	2.79		0	PAE	4		2.37	9.07	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	BFSN	4		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	PAE	4		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.18		0	BFSN	4		0.15	0.57	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	AS	1		0.2	0.7	
Vitamin D IU	8		0	BFFN	4		7	26	
Vitamin K (phylloquinone) µg	1.5		0	BFSN	4		1.3	4.8	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13886

Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.630		0	PAE	4		3.936	15.048	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.020		0	PAE	4		0.017	0.065	
12:0....g	0.020		0	PAE	4		0.017	0.065	
13:0....g									
14:0....g	0.360		0	PAE	4		0.306	1.170	
15:0....g									
16:0....g	2.830		0	PAE	4		2.406	9.198	
17:0....g									
18:0....g	1.400		0	PAE	4		1.190	4.550	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.110		0	PAE	4		4.344	16.608	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.480		0	PAE	4		0.408	1.560	
17:1....g									
18:1 undifferentiated....g	4.620		0	PAE	4		3.927	15.015	
20:1....g	0.010		0	PAE	4		0.009	0.033	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.480		0	PAE	4		0.408	1.560	
18:2 undifferentiated....g	0.340		0	PAE	4		0.289	1.105	
18:3 undifferentiated....g	0.100		0	PAE	4		0.085	0.325	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.040		0	PAE	4		0.034	0.130	
20:5 n-3 (EPA)....g	0.003		18	AR	1		0.003	0.010	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.016		18	AR	1		0.014	0.052	
22:6 n-3 (DHA)....g	0.001		18	AR	1		0.001	0.003	
Fatty acids, total trans....g									
Cholesterol....mg	82		0	PAE	4		70	267	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.305		0	PAE	4		0.259	0.991	
Threonine....g	1.191		0	PAE	4		1.012	3.871	
Isoleucine....g	1.226		0	PAE	4		1.042	3.985	
Leucine....g	2.155		0	PAE	4		1.832	7.004	
Lysine....g	2.269		0	PAE	4		1.929	7.374	
Methionine....g	0.698		0	PAE	4		0.593	2.269	
Cystine....g	0.305		0	PAE	4		0.259	0.991	
Phenylalanine....g	1.065		0	PAE	4		0.905	3.461	
Tyrosine....g	0.916		0	PAE	4		0.779	2.977	
Valine....g	1.326		0	PAE	4		1.127	4.310	
Arginine....g	1.723		0	PAE	4		1.465	5.600	
Histidine....g	0.934		0	PAE	4		0.794	3.036	
Alanine....g	1.645		0	PAE	4		1.398	5.346	
Aspartic acid....g	2.491		0	PAE	4		2.117	8.096	
Glutamic acid....g	4.097		0	PAE	4		3.482	13.315	
Glycine....g	1.488		0	PAE	4		1.265	4.836	
Proline....g	1.204		0	PAE	4		1.023	3.913	
Serine....g	1.043		0	PAE	4		0.887	3.390	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13886

Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 325g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13888

Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted

URMIS # 1525

Refuse: 4% Connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	62.31		0	PAE	4		52.96	203.75	
Energy kcal	210		0	NC	4		179	687	
Energy kJ	879		0		4		747	2873	
Protein (N x 6.25) g	27.63		0	PAE	4		23.49	90.35	
Total lipid (fat) g	10.24		0	PAE	4		8.70	33.48	
Ash g	1.14		0	PAE	4		0.97	3.73	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	6		0	PAE	4		5	20	
Iron, Fe mg	2.83		0	PAE	4		2.41	9.25	
Magnesium, Mg mg	26		0	PAE	4		22	85	
Phosphorus, P mg	232		0	PAE	4		197	759	
Potassium, K mg	370		0	PAE	4		315	1210	
Sodium, Na mg	64		0	PAE	4		54	209	
Zinc, Zn mg	6.73		0	PAE	4		5.72	22.01	
Copper, Cu mg	0.120		0	PAE	4		0.102	0.392	
Manganese, Mn mg	0.016		0	PAE	4		0.014	0.052	
Selenium, Se µg	26.9		0	BFZN	4		22.9	88.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.090		0	PAE	4		0.077	0.294	
Riboflavin mg	0.260		0	PAE	4		0.221	0.850	
Niacin mg	3.610		0	PAE	4		3.069	11.805	
Pantothenic acid mg	0.450		0	PAE	4		0.383	1.472	
Vitamin B-6 mg	0.380		0	PAE	4		0.323	1.243	
Folate, total µg	8		0	PAE	4		7	26	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	8		0	PAE	4		7	26	
Folate, DFE µg	8		0	NC	4		7	26	
Choline, total mg	105.2		0	BFPN	4		89.4	344.1	
Betaine mg									
Vitamin B-12 µg	2.81		0	PAE	4		2.39	9.19	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	BFSN	4		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	PAE	4		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.14		0	BFSN	4		0.12	0.47	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	AS	1		0.1	0.5	
Vitamin D IU	7		0	BFFN	4		6	22	
Vitamin K (phylloquinone) µg	1.4		0	BFSN	4		1.2	4.7	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13888

Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.810		0	PAE	4		3.239	12.459	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.020		0	PAE	4		0.017	0.065	
12:0....g	0.020		0	PAE	4		0.017	0.065	
13:0....g									
14:0....g	0.290		0	PAE	4		0.247	0.948	
15:0....g									
16:0....g	2.330		0	PAE	4		1.981	7.619	
17:0....g									
18:0....g	1.160		0	PAE	4		0.986	3.793	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.220		0	PAE	4		3.587	13.799	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.390		0	PAE	4		0.332	1.275	
17:1....g									
18:1 undifferentiated....g	3.820		0	PAE	4		3.247	12.491	
20:1....g	0.010		0	PAE	4		0.009	0.033	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.400		0	PAE	4		0.340	1.308	
18:2 undifferentiated....g	0.290		0	PAE	4		0.247	0.948	
18:3 undifferentiated....g	0.080		0	PAE	4		0.068	0.262	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.030		0	PAE	4		0.026	0.098	
20:5 n-3 (EPA)....g	0.003		18	AR	1		0.003	0.010	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.016		18	AR	1		0.014	0.052	
22:6 n-3 (DHA)....g	0.001		18	AR	1		0.001	0.003	
Fatty acids, total trans....g									
Cholesterol....mg	82		0	PAE	4		70	268	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.309		0	PAE	4		0.263	1.010	
Threonine....g	1.207		0	PAE	4		1.026	3.947	
Isoleucine....g	1.242		0	PAE	4		1.056	4.061	
Leucine....g	2.184		0	PAE	4		1.856	7.142	
Lysine....g	2.299		0	PAE	4		1.954	7.518	
Methionine....g	0.707		0	PAE	4		0.601	2.312	
Cystine....g	0.309		0	PAE	4		0.263	1.010	
Phenylalanine....g	1.079		0	PAE	4		0.917	3.528	
Tyrosine....g	0.928		0	PAE	4		0.789	3.035	
Valine....g	1.344		0	PAE	4		1.142	4.395	
Arginine....g	1.746		0	PAE	4		1.484	5.709	
Histidine....g	0.946		0	PAE	4		0.804	3.093	
Alanine....g	1.667		0	PAE	4		1.417	5.451	
Aspartic acid....g	2.524		0	PAE	4		2.145	8.253	
Glutamic acid....g	4.151		0	PAE	4		3.528	13.574	
Glycine....g	1.507		0	PAE	4		1.281	4.928	
Proline....g	1.220		0	PAE	4		1.037	3.989	
Serine....g	1.057		0	PAE	4		0.898	3.456	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13888

Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 327g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13424

Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted

Refuse: 8% Bone and connective tissue, 4.0%, separable fat, 4.0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	66.75	0.467	20	A	1		56.74	213.61	
Energy kcal	174		0	NC	4		148	555	
Energy kJ	726		0	NC	4		617	2323	
Protein (N x 6.25) g	27.53	0.331	20	A	1		23.40	88.08	
Total lipid (fat) g	6.20	0.361	20	A	1		5.27	19.83	
Ash g	0.81	0.025	20	A	1		0.69	2.61	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	6		0	BFNN	4		5	18	
Iron, Fe mg	2.30		0	BFNN	4		1.96	7.37	
Magnesium, Mg mg	18		0	BFNN	4		16	59	
Phosphorus, P mg	174		0	BFNN	4		148	557	
Potassium, K mg	226		0	BFNN	4		192	723	
Sodium, Na mg	36		0	BFNN	4		31	115	
Zinc, Zn mg	4.73		0	BFNN	4		4.02	15.15	
Copper, Cu mg	0.068		0	BFNN	4		0.058	0.219	
Manganese, Mn mg	0.010		0	BFNN	4		0.008	0.031	
Selenium, Se µg	31.1		0	BFNN	4		26.5	99.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.062		0	BFPN	4		0.053	0.199	
Riboflavin mg	0.155		0	BFPN	4		0.132	0.497	
Niacin mg	4.945		0	BFPN	4		4.203	15.823	
Pantothenic acid mg	0.542		0	BFPN	4		0.460	1.733	
Vitamin B-6 mg	0.369		0	BFPN	4		0.314	1.181	
Folate, total µg	9		0	BFPN	4		8	29	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	9		0	BFPN	4		8	29	
Folate, DFE µg	9		0	NC	4		8	29	
Choline, total mg	104.8		0	BFPN	4		89.1	335.5	
Betaine mg	13.8		0	BFPN	4		11.7	44.1	
Vitamin B-12 µg	1.52		0	BFPN	4		1.29	4.85	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.35		0	BFSN	4		0.30	1.13	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.3	
Vitamin D IU	4		0	BFFN	4		3	13	
Vitamin K (phylloquinone) µg	1.3		0	BFSN	4		1.1	4.0	
Dihydrophylloquinone µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4 µg									

NDB No. 13424

Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.209		0	NC	4		1.878	7.069	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.000		0	BFFN	4		0.000	0.000	
13:0....g									
14:0....g	0.158		0	BFFN	4		0.134	0.505	
15:0....g									
16:0....g	1.350		0	BFFN	4		1.148	4.320	
17:0....g									
18:0....g	0.701		0	BFFN	4		0.596	2.244	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.537		0	NC	4		2.156	8.117	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.216		0	BFFN	4		0.184	0.692	
17:1....g									
18:1 undifferentiated....g	2.320		0	BFFN	4		1.972	7.425	
20:1....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.247		0	NC	4		0.210	0.790	
18:2 undifferentiated....g	0.181		0	BFFN	4		0.154	0.580	
18:3 undifferentiated....g	0.018		0	BFFN	4		0.015	0.056	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.029		0	BFFN	4		0.025	0.093	
20:5 n-3 (EPA)....g	0.003		18	AR	1		0.003	0.010	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.015		18	AR	1		0.013	0.048	
22:6 n-3 (DHA)....g	0.001		18	AR	1		0.001	0.003	
Fatty acids, total trans....g									
Cholesterol....mg	74		0	BFSN	4		63	236	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.181		0	A	1		0.154	0.579	
Threonine....g	1.100		0	A	1		0.935	3.519	
Isoleucine....g	1.252		0	A	1		1.064	4.007	
Leucine....g	2.190		0	A	1		1.861	7.007	
Lysine....g	2.326		0	A	1		1.977	7.444	
Methionine....g	0.717		0	A	1		0.609	2.294	
Cystine....g	0.355		0	A	1		0.302	1.137	
Phenylalanine....g	1.087		0	A	1		0.924	3.479	
Tyrosine....g	0.877		0	A	1		0.746	2.807	
Valine....g	1.366		0	A	1		1.161	4.370	
Arginine....g	1.780		0	A	1		1.513	5.696	
Histidine....g	0.878		0	A	1		0.747	2.811	
Alanine....g	1.673		0	A	1		1.422	5.355	
Aspartic acid....g	2.507		0	A	1		2.131	8.023	
Glutamic acid....g	4.132		0	A	1		3.512	13.223	
Glycine....g	1.676		0	A	1		1.425	5.363	
Proline....g	1.312		0	A	1		1.115	4.199	
Serine....g	1.084		0	A	1		0.922	3.470	
Hydroxyproline....g	0.289		0	BFPN	4		0.246	0.925	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13424

Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 320g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Calories Factors: Protein 4.27 **Fat** 9.04 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23651

Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, raw

Refuse: 8% Bone and connective tissue 4%, sep fat 4%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	74.48	0.272	20	A	1		63.31	960.10	
Energy kcal	126		0	NC	4		107	1619	
Energy kJ	526		0	NC	4		447	6774	
Protein (N x 6.25) g	21.07	0.224	20	A	1		17.91	271.59	
Total lipid (fat) g	3.95	0.226	20	A	1		3.36	50.92	
Ash g	1.03	0.020	20	A	1		0.88	13.28	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	18		0	BFNN	4		16	235	
Iron, Fe mg	1.77		0	BFNN	4		1.51	22.85	
Magnesium, Mg mg	22		0	BFNN	4		19	287	
Phosphorus, P mg	198		0	BFNN	4		168	2548	
Potassium, K mg	323		0	BFNN	4		274	4161	
Sodium, Na mg	54		0	BFNN	4		46	699	
Zinc, Zn mg	3.89		0	BFNN	4		3.31	50.13	
Copper, Cu mg	0.091		0	BFNN	4		0.078	1.177	
Manganese, Mn mg	0.013		0	BFNN	4		0.011	0.161	
Selenium, Se µg	26.0		0	BFNN	4		22.1	335.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.084		0	BFPN	4		0.071	1.080	
Riboflavin mg	0.135		0	BFPN	4		0.114	1.736	
Niacin mg	6.217		0	BFPN	4		5.284	80.135	
Pantothenic acid mg	0.623		0	BFPN	4		0.530	8.030	
Vitamin B-6 mg	0.612		0	BFPN	4		0.520	7.887	
Folate, total µg	12		0	BFPN	4		11	160	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	12		0	BFPN	4		11	160	
Folate, DFE µg	12		0	NC	4		11	160	
Choline, total mg	88.0		0	BFPN	4		74.8	1134.4	
Betaine mg									
Vitamin B-12 µg	1.47		0	BFPN	4		1.25	18.93	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.27		0	BFSN	4		0.23	3.50	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.1		0	BFSN	4		0.9	14.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23651

Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.376		0	NC	4		1.170	17.739	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.000		0	BFFN	4		0.000	0.000	
13:0....g									
14:0....g	0.095		0	BFFN	4		0.081	1.227	
15:0....g									
16:0....g	0.836		0	BFFN	4		0.711	10.781	
17:0....g									
18:0....g	0.445		0	BFFN	4		0.378	5.731	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.641		0	NC	4		1.395	21.152	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.138		0	BFFN	4		0.117	1.774	
17:1....g									
18:1 undifferentiated....g	1.503		0	BFFN	4		1.278	19.379	
20:1....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.201		0	NC	4		0.171	2.591	
18:2 undifferentiated....g	0.159		0	BFFN	4		0.135	2.047	
18:3 undifferentiated....g	0.011		0	BFFN	4		0.009	0.135	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.032		0	BFFN	4		0.027	0.409	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	57		0	BFSN	4		48	729	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.138		0	A	1		0.118	1.785	
Threonine....g	0.842		0	A	1		0.715	10.849	
Isoleucine....g	0.959		0	A	1		0.815	12.356	
Leucine....g	1.676		0	A	1		1.425	21.604	
Lysine....g	1.781		0	A	1		1.514	22.952	
Methionine....g	0.549		0	A	1		0.466	7.072	
Cystine....g	0.272		0	A	1		0.231	3.505	
Phenylalanine....g	0.832		0	A	1		0.707	10.727	
Tyrosine....g	0.671		0	A	1		0.571	8.654	
Valine....g	1.045		0	A	1		0.888	13.473	
Arginine....g	1.362		0	A	1		1.158	17.561	
Histidine....g	0.672		0	A	1		0.572	8.667	
Alanine....g	1.281		0	A	1		1.089	16.511	
Aspartic acid....g	1.919		0	A	1		1.631	24.738	
Glutamic acid....g	3.163		0	A	1		2.689	40.771	
Glycine....g	1.283		0	A	1		1.090	16.537	
Proline....g	1.004		0	A	1		0.854	12.947	
Serine....g	0.830		0	A	1		0.705	10.698	
Hydroxyproline....g	0.221		0	BFPN	4		0.188	2.853	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 23651

Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 1289g: 1 roast

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13425

Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted

Cube Steak, URMIS # 2340

Refuse: 7% Bone and connective tissue 4%, sep fat 3%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	65.62	0.595	10	A	1		55.78	746.80	
Energy kcal	176		0	NC	4		150	2004	
Energy kJ	737		0	NC	4		626	8383	
Protein (N x 6.25) g	27.68	0.445	10	A	1		23.53	315.02	
Total lipid (fat) g	6.42	0.553	10	A	1		5.45	73.00	
Ash g	1.12	0.028	10	A	1		0.96	12.79	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	6		10	BFNN	4		5	65	
Iron, Fe mg	2.43		0	BFNN	4		2.07	27.70	
Magnesium, Mg mg	19		0	BFNN	4		16	211	
Phosphorus, P mg	174		0	BFNN	4		148	1982	
Potassium, K mg	225		0	BFNN	4		191	2561	
Sodium, Na mg	36		0	BFNN	4		31	411	
Zinc, Zn mg	4.81		0	BFNN	4		4.09	54.79	
Copper, Cu mg	0.065		0	BFNN	4		0.055	0.734	
Manganese, Mn mg	0.009		0	BFNN	4		0.008	0.106	
Selenium, Se µg	31.4		0	BFNN	4		26.7	357.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.058		0	BFPN	4		0.049	0.657	
Riboflavin mg	0.173		0	BFPN	4		0.147	1.968	
Niacin mg	5.319		0	BFPN	4		4.521	60.527	
Pantothenic acid mg	0.544		0	BFPN	4		0.462	6.187	
Vitamin B-6 mg	0.386		0	BFPN	4		0.328	4.396	
Folate, total µg	9		0	BFPN	4		8	105	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	9		0	BFPN	4		8	105	
Folate, DFE µg	9		0	NC	4		8	105	
Choline, total mg	105.4		0	BFPN	4		89.6	1199.8	
Betaine mg									
Vitamin B-12 µg	1.63		0	BFPN	4		1.39	18.60	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.37		0	BFSN	4		0.31	4.17	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.3		0	BFSN	4		1.1	14.8	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13425

Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.288		0	NC	4		1.944	26.032	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.000		0	BFFN	4		0.000	0.000	
13:0....g									
14:0....g	0.163		0	BFFN	4		0.139	1.859	
15:0....g									
16:0....g	1.398		0	BFFN	4		1.188	15.908	
17:0....g									
18:0....g	0.726		0	BFFN	4		0.617	8.264	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.626		0	NC	4		2.232	29.888	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.224		0	BFFN	4		0.190	2.548	
17:1....g									
18:1 undifferentiated....g	2.403		0	BFFN	4		2.042	27.340	
20:1....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.236		0	NC	4		0.201	2.685	
18:2 undifferentiated....g	0.188		0	BFFN	4		0.159	2.135	
18:3 undifferentiated....g	0.018		0	BFFN	4		0.015	0.206	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.030		0	BFFN	4		0.026	0.344	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	76		0	BFSN	4		65	867	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.182		0	A	1		0.155	2.070	
Threonine....g	1.106		0	A	1		0.940	12.584	
Isoleucine....g	1.259		0	A	1		1.070	14.332	
Leucine....g	2.202		0	A	1		1.872	25.059	
Lysine....g	2.339		0	A	1		1.989	26.623	
Methionine....g	0.721		0	A	1		0.613	8.203	
Cystine....g	0.357		0	A	1		0.304	4.065	
Phenylalanine....g	1.093		0	A	1		0.929	12.443	
Tyrosine....g	0.882		0	A	1		0.750	10.038	
Valine....g	1.373		0	A	1		1.167	15.628	
Arginine....g	1.790		0	A	1		1.521	20.370	
Histidine....g	0.883		0	A	1		0.751	10.054	
Alanine....g	1.683		0	A	1		1.430	19.152	
Aspartic acid....g	2.521		0	A	1		2.143	28.694	
Glutamic acid....g	4.156		0	A	1		3.532	47.292	
Glycine....g	1.686		0	A	1		1.433	19.182	
Proline....g	1.320		0	A	1		1.122	15.018	
Serine....g	1.090		0	A	1		0.927	12.409	
Hydroxyproline....g	0.291		0	BFPN	4		0.247	3.310	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13425

Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 1138g: 1 roast (yield from 1405 g raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23652

Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, raw

URMIS # 2340

Refuse: 9% Bone and connective tissue 4%, sep fat 5%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	73.98	0.439	10	A	1		62.88	1029.79	
Energy kcal	130		0	NC	4		110	1805	
Energy kJ	543		0	NC	4		461	7552	
Protein (N x 6.25) g	20.76	0.199	10	A	1		17.65	288.97	
Total lipid (fat) g	4.55	0.295	10	A	1		3.87	63.32	
Ash g	1.02	0.025	10	A	1		0.87	14.24	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	18		0	BFNN	4		15	249	
Iron, Fe mg	1.92		0	BFNN	4		1.63	26.68	
Magnesium, Mg mg	23		0	BFNN	4		19	316	
Phosphorus, P mg	200		0	BFNN	4		170	2788	
Potassium, K mg	318		0	BFNN	4		270	4425	
Sodium, Na mg	52		0	BFNN	4		44	720	
Zinc, Zn mg	3.87		0	BFNN	4		3.29	53.94	
Copper, Cu mg	0.091		0	BFNN	4		0.077	1.267	
Manganese, Mn mg	0.013		0	BFNN	4		0.011	0.178	
Selenium, Se µg	25.8		0	BFNN	4		22.0	359.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.087		0	BFPN	4		0.074	1.205	
Riboflavin mg	0.149		0	BFPN	4		0.127	2.080	
Niacin mg	6.314		0	BFPN	4		5.367	87.889	
Pantothenic acid mg	0.618		0	BFPN	4		0.525	8.603	
Vitamin B-6 mg	0.610		0	BFPN	4		0.518	8.487	
Folate, total µg	12		0	BFPN	4		10	171	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	12		0	BFPN	4		10	171	
Folate, DFE µg	12		0	NC	4		10	171	
Choline, total mg	86.7		0	BFPN	4		73.7	1207.0	
Betaine mg									
Vitamin B-12 µg	1.73		0	BFPN	4		1.47	24.08	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.28		0	BFSN	4		0.24	3.86	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.1		0	BFSN	4		0.9	15.4	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23652

Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.556		0	NC	4		1.323	21.661	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.000		0	BFFN	4		0.000	0.000	
13:0....g									
14:0....g	0.108		0	BFFN	4		0.092	1.499	
15:0....g									
16:0....g	0.946		0	BFFN	4		0.804	13.164	
17:0....g									
18:0....g	0.503		0	BFFN	4		0.427	6.998	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.855		0	NC	4		1.577	25.827	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.156		0	BFFN	4		0.132	2.166	
17:1....g									
18:1 undifferentiated....g	1.700		0	BFFN	4		1.445	23.661	
20:1....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.227		0	NC	4		0.193	3.164	
18:2 undifferentiated....g	0.180		0	BFFN	4		0.153	2.499	
18:3 undifferentiated....g	0.012		0	BFFN	4		0.010	0.166	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.036		0	BFFN	4		0.031	0.500	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	58		0	BFSN	4		49	803	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.136		0	A	1		0.116	1.899	
Threonine....g	0.829		0	A	1		0.705	11.543	
Isoleucine....g	0.944		0	A	1		0.803	13.147	
Leucine....g	1.651		0	A	1		1.404	22.986	
Lysine....g	1.754		0	A	1		1.491	24.421	
Methionine....g	0.541		0	A	1		0.459	7.525	
Cystine....g	0.268		0	A	1		0.228	3.729	
Phenylalanine....g	0.820		0	A	1		0.697	11.414	
Tyrosine....g	0.661		0	A	1		0.562	9.208	
Valine....g	1.030		0	A	1		0.875	14.336	
Arginine....g	1.342		0	A	1		1.141	18.685	
Histidine....g	0.662		0	A	1		0.563	9.222	
Alanine....g	1.262		0	A	1		1.073	17.567	
Aspartic acid....g	1.891		0	A	1		1.607	26.321	
Glutamic acid....g	3.116		0	A	1		2.649	43.380	
Glycine....g	1.264		0	A	1		1.074	17.595	
Proline....g	0.990		0	A	1		0.841	13.776	
Serine....g	0.818		0	A	1		0.695	11.383	
Hydroxyproline....g	0.218		0	BFPN	4		0.185	3.036	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 23652

Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 1392g: 1 roast

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13426

Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted

Cube Steak, URMIS # 1525

Refuse: 9% Bone and connective tissue 4%, sep fat 5%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	67.88	0.532	10	A	1		57.70	774.51	
Energy kcal	149		0	NC	4		127	1699	
Energy kJ	623		0	NC	4		530	7109	
Protein (N x 6.25) g	27.37	0.510	10	A	1		23.26	312.27	
Total lipid (fat) g	4.38	0.118	10	A	1		3.73	50.01	
Ash g	1.16	0.042	10	A	1		0.98	13.19	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	6		0	BFNN	4		5	67	
Iron, Fe mg	2.26		0	BFNN	4		1.92	25.83	
Magnesium, Mg mg	18		0	BFNN	4		16	211	
Phosphorus, P mg	177		0	BFNN	4		150	2014	
Potassium, K mg	230		0	BFNN	4		195	2621	
Sodium, Na mg	36		0	BFNN	4		31	415	
Zinc, Zn mg	4.75		0	BFNN	4		4.03	54.15	
Copper, Cu mg	0.077		0	BFNN	4		0.065	0.879	
Manganese, Mn mg	0.010		0	BFNN	4		0.009	0.115	
Selenium, Se µg	34.4		0	BFNN	4		29.3	392.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.066		0	BFPN	4		0.056	0.747	
Riboflavin mg	0.148		0	BFPN	4		0.126	1.690	
Niacin mg	4.707		0	BFPN	4		4.001	53.705	
Pantothenic acid mg	0.679		0	BFPN	4		0.577	7.749	
Vitamin B-6 mg	0.361		0	BFPN	4		0.307	4.118	
Folate, total µg	9		0	BFPN	4		8	105	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	9		0	BFPN	4		8	105	
Folate, DFE µg	9		0	NC	4		8	105	
Choline, total mg	104.2		0	BFPN	4		88.6	1189.3	
Betaine mg									
Vitamin B-12 µg	1.41		0	BFPN	4		1.20	16.05	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.34		0	BFSN	4		0.29	3.90	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.2		0	BFSN	4		1.0	13.9	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13426

Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.563		0	NC	4		1.328	17.832	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.000		0	BFFN	4		0.000	0.000	
13:0....g									
14:0....g	0.112		0	BFFN	4		0.095	1.273	
15:0....g									
16:0....g	0.955		0	BFFN	4		0.812	10.898	
17:0....g									
18:0....g	0.496		0	BFFN	4		0.422	5.661	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.794		0	NC	4		1.525	20.474	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.153		0	BFFN	4		0.130	1.745	
17:1....g									
18:1 undifferentiated....g	1.642		0	BFFN	4		1.395	18.730	
20:1....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.161		0	NC	4		0.137	1.838	
18:2 undifferentiated....g	0.128		0	BFFN	4		0.109	1.462	
18:3 undifferentiated....g	0.012		0	BFFN	4		0.011	0.141	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.021		0	BFFN	4		0.018	0.235	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	71		0	BFSN	4		61	813	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.180		0	A	1		0.153	2.052	
Threonine....g	1.093		0	A	1		0.929	12.474	
Isoleucine....g	1.245		0	A	1		1.058	14.207	
Leucine....g	2.177		0	A	1		1.850	24.840	
Lysine....g	2.313		0	A	1		1.966	26.390	
Methionine....g	0.713		0	A	1		0.606	8.132	
Cystine....g	0.353		0	A	1		0.300	4.030	
Phenylalanine....g	1.081		0	A	1		0.919	12.334	
Tyrosine....g	0.872		0	A	1		0.741	9.950	
Valine....g	1.358		0	A	1		1.154	15.492	
Arginine....g	1.770		0	A	1		1.504	20.192	
Histidine....g	0.873		0	A	1		0.742	9.966	
Alanine....g	1.664		0	A	1		1.414	18.984	
Aspartic acid....g	2.493		0	A	1		2.119	28.443	
Glutamic acid....g	4.109		0	A	1		3.492	46.878	
Glycine....g	1.666		0	A	1		1.416	19.014	
Proline....g	1.305		0	A	1		1.109	14.887	
Serine....g	1.078		0	A	1		0.916	12.301	
Hydroxyproline....g	0.288		0	BFPN	4		0.244	3.281	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13426

Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 1141g: 1 roast (yield from 1388 g raw meat)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23653

Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, raw

URMIS # 1525

Refuse: 7% Bone and connective tissue 3%, sep fat 4%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	74.99	0.252	10	A	1		63.74	890.12	
Energy kcal	122		0	NC	4		103	1443	
Energy kJ	508		0	NC	4		432	6036	
Protein (N x 6.25) g	21.38	0.389	10	A	1		18.17	253.78	
Total lipid (fat) g	3.35	0.221	10	A	1		2.85	39.79	
Ash g	1.04	0.031	10	A	1		0.88	12.32	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	20		0	BFNN	4		17	236	
Iron, Fe mg	1.78		0	BFNN	4		1.51	21.09	
Magnesium, Mg mg	23		0	BFNN	4		19	270	
Phosphorus, P mg	203		0	BFNN	4		172	2404	
Potassium, K mg	337		0	BFNN	4		286	4000	
Sodium, Na mg	58		0	BFNN	4		49	684	
Zinc, Zn mg	4.13		0	BFNN	4		3.51	48.98	
Copper, Cu mg	0.097		0	BFNN	4		0.082	1.147	
Manganese, Mn mg	0.013		0	BFNN	4		0.011	0.153	
Selenium, Se µg	28.8		0	BFNN	4		24.4	341.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.088		0	BFPN	4		0.074	1.039	
Riboflavin mg	0.136		0	BFPN	4		0.115	1.608	
Niacin mg	6.359		0	BFPN	4		5.405	75.486	
Pantothenic acid mg	0.628		0	BFPN	4		0.534	7.453	
Vitamin B-6 mg	0.628		0	BFPN	4		0.534	7.454	
Folate, total µg	12		0	BFPN	4		11	148	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	12		0	BFPN	4		11	148	
Folate, DFE µg	12		0	NC	4		11	148	
Choline, total mg	89.3		0	BFPN	4		75.9	1060.0	
Betaine mg									
Vitamin B-12 µg	1.25		0	BFPN	4		1.06	14.84	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.27		0	BFSN	4		0.23	3.16	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.1		0	BFSN	4		0.9	12.6	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23653

Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.147		0	NC	4		0.975	13.609	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.000		0	BFFN	4		0.000	0.000	
13:0....g									
14:0....g	0.079		0	BFFN	4		0.067	0.941	
15:0....g									
16:0....g	0.697		0	BFFN	4		0.592	8.271	
17:0....g									
18:0....g	0.370		0	BFFN	4		0.315	4.397	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.367		0	NC	4		1.162	16.227	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.115		0	BFFN	4		0.097	1.360	
17:1....g									
18:1 undifferentiated....g	1.253		0	BFFN	4		1.065	14.867	
20:1....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.168		0	NC	4		0.142	1.988	
18:2 undifferentiated....g	0.132		0	BFFN	4		0.112	1.570	
18:3 undifferentiated....g	0.009		0	BFFN	4		0.007	0.104	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.026		0	BFFN	4		0.022	0.313	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	55		0	BFSN	4		47	658	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.141		0	A	1		0.119	1.668	
Threonine....g	0.854		0	A	1		0.726	10.138	
Isoleucine....g	0.973		0	A	1		0.827	11.546	
Leucine....g	1.701		0	A	1		1.446	20.188	
Lysine....g	1.807		0	A	1		1.536	21.448	
Methionine....g	0.557		0	A	1		0.473	6.609	
Cystine....g	0.276		0	A	1		0.235	3.275	
Phenylalanine....g	0.844		0	A	1		0.718	10.024	
Tyrosine....g	0.681		0	A	1		0.579	8.087	
Valine....g	1.061		0	A	1		0.902	12.590	
Arginine....g	1.382		0	A	1		1.175	16.410	
Histidine....g	0.682		0	A	1		0.580	8.099	
Alanine....g	1.300		0	A	1		1.105	15.429	
Aspartic acid....g	1.947		0	A	1		1.655	23.116	
Glutamic acid....g	3.210		0	A	1		2.728	38.099	
Glycine....g	1.302		0	A	1		1.107	15.453	
Proline....g	1.019		0	A	1		0.866	12.098	
Serine....g	0.842		0	A	1		0.716	9.997	
Hydroxyproline....g	0.288		0	BFPN	4		0.244	3.413	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 23653

Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 1187g: 1 roast

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13883

Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Refuse: 4% Connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	66.10		0	PAE	4		18.74	299.83	
Energy kcal	189		0	NC	4		54	857	
Energy kJ	791		0		4		224	3587	
Protein (N x 6.25) g	19.60		0	PAE	4		5.56	88.91	
Total lipid (fat) g	11.67		0	PAE	4		3.31	52.94	
Ash g	0.95		0	PAE	4		0.27	4.31	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	5		0	PAE	4		1	23	
Iron, Fe mg	2.00		0	PAE	4		0.57	9.07	
Magnesium, Mg mg	22		0	PAE	4		6	100	
Phosphorus, P mg	193		0	PAE	4		55	875	
Potassium, K mg	329		0	PAE	4		93	1492	
Sodium, Na mg	58		0	PAE	4		16	263	
Zinc, Zn mg	4.41		0	PAE	4		1.25	20.00	
Copper, Cu mg	0.076		0	PAE	4		0.022	0.345	
Manganese, Mn mg	0.013		0	PAE	4		0.004	0.059	
Selenium, Se µg	19.6		0	BFYN	4		5.6	88.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.110		0	PAE	4		0.031	0.499	
Riboflavin mg	0.180		0	PAE	4		0.051	0.816	
Niacin mg	3.160		0	PAE	4		0.896	14.334	
Pantothenic acid mg	0.330		0	PAE	4		0.094	1.497	
Vitamin B-6 mg	0.410		0	PAE	4		0.116	1.860	
Folate, total µg	7		0	PAE	4		2	32	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	7		0	PAE	4		2	32	
Folate, DFE µg	7		0	NC	4		2	32	
Choline, total mg	81.9		0	BFPN	4		23.2	371.3	
Betaine mg	12.0		0	BFPN	4		3.4	54.6	
Vitamin B-12 µg	3.01		0	PAE	4		0.85	13.65	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg									
Retinol µg									
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0	PAE	4		0	0	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13883

Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.600		0	PAE	4		1.304	20.866	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.040		0	PAE	4		0.011	0.181	
12:0....g	0.020		0	PAE	4		0.006	0.091	
13:0....g									
14:0....g	0.360		0	PAE	4		0.102	1.633	
15:0....g									
16:0....g	2.780		0	PAE	4		0.788	12.610	
17:0....g									
18:0....g	1.400		0	PAE	4		0.397	6.350	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.000		0	PAE	4		1.418	22.680	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.570		0	PAE	4		0.162	2.586	
17:1....g									
18:1 undifferentiated....g	4.410		0	PAE	4		1.250	20.004	
20:1....g	0.010		0	PAE	4		0.003	0.045	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.460		0	PAE	4		0.130	2.087	
18:2 undifferentiated....g	0.310		0	PAE	4		0.088	1.406	
18:3 undifferentiated....g	0.130		0	PAE	4		0.037	0.590	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.020		0	PAE	4		0.006	0.091	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	65		0	PAE	4		18	295	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.220		0	PAE	4		0.062	0.998	
Threonine....g	0.856		0	PAE	4		0.243	3.883	
Isoleucine....g	0.881		0	PAE	4		0.250	3.996	
Leucine....g	1.549		0	PAE	4		0.439	7.026	
Lysine....g	1.631		0	PAE	4		0.462	7.398	
Methionine....g	0.502		0	PAE	4		0.142	2.277	
Cystine....g	0.220		0	PAE	4		0.062	0.998	
Phenylalanine....g	0.765		0	PAE	4		0.217	3.470	
Tyrosine....g	0.659		0	PAE	4		0.187	2.989	
Valine....g	0.953		0	PAE	4		0.270	4.323	
Arginine....g	1.239		0	PAE	4		0.351	5.620	
Histidine....g	0.671		0	PAE	4		0.190	3.044	
Alanine....g	1.182		0	PAE	4		0.335	5.362	
Aspartic acid....g	1.790		0	PAE	4		0.507	8.119	
Glutamic acid....g	2.944		0	PAE	4		0.835	13.354	
Glycine....g	1.069		0	PAE	4		0.303	4.849	
Proline....g	0.865		0	PAE	4		0.245	3.924	
Serine....g	0.749		0	PAE	4		0.212	3.397	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13883

Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13885

Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw

URMIS # 2340

Refuse: 4% Connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	65.43		0	PAE	4		18.55	296.79	
Energy kcal	199		0	NC	4		56	903	
Energy kJ	833		0		4		236	3777	
Protein (N x 6.25) g	19.48		0	PAE	4		5.52	88.36	
Total lipid (fat) g	12.83		0	PAE	4		3.64	58.20	
Ash g	0.94		0	PAE	4		0.27	4.26	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	5		0	PAE	4		1	23	
Iron, Fe mg	1.99		0	PAE	4		0.56	9.03	
Magnesium, Mg mg	21		0	PAE	4		6	95	
Phosphorus, P mg	192		0	PAE	4		54	871	
Potassium, K mg	326		0	PAE	4		92	1479	
Sodium, Na mg	58		0	PAE	4		16	263	
Zinc, Zn mg	4.37		0	PAE	4		1.24	19.82	
Copper, Cu mg	0.076		0	PAE	4		0.022	0.345	
Manganese, Mn mg	0.013		0	PAE	4		0.004	0.059	
Selenium, Se µg	19.6		0	BFYN	4		5.6	88.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.110		0	PAE	4		0.031	0.499	
Riboflavin mg	0.180		0	PAE	4		0.051	0.816	
Niacin mg	3.140		0	PAE	4		0.890	14.243	
Pantothenic acid mg	0.330		0	PAE	4		0.094	1.497	
Vitamin B-6 mg	0.410		0	PAE	4		0.116	1.860	
Folate, total µg	7		0	PAE	4		2	32	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	7		0	PAE	4		2	32	
Folate, DFE µg	7		0	NC	4		2	32	
Choline, total mg	81.4		0	BFPN	4		23.1	369.1	
Betaine mg	12.0		0	BFPN	4		3.4	54.3	
Vitamin B-12 µg	3.00		0	PAE	4		0.85	13.61	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg									
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	PAE	4		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13885

Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	5.040		0	PAE	4		1.429	22.861	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.040		0	PAE	4		0.011	0.181	
12:0....g	0.030		0	PAE	4		0.009	0.136	
13:0....g									
14:0....g	0.390		0	PAE	4		0.111	1.769	
15:0....g									
16:0....g	3.050		0	PAE	4		0.865	13.835	
17:0....g									
18:0....g	1.540		0	PAE	4		0.437	6.985	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.490		0	PAE	4		1.556	24.903	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.620		0	PAE	4		0.176	2.812	
17:1....g									
18:1 undifferentiated....g	4.850		0	PAE	4		1.375	22.000	
20:1....g	0.010		0	PAE	4		0.003	0.045	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.510		0	PAE	4		0.145	2.313	
18:2 undifferentiated....g	0.340		0	PAE	4		0.096	1.542	
18:3 undifferentiated....g	0.140		0	PAE	4		0.040	0.635	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.030		0	PAE	4		0.009	0.136	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	65		0	PAE	4		18	295	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.218		0	PAE	4		0.062	0.989	
Threonine....g	0.851		0	PAE	4		0.241	3.860	
Isoleucine....g	0.876		0	PAE	4		0.248	3.974	
Leucine....g	1.539		0	PAE	4		0.436	6.981	
Lysine....g	1.620		0	PAE	4		0.459	7.348	
Methionine....g	0.499		0	PAE	4		0.141	2.263	
Cystine....g	0.218		0	PAE	4		0.062	0.989	
Phenylalanine....g	0.760		0	PAE	4		0.215	3.447	
Tyrosine....g	0.654		0	PAE	4		0.185	2.967	
Valine....g	0.947		0	PAE	4		0.268	4.296	
Arginine....g	1.231		0	PAE	4		0.349	5.584	
Histidine....g	0.667		0	PAE	4		0.189	3.026	
Alanine....g	1.175		0	PAE	4		0.333	5.330	
Aspartic acid....g	1.779		0	PAE	4		0.504	8.070	
Glutamic acid....g	2.926		0	PAE	4		0.830	13.272	
Glycine....g	1.063		0	PAE	4		0.301	4.822	
Proline....g	0.860		0	PAE	4		0.244	3.901	
Serine....g	0.745		0	PAE	4		0.211	3.379	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13885

Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13887

Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw

URMIS # 1525

Refuse: 3% Connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	66.86		0	PAE	4		18.95	303.28	
Energy kcal	178		0	NC	4		50	807	
Energy kJ	745		0		4		211	3378	
Protein (N x 6.25) g	19.74		0	PAE	4		5.60	89.54	
Total lipid (fat) g	10.39		0	PAE	4		2.95	47.13	
Ash g	0.96		0	PAE	4		0.27	4.35	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	5		0	PAE	4		1	23	
Iron, Fe mg	2.02		0	PAE	4		0.57	9.16	
Magnesium, Mg mg	22		0	PAE	4		6	100	
Phosphorus, P mg	195		0	PAE	4		55	885	
Potassium, K mg	332		0	PAE	4		94	1506	
Sodium, Na mg	58		0	PAE	4		16	263	
Zinc, Zn mg	4.45		0	PAE	4		1.26	20.19	
Copper, Cu mg	0.077		0	PAE	4		0.022	0.349	
Manganese, Mn mg	0.013		0	PAE	4		0.004	0.059	
Selenium, Se µg	19.6		0	BFYN	4		5.6	88.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.110		0	PAE	4		0.031	0.499	
Riboflavin mg	0.180		0	PAE	4		0.051	0.816	
Niacin mg	3.180		0	PAE	4		0.902	14.424	
Pantothenic acid mg	0.330		0	PAE	4		0.094	1.497	
Vitamin B-6 mg	0.410		0	PAE	4		0.116	1.860	
Folate, total µg	7		0	PAE	4		2	32	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	7		0	PAE	4		2	32	
Folate, DFE µg	7		0	NC	4		2	32	
Choline, total mg	82.5		0	BFPN	4		23.4	374.0	
Betaine mg	12.1		0	BFPN	4		3.4	55.0	
Vitamin B-12 µg	3.03		0	PAE	4		0.86	13.74	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg									
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	PAE	4		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13887

Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.100		0	PAE	4		1.162	18.598	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.030		0	PAE	4		0.009	0.136	
12:0....g	0.020		0	PAE	4		0.006	0.091	
13:0....g									
14:0....g	0.320		0	PAE	4		0.091	1.452	
15:0....g									
16:0....g	2.480		0	PAE	4		0.703	11.249	
17:0....g									
18:0....g	1.250		0	PAE	4		0.354	5.670	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.450		0	PAE	4		1.262	20.185	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.510		0	PAE	4		0.145	2.313	
17:1....g									
18:1 undifferentiated....g	3.930		0	PAE	4		1.114	17.826	
20:1....g	0.010		0	PAE	4		0.003	0.045	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.410		0	PAE	4		0.116	1.860	
18:2 undifferentiated....g	0.270		0	PAE	4		0.077	1.225	
18:3 undifferentiated....g	0.120		0	PAE	4		0.034	0.544	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.020		0	PAE	4		0.006	0.091	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	64		0	PAE	4		18	290	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.221		0	PAE	4		0.063	1.002	
Threonine....g	0.862		0	PAE	4		0.244	3.910	
Isoleucine....g	0.888		0	PAE	4		0.252	4.028	
Leucine....g	1.560		0	PAE	4		0.442	7.076	
Lysine....g	1.643		0	PAE	4		0.466	7.453	
Methionine....g	0.505		0	PAE	4		0.143	2.291	
Cystine....g	0.221		0	PAE	4		0.063	1.002	
Phenylalanine....g	0.771		0	PAE	4		0.219	3.497	
Tyrosine....g	0.663		0	PAE	4		0.188	3.007	
Valine....g	0.960		0	PAE	4		0.272	4.355	
Arginine....g	1.248		0	PAE	4		0.354	5.661	
Histidine....g	0.676		0	PAE	4		0.192	3.066	
Alanine....g	1.191		0	PAE	4		0.338	5.402	
Aspartic acid....g	1.804		0	PAE	4		0.511	8.183	
Glutamic acid....g	2.966		0	PAE	4		0.841	13.454	
Glycine....g	1.077		0	PAE	4		0.305	4.885	
Proline....g	0.872		0	PAE	4		0.247	3.955	
Serine....g	0.755		0	PAE	4		0.214	3.425	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13887

Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23348

Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted

Top Round Roast

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	64.56		0	O	4		54.88		
Energy kcal	160		0	NC	4		136		
Energy kJ	669		0	NC	4		569		
Protein (N x 6.25) g	29.90		0	O	4		25.42		
Total lipid (fat) g	4.49		0	O	4		3.82		
Ash g	1.24		0	O	4		1.05		
Carbohydrate, by difference g	0.00		0	NC	4		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	16		0	BFYN	4		14		
Iron, Fe mg	2.88		0	BFYN	4		2.45		
Magnesium, Mg mg	15		0	BFYN	4		13		
Phosphorus, P mg	270		0	BFYN	4		230		
Potassium, K mg	384		0	BFYN	4		326		
Sodium, Na mg	67		0	BFYN	4		57		
Zinc, Zn mg	4.54		0	BFYN	4		3.86		
Copper, Cu mg	0.059		0	BFYN	4		0.050		
Manganese, Mn mg	0.005		0	BFYN	4		0.004		
Selenium, Se µg	27.2		0	BFYN	4		23.1		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.078		0	BFYN	4		0.067		
Riboflavin mg	0.289		0	BFYN	4		0.246		
Niacin mg	7.929		0	BFYN	4		6.739		
Pantothenic acid mg	0.440		0	BFYN	4		0.374		
Vitamin B-6 mg	0.779		0	BFYN	4		0.662		
Folate, total µg	5		0	BFYN	4		4		
Folic acid µg	0		0	BFYN	4		0		
Folate, food µg	5		0	BFYN	4		4		
Folate, DFE µg	5		0	NC	4		4		
Choline, total mg	79.7		0	BFYN	4		67.7		
Betaine mg	13.6		0	BFYN	4		11.6		
Vitamin B-12 µg	2.02		0	BFYN	4		1.72		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	4		0	BFYN	4		3		
Retinol µg	4		0	BFYN	4		3		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	14		0	BFYN	4		12		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.28		0	BFYN	4		0.24		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	AS	1		0.0		
Vitamin D IU	1		0	BFFN	4		1		
Vitamin K (phylloquinone) µg	1.9		0	BFYN	4		1.6		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23348

Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.671		0	BFYN	4		1.420		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g	0.005		0	BFYN	4		0.005		
12:0....g	0.003		0	BFYN	4		0.003		
13:0....g									
14:0....g	0.101		0	BFYN	4		0.086		
15:0....g	0.016		0	BFYN	4		0.014		
16:0....g	0.951		0	BFYN	4		0.809		
17:0....g	0.047		0	BFYN	4		0.040		
18:0....g	0.542		0	BFYN	4		0.460		
20:0....g	0.002		0	BFYN	4		0.002		
22:0....g									
24:0....g	0.002		0	BFYN	4		0.002		
Fatty acids, total monounsaturated....g	1.918		0	BFYN	4		1.630		
14:1....g	0.026		0	BFYN	4		0.022		
15:1....g									
16:1 undifferentiated....g	0.137		0	BFYN	4		0.116		
16:1 c....g	0.127		0	BFYN	4		0.108		
16:1 t....g	0.010		0	BFYN	4		0.009		
17:1....g	0.035		0	BFYN	4		0.030		
18:1 undifferentiated....g	1.712		0	BFYN	4		1.455		
18:1 c....g	1.527		0	BFYN	4		1.298		
18:1 t....g	0.185		0	BFYN	4		0.157		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.008		0	BFYN	4		0.007		
22:1 undifferentiated....g	0.000		0	Z	7		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.301		0	BFYN	4		0.256		
18:2 undifferentiated....g	0.218		0	BFYN	4		0.185		
18:2 n-6 c,c....g	0.184		0	BFYN	4		0.156		
18:2 CLAs....g	0.015		0	BFYN	4		0.013		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.019		0	BFYN	4		0.016		
18:3 undifferentiated....g	0.006		0	BFYN	4		0.005		
18:3 n-3 c,c,c (ALA)....g	0.006		0	BFYN	4		0.005		
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g	0.002		0	BFYN	4		0.001		
20:3 undifferentiated....g	0.017		0	BFYN	4		0.014		
20:3 n-3....g									
20:3 n-6....g	0.017		0	BFYN	4		0.014		
20:4 undifferentiated....g	0.044		0	BFYN	4		0.037		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002		0	BFYN	4		0.002		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.011		0	BFYN	4		0.010		
22:6 n-3 (DHA)....g	0.001		0	BFYN	4		0.001		
Fatty acids, total trans....g	0.214		0	BFYN	4		0.182		
Fatty acids, total trans-monoenoic....g	0.195		0	BFYN	4		0.166		
Fatty acids, total trans-polyenoic....g	0.019		0	BFYN	4		0.016		
Cholesterol....mg	77		0	BFYN	4		65		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.346		0	BFPN	4		0.294		
Threonine....g	1.455		0	BFPN	4		1.237		
Isoleucine....g	1.438		0	BFPN	4		1.223		
Leucine....g	2.662		0	BFPN	4		2.262		

NDB No. 23348

Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.958		0	BFPN	4		2.514		
Methionine g	0.836		0	BFPN	4		0.710		
Cystine g	0.315		0	BFPN	4		0.267		
Phenylalanine g	1.238		0	BFPN	4		1.053		
Tyrosine g	1.151		0	BFPN	4		0.978		
Valine g	1.543		0	BFPN	4		1.312		
Arginine g	2.103		0	BFPN	4		1.787		
Histidine g	1.157		0	BFPN	4		0.984		
Alanine g	1.914		0	BFPN	4		1.627		
Aspartic acid g	3.009		0	BFPN	4		2.557		
Glutamic acid g	5.049		0	BFPN	4		4.292		
Glycine g	1.519		0	BFPN	4		1.291		
Proline g	1.385		0	BFPN	4		1.178		
Serine g	1.271		0	BFPN	4		1.081		
Hydroxyproline g	0.139		3	BFPN	4		0.118		
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23327

Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw

Top Round Roast

Refuse: 1% Connective tissue 1%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	72.51	0.564	36	AR	1		61.64	549.66	
Energy kcal	125		0	NC	4		107	950	
Energy kJ	524		0	NC	4		445	3972	
Protein (N x 6.25) g	23.45	0.393	36	AR	1		19.93	177.76	
Total lipid (fat) g	3.50	0.570	36	AR	1		2.98	26.53	
Ash g	1.11	0.036	36	AR	1		0.95	8.45	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	13		3	AR	1		11	100	
Iron, Fe mg	2.33		3	AR	1		1.98	17.67	
Magnesium, Mg mg	12		3	AR	1		10	92	
Phosphorus, P mg	219		3	AR	1		186	1660	
Potassium, K mg	311		3	AR	1		264	2357	
Sodium, Na mg	54		3	AR	1		46	409	
Zinc, Zn mg	3.67		3	AR	1		3.12	27.86	
Copper, Cu mg	0.048		3	AR	1		0.040	0.361	
Manganese, Mn mg	0.004		3	AR	1		0.003	0.028	
Selenium, Se µg	22.1		3	AR	1		18.7	167.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.063		0	BFPN	4		0.054	0.481	
Riboflavin mg	0.234	0.006	6	AR	1		0.199	1.775	
Niacin mg	6.422	0.283	6	AR	1		5.459	48.680	
Pantothenic acid mg	0.356		0	BFPN	4		0.303	2.702	
Vitamin B-6 mg	0.631	0.006	6	AR	1		0.537	4.785	
Folate, total µg	4		0	BFPN	4		3	28	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	4		0	BFPN	4		3	28	
Folate, DFE µg	4		0	NC	4		3	28	
Choline, total mg	64.5		0	BFPN	4		54.8	489.1	
Betaine mg	11.0		0	BFPN	4		9.4	83.6	
Vitamin B-12 µg	1.64	0.077	6	AR	1		1.39	12.43	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	3		0	NC	4		3	25	
Retinol µg	3		0	BFSN	4		3	25	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	11		0	NC	4		9	84	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.23	0.005	6	AR	1		0.19	1.74	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	AS	1		0.0	0.2	
Vitamin D IU	1		0	BFFN	4		1	8	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	11.5	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23327

Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated g	1.353		0	NC	4		1.150	10.259	
4:0 g	0.000		0	Z	7		0.000	0.000	
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.004	0.001	6	AR	1		0.004	0.033	
12:0 g	0.003	0.000	6	AR	1		0.002	0.021	
13:0 g									
14:0 g	0.082	0.005	6	AR	1		0.069	0.619	
15:0 g	0.013	0.001	6	AR	1		0.011	0.100	
16:0 g	0.771	0.057	6	AR	1		0.655	5.841	
17:0 g	0.038	0.003	6	AR	1		0.032	0.289	
18:0 g	0.439	0.027	6	AR	1		0.373	3.326	
20:0 g	0.002	0.000	6	AR	1		0.002	0.014	
22:0 g									
24:0 g	0.002	0.000	6	AR	1		0.002	0.015	
Fatty acids, total monounsaturated g	1.554		0	NC	4		1.321	11.777	
14:1 g	0.021	0.001	6	AR	1		0.018	0.160	
15:1 g									
16:1 undifferentiated g	0.111		0	AS	1		0.094	0.841	
16:1 c g	0.103	0.007	6	AR	1		0.087	0.778	
16:1 t g	0.008	0.001	6	AR	1		0.007	0.063	
17:1 g	0.028	0.002	6	AR	1		0.024	0.215	
18:1 undifferentiated g	1.387		0	AS	1		1.179	10.511	
18:1 c g	1.237	0.085	6	AR	1		1.052	9.378	
18:1 t g	0.150	0.011	6	AR	1		0.127	1.133	
18:1-11 t (18:1t n-7) g									
20:1 g	0.007	0.001	6	AR	1		0.006	0.049	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.244		0	NC	4		0.207	1.850	
18:2 undifferentiated g	0.176		0	AS	1		0.150	1.336	
18:2 n-6 c,c g	0.149	0.010	6	AR	1		0.127	1.129	
18:2 CLAs g	0.012	0.001	6	AR	1		0.010	0.091	
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.015	0.002	6	AR	1		0.013	0.116	
18:3 undifferentiated g	0.005		0	AS	1		0.004	0.039	
18:3 n-3 c,c,c (ALA) g	0.005	0.001	6	AR	1		0.004	0.039	
18:3 n-6 c,c,c g									
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.001	0.000	6	AR	1		0.001	0.010	
20:3 undifferentiated g	0.014		0	AS	1		0.012	0.104	
20:3 n-3 g									
20:3 n-6 g	0.014	0.000	6	AR	1		0.012	0.104	
20:4 undifferentiated g	0.035	0.005	6	AR	1		0.030	0.268	
20:4 n-6 g									
20:5 n-3 (EPA) g	0.002	0.000	6	AR	1		0.002	0.015	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.009	0.000	6	AR	1		0.008	0.070	
22:6 n-3 (DHA) g	0.001	0.000	6	AR	1		0.001	0.008	
Fatty acids, total trans g	0.173		0	NC	4		0.147	1.312	
Fatty acids, total trans-monoenoic g	0.158		0	NC	4		0.134	1.196	
Fatty acids, total trans-polyenoic g	0.015		0	NC	4		0.013	0.116	
Cholesterol mg	62	1.774	6	AR	1		53	472	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.262		0	AR	1		0.223	1.989	
Threonine g	1.105		0	AR	1		0.939	8.378	
Isoleucine g	1.092		0	AR	1		0.929	8.280	
Leucine g	2.021		0	AR	1		1.718	15.321	

NDB No. 23327

Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.246		0	AR	1		1.909	17.027	
Methionine g	0.635		0	AR	1		0.539	4.810	
Cystine g	0.239		0	AR	1		0.203	1.811	
Phenylalanine g	0.941		0	AR	1		0.799	7.129	
Tyrosine g	0.874		0	AR	1		0.743	6.624	
Valine g	1.172		0	AR	1		0.996	8.885	
Arginine g	1.597		0	AR	1		1.357	12.105	
Histidine g	0.879		0	AR	1		0.747	6.663	
Alanine g	1.454		0	AR	1		1.236	11.021	
Aspartic acid g	2.285		0	AR	1		1.942	17.320	
Glutamic acid g	3.834		0	AR	1		3.259	29.064	
Glycine g	1.154		0	AR	1		0.981	8.746	
Proline g	1.052		0	AR	1		0.894	7.975	
Serine g	0.966		0	AR	1		0.821	7.319	
Hydroxyproline g	0.160		0	AR	1		0.136	1.215	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 758g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23349

Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted

Top Round Roast, URMIS # 2366

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	63.99		0	O	4		54.39		
Energy kcal	163		0	NC	4		139		
Energy kJ	684		0	NC	4		581		
Protein (N x 6.25) g	30.08		0	O	4		25.57		
Total lipid (fat) g	4.79		0	O	4		4.07		
Ash g	1.21		0	O	4		1.03		
Carbohydrate, by difference g	0.00		0	NC	4		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	16		0	BFYN	4		14		
Iron, Fe mg	2.90		0	BFYN	4		2.46		
Magnesium, Mg mg	15		0	BFYN	4		13		
Phosphorus, P mg	271		0	BFYN	4		230		
Potassium, K mg	378		0	BFYN	4		322		
Sodium, Na mg	69		0	BFYN	4		59		
Zinc, Zn mg	4.63		0	BFYN	4		3.93		
Copper, Cu mg	0.059		0	BFYN	4		0.050		
Manganese, Mn mg	0.005		0	BFYN	4		0.004		
Selenium, Se µg	26.9		0	BFYN	4		22.8		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.078		0	BFYN	4		0.067		
Riboflavin mg	0.278		0	BFYN	4		0.236		
Niacin mg	8.178		0	BFYN	4		6.951		
Pantothenic acid mg	0.430		0	BFYN	4		0.366		
Vitamin B-6 mg	0.787		0	BFYN	4		0.669		
Folate, total µg	5		0	BFYN	4		4		
Folic acid µg	0		0	BFYN	4		0		
Folate, food µg	5		0	BFYN	4		4		
Folate, DFE µg	5		0	NC	4		4		
Choline, total mg	80.3		0	BFYN	4		68.3		
Betaine mg	13.9		0	BFYN	4		11.8		
Vitamin B-12 µg	2.04		0	BFYN	4		1.73		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	4		0	BFYN	4		3		
Retinol µg	4		0	BFYN	4		3		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	13		0	BFYN	4		11		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.30		0	BFYN	4		0.25		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	AS	1		0.0		
Vitamin D IU	1		0	BFFN	4		1		
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23349

Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.837		0	BFYN	4		1.562		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g	0.005		0	BFYN	4		0.004		
12:0....g	0.004		0	BFYN	4		0.003		
13:0....g									
14:0....g	0.114		0	BFYN	4		0.097		
15:0....g	0.018		0	BFYN	4		0.015		
16:0....g	1.055		0	BFYN	4		0.897		
17:0....g	0.051		0	BFYN	4		0.043		
18:0....g	0.586		0	BFYN	4		0.498		
20:0....g	0.003		0	BFYN	4		0.002		
22:0....g									
24:0....g	0.002		0	BFYN	4		0.002		
Fatty acids, total monounsaturated....g	2.158		0	BFYN	4		1.834		
14:1....g	0.030		0	BFYN	4		0.026		
15:1....g									
16:1 undifferentiated....g	0.158		0	BFYN	4		0.135		
16:1 c....g	0.147		0	BFYN	4		0.125		
16:1 t....g	0.011		0	BFYN	4		0.010		
17:1....g	0.040		0	BFYN	4		0.034		
18:1 undifferentiated....g	1.919		0	BFYN	4		1.631		
18:1 c....g	1.731		0	BFYN	4		1.471		
18:1 t....g	0.189		0	BFYN	4		0.160		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.010		0	BFYN	4		0.009		
22:1 undifferentiated....g	0.000		0	Z	7		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.312		0	BFYN	4		0.265		
18:2 undifferentiated....g	0.227		0	BFYN	4		0.193		
18:2 n-6 c,c....g	0.187		0	BFYN	4		0.159		
18:2 CLAs....g	0.018		0	BFYN	4		0.015		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.022		0	BFYN	4		0.019		
18:3 undifferentiated....g	0.008		0	BFYN	4		0.007		
18:3 n-3 c,c,c (ALA)....g	0.008		0	BFYN	4		0.007		
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g	0.002		0	BFYN	4		0.001		
20:3 undifferentiated....g	0.018		0	BFYN	4		0.015		
20:3 n-3....g									
20:3 n-6....g	0.018		0	BFYN	4		0.015		
20:4 undifferentiated....g	0.043		0	BFYN	4		0.037		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002		0	BFYN	4		0.002		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.012		0	BFYN	4		0.010		
22:6 n-3 (DHA)....g	0.001		0	BFYN	4		0.001		
Fatty acids, total trans....g	0.222		0	BFYN	4		0.189		
Fatty acids, total trans-monoenoic....g	0.200		0	BFYN	4		0.170		
Fatty acids, total trans-polyenoic....g	0.022		0	BFYN	4		0.019		
Cholesterol....mg	76		0	BFYN	4		65		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.346		0	O	4		0.294		
Threonine....g	1.445		0	O	4		1.228		
Isoleucine....g	1.432		0	O	4		1.217		
Leucine....g	2.632		0	O	4		2.237		

NDB No. 23349

Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.914		0	O	4		2.477		
Methionine g	0.830		0	O	4		0.706		
Cystine g	0.310		0	O	4		0.264		
Phenylalanine g	1.229		0	O	4		1.045		
Tyrosine g	1.140		0	O	4		0.969		
Valine g	1.539		0	O	4		1.308		
Arginine g	2.080		0	O	4		1.768		
Histidine g	1.134		0	O	4		0.964		
Alanine g	1.905		0	O	4		1.619		
Aspartic acid g	2.977		0	O	4		2.530		
Glutamic acid g	5.013		0	O	4		4.261		
Glycine g	1.520		0	O	4		1.292		
Proline g	1.374		0	O	4		1.168		
Serine g	1.259		0	O	4		1.070		
Hydroxyproline g	0.211		0	O	4		0.179		
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23328

Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw

Top Round Roast, URMIS # 2366

Refuse: 1% Connective tissue 1%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	72.24	0.573	24	AR	1		61.40	556.21	
Energy kcal	128		0	NC	4		109	986	
Energy kJ	536		0	NC	4		456	4127	
Protein (N x 6.25) g	23.46	0.399	24	AR	1		19.94	180.62	
Total lipid (fat) g	3.81	0.580	24	AR	1		3.23	29.30	
Ash g	1.12	0.036	24	AR	1		0.95	8.59	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	13		2	AR	1		11	101	
Iron, Fe mg	2.35		2	AR	1		1.99	18.06	
Magnesium, Mg mg	12		2	AR	1		10	94	
Phosphorus, P mg	219		2	AR	1		186	1688	
Potassium, K mg	306		2	AR	1		260	2360	
Sodium, Na mg	56		2	AR	1		47	430	
Zinc, Zn mg	3.75		2	AR	1		3.19	28.87	
Copper, Cu mg	0.048		2	AR	1		0.041	0.368	
Manganese, Mn mg	0.004		2	AR	1		0.003	0.031	
Selenium, Se µg	21.8		2	AR	1		18.5	167.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.064		0	BFPN	4		0.054	0.489	
Riboflavin mg	0.225	0.007	4	AR	1		0.191	1.732	
Niacin mg	6.624	0.352	4	AR	1		5.630	51.003	
Pantothenic acid mg	0.349		0	BFPN	4		0.296	2.685	
Vitamin B-6 mg	0.638	0.007	4	AR	1		0.542	4.910	
Folate, total µg	4		0	BFPN	4		3	29	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	4		0	BFPN	4		3	29	
Folate, DFE µg	4		0	NC	4		3	29	
Choline, total mg	65.0		0	BFPN	4		55.3	500.8	
Betaine mg	11.2		0	BFPN	4		9.5	86.5	
Vitamin B-12 µg	1.65	0.095	4	AR	1		1.40	12.72	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	3		0	NC	4		3	25	
Retinol µg	3		0	BFSN	4		3	25	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	11		0	NC	4		9	83	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.24	0.006	4	AR	1		0.20	1.86	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	AS	1		0.0	0.2	
Vitamin D IU	1		0	BFFN	4		1	9	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	11.6	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23328

Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.488		0	NC	4		1.265	11.460	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.004	0.001	4	AR	1		0.003	0.032	
12:0....g	0.003	0.001	4	AR	1		0.003	0.024	
13:0....g									
14:0....g	0.092	0.007	4	AR	1		0.078	0.708	
15:0....g	0.015	0.001	4	AR	1		0.012	0.113	
16:0....g	0.855	0.071	4	AR	1		0.726	6.580	
17:0....g	0.041	0.003	4	AR	1		0.035	0.317	
18:0....g	0.475	0.034	4	AR	1		0.403	3.654	
20:0....g	0.002	0.000	4	AR	1		0.002	0.016	
22:0....g									
24:0....g	0.002	0.001	4	AR	1		0.002	0.015	
Fatty acids, total monounsaturated....g	1.748		0	NC	4		1.486	13.460	
14:1....g	0.025	0.002	4	AR	1		0.021	0.189	
15:1....g									
16:1 undifferentiated....g	0.128		0	AS	1		0.109	0.988	
16:1 c....g	0.119	0.009	4	AR	1		0.101	0.916	
16:1 t....g	0.009	0.001	4	AR	1		0.008	0.072	
17:1....g	0.032	0.002	4	AR	1		0.028	0.249	
18:1 undifferentiated....g	1.555		0	AS	1		1.321	11.970	
18:1 c....g	1.402	0.105	4	AR	1		1.192	10.794	
18:1 t....g	0.153	0.014	4	AR	1		0.130	1.176	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.008	0.001	4	AR	1		0.007	0.064	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.253		0	NC	4		0.215	1.947	
18:2 undifferentiated....g	0.184		0	AS	1		0.157	1.418	
18:2 n-6 c,c....g	0.152	0.012	4	AR	1		0.129	1.169	
18:2 CLAs....g	0.014	0.002	4	AR	1		0.012	0.109	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.018	0.003	4	AR	1		0.015	0.140	
18:3 undifferentiated....g	0.006		0	AS	1		0.005	0.048	
18:3 n-3 c,c,c (ALA)....g	0.006	0.001	4	AR	1		0.005	0.048	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.001	0.000	4	AR	1		0.001	0.010	
20:3 undifferentiated....g	0.014		0	AS	1		0.012	0.109	
20:3 n-3....g									
20:3 n-6....g	0.014	0.000	4	AR	1		0.012	0.109	
20:4 undifferentiated....g	0.035	0.006	4	AR	1		0.030	0.268	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002	0.000	4	AR	1		0.002	0.015	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.010	0.001	4	AR	1		0.008	0.074	
22:6 n-3 (DHA)....g	0.001	0.000	4	AR	1		0.001	0.005	
Fatty acids, total trans....g	0.180		0	NC	4		0.153	1.388	
Fatty acids, total trans-monoenoic....g	0.162		0	NC	4		0.138	1.247	
Fatty acids, total trans-polyenoic....g	0.018		0	NC	4		0.015	0.140	
Cholesterol....mg	62	2.203	4	AR	1		52	474	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.263		0	AR	1		0.224	2.027	
Threonine....g	1.100		0	AR	1		0.935	8.468	
Isoleucine....g	1.090		0	AR	1		0.926	8.391	
Leucine....g	2.003		0	AR	1		1.703	15.427	

NDB No. 23328

Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.218		0	AR	1		1.885	17.080	
Methionine g	0.632		0	AR	1		0.537	4.867	
Cystine g	0.236		0	AR	1		0.201	1.819	
Phenylalanine g	0.936		0	AR	1		0.795	7.206	
Tyrosine g	0.868		0	AR	1		0.737	6.680	
Valine g	1.172		0	AR	1		0.996	9.022	
Arginine g	1.584		0	AR	1		1.346	12.193	
Histidine g	0.863		0	AR	1		0.734	6.647	
Alanine g	1.450		0	AR	1		1.232	11.165	
Aspartic acid g	2.266		0	AR	1		1.926	17.445	
Glutamic acid g	3.816		0	AR	1		3.243	29.382	
Glycine g	1.157		0	AR	1		0.983	8.906	
Proline g	1.046		0	AR	1		0.889	8.051	
Serine g	0.958		0	AR	1		0.815	7.379	
Hydroxyproline g	0.160		0	AR	1		0.136	1.234	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 770g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23350

Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted

Top Round Roast, URMIS # 1551

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	65.14		0	O	4		55.37		
Energy kcal	157		0	NC	4		134		
Energy kJ	658		0	NC	4		559		
Protein (N x 6.25) g	30.97		0	O	4		26.32		
Total lipid (fat) g	3.72		0	O	4		3.16		
Ash g	1.27		0	O	4		1.08		
Carbohydrate, by difference g	0.00		0	NC	4		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	17		0	BFYN	4		14		
Iron, Fe mg	2.88		0	BFYN	4		2.45		
Magnesium, Mg mg	15		0	BFYN	4		12		
Phosphorus, P mg	269		0	BFYN	4		229		
Potassium, K mg	387		0	BFYN	4		329		
Sodium, Na mg	67		0	BFYN	4		57		
Zinc, Zn mg	4.34		0	BFYN	4		3.69		
Copper, Cu mg	0.058		0	BFYN	4		0.050		
Manganese, Mn mg	0.003		0	BFYN	4		0.003		
Selenium, Se µg	27.8		0	BFYN	4		23.7		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.078		0	BFYN	4		0.067		
Riboflavin mg	0.306		0	BFYN	4		0.260		
Niacin mg	7.555		0	BFYN	4		6.422		
Pantothenic acid mg	0.455		0	BFYN	4		0.386		
Vitamin B-6 mg	0.768		0	BFYN	4		0.653		
Folate, total µg	5		0	BFYN	4		4		
Folic acid µg	0		0	BFYN	4		0		
Folate, food µg	5		0	BFYN	4		4		
Folate, DFE µg	5		0	NC	4		4		
Choline, total mg	78.7		0	BFYN	4		66.9		
Betaine mg	13.3		0	BFYN	4		11.3		
Vitamin B-12 µg	2.00		0	BFYN	4		1.70		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	4		0	BFYN	4		4		
Retinol µg	4		0	BFYN	4		4		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	14		0	BFYN	4		12		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.26		0	BFYN	4		0.22		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	AS	1		0.0		
Vitamin D IU	1		0	BFFN	4		1		
Vitamin K (phylloquinone) µg	1.9		0	BFYN	4		1.6		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23350

Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.421		0	BFYN	4		1.208		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g	0.005		0	BFYN	4		0.005		
12:0....g	0.003		0	BFYN	4		0.003		
13:0....g									
14:0....g	0.082		0	BFYN	4		0.070		
15:0....g	0.014		0	BFYN	4		0.012		
16:0....g	0.796		0	BFYN	4		0.676		
17:0....g	0.041		0	BFYN	4		0.035		
18:0....g	0.475		0	BFYN	4		0.404		
20:0....g	0.002		0	BFYN	4		0.001		
22:0....g									
24:0....g	0.002		0	BFYN	4		0.002		
Fatty acids, total monounsaturated....g	1.558		0	BFYN	4		1.325		
14:1....g	0.020		0	BFYN	4		0.017		
15:1....g									
16:1 undifferentiated....g	0.105		0	BFYN	4		0.089		
16:1 c....g	0.096		0	BFYN	4		0.082		
16:1 t....g	0.009		0	BFYN	4		0.007		
17:1....g	0.028		0	BFYN	4		0.023		
18:1 undifferentiated....g	1.401		0	BFYN	4		1.191		
18:1 c....g	1.222		0	BFYN	4		1.039		
18:1 t....g	0.179		0	BFYN	4		0.152		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.005		0	BFYN	4		0.004		
22:1 undifferentiated....g	0.000		0	Z	7		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.285		0	BFYN	4		0.242		
18:2 undifferentiated....g	0.203		0	BFYN	4		0.172		
18:2 n-6 c,c....g	0.178		0	BFYN	4		0.152		
18:2 CLAs....g	0.011		0	BFYN	4		0.009		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.014		0	BFYN	4		0.012		
18:3 undifferentiated....g	0.005		0	BFYN	4		0.004		
18:3 n-3 c,c,c (ALA)....g	0.005		0	BFYN	4		0.004		
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g	0.001		0	BFYN	4		0.001		
20:3 undifferentiated....g	0.016		0	BFYN	4		0.014		
20:3 n-3....g									
20:3 n-6....g	0.016		0	BFYN	4		0.014		
20:4 undifferentiated....g	0.045		0	BFYN	4		0.038		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002		0	BFYN	4		0.002		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.011		0	BFYN	4		0.009		
22:6 n-3 (DHA)....g	0.002		0	BFYN	4		0.002		
Fatty acids, total trans....g	0.201		0	BFYN	4		0.171		
Fatty acids, total trans-monoenoic....g	0.187		0	BFYN	4		0.159		
Fatty acids, total trans-polyenoic....g	0.014		0	BFYN	4		0.012		
Cholesterol....mg	78		0	BFYN	4		66		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.347		0	O	4		0.295		
Threonine....g	1.487		0	O	4		1.264		
Isoleucine....g	1.469		0	O	4		1.249		
Leucine....g	2.744		0	O	4		2.332		

NDB No. 23350

Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	3.063		0	O	4		2.603		
Methionine g	0.856		0	O	4		0.727		
Cystine g	0.325		0	O	4		0.276		
Phenylalanine g	1.264		0	O	4		1.074		
Tyrosine g	1.187		0	O	4		1.009		
Valine g	1.570		0	O	4		1.335		
Arginine g	2.166		0	O	4		1.841		
Histidine g	1.212		0	O	4		1.030		
Alanine g	1.949		0	O	4		1.657		
Aspartic acid g	3.097		0	O	4		2.632		
Glutamic acid g	5.172		0	O	4		4.396		
Glycine g	1.533		0	O	4		1.303		
Proline g	1.429		0	O	4		1.215		
Serine g	1.312		0	O	4		1.116		
Hydroxyproline g	0.212		0	O	4		0.180		
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23329

Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw

Top Round Roast, URMIS # 1551

Refuse: 1% Connective tissue 1%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	72.93	0.593	12	AR	1		61.99	539.71	
Energy kcal	121		0	NC	4		103	897	
Energy kJ	507		0	NC	4		431	3752	
Protein (N x 6.25) g	23.44	0.411	12	AR	1		19.93	173.47	
Total lipid (fat) g	3.04	0.602	12	AR	1		2.59	22.51	
Ash g	1.11	0.038	12	AR	1		0.95	8.23	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	13		1	AR	1		11	100	
Iron, Fe mg	2.34		1	AR	1		1.99	17.29	
Magnesium, Mg mg	12		1	AR	1		10	87	
Phosphorus, P mg	218		1	AR	1		186	1615	
Potassium, K mg	313		1	AR	1		266	2318	
Sodium, Na mg	54		1	AR	1		46	402	
Zinc, Zn mg	3.52		1	AR	1		2.99	26.02	
Copper, Cu mg	0.047		1	AR	1		0.040	0.349	
Manganese, Mn mg	0.003		1	AR	1		0.002	0.021	
Selenium, Se µg	22.6		1	AR	1		19.2	166.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.063		0	BFPN	4		0.054	0.470	
Riboflavin mg	0.248		2	AR	1		0.211	1.835	
Niacin mg	6.120		2	AR	1		5.202	45.284	
Pantothenic acid mg	0.368		0	BFPN	4		0.313	2.725	
Vitamin B-6 mg	0.622		2	AR	1		0.529	4.603	
Folate, total µg	4		0	BFPN	4		3	28	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	4		0	BFPN	4		3	28	
Folate, DFE µg	4		0	NC	4		3	28	
Choline, total mg	63.8		0	BFPN	4		54.2	471.8	
Betaine mg	10.7		0	BFPN	4		9.1	79.5	
Vitamin B-12 µg	1.62		2	AR	1		1.38	11.99	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	3		0	NC	4		3	26	
Retinol µg	3		0	BFSN	4		3	26	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	12		0	NC	4		10	85	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.21		2	AR	1		0.18	1.57	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	AS	1		0.0	0.2	
Vitamin D IU	1		0	BFFN	4		1	7	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	11.2	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23329

Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.151		0	NC	4		0.978	8.517	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.004		2	AR	1		0.004	0.033	
12:0....g	0.003		2	AR	1		0.002	0.019	
13:0....g									
14:0....g	0.067		2	AR	1		0.057	0.493	
15:0....g	0.011		2	AR	1		0.009	0.082	
16:0....g	0.645		2	AR	1		0.548	4.769	
17:0....g	0.033		2	AR	1		0.028	0.246	
18:0....g	0.385		2	AR	1		0.327	2.850	
20:0....g	0.001		2	AR	1		0.001	0.010	
22:0....g									
24:0....g	0.002		2	AR	1		0.002	0.015	
Fatty acids, total monounsaturated....g	1.262		0	NC	4		1.073	9.341	
14:1....g	0.016		2	AR	1		0.014	0.118	
15:1....g									
16:1 undifferentiated....g	0.085		0	AS	1		0.072	0.630	
16:1 c....g	0.078		2	AR	1		0.066	0.578	
16:1 t....g	0.007		2	AR	1		0.006	0.052	
17:1....g	0.022		2	AR	1		0.019	0.165	
18:1 undifferentiated....g	1.135		0	AS	1		0.965	8.398	
18:1 c....g	0.990		2	AR	1		0.842	7.327	
18:1 t....g	0.145		2	AR	1		0.123	1.072	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.004		2	AR	1		0.003	0.030	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.231		0	NC	4		0.196	1.709	
18:2 undifferentiated....g	0.164		0	AS	1		0.140	1.215	
18:2 n-6 c,c....g	0.145		2	AR	1		0.123	1.069	
18:2 CLAs....g	0.009		2	AR	1		0.007	0.064	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.011		2	AR	1		0.009	0.081	
18:3 undifferentiated....g	0.004		0	AS	1		0.003	0.030	
18:3 n-3 c,c,c (ALA)....g	0.004		2	AR	1		0.003	0.030	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.001		2	AR	1		0.001	0.009	
20:3 undifferentiated....g	0.013		0	AS	1		0.011	0.096	
20:3 n-3....g									
20:3 n-6....g	0.013		2	AR	1		0.011	0.096	
20:4 undifferentiated....g	0.036		2	AR	1		0.031	0.269	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002		2	AR	1		0.002	0.015	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.009		2	AR	1		0.007	0.064	
22:6 n-3 (DHA)....g	0.002		2	AR	1		0.001	0.011	
Fatty acids, total trans....g	0.163		0	NC	4		0.138	1.205	
Fatty acids, total trans-monoenoic....g	0.152		0	NC	4		0.129	1.123	
Fatty acids, total trans-polyenoic....g	0.011		0	NC	4		0.009	0.081	
Cholesterol....mg	63		2	AR	1		54	467	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.263		0	AR	1		0.223	1.945	
Threonine....g	1.126		0	AR	1		0.957	8.332	
Isoleucine....g	1.112		0	AR	1		0.945	8.230	
Leucine....g	2.077		0	AR	1		1.765	15.368	

NDB No. 23329

Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.318		0	AR	1		1.970	17.155	
Methionine g	0.648		0	AR	1		0.551	4.793	
Cystine g	0.246		0	AR	1		0.209	1.820	
Phenylalanine g	0.957		0	AR	1		0.813	7.080	
Tyrosine g	0.899		0	AR	1		0.764	6.650	
Valine g	1.189		0	AR	1		1.010	8.796	
Arginine g	1.640		0	AR	1		1.394	12.134	
Histidine g	0.917		0	AR	1		0.780	6.786	
Alanine g	1.475		0	AR	1		1.254	10.917	
Aspartic acid g	2.344		0	AR	1		1.993	17.347	
Glutamic acid g	3.915		0	AR	1		3.327	28.969	
Glycine g	1.161		0	AR	1		0.986	8.588	
Proline g	1.082		0	AR	1		0.919	8.004	
Serine g	0.993		0	AR	1		0.844	7.351	
Hydroxyproline g	0.160		0	AR	1		0.136	1.185	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 740g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23378

Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted

Top Round Roast

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	64.96		0	O	4		55.22		
Energy kcal	162		0	NC	4		138		
Energy kJ	680		0	NC	4		578		
Protein (N x 6.25) g	30.09		0	O	4		25.58		
Total lipid (fat) g	3.77		0	O	4		3.20		
Ash g	1.29		0	O	4		1.10		
Carbohydrate, by difference g	0.00		0	NC	4		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	16		0	BFYN	4		14		
Iron, Fe mg	2.89		0	BFYN	4		2.45		
Magnesium, Mg mg	15		0	BFYN	4		13		
Phosphorus, P mg	272		0	BFYN	4		231		
Potassium, K mg	387		0	BFYN	4		329		
Sodium, Na mg	67		0	BFYN	4		57		
Zinc, Zn mg	4.57		0	BFYN	4		3.89		
Copper, Cu mg	0.059		0	BFYN	4		0.050		
Manganese, Mn mg	0.005		0	BFYN	4		0.004		
Selenium, Se µg	27.4		0	BFYN	4		23.3		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.079		0	BFYN	4		0.067		
Riboflavin mg	0.291		0	BFYN	4		0.248		
Niacin mg	7.978		0	BFYN	4		6.781		
Pantothenic acid mg	0.442		0	BFYN	4		0.376		
Vitamin B-6 mg	0.784		0	BFYN	4		0.666		
Folate, total µg	5		0	BFYN	4		4		
Folic acid µg	0		0	BFYN	4		0		
Folate, food µg	5		0	BFYN	4		4		
Folate, DFE µg	5		0	NC	4		4		
Choline, total mg	80.1		0	BFYN	4		68.0		
Betaine mg	13.7		0	BFYN	4		11.6		
Vitamin B-12 µg	2.03		0	BFYN	4		1.73		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	2		0	BFYN	4		2		
Retinol µg	2		0	BFYN	4		2		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	8		0	BFYN	4		6		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.28		0	BFYN	4		0.24		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	AS	1		0.0		
Vitamin D IU	1		0	BFFN	4		1		
Vitamin K (phylloquinone) µg	1.9		0	BFYN	4		1.6		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23378

Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.383		0	BFYN	4		1.175		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g	0.005		0	BFYN	4		0.004		
12:0....g	0.003		0	BFYN	4		0.003		
13:0....g									
14:0....g	0.080		0	BFYN	4		0.068		
15:0....g	0.013		0	BFYN	4		0.011		
16:0....g	0.794		0	BFYN	4		0.675		
17:0....g	0.039		0	BFYN	4		0.033		
18:0....g	0.445		0	BFYN	4		0.378		
20:0....g	0.002		0	BFYN	4		0.001		
22:0....g									
24:0....g	0.002		0	BFYN	4		0.002		
Fatty acids, total monounsaturated....g	1.594		0	BFYN	4		1.355		
14:1....g	0.020		0	BFYN	4		0.017		
15:1....g									
16:1 undifferentiated....g	0.110		0	BFYN	4		0.094		
16:1 c....g	0.102		0	BFYN	4		0.087		
16:1 t....g	0.008		0	BFYN	4		0.007		
17:1....g	0.029		0	BFYN	4		0.025		
18:1 undifferentiated....g	1.429		0	BFYN	4		1.215		
18:1 c....g	1.282		0	BFYN	4		1.090		
18:1 t....g	0.147		0	BFYN	4		0.125		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.006		0	BFYN	4		0.005		
22:1 undifferentiated....g	0.000		0	Z	7		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.275		0	BFYN	4		0.234		
18:2 undifferentiated....g	0.193		0	BFYN	4		0.164		
18:2 n-6 c,c....g	0.168		0	BFYN	4		0.143		
18:2 CLAs....g	0.011		0	BFYN	4		0.009		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.015		0	BFYN	4		0.012		
18:3 undifferentiated....g	0.005		0	BFYN	4		0.005		
18:3 n-3 c,c,c (ALA)....g	0.005		0	BFYN	4		0.005		
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g	0.001		0	BFYN	4		0.001		
20:3 undifferentiated....g	0.017		0	BFYN	4		0.014		
20:3 n-3....g									
20:3 n-6....g	0.017		0	BFYN	4		0.014		
20:4 undifferentiated....g	0.044		0	BFYN	4		0.037		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002		0	BFYN	4		0.002		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.011		0	BFYN	4		0.010		
22:6 n-3 (DHA)....g	0.001		0	BFYN	4		0.001		
Fatty acids, total trans....g	0.170		0	BFYN	4		0.144		
Fatty acids, total trans-monoenoic....g	0.155		0	BFYN	4		0.132		
Fatty acids, total trans-polyenoic....g	0.015		0	BFYN	4		0.012		
Cholesterol....mg	77		0	BFYN	4		65		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.381		0	O	4		0.324		
Threonine....g	1.595		0	O	4		1.356		
Isoleucine....g	1.583		0	O	4		1.345		
Leucine....g	2.920		0	O	4		2.482		

NDB No. 23378

Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	3.263		0	O	4		2.774		
Methionine....g	0.902		0	O	4		0.766		
Cystine....g	0.341		0	O	4		0.290		
Phenylalanine....g	1.352		0	O	4		1.150		
Tyrosine....g	1.267		0	O	4		1.077		
Valine....g	1.673		0	O	4		1.422		
Arginine....g	2.277		0	O	4		1.935		
Histidine....g	1.260		0	O	4		1.071		
Alanine....g	2.026		0	O	4		1.722		
Aspartic acid....g	3.278		0	O	4		2.787		
Glutamic acid....g	5.535		0	O	4		4.705		
Glycine....g	1.463		0	O	4		1.243		
Proline....g	1.425		0	O	4		1.211		
Serine....g	1.378		0	O	4		1.171		
Hydroxyproline....g	0.157		0	BFPN	4		0.133		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23357

Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw

Top Round Roast

Refuse: 2% Connective tissue 2%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	72.96	0.679	36	AR	1		62.01	553.02	
Energy kcal	121		0	NC	4		103	916	
Energy kJ	505		0	NC	4		429	3828	
Protein (N x 6.25) g	23.59	0.360	36	AR	1		20.05	178.83	
Total lipid (fat) g	2.94	0.474	36	AR	1		2.50	22.25	
Ash g	1.12	0.040	36	AR	1		0.95	8.50	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	13		3	AR	1		11	99	
Iron, Fe mg	2.34		3	AR	1		1.99	17.73	
Magnesium, Mg mg	12		3	AR	1		10	92	
Phosphorus, P mg	220		3	AR	1		187	1671	
Potassium, K mg	313		3	AR	1		266	2375	
Sodium, Na mg	54		3	AR	1		46	410	
Zinc, Zn mg	3.70		3	AR	1		3.15	28.08	
Copper, Cu mg	0.048		3	AR	1		0.041	0.362	
Manganese, Mn mg	0.004		3	AR	1		0.003	0.029	
Selenium, Se µg	22.2		3	AR	1		18.9	168.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.064		2	AR	1		0.054	0.485	
Riboflavin mg	0.236	0.006	6	AR	1		0.201	1.789	
Niacin mg	6.462	0.286	6	AR	1		5.493	48.981	
Pantothenic acid mg	0.358		2	AR	1		0.304	2.714	
Vitamin B-6 mg	0.635	0.005	6	AR	1		0.540	4.813	
Folate, total µg	4		0	BFPN	4		3	29	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	4		0	BFPN	4		3	29	
Folate, DFE µg	4		0	NC	4		3	29	
Choline, total mg	64.8		2	AR	1		55.1	491.5	
Betaine mg	11.1		2	AR	1		9.4	84.1	
Vitamin B-12 µg	1.64	0.077	6	AR	1		1.40	12.46	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		2	14	
Retinol µg	2		0	BFSN	4		2	14	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	6		0	NC	4		5	47	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.23	0.005	6	AR	1		0.20	1.75	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	AS	1		0.0	0.2	
Vitamin D IU	1		0	BFFN	4		1	10	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	11.5	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23357

Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.120		0	NC	4		0.952	8.490	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.004	0.001	6	AR	1		0.003	0.030	
12:0....g	0.002	0.001	6	AR	1		0.002	0.018	
13:0....g									
14:0....g	0.065	0.005	6	AR	1		0.055	0.491	
15:0....g	0.010	0.001	6	AR	1		0.009	0.078	
16:0....g	0.643	0.065	6	AR	1		0.547	4.875	
17:0....g	0.032	0.002	6	AR	1		0.027	0.240	
18:0....g	0.361	0.025	6	AR	1		0.306	2.733	
20:0....g	0.001	0.000	6	AR	1		0.001	0.010	
22:0....g									
24:0....g	0.002	0.000	6	AR	1		0.002	0.014	
Fatty acids, total monounsaturated....g	1.292		0	NC	4		1.098	9.790	
14:1....g	0.016	0.002	6	AR	1		0.014	0.122	
15:1....g									
16:1 undifferentiated....g	0.089		0	AS	1		0.076	0.678	
16:1 c....g	0.083	0.008	6	AR	1		0.070	0.628	
16:1 t....g	0.007	0.001	6	AR	1		0.006	0.050	
17:1....g	0.023	0.002	6	AR	1		0.020	0.177	
18:1 undifferentiated....g	1.158		0	AS	1		0.984	8.774	
18:1 c....g	1.038	0.089	6	AR	1		0.883	7.871	
18:1 t....g	0.119	0.010	6	AR	1		0.101	0.903	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.005	0.001	6	AR	1		0.004	0.039	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.223		0	NC	4		0.190	1.690	
18:2 undifferentiated....g	0.157		0	AS	1		0.133	1.188	
18:2 n-6 c,c....g	0.136	0.012	6	AR	1		0.116	1.032	
18:2 CLAs....g	0.009	0.001	6	AR	1		0.007	0.065	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.012	0.002	6	AR	1		0.010	0.090	
18:3 undifferentiated....g	0.004		0	AS	1		0.004	0.033	
18:3 n-3 c,c,c (ALA)....g	0.004	0.000	6	AR	1		0.004	0.033	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.001	0.000	6	AR	1		0.001	0.008	
20:3 undifferentiated....g	0.014		0	AS	1		0.011	0.102	
20:3 n-3....g									
20:3 n-6....g	0.014	0.000	6	AR	1		0.011	0.102	
20:4 undifferentiated....g	0.035	0.005	6	AR	1		0.030	0.268	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002	0.000	6	AR	1		0.002	0.015	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.009	0.000	6	AR	1		0.008	0.070	
22:6 n-3 (DHA)....g	0.001	0.000	6	AR	1		0.001	0.008	
Fatty acids, total trans....g	0.138		0	NC	4		0.117	1.043	
Fatty acids, total trans-monoenoic....g	0.126		0	NC	4		0.107	0.953	
Fatty acids, total trans-polyenoic....g	0.012		0	NC	4		0.010	0.090	
Cholesterol....mg	62	1.785	6	AR	1		53	471	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.289		0	AR	1		0.246	2.192	
Threonine....g	1.212		0	AR	1		1.030	9.189	
Isoleucine....g	1.203		0	AR	1		1.022	9.116	
Leucine....g	2.219		0	AR	1		1.886	16.819	

NDB No. 23357

Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.480		0	AR	1		2.108	18.796	
Methionine g	0.685		0	AR	1		0.582	5.193	
Cystine g	0.259		0	AR	1		0.220	1.962	
Phenylalanine g	1.028		0	AR	1		0.873	7.789	
Tyrosine g	0.963		0	AR	1		0.818	7.299	
Valine g	1.271		0	AR	1		1.081	9.636	
Arginine g	1.730		0	AR	1		1.470	13.112	
Histidine g	0.957		0	AR	1		0.814	7.255	
Alanine g	1.540		0	AR	1		1.309	11.669	
Aspartic acid g	2.491		0	AR	1		2.117	18.883	
Glutamic acid g	4.206		0	AR	1		3.575	31.879	
Glycine g	1.111		0	AR	1		0.945	8.424	
Proline g	1.083		0	AR	1		0.920	8.208	
Serine g	1.047		0	AR	1		0.890	7.934	
Hydroxyproline g	0.119		0	AR	1		0.101	0.903	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 758g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23379

Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted

Top Round Roast, URMIS # 2366

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	64.37		0	O	4		54.71		
Energy kcal	158		0	NC	4		134		
Energy kJ	662		0	NC	4		563		
Protein (N x 6.25) g	30.24		0	O	4		25.70		
Total lipid (fat) g	4.11		0	O	4		3.49		
Ash g	1.22		0	O	4		1.04		
Carbohydrate, by difference g	0.06		0	NC	4		0.05		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	16		0	BFYN	4		14		
Iron, Fe mg	2.91		0	BFYN	4		2.47		
Magnesium, Mg mg	15		0	BFYN	4		13		
Phosphorus, P mg	272		0	BFYN	4		232		
Potassium, K mg	381		0	BFYN	4		324		
Sodium, Na mg	69		0	BFYN	4		59		
Zinc, Zn mg	4.67		0	BFYN	4		3.97		
Copper, Cu mg	0.059		0	BFYN	4		0.050		
Manganese, Mn mg	0.005		0	BFYN	4		0.004		
Selenium, Se µg	27.0		0	BFYN	4		23.0		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.079		0	BFYN	4		0.067		
Riboflavin mg	0.280		0	BFYN	4		0.238		
Niacin mg	8.230		0	BFYN	4		6.996		
Pantothenic acid mg	0.432		0	BFYN	4		0.367		
Vitamin B-6 mg	0.792		0	BFYN	4		0.673		
Folate, total µg	5		0	BFYN	4		4		
Folic acid µg	0		0	BFYN	4		0		
Folate, food µg	5		0	BFYN	4		4		
Folate, DFE µg	5		0	NC	4		4		
Choline, total mg	80.7		0	BFYN	4		68.6		
Betaine mg	13.9		0	BFYN	4		11.8		
Vitamin B-12 µg	2.05		0	BFYN	4		1.74		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	2		0	BFYN	4		2		
Retinol µg	2		0	BFYN	4		2		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	7		0	BFYN	4		6		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.30		0	BFYN	4		0.25		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	AS	1		0.0		
Vitamin D IU	2		0	BFFN	4		1		
Vitamin K (phylloquinone) µg	1.9		0	BFYN	4		1.6		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23379

Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.547		0	BFYN	4		1.315		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g	0.005		0	BFYN	4		0.004		
12:0....g	0.003		0	BFYN	4		0.003		
13:0....g									
14:0....g	0.092		0	BFYN	4		0.078		
15:0....g	0.014		0	BFYN	4		0.012		
16:0....g	0.897		0	BFYN	4		0.762		
17:0....g	0.043		0	BFYN	4		0.037		
18:0....g	0.488		0	BFYN	4		0.415		
20:0....g	0.002		0	BFYN	4		0.002		
22:0....g									
24:0....g	0.002		0	BFYN	4		0.002		
Fatty acids, total monounsaturated....g	1.832		0	BFYN	4		1.557		
14:1....g	0.024		0	BFYN	4		0.020		
15:1....g									
16:1 undifferentiated....g	0.131		0	BFYN	4		0.112		
16:1 c....g	0.122		0	BFYN	4		0.104		
16:1 t....g	0.009		0	BFYN	4		0.008		
17:1....g	0.034		0	BFYN	4		0.029		
18:1 undifferentiated....g	1.634		0	BFYN	4		1.389		
18:1 c....g	1.484		0	BFYN	4		1.261		
18:1 t....g	0.150		0	BFYN	4		0.128		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.008		0	BFYN	4		0.007		
22:1 undifferentiated....g	0.000		0	Z	7		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.286		0	BFYN	4		0.243		
18:2 undifferentiated....g	0.203		0	BFYN	4		0.173		
18:2 n-6 c,c....g	0.172		0	BFYN	4		0.146		
18:2 CLAs....g	0.013		0	BFYN	4		0.011		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.018		0	BFYN	4		0.016		
18:3 undifferentiated....g	0.006		0	BFYN	4		0.005		
18:3 n-3 c,c,c (ALA)....g	0.006		0	BFYN	4		0.005		
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g	0.001		0	BFYN	4		0.001		
20:3 undifferentiated....g	0.017		0	BFYN	4		0.015		
20:3 n-3....g									
20:3 n-6....g	0.017		0	BFYN	4		0.015		
20:4 undifferentiated....g	0.043		0	BFYN	4		0.036		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002		0	BFYN	4		0.002		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.012		0	BFYN	4		0.010		
22:6 n-3 (DHA)....g	0.001		0	BFYN	4		0.001		
Fatty acids, total trans....g	0.178		0	BFYN	4		0.151		
Fatty acids, total trans-monoenoic....g	0.160		0	BFYN	4		0.136		
Fatty acids, total trans-polyenoic....g	0.018		0	BFYN	4		0.016		
Cholesterol....mg	76		0	BFYN	4		65		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.364		0	O	4		0.309		
Threonine....g	1.512		0	O	4		1.285		
Isoleucine....g	1.505		0	O	4		1.279		
Leucine....g	2.757		0	O	4		2.344		

NDB No. 23379

Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	3.070		0	O	4		2.610		
Methionine g	0.854		0	O	4		0.726		
Cystine g	0.320		0	O	4		0.272		
Phenylalanine g	1.281		0	O	4		1.089		
Tyrosine g	1.199		0	O	4		1.019		
Valine g	1.592		0	O	4		1.353		
Arginine g	2.148		0	O	4		1.826		
Histidine g	1.177		0	O	4		1.001		
Alanine g	1.920		0	O	4		1.632		
Aspartic acid g	3.094		0	O	4		2.630		
Glutamic acid g	5.247		0	O	4		4.460		
Glycine g	1.383		0	O	4		1.176		
Proline g	1.342		0	O	4		1.141		
Serine g	1.301		0	O	4		1.106		
Hydroxyproline g	0.155		0	O	4		0.132		
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23358

Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw

Top Round Roast, URMIS # 2366

Refuse: 2% Connective tissue 2%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	72.66	0.684	24	AR	1		61.76	559.50	
Energy kcal	124		0	NC	4		105	953	
Energy kJ	518		0	NC	4		440	3989	
Protein (N x 6.25) g	23.59	0.366	24	AR	1		20.05	181.67	
Total lipid (fat) g	3.26	0.482	24	AR	1		2.77	25.10	
Ash g	1.12	0.040	24	AR	1		0.95	8.64	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	13		2	AR	1		11	100	
Iron, Fe mg	2.35		2	AR	1		2.00	18.13	
Magnesium, Mg mg	12		2	AR	1		10	95	
Phosphorus, P mg	221		2	AR	1		188	1700	
Potassium, K mg	309		2	AR	1		262	2378	
Sodium, Na mg	56		2	AR	1		48	432	
Zinc, Zn mg	3.78		2	AR	1		3.21	29.11	
Copper, Cu mg	0.048		2	AR	1		0.041	0.370	
Manganese, Mn mg	0.004		2	AR	1		0.003	0.031	
Selenium, Se µg	21.9		2	AR	1		18.6	168.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.064		1	AR	1		0.054	0.493	
Riboflavin mg	0.227	0.008	4	AR	1		0.193	1.745	
Niacin mg	6.667	0.356	4	AR	1		5.667	51.333	
Pantothenic acid mg	0.350		1	AR	1		0.297	2.694	
Vitamin B-6 mg	0.641	0.007	4	AR	1		0.545	4.938	
Folate, total µg	4		0	BFPN	4		3	29	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	4		0	BFPN	4		3	29	
Folate, DFE µg	4		0	NC	4		3	29	
Choline, total mg	65.4		1	AR	1		55.6	503.2	
Betaine mg	11.3		1	AR	1		9.6	86.9	
Vitamin B-12 µg	1.66	0.096	4	AR	1		1.41	12.76	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		1	13	
Retinol µg	2		0	BFSN	4		1	13	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	6		0	NC	4		5	44	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.24	0.006	4	AR	1		0.21	1.87	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	AS	1		0.0	0.3	
Vitamin D IU	1		0	BFFN	4		1	10	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	12.1	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23358

Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.253		0	NC	4		1.065	9.648	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.004	0.001	4	AR	1		0.003	0.029	
12:0....g	0.003	0.001	4	AR	1		0.002	0.020	
13:0....g									
14:0....g	0.075	0.006	4	AR	1		0.063	0.575	
15:0....g	0.012	0.001	4	AR	1		0.010	0.089	
16:0....g	0.726	0.081	4	AR	1		0.617	5.593	
17:0....g	0.035	0.003	4	AR	1		0.030	0.268	
18:0....g	0.396	0.032	4	AR	1		0.336	3.045	
20:0....g	0.002	0.000	4	AR	1		0.001	0.013	
22:0....g									
24:0....g	0.002	0.001	4	AR	1		0.002	0.015	
Fatty acids, total monounsaturated....g	1.484		0	NC	4		1.261	11.424	
14:1....g	0.020	0.002	4	AR	1		0.017	0.150	
15:1....g									
16:1 undifferentiated....g	0.106		0	AS	1		0.090	0.819	
16:1 c....g	0.099	0.010	4	AR	1		0.084	0.761	
16:1 t....g	0.008	0.001	4	AR	1		0.006	0.059	
17:1....g	0.027	0.002	4	AR	1		0.023	0.211	
18:1 undifferentiated....g	1.324		0	AS	1		1.125	10.191	
18:1 c....g	1.202	0.110	4	AR	1		1.021	9.253	
18:1 t....g	0.122	0.012	4	AR	1		0.104	0.938	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.007	0.001	4	AR	1		0.006	0.052	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.232		0	NC	4		0.197	1.784	
18:2 undifferentiated....g	0.165		0	AS	1		0.140	1.267	
18:2 n-6 c,c....g	0.139	0.014	4	AR	1		0.118	1.071	
18:2 CLAs....g	0.011	0.001	4	AR	1		0.009	0.082	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.015	0.002	4	AR	1		0.013	0.114	
18:3 undifferentiated....g	0.005		0	AS	1		0.004	0.040	
18:3 n-3 c,c,c (ALA)....g	0.005	0.001	4	AR	1		0.004	0.040	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.001	0.000	4	AR	1		0.001	0.009	
20:3 undifferentiated....g	0.014		0	AS	1		0.012	0.109	
20:3 n-3....g									
20:3 n-6....g	0.014	0.000	4	AR	1		0.012	0.109	
20:4 undifferentiated....g	0.035	0.006	4	AR	1		0.029	0.266	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002	0.000	4	AR	1		0.002	0.015	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.009	0.001	4	AR	1		0.008	0.072	
22:6 n-3 (DHA)....g	0.001	0.000	4	AR	1		0.001	0.005	
Fatty acids, total trans....g	0.144		0	NC	4		0.123	1.110	
Fatty acids, total trans-monoenoic....g	0.129		0	NC	4		0.110	0.996	
Fatty acids, total trans-polyenoic....g	0.015		0	NC	4		0.013	0.114	
Cholesterol....mg	61	2.217	4	AR	1		52	473	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.279		0	AR	1		0.237	2.148	
Threonine....g	1.159		0	AR	1		0.985	8.921	
Isoleucine....g	1.153		0	AR	1		0.980	8.878	
Leucine....g	2.113		0	AR	1		1.796	16.268	

NDB No. 23358

Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	2.353		0	AR	1		2.000	18.115	
Methionine....g	0.655		0	AR	1		0.556	5.041	
Cystine....g	0.245		0	AR	1		0.209	1.890	
Phenylalanine....g	0.982		0	AR	1		0.835	7.561	
Tyrosine....g	0.919		0	AR	1		0.781	7.074	
Valine....g	1.220		0	AR	1		1.037	9.394	
Arginine....g	1.646		0	AR	1		1.399	12.674	
Histidine....g	0.902		0	AR	1		0.767	6.945	
Alanine....g	1.471		0	AR	1		1.250	11.327	
Aspartic acid....g	2.371		0	AR	1		2.016	18.259	
Glutamic acid....g	4.021		0	AR	1		3.418	30.961	
Glycine....g	1.060		0	AR	1		0.901	8.163	
Proline....g	1.029		0	AR	1		0.874	7.920	
Serine....g	0.997		0	AR	1		0.847	7.675	
Hydroxyproline....g	0.119		0	AR	1		0.101	0.917	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 770g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23380

Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted

Top Round Roast, URMIS # 1551

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	65.87		0	O	4		55.99		
Energy kcal	150		0	NC	4		127		
Energy kJ	626		0	NC	4		532		
Protein (N x 6.25) g	29.81		0	O	4		25.34		
Total lipid (fat) g	3.37		0	O	4		2.86		
Ash g	1.26		0	O	4		1.07		
Carbohydrate, by difference g	0.00		0	NC	4		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	17		0	BFYN	4		14		
Iron, Fe mg	2.89		0	BFYN	4		2.46		
Magnesium, Mg mg	15		0	BFYN	4		12		
Phosphorus, P mg	271		0	BFYN	4		230		
Potassium, K mg	390		0	BFYN	4		331		
Sodium, Na mg	67		0	BFYN	4		57		
Zinc, Zn mg	4.37		0	BFYN	4		3.72		
Copper, Cu mg	0.059		0	BFYN	4		0.050		
Manganese, Mn mg	0.004		0	BFYN	4		0.003		
Selenium, Se µg	28.0		0	BFYN	4		23.8		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.079		0	BFYN	4		0.067		
Riboflavin mg	0.309		0	BFYN	4		0.262		
Niacin mg	7.599		0	BFYN	4		6.459		
Pantothenic acid mg	0.457		0	BFYN	4		0.388		
Vitamin B-6 mg	0.772		0	BFYN	4		0.656		
Folate, total µg	5		0	BFYN	4		4		
Folic acid µg	0		0	BFYN	4		0		
Folate, food µg	5		0	BFYN	4		4		
Folate, DFE µg	5		0	NC	4		4		
Choline, total mg	79.1		0	BFYN	4		67.3		
Betaine mg	13.3		0	BFYN	4		11.3		
Vitamin B-12 µg	2.01		0	BFYN	4		1.71		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	3		0	BFYN	4		2		
Retinol µg	3		0	BFYN	4		2		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	8		0	BFYN	4		7		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.26		0	BFYN	4		0.22		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	AS	1		0.0		
Vitamin D IU	1		0	BFFN	4		1		
Vitamin K (phylloquinone) µg	1.9		0	BFYN	4		1.6		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23380

Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.136		0	BFYN	4		0.966		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g	0.005		0	BFYN	4		0.005		
12:0....g	0.003		0	BFYN	4		0.002		
13:0....g									
14:0....g	0.061		0	BFYN	4		0.052		
15:0....g	0.010		0	BFYN	4		0.009		
16:0....g	0.640		0	BFYN	4		0.544		
17:0....g	0.033		0	BFYN	4		0.028		
18:0....g	0.380		0	BFYN	4		0.323		
20:0....g	0.001		0	BFYN	4		0.001		
22:0....g									
24:0....g	0.002		0	BFYN	4		0.002		
Fatty acids, total monounsaturated....g	1.238		0	BFYN	4		1.052		
14:1....g	0.013		0	BFYN	4		0.011		
15:1....g									
16:1 undifferentiated....g	0.079		0	BFYN	4		0.067		
16:1 c....g	0.072		0	BFYN	4		0.061		
16:1 t....g	0.006		0	BFYN	4		0.005		
17:1....g	0.022		0	BFYN	4		0.018		
18:1 undifferentiated....g	1.121		0	BFYN	4		0.953		
18:1 c....g	0.979		0	BFYN	4		0.832		
18:1 t....g	0.142		0	BFYN	4		0.121		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.003		0	BFYN	4		0.003		
22:1 undifferentiated....g	0.000		0	Z	7		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.260		0	BFYN	4		0.221		
18:2 undifferentiated....g	0.179		0	BFYN	4		0.152		
18:2 n-6 c,c....g	0.163		0	BFYN	4		0.139		
18:2 CLAs....g	0.006		0	BFYN	4		0.005		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.009		0	BFYN	4		0.008		
18:3 undifferentiated....g	0.004		0	BFYN	4		0.003		
18:3 n-3 c,c,c (ALA)....g	0.004		0	BFYN	4		0.003		
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g	0.001		0	BFYN	4		0.001		
20:3 undifferentiated....g	0.016		0	BFYN	4		0.013		
20:3 n-3....g									
20:3 n-6....g	0.016		0	BFYN	4		0.013		
20:4 undifferentiated....g	0.045		0	BFYN	4		0.038		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002		0	BFYN	4		0.002		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.011		0	BFYN	4		0.009		
22:6 n-3 (DHA)....g	0.002		0	BFYN	4		0.002		
Fatty acids, total trans....g	0.158		0	BFYN	4		0.134		
Fatty acids, total trans-monoenoic....g	0.148		0	BFYN	4		0.126		
Fatty acids, total trans-polyenoic....g	0.009		0	BFYN	4		0.008		
Cholesterol....mg	78		0	BFYN	4		66		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.408		0	O	4		0.347		
Threonine....g	1.742		0	O	4		1.481		
Isoleucine....g	1.726		0	O	4		1.467		
Leucine....g	3.217		0	O	4		2.735		

NDB No. 23380

Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	3.610		0	O	4		3.068		
Methionine g	0.989		0	O	4		0.840		
Cystine g	0.377		0	O	4		0.320		
Phenylalanine g	1.475		0	O	4		1.254		
Tyrosine g	1.397		0	O	4		1.187		
Valine g	1.820		0	O	4		1.547		
Arginine g	2.511		0	O	4		2.134		
Histidine g	1.412		0	O	4		1.201		
Alanine g	2.213		0	O	4		1.881		
Aspartic acid g	3.610		0	O	4		3.068		
Glutamic acid g	6.058		0	O	4		5.149		
Glycine g	1.601		0	O	4		1.361		
Proline g	1.585		0	O	4		1.347		
Serine g	1.522		0	O	4		1.294		
Hydroxyproline g	0.158		0	O	4		0.134		
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23359

Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw

Top Round Roast, URMIS # 1551

Refuse: 2% Connective tissue 2%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	73.40	0.696	12	AR	1		62.39	543.18	
Energy kcal	116		0	NC	4		99	861	
Energy kJ	487		0	NC	4		414	3604	
Protein (N x 6.25) g	23.59	0.379	12	AR	1		20.05	174.57	
Total lipid (fat) g	2.45	0.499	12	AR	1		2.08	18.13	
Ash g	1.12	0.041	12	AR	1		0.95	8.29	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	13		1	AR	1		11	99	
Iron, Fe mg	2.34		1	AR	1		1.99	17.35	
Magnesium, Mg mg	12		1	AR	1		10	88	
Phosphorus, P mg	220		1	AR	1		187	1625	
Potassium, K mg	316		1	AR	1		268	2336	
Sodium, Na mg	55		1	AR	1		46	404	
Zinc, Zn mg	3.54		1	AR	1		3.01	26.22	
Copper, Cu mg	0.047		1	AR	1		0.040	0.351	
Manganese, Mn mg	0.003		1	AR	1		0.003	0.022	
Selenium, Se µg	22.7		1	AR	1		19.3	168.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.064		1	AR	1		0.054	0.474	
Riboflavin mg	0.250		2	AR	1		0.213	1.850	
Niacin mg	6.155		2	AR	1		5.232	45.547	
Pantothenic acid mg	0.370		1	AR	1		0.315	2.738	
Vitamin B-6 mg	0.626		2	AR	1		0.532	4.629	
Folate, total µg	4		0	BFPN	4		3	28	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	4		0	BFPN	4		3	28	
Folate, DFE µg	4		0	NC	4		3	28	
Choline, total mg	64.1		1	AR	1		54.5	474.2	
Betaine mg	10.8		1	AR	1		9.2	79.9	
Vitamin B-12 µg	1.63		2	AR	1		1.38	12.03	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		2	15	
Retinol µg	2		0	BFSN	4		2	15	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	7		0	NC	4		6	51	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.21		2	AR	1		0.18	1.57	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	AS	1		0.0	0.2	
Vitamin D IU	1		0	BFFN	4		1	9	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	11.2	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23359

Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.920		0	NC	4		0.782	6.811	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.004		2	AR	1		0.004	0.032	
12:0....g	0.002		2	AR	1		0.002	0.016	
13:0....g									
14:0....g	0.050		2	AR	1		0.042	0.369	
15:0....g	0.008		2	AR	1		0.007	0.061	
16:0....g	0.519		2	AR	1		0.441	3.837	
17:0....g	0.027		2	AR	1		0.023	0.200	
18:0....g	0.308		2	AR	1		0.262	2.278	
20:0....g	0.001		2	AR	1		0.001	0.005	
22:0....g									
24:0....g	0.002		2	AR	1		0.002	0.014	
Fatty acids, total monounsaturated....g	1.003		0	NC	4		0.852	7.421	
14:1....g	0.011		2	AR	1		0.009	0.081	
15:1....g									
16:1 undifferentiated....g	0.064		0	AS	1		0.054	0.472	
16:1 c....g	0.059		2	AR	1		0.050	0.434	
16:1 t....g	0.005		2	AR	1		0.004	0.038	
17:1....g	0.018		2	AR	1		0.015	0.130	
18:1 undifferentiated....g	0.908		0	AS	1		0.772	6.721	
18:1 c....g	0.793		2	AR	1		0.674	5.870	
18:1 t....g	0.115		2	AR	1		0.098	0.851	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.002		2	AR	1		0.002	0.018	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.210		0	NC	4		0.179	1.555	
18:2 undifferentiated....g	0.145		0	AS	1		0.123	1.073	
18:2 n-6 c,c....g	0.132		2	AR	1		0.112	0.978	
18:2 CLAs....g	0.005		2	AR	1		0.004	0.038	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.008		2	AR	1		0.006	0.056	
18:3 undifferentiated....g	0.003		0	AS	1		0.003	0.023	
18:3 n-3 c,c,c (ALA)....g	0.003		2	AR	1		0.003	0.023	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.001		2	AR	1		0.001	0.007	
20:3 undifferentiated....g	0.013		0	AS	1		0.011	0.093	
20:3 n-3....g									
20:3 n-6....g	0.013		2	AR	1		0.011	0.093	
20:4 undifferentiated....g	0.036		2	AR	1		0.031	0.269	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002		2	AR	1		0.002	0.015	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.009		2	AR	1		0.007	0.064	
22:6 n-3 (DHA)....g	0.002		2	AR	1		0.001	0.011	
Fatty acids, total trans....g	0.128		0	NC	4		0.109	0.946	
Fatty acids, total trans-monoenoic....g	0.120		0	NC	4		0.102	0.889	
Fatty acids, total trans-polyenoic....g	0.008		0	NC	4		0.006	0.056	
Cholesterol....mg	63		2	AR	1		54	467	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.308		0	AR	1		0.261	2.276	
Threonine....g	1.313		0	AR	1		1.116	9.719	
Isoleucine....g	1.302		0	AR	1		1.106	9.632	
Leucine....g	2.426		0	AR	1		2.062	17.950	

NDB No. 23359

Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.721		0	AR	1		2.313	20.139	
Methionine g	0.745		0	AR	1		0.634	5.516	
Cystine g	0.284		0	AR	1		0.241	2.101	
Phenylalanine g	1.112		0	AR	1		0.945	8.231	
Tyrosine g	1.053		0	AR	1		0.895	7.793	
Valine g	1.373		0	AR	1		1.167	10.157	
Arginine g	1.893		0	AR	1		1.609	14.010	
Histidine g	1.065		0	AR	1		0.905	7.880	
Alanine g	1.668		0	AR	1		1.418	12.346	
Aspartic acid g	2.721		0	AR	1		2.313	20.139	
Glutamic acid g	4.567		0	AR	1		3.882	33.798	
Glycine g	1.207		0	AR	1		1.026	8.931	
Proline g	1.195		0	AR	1		1.016	8.844	
Serine g	1.148		0	AR	1		0.976	8.493	
Hydroxyproline g	0.119		0	AR	1		0.101	0.882	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 740g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13959

Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled

Top Round Steak

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	64.68		0	O	4		54.98	179.16	
Energy kcal	167		0	NC	4		142	461	
Energy kJ	697		0	NC	4		592	1931	
Protein (N x 6.25) g	29.96		0	O	4		25.47	82.99	
Total lipid (fat) g	4.28		0	O	4		3.64	11.86	
Ash g	1.24		0	O	4		1.05	3.43	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	18		0	BFYN	4		16	51	
Iron, Fe mg	3.24		0	BFYN	4		2.75	8.98	
Magnesium, Mg mg	17		0	BFYN	4		14	47	
Phosphorus, P mg	305		0	BFYN	4		259	844	
Potassium, K mg	433		0	BFYN	4		368	1199	
Sodium, Na mg	75		0	BFYN	4		64	208	
Zinc, Zn mg	5.12		0	BFYN	4		4.35	14.17	
Copper, Cu mg	0.066		0	BFYN	4		0.056	0.183	
Manganese, Mn mg	0.005		0	BFYN	4		0.004	0.015	
Selenium, Se µg	30.7		0	BFYN	4		26.1	85.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.088		0	BFYN	4		0.075	0.245	
Riboflavin mg	0.326		0	BFYN	4		0.277	0.903	
Niacin mg	8.935		0	BFYN	4		7.595	24.750	
Pantothenic acid mg	0.496		0	BFYN	4		0.422	1.374	
Vitamin B-6 mg	0.878		0	BFYN	4		0.746	2.433	
Folate, total µg	5		0	BFYN	4		4	14	
Folic acid µg	0		0	BFYN	4		0	0	
Folate, food µg	5		0	BFYN	4		4	14	
Folate, DFE µg	5		0	NC	4		4	14	
Choline, total mg	89.8		0	BFYN	4		76.3	248.7	
Betaine mg	15.4		0	BFYN	4		13.0	42.5	
Vitamin B-12 µg	2.28		0	BFYN	4		1.94	6.31	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	5		0	BFYN	4		4	13	
Retinol µg	5		0	BFYN	4		4	13	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	15		0	BFYN	4		13	42	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.32		0	BFYN	4		0.27	0.88	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	AS	1		0.0	0.1	
Vitamin D IU	1		0	BFFN	4		1	4	
Vitamin K (phylloquinone) µg	1.4		0	BFSN	4		1.2	4.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13959

Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.788		0	BFYN	4		1.520	4.952	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.006		0	BFYN	4		0.005	0.016	
12:0....g	0.004		0	BFYN	4		0.003	0.010	
13:0....g									
14:0....g	0.107		0	BFYN	4		0.091	0.296	
15:0....g	0.017		0	BFYN	4		0.015	0.048	
16:0....g	1.020		0	BFYN	4		0.867	2.826	
17:0....g	0.050		0	BFYN	4		0.043	0.139	
18:0....g	0.578		0	BFYN	4		0.492	1.602	
20:0....g	0.002		0	BFYN	4		0.002	0.007	
22:0....g									
24:0....g	0.003		0	BFYN	4		0.002	0.008	
Fatty acids, total monounsaturated....g	2.056		0	BFYN	4		1.748	5.696	
14:1....g	0.027		0	BFYN	4		0.023	0.076	
15:1....g									
16:1 undifferentiated....g	0.146		0	BFYN	4		0.124	0.404	
16:1 c....g	0.135		0	BFYN	4		0.115	0.374	
16:1 t....g	0.011		0	BFYN	4		0.009	0.030	
17:1....g	0.038		0	BFYN	4		0.032	0.104	
18:1 undifferentiated....g	1.837		0	BFYN	4		1.561	5.088	
18:1 c....g	1.641		0	BFYN	4		1.395	4.545	
18:1 t....g	0.196		0	BFYN	4		0.167	0.543	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.009		0	BFYN	4		0.007	0.024	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.331		0	BFYN	4		0.281	0.916	
18:2 undifferentiated....g	0.237		0	BFYN	4		0.202	0.657	
18:2 n-6 c,c....g	0.202		0	BFYN	4		0.172	0.559	
18:2 CLAs....g	0.015		0	BFYN	4		0.013	0.042	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.020		0	BFYN	4		0.017	0.055	
18:3 undifferentiated....g	0.007		0	BFYN	4		0.006	0.019	
18:3 n-3 c,c,c (ALA)....g	0.007		0	BFYN	4		0.006	0.019	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.002		0	BFYN	4		0.002	0.005	
20:3 undifferentiated....g	0.019		0	BFYN	4		0.016	0.053	
20:3 n-3....g									
20:3 n-6....g	0.019		0	BFYN	4		0.016	0.053	
20:4 undifferentiated....g	0.049		0	BFYN	4		0.042	0.136	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003		0	BFYN	4		0.002	0.008	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.013		0	BFYN	4		0.011	0.035	
22:6 n-3 (DHA)....g	0.001		0	BFYN	4		0.001	0.004	
Fatty acids, total trans....g	0.227		0	BFYN	4		0.193	0.628	
Fatty acids, total trans-monoenoic....g	0.207		0	BFYN	4		0.176	0.573	
Fatty acids, total trans-polyenoic....g	0.020		0	BFYN	4		0.017	0.055	
Cholesterol....mg	86		0	BFYN	4		73	239	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.365		0	O	4		0.310	1.012	
Threonine....g	1.538		0	O	4		1.308	4.261	
Isoleucine....g	1.520		0	O	4		1.292	4.212	
Leucine....g	2.813		0	O	4		2.391	7.793	

NDB No. 13959

Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	3.127		0	O	4		2.658	8.660	
Methionine....g	0.883		0	O	4		0.751	2.446	
Cystine....g	0.333		0	O	4		0.283	0.921	
Phenylalanine....g	1.309		0	O	4		1.113	3.626	
Tyrosine....g	1.216		0	O	4		1.034	3.369	
Valine....g	1.631		0	O	4		1.387	4.519	
Arginine....g	2.223		0	O	4		1.889	6.157	
Histidine....g	1.223		0	O	4		1.040	3.389	
Alanine....g	2.024		0	O	4		1.720	5.605	
Aspartic acid....g	3.180		0	O	4		2.703	8.809	
Glutamic acid....g	5.337		0	O	4		4.536	14.783	
Glycine....g	1.606		0	O	4		1.365	4.448	
Proline....g	1.464		0	O	4		1.245	4.056	
Serine....g	1.344		0	O	4		1.142	3.723	
Hydroxyproline....g	0.223		0	O	4		0.190	0.618	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 277g: 1 steak (yield from 381 g raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23324

Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw

Top Round Steak

Refuse: 1% Connective tissue 1%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	72.64	0.612	36	AR	1		61.75	249.89	
Energy kcal	124		0	NC	4		105	427	
Energy kJ	519		0	NC	4		441	1785	
Protein (N x 6.25) g	23.49	0.375	36	AR	1		19.97	80.81	
Total lipid (fat) g	3.34	0.515	36	AR	1		2.84	11.49	
Ash g	1.12	0.037	36	AR	1		0.95	3.84	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	13		3	AR	1		11	45	
Iron, Fe mg	2.33		3	AR	1		1.98	8.03	
Magnesium, Mg mg	12		3	AR	1		10	42	
Phosphorus, P mg	219		3	AR	1		186	755	
Potassium, K mg	312		3	AR	1		265	1072	
Sodium, Na mg	54		3	AR	1		46	186	
Zinc, Zn mg	3.68		3	AR	1		3.13	12.67	
Copper, Cu mg	0.048		3	AR	1		0.040	0.164	
Manganese, Mn mg	0.004		3	AR	1		0.003	0.013	
Selenium, Se µg	22.1		3	AR	1		18.8	76.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.064		2	AR	1		0.054	0.219	
Riboflavin mg	0.235	0.006	6	AR	1		0.199	0.807	
Niacin mg	6.433	0.283	6	AR	1		5.468	22.130	
Pantothenic acid mg	0.357		2	AR	1		0.304	1.228	
Vitamin B-6 mg	0.632	0.006	6	AR	1		0.537	2.175	
Folate, total µg	4		0	BFPN	4		3	13	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	4		0	BFPN	4		3	13	
Folate, DFE µg	4		0	NC	4		3	13	
Choline, total mg	64.6		2	AR	1		54.9	222.4	
Betaine mg	11.1		2	AR	1		9.4	38.0	
Vitamin B-12 µg	1.64	0.076	6	AR	1		1.39	5.64	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	3		0	NC	4		3	11	
Retinol µg	3		0	BFSN	4		3	11	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	11		0	NC	4		9	38	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.23	0.005	6	AR	1		0.20	0.79	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	AS	1		0.0	0.1	
Vitamin D IU	1		0	BFFN	4		1	4	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	5.2	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23324

Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated g	1.287		0	NC	4		1.094	4.428	
4:0 g	0.000		0	Z	7		0.000	0.000	
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.004	0.001	6	AR	1		0.003	0.014	
12:0 g	0.003	0.001	6	AR	1		0.002	0.009	
13:0 g									
14:0 g	0.077	0.006	6	AR	1		0.065	0.265	
15:0 g	0.013	0.001	6	AR	1		0.011	0.043	
16:0 g	0.735	0.068	6	AR	1		0.624	2.527	
17:0 g	0.036	0.003	6	AR	1		0.031	0.125	
18:0 g	0.417	0.031	6	AR	1		0.354	1.433	
20:0 g	0.002	0.000	6	AR	1		0.001	0.006	
22:0 g									
24:0 g	0.002	0.000	6	AR	1		0.002	0.007	
Fatty acids, total monounsaturated g	1.481		0	NC	4		1.258	5.093	
14:1 g	0.020	0.002	6	AR	1		0.017	0.068	
15:1 g									
16:1 undifferentiated g	0.105		0	AS	1		0.089	0.361	
16:1 c g	0.097	0.009	6	AR	1		0.083	0.334	
16:1 t g	0.008	0.001	6	AR	1		0.007	0.027	
17:1 g	0.027	0.002	6	AR	1		0.023	0.093	
18:1 undifferentiated g	1.323		0	AS	1		1.124	4.550	
18:1 c g	1.182	0.098	6	AR	1		1.004	4.064	
18:1 t g	0.141	0.013	6	AR	1		0.120	0.485	
18:1-11 t (18:1t n-7) g									
20:1 g	0.006	0.001	6	AR	1		0.005	0.021	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.238		0	NC	4		0.202	0.819	
18:2 undifferentiated g	0.171		0	AS	1		0.145	0.587	
18:2 n-6 c,c g	0.145	0.011	6	AR	1		0.124	0.500	
18:2 CLAs g	0.011	0.001	6	AR	1		0.009	0.038	
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.014	0.002	6	AR	1		0.012	0.049	
18:3 undifferentiated g	0.005		0	AS	1		0.004	0.017	
18:3 n-3 c,c,c (ALA) g	0.005	0.001	6	AR	1		0.004	0.017	
18:3 n-6 c,c,c g									
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.001	0.000	6	AR	1		0.001	0.004	
20:3 undifferentiated g	0.014		0	AS	1		0.012	0.047	
20:3 n-3 g									
20:3 n-6 g	0.014	0.000	6	AR	1		0.012	0.047	
20:4 undifferentiated g	0.035	0.005	6	AR	1		0.030	0.121	
20:4 n-6 g									
20:5 n-3 (EPA) g	0.002	0.000	6	AR	1		0.002	0.007	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.009	0.000	6	AR	1		0.008	0.032	
22:6 n-3 (DHA) g	0.001	0.000	6	AR	1		0.001	0.003	
Fatty acids, total trans g	0.163		0	NC	4		0.139	0.561	
Fatty acids, total trans-monoenoic g	0.149		0	NC	4		0.127	0.512	
Fatty acids, total trans-polyenoic g	0.014		0	NC	4		0.012	0.049	
Cholesterol mg	62	1.800	6	AR	1		53	214	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.263		0	AR	1		0.223	0.904	
Threonine g	1.107		0	AR	1		0.941	3.809	
Isoleucine g	1.094		0	AR	1		0.930	3.764	
Leucine g	2.025		0	AR	1		1.721	6.965	

NDB No. 23324

Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.250		0	AR	1		1.913	7.741	
Methionine g	0.636		0	AR	1		0.540	2.187	
Cystine g	0.239		0	AR	1		0.203	0.823	
Phenylalanine g	0.942		0	AR	1		0.801	3.241	
Tyrosine g	0.875		0	AR	1		0.744	3.011	
Valine g	1.174		0	AR	1		0.998	4.039	
Arginine g	1.600		0	AR	1		1.360	5.503	
Histidine g	0.880		0	AR	1		0.748	3.029	
Alanine g	1.456		0	AR	1		1.238	5.010	
Aspartic acid g	2.289		0	AR	1		1.946	7.874	
Glutamic acid g	3.841		0	AR	1		3.265	13.213	
Glycine g	1.156		0	AR	1		0.982	3.976	
Proline g	1.054		0	AR	1		0.896	3.625	
Serine g	0.967		0	AR	1		0.822	3.327	
Hydroxyproline g	0.161		0	AR	1		0.136	0.552	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 344g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13968

Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

Top Round Steak, URMIS #2368

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	64.09		0	O	4		54.48	182.02	
Energy kcal	170		0	NC	4		145	484	
Energy kJ	712		0	NC	4		605	2022	
Protein (N x 6.25) g	30.12		0	O	4		25.60	85.54	
Total lipid (fat) g	4.62		0	O	4		3.93	13.12	
Ash g	1.21		0	O	4		1.03	3.44	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	18		0	BFYN	4		15	52	
Iron, Fe mg	3.26		0	BFYN	4		2.77	9.26	
Magnesium, Mg mg	17		0	BFYN	4		14	48	
Phosphorus, P mg	305		0	BFYN	4		259	866	
Potassium, K mg	426		0	BFYN	4		363	1211	
Sodium, Na mg	78		0	BFYN	4		66	221	
Zinc, Zn mg	5.22		0	BFYN	4		4.44	14.82	
Copper, Cu mg	0.066		0	BFYN	4		0.056	0.189	
Manganese, Mn mg	0.006		0	BFYN	4		0.005	0.016	
Selenium, Se µg	30.3		0	BFYN	4		25.7	86.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.088		0	BFYN	4		0.075	0.251	
Riboflavin mg	0.313		0	BFYN	4		0.266	0.889	
Niacin mg	9.215		0	BFYN	4		7.833	26.170	
Pantothenic acid mg	0.485		0	BFYN	4		0.412	1.377	
Vitamin B-6 mg	0.887		0	BFYN	4		0.754	2.519	
Folate, total µg	5		0	BFYN	4		4	15	
Folic acid µg	0		0	BFYN	4		0	0	
Folate, food µg	5		0	BFYN	4		4	15	
Folate, DFE µg	5		0	NC	4		4	15	
Choline, total mg	90.5		0	BFYN	4		76.9	256.9	
Betaine mg	15.6		0	BFYN	4		13.3	44.4	
Vitamin B-12 µg	2.30		0	BFYN	4		1.95	6.52	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	4		0	BFYN	4		4	13	
Retinol µg	4		0	BFYN	4		4	13	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	15		0	BFYN	4		13	42	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.34		0	BFYN	4		0.28	0.95	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	AS	1		0.0	0.1	
Vitamin D IU	1		0	BFFN	4		1	4	
Vitamin K (phylloquinone) µg	1.5		0	BFSN	4		1.3	4.3	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13968

Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated g	1.769		0	BFYN	4		1.504	5.024	
4:0 g	0.000		0	Z	7		0.000	0.000	
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.005		0	BFYN	4		0.004	0.014	
12:0 g	0.003		0	BFYN	4		0.003	0.010	
13:0 g									
14:0 g	0.108		0	BFYN	4		0.092	0.308	
15:0 g	0.017		0	BFYN	4		0.015	0.049	
16:0 g	1.018		0	BFYN	4		0.866	2.892	
17:0 g	0.049		0	BFYN	4		0.042	0.139	
18:0 g	0.563		0	BFYN	4		0.478	1.598	
20:0 g	0.002		0	BFYN	4		0.002	0.007	
22:0 g									
24:0 g	0.002		0	BFYN	4		0.002	0.007	
Fatty acids, total monounsaturated g	2.084		0	BFYN	4		1.771	5.917	
14:1 g	0.029		0	BFYN	4		0.024	0.082	
15:1 g									
16:1 undifferentiated g	0.152		0	BFYN	4		0.129	0.432	
16:1 c g	0.141		0	BFYN	4		0.120	0.401	
16:1 t g	0.011		0	BFYN	4		0.009	0.031	
17:1 g	0.039		0	BFYN	4		0.033	0.109	
18:1 undifferentiated g	1.854		0	BFYN	4		1.576	5.266	
18:1 c g	1.675		0	BFYN	4		1.424	4.756	
18:1 t g	0.179		0	BFYN	4		0.153	0.510	
18:1-11 t (18:1t n-7) g									
20:1 g	0.010		0	BFYN	4		0.008	0.028	
22:1 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.307		0	BFYN	4		0.261	0.872	
18:2 undifferentiated g	0.222		0	BFYN	4		0.189	0.631	
18:2 n-6 c,c g	0.184		0	BFYN	4		0.157	0.523	
18:2 CLAs g	0.017		0	BFYN	4		0.014	0.047	
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.021		0	BFYN	4		0.018	0.061	
18:3 undifferentiated g	0.007		0	BFYN	4		0.006	0.021	
18:3 n-3 c,c,c (ALA) g	0.007		0	BFYN	4		0.006	0.021	
18:3 n-6 c,c,c g									
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.002		0	BFYN	4		0.001	0.005	
20:3 undifferentiated g	0.018		0	BFYN	4		0.015	0.050	
20:3 n-3 g									
20:3 n-6 g	0.018		0	BFYN	4		0.015	0.050	
20:4 undifferentiated g	0.043		0	BFYN	4		0.037	0.123	
20:4 n-6 g									
20:5 n-3 (EPA) g	0.002		0	BFYN	4		0.002	0.007	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.012		0	BFYN	4		0.010	0.034	
22:6 n-3 (DHA) g	0.001		0	BFYN	4		0.001	0.002	
Fatty acids, total trans g	0.212		0	BFYN	4		0.180	0.601	
Fatty acids, total trans-monoenoic g	0.190		0	BFYN	4		0.162	0.540	
Fatty acids, total trans-polyenoic g	0.021		0	BFYN	4		0.018	0.061	
Cholesterol mg	86		0	BFYN	4		73	243	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.369		0	O	4		0.314	1.048	
Threonine g	1.541		0	O	4		1.310	4.376	
Isoleucine g	1.527		0	O	4		1.298	4.337	
Leucine g	2.807		0	O	4		2.386	7.973	

NDB No. 13968

Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	3.108		0	O	4		2.642	8.827	
Methionine g	0.886		0	O	4		0.753	2.515	
Cystine g	0.331		0	O	4		0.281	0.940	
Phenylalanine g	1.311		0	O	4		1.115	3.724	
Tyrosine g	1.216		0	O	4		1.033	3.452	
Valine g	1.642		0	O	4		1.396	4.663	
Arginine g	2.219		0	O	4		1.886	6.302	
Histidine g	1.210		0	O	4		1.028	3.436	
Alanine g	2.032		0	O	4		1.727	5.770	
Aspartic acid g	3.175		0	O	4		2.699	9.016	
Glutamic acid g	5.347		0	O	4		4.545	15.185	
Glycine g	1.621		0	O	4		1.378	4.603	
Proline g	1.465		0	O	4		1.245	4.161	
Serine g	1.343		0	O	4		1.141	3.814	
Hydroxyproline g	0.225		0	BFPN	4		0.191	0.638	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 284g: 1 steak (yield from 396 g raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23325

Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw

Top Round Steak, URMIS # 2368

Refuse: 1% Connective tissue 1%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	72.35	0.618	24	AR	1		61.49	248.87	
Energy kcal	127		0	NC	4		108	437	
Energy kJ	531		0	NC	4		451	1827	
Protein (N x 6.25) g	23.49	0.381	24	AR	1		19.97	80.81	
Total lipid (fat) g	3.66	0.524	24	AR	1		3.11	12.60	
Ash g	1.12	0.038	24	AR	1		0.95	3.84	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	13		2	AR	1		11	45	
Iron, Fe mg	2.35		2	AR	1		2.00	8.08	
Magnesium, Mg mg	12		2	AR	1		10	42	
Phosphorus, P mg	220		2	AR	1		187	756	
Potassium, K mg	307		2	AR	1		261	1056	
Sodium, Na mg	56		2	AR	1		48	192	
Zinc, Zn mg	3.76		2	AR	1		3.19	12.92	
Copper, Cu mg	0.048		2	AR	1		0.041	0.164	
Manganese, Mn mg	0.004		2	AR	1		0.003	0.014	
Selenium, Se µg	21.8		2	AR	1		18.5	75.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.064		1	AR	1		0.054	0.219	
Riboflavin mg	0.225	0.007	4	AR	1		0.192	0.775	
Niacin mg	6.635	0.352	4	AR	1		5.639	22.823	
Pantothenic acid mg	0.349		1	AR	1		0.297	1.201	
Vitamin B-6 mg	0.639	0.007	4	AR	1		0.543	2.196	
Folate, total µg	4		0	BFPN	4		3	13	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	4		0	BFPN	4		3	13	
Folate, DFE µg	4		0	NC	4		3	13	
Choline, total mg	65.1		1	AR	1		55.4	224.1	
Betaine mg	11.2		1	AR	1		9.6	38.7	
Vitamin B-12 µg	1.65	0.095	4	AR	1		1.40	5.69	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	3		0	NC	4		3	11	
Retinol µg	3		0	BFSN	4		3	11	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	11		0	NC	4		9	37	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.24	0.006	4	AR	1		0.21	0.83	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	AS	1		0.0	0.1	
Vitamin D IU	1		0	BFFN	4		1	4	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	5.2	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23325

Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.424		0	NC	4		1.211	4.900	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.004	0.001	4	AR	1		0.003	0.014	
12:0....g	0.003	0.001	4	AR	1		0.002	0.010	
13:0....g									
14:0....g	0.087	0.008	4	AR	1		0.074	0.300	
15:0....g	0.014	0.002	4	AR	1		0.012	0.047	
16:0....g	0.820	0.085	4	AR	1		0.697	2.820	
17:0....g	0.040	0.004	4	AR	1		0.034	0.136	
18:0....g	0.453	0.039	4	AR	1		0.385	1.558	
20:0....g	0.002	0.000	4	AR	1		0.002	0.007	
22:0....g									
24:0....g	0.002	0.001	4	AR	1		0.002	0.007	
Fatty acids, total monounsaturated....g	1.678		0	NC	4		1.426	5.771	
14:1....g	0.023	0.002	4	AR	1		0.020	0.080	
15:1....g									
16:1 undifferentiated....g	0.122		0	AS	1		0.104	0.421	
16:1 c....g	0.114	0.011	4	AR	1		0.097	0.391	
16:1 t....g	0.009	0.001	4	AR	1		0.007	0.030	
17:1....g	0.031	0.003	4	AR	1		0.026	0.107	
18:1 undifferentiated....g	1.493		0	AS	1		1.269	5.136	
18:1 c....g	1.349	0.122	4	AR	1		1.146	4.639	
18:1 t....g	0.145	0.016	4	AR	1		0.123	0.497	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.008	0.001	4	AR	1		0.007	0.028	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.247		0	NC	4		0.210	0.851	
18:2 undifferentiated....g	0.179		0	AS	1		0.152	0.615	
18:2 n-6 c,c....g	0.148	0.014	4	AR	1		0.126	0.510	
18:2 CLAs....g	0.013	0.002	4	AR	1		0.011	0.046	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.017	0.003	4	AR	1		0.015	0.060	
18:3 undifferentiated....g	0.006		0	AS	1		0.005	0.020	
18:3 n-3 c,c,c (ALA)....g	0.006	0.001	4	AR	1		0.005	0.020	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.001	0.000	4	AR	1		0.001	0.004	
20:3 undifferentiated....g	0.014		0	AS	1		0.012	0.049	
20:3 n-3....g									
20:3 n-6....g	0.014	0.000	4	AR	1		0.012	0.049	
20:4 undifferentiated....g	0.035	0.006	4	AR	1		0.030	0.120	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002	0.000	4	AR	1		0.002	0.007	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.010	0.001	4	AR	1		0.008	0.033	
22:6 n-3 (DHA)....g	0.001	0.000	4	AR	1		0.001	0.002	
Fatty acids, total trans....g	0.171		0	NC	4		0.145	0.587	
Fatty acids, total trans-monoenoic....g	0.153		0	NC	4		0.130	0.527	
Fatty acids, total trans-polyenoic....g	0.017		0	NC	4		0.015	0.060	
Cholesterol....mg	62	2.200	4	AR	1		52	212	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.264		0	AR	1		0.224	0.907	
Threonine....g	1.101		0	AR	1		0.936	3.789	
Isoleucine....g	1.091		0	AR	1		0.928	3.754	
Leucine....g	2.006		0	AR	1		1.705	6.902	

NDB No. 23325

Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.221		0	AR	1		1.888	7.642	
Methionine g	0.633		0	AR	1		0.538	2.178	
Cystine g	0.237		0	AR	1		0.201	0.814	
Phenylalanine g	0.937		0	AR	1		0.797	3.224	
Tyrosine g	0.869		0	AR	1		0.738	2.989	
Valine g	1.173		0	AR	1		0.997	4.036	
Arginine g	1.586		0	AR	1		1.348	5.455	
Histidine g	0.865		0	AR	1		0.735	2.974	
Alanine g	1.452		0	AR	1		1.234	4.995	
Aspartic acid g	2.269		0	AR	1		1.929	7.805	
Glutamic acid g	3.821		0	AR	1		3.248	13.146	
Glycine g	1.158		0	AR	1		0.985	3.985	
Proline g	1.047		0	AR	1		0.890	3.602	
Serine g	0.960		0	AR	1		0.816	3.302	
Hydroxyproline g	0.161		0	AR	1		0.136	0.552	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 344g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13969

Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

Top Round Steak, URMIS #1553

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	65.58		0	O	4		55.74	176.41	
Energy kcal	162		0	NC	4		137	435	
Energy kJ	676		0	NC	4		575	1818	
Protein (N x 6.25) g	29.70		0	O	4		25.25	79.89	
Total lipid (fat) g	3.85		0	O	4		3.27	10.36	
Ash g	1.25		0	O	4		1.06	3.36	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	19		0	BFYN	4		16	50	
Iron, Fe mg	3.25		0	BFYN	4		2.76	8.74	
Magnesium, Mg mg	16		0	BFYN	4		14	44	
Phosphorus, P mg	304		0	BFYN	4		258	817	
Potassium, K mg	436		0	BFYN	4		371	1173	
Sodium, Na mg	76		0	BFYN	4		64	203	
Zinc, Zn mg	4.89		0	BFYN	4		4.16	13.17	
Copper, Cu mg	0.066		0	BFYN	4		0.056	0.176	
Manganese, Mn mg	0.004		0	BFYN	4		0.003	0.010	
Selenium, Se µg	31.4		0	BFYN	4		26.7	84.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.088		0	BFYN	4		0.075	0.238	
Riboflavin mg	0.345		0	BFYN	4		0.293	0.929	
Niacin mg	8.514		0	BFYN	4		7.237	22.904	
Pantothenic acid mg	0.513		0	BFYN	4		0.436	1.379	
Vitamin B-6 mg	0.865		0	BFYN	4		0.735	2.328	
Folate, total µg	5		0	BFYN	4		4	14	
Folic acid µg	0		0	BFYN	4		0	0	
Folate, food µg	5		0	BFYN	4		4	14	
Folate, DFE µg	5		0	NC	4		4	14	
Choline, total mg	88.7		0	BFYN	4		75.4	238.7	
Betaine mg	15.0		0	BFYN	4		12.7	40.2	
Vitamin B-12 µg	2.25		0	BFYN	4		1.91	6.06	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	5		0	BFYN	4		4	13	
Retinol µg	5		0	BFYN	4		4	13	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	16		0	BFYN	4		14	43	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.29		0	BFYN	4		0.25	0.79	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	AS	1		0.0	0.1	
Vitamin D IU	1		0	BFFN	4		1	3	
Vitamin K (phylloquinone) µg	1.4		0	BFSN	4		1.2	3.7	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13969

Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated g	1.502		0	BFYN	4		1.277	4.041	
4:0 g	0.000		0	Z	7		0.000	0.000	
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.006		0	BFYN	4		0.005	0.016	
12:0 g	0.003		0	BFYN	4		0.003	0.009	
13:0 g									
14:0 g	0.085		0	BFYN	4		0.073	0.230	
15:0 g	0.014		0	BFYN	4		0.012	0.038	
16:0 g	0.842		0	BFYN	4		0.716	2.266	
17:0 g	0.044		0	BFYN	4		0.037	0.118	
18:0 g	0.502		0	BFYN	4		0.427	1.351	
20:0 g	0.002		0	BFYN	4		0.001	0.004	
22:0 g									
24:0 g	0.003		0	BFYN	4		0.002	0.007	
Fatty acids, total monounsaturated g	1.646		0	BFYN	4		1.399	4.427	
14:1 g	0.020		0	BFYN	4		0.017	0.055	
15:1 g									
16:1 undifferentiated g	0.110		0	BFYN	4		0.093	0.295	
16:1 c g	0.101		0	BFYN	4		0.085	0.270	
16:1 t g	0.009		0	BFYN	4		0.008	0.024	
17:1 g	0.029		0	BFYN	4		0.025	0.078	
18:1 undifferentiated g	1.482		0	BFYN	4		1.260	3.987	
18:1 c g	1.293		0	BFYN	4		1.099	3.479	
18:1 t g	0.189		0	BFYN	4		0.160	0.508	
18:1-11 t (18:1t n-7) g									
20:1 g	0.005		0	BFYN	4		0.004	0.013	
22:1 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.312		0	BFYN	4		0.265	0.840	
18:2 undifferentiated g	0.220		0	BFYN	4		0.187	0.591	
18:2 n-6 c,c g	0.195		0	BFYN	4		0.166	0.526	
18:2 CLAs g	0.011		0	BFYN	4		0.009	0.029	
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.014		0	BFYN	4		0.012	0.037	
18:3 undifferentiated g	0.005		0	BFYN	4		0.004	0.014	
18:3 n-3 c,c,c (ALA) g	0.005		0	BFYN	4		0.004	0.014	
18:3 n-6 c,c,c g									
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.002		0	BFYN	4		0.001	0.004	
20:3 undifferentiated g	0.018		0	BFYN	4		0.015	0.048	
20:3 n-3 g									
20:3 n-6 g	0.018		0	BFYN	4		0.015	0.048	
20:4 undifferentiated g	0.051		0	BFYN	4		0.043	0.136	
20:4 n-6 g									
20:5 n-3 (EPA) g	0.003		0	BFYN	4		0.002	0.007	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.012		0	BFYN	4		0.010	0.033	
22:6 n-3 (DHA) g	0.002		0	BFYN	4		0.002	0.006	
Fatty acids, total trans g	0.212		0	BFYN	4		0.180	0.569	
Fatty acids, total trans-monoenoic g	0.198		0	BFYN	4		0.168	0.532	
Fatty acids, total trans-polyenoic g	0.014		0	BFYN	4		0.012	0.037	
Cholesterol mg	88		0	BFYN	4		74	236	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.364		0	O	4		0.309	0.978	
Threonine g	1.558		0	O	4		1.324	4.191	
Isoleucine g	1.539		0	O	4		1.308	4.140	
Leucine g	2.874		0	O	4		2.443	7.731	

NDB No. 13969

Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	3.208		0	O	4		2.727	8.630	
Methionine g	0.896		0	O	4		0.762	2.411	
Cystine g	0.340		0	O	4		0.289	0.915	
Phenylalanine g	1.324		0	O	4		1.125	3.561	
Tyrosine g	1.244		0	O	4		1.057	3.345	
Valine g	1.645		0	O	4		1.398	4.425	
Arginine g	2.269		0	O	4		1.929	6.104	
Histidine g	1.269		0	O	4		1.079	3.414	
Alanine g	2.042		0	O	4		1.735	5.492	
Aspartic acid g	3.244		0	O	4		2.757	8.726	
Glutamic acid g	5.417		0	O	4		4.605	14.573	
Glycine g	1.606		0	O	4		1.365	4.320	
Proline g	1.497		0	O	4		1.272	4.026	
Serine g	1.375		0	O	4		1.168	3.698	
Hydroxyproline g	0.222		0	O	4		0.188	0.596	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 269g: 1 steak (yield from 368 g meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23326

Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw

Top Round Steak, URMIS # 1553

Refuse: 1% Connective tissue 1%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	73.08	0.632	12	AR	1		62.12	251.41	
Energy kcal	120		0	NC	4		102	412	
Energy kJ	501		0	NC	4		426	1723	
Protein (N x 6.25) g	23.49	0.394	12	AR	1		19.97	80.81	
Total lipid (fat) g	2.85	0.544	12	AR	1		2.42	9.81	
Ash g	1.12	0.039	12	AR	1		0.95	3.84	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	13		1	AR	1		11	46	
Iron, Fe mg	2.34		1	AR	1		1.99	8.05	
Magnesium, Mg mg	12		1	AR	1		10	41	
Phosphorus, P mg	219		1	AR	1		186	752	
Potassium, K mg	314		1	AR	1		267	1080	
Sodium, Na mg	54		1	AR	1		46	187	
Zinc, Zn mg	3.52		1	AR	1		3.00	12.12	
Copper, Cu mg	0.047		1	AR	1		0.040	0.162	
Manganese, Mn mg	0.003		1	AR	1		0.002	0.010	
Selenium, Se µg	22.6		1	AR	1		19.2	77.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.064		1	AR	1		0.054	0.219	
Riboflavin mg	0.249		2	AR	1		0.211	0.855	
Niacin mg	6.130		2	AR	1		5.211	21.089	
Pantothenic acid mg	0.369		1	AR	1		0.314	1.270	
Vitamin B-6 mg	0.623		2	AR	1		0.530	2.143	
Folate, total µg	4		0	BFPN	4		3	13	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	4		0	BFPN	4		3	13	
Folate, DFE µg	4		0	NC	4		3	13	
Choline, total mg	63.9		1	AR	1		54.3	219.8	
Betaine mg	10.8		1	AR	1		9.2	37.0	
Vitamin B-12 µg	1.62		2	AR	1		1.38	5.58	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	3		0	NC	4		3	12	
Retinol µg	3		0	BFSN	4		3	12	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	11		0	NC	4		10	40	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.21		2	AR	1		0.18	0.73	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	AS	1		0.0	0.1	
Vitamin D IU	1		0	BFFN	4		1	3	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	5.2	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23326

Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.082		0	NC	4		0.919	3.720	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.004		2	AR	1		0.004	0.015	
12:0....g	0.002		2	AR	1		0.002	0.008	
13:0....g									
14:0....g	0.062		2	AR	1		0.052	0.212	
15:0....g	0.010		2	AR	1		0.009	0.035	
16:0....g	0.607		2	AR	1		0.516	2.086	
17:0....g	0.032		2	AR	1		0.027	0.108	
18:0....g	0.362		2	AR	1		0.307	1.244	
20:0....g	0.001		2	AR	1		0.001	0.004	
22:0....g									
24:0....g	0.002		2	AR	1		0.002	0.007	
Fatty acids, total monounsaturated....g	1.185		0	NC	4		1.007	4.076	
14:1....g	0.015		2	AR	1		0.012	0.050	
15:1....g									
16:1 undifferentiated....g	0.079		0	AS	1		0.067	0.271	
16:1 c....g	0.072		2	AR	1		0.062	0.249	
16:1 t....g	0.007		2	AR	1		0.006	0.022	
17:1....g	0.021		2	AR	1		0.018	0.072	
18:1 undifferentiated....g	1.067		0	AS	1		0.907	3.671	
18:1 c....g	0.931		2	AR	1		0.792	3.203	
18:1 t....g	0.136		2	AR	1		0.116	0.467	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.004		2	AR	1		0.003	0.012	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.225		0	NC	4		0.191	0.773	
18:2 undifferentiated....g	0.158		0	AS	1		0.135	0.545	
18:2 n-6 c,c....g	0.141		2	AR	1		0.120	0.484	
18:2 CLAs....g	0.008		2	AR	1		0.007	0.026	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.010		2	AR	1		0.008	0.034	
18:3 undifferentiated....g	0.004		0	AS	1		0.003	0.013	
18:3 n-3 c,c,c (ALA)....g	0.004		2	AR	1		0.003	0.013	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.001		2	AR	1		0.001	0.004	
20:3 undifferentiated....g	0.013		0	AS	1		0.011	0.044	
20:3 n-3....g									
20:3 n-6....g	0.013		2	AR	1		0.011	0.044	
20:4 undifferentiated....g	0.036		2	AR	1		0.031	0.125	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002		2	AR	1		0.002	0.007	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.009		2	AR	1		0.007	0.030	
22:6 n-3 (DHA)....g	0.002		2	AR	1		0.001	0.005	
Fatty acids, total trans....g	0.152		0	NC	4		0.129	0.524	
Fatty acids, total trans-monoenoic....g	0.142		0	NC	4		0.121	0.490	
Fatty acids, total trans-polyenoic....g	0.010		0	NC	4		0.008	0.034	
Cholesterol....mg	63		2	AR	1		54	217	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.263		0	AR	1		0.224	0.906	
Threonine....g	1.128		0	AR	1		0.959	3.881	
Isoleucine....g	1.115		0	AR	1		0.947	3.834	
Leucine....g	2.081		0	AR	1		1.769	7.159	

NDB No. 23326

Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.323		0	AR	1		1.975	7.992	
Methionine g	0.649		0	AR	1		0.552	2.233	
Cystine g	0.246		0	AR	1		0.209	0.848	
Phenylalanine g	0.959		0	AR	1		0.815	3.298	
Tyrosine g	0.901		0	AR	1		0.765	3.098	
Valine g	1.191		0	AR	1		1.013	4.098	
Arginine g	1.643		0	AR	1		1.397	5.653	
Histidine g	0.919		0	AR	1		0.781	3.162	
Alanine g	1.478		0	AR	1		1.257	5.086	
Aspartic acid g	2.349		0	AR	1		1.997	8.081	
Glutamic acid g	3.923		0	AR	1		3.335	13.495	
Glycine g	1.163		0	AR	1		0.989	4.001	
Proline g	1.084		0	AR	1		0.921	3.729	
Serine g	0.996		0	AR	1		0.846	3.425	
Hydroxyproline g	0.161		0	AR	1		0.136	0.552	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 344g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13491

Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled

Top Round Steak

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	64.28		0	O	4		54.64	178.06	
Energy kcal	162		0	NC	4		138	450	
Energy kJ	680		0	NC	4		578	1884	
Protein (N x 6.25) g	30.09		0	O	4		25.58	83.35	
Total lipid (fat) g	3.77		0	O	4		3.20	10.44	
Ash g	1.29		0	O	4		1.10	3.57	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	18		0	BFYN	4		15	50	
Iron, Fe mg	3.25		0	BFYN	4		2.76	9.00	
Magnesium, Mg mg	17		0	BFYN	4		14	47	
Phosphorus, P mg	306		0	BFYN	4		260	848	
Potassium, K mg	435		0	BFYN	4		370	1205	
Sodium, Na mg	75		0	BFYN	4		64	208	
Zinc, Zn mg	5.15		0	BFYN	4		4.37	14.25	
Copper, Cu mg	0.066		0	BFYN	4		0.056	0.184	
Manganese, Mn mg	0.005		0	BFYN	4		0.004	0.015	
Selenium, Se µg	30.8		0	BFYN	4		26.2	85.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.089		0	BFYN	4		0.076	0.246	
Riboflavin mg	0.328		0	BFYN	4		0.279	0.908	
Niacin mg	8.975		0	BFYN	4		7.629	24.860	
Pantothenic acid mg	0.497		0	BFYN	4		0.423	1.377	
Vitamin B-6 mg	0.882		0	BFYN	4		0.750	2.443	
Folate, total µg	5		0	BFYN	4		4	15	
Folic acid µg	0		0	BFYN	4		0	0	
Folate, food µg	5		0	BFYN	4		4	15	
Folate, DFE µg	5		0	NC	4		4	15	
Choline, total mg	90.1		0	BFYN	4		76.6	249.5	
Betaine mg	15.4		0	BFYN	4		13.1	42.7	
Vitamin B-12 µg	2.28		0	BFYN	4		1.94	6.32	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	3		0	BFYN	4		2	7	
Retinol µg	3		0	BFYN	4		2	7	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	9		0	BFYN	4		7	24	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.32		0	BFYN	4		0.27	0.89	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	AS	1		0.0	0.1	
Vitamin D IU	1		0	BFFN	4		1	4	
Vitamin K (phylloquinone) µg	1.5		0	BFSN	4		1.3	4.2	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13491

Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.556		0	BFYN	4		1.322	4.309	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.006		0	BFYN	4		0.005	0.015	
12:0....g	0.003		0	BFYN	4		0.003	0.009	
13:0....g									
14:0....g	0.090		0	BFYN	4		0.077	0.249	
15:0....g	0.014		0	BFYN	4		0.012	0.040	
16:0....g	0.893		0	BFYN	4		0.759	2.475	
17:0....g	0.044		0	BFYN	4		0.037	0.122	
18:0....g	0.501		0	BFYN	4		0.426	1.387	
20:0....g	0.002		0	BFYN	4		0.002	0.005	
22:0....g									
24:0....g	0.003		0	BFYN	4		0.002	0.007	
Fatty acids, total monounsaturated....g	1.794		0	BFYN	4		1.525	4.969	
14:1....g	0.022		0	BFYN	4		0.019	0.062	
15:1....g									
16:1 undifferentiated....g	0.124		0	BFYN	4		0.106	0.344	
16:1 c....g	0.115		0	BFYN	4		0.098	0.319	
16:1 t....g	0.009		0	BFYN	4		0.008	0.025	
17:1....g	0.033		0	BFYN	4		0.028	0.090	
18:1 undifferentiated....g	1.608		0	BFYN	4		1.366	4.453	
18:1 c....g	1.442		0	BFYN	4		1.226	3.995	
18:1 t....g	0.165		0	BFYN	4		0.141	0.458	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.007		0	BFYN	4		0.006	0.020	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.310		0	BFYN	4		0.263	0.858	
18:2 undifferentiated....g	0.218		0	BFYN	4		0.185	0.603	
18:2 n-6 c,c....g	0.189		0	BFYN	4		0.161	0.524	
18:2 CLAs....g	0.012		0	BFYN	4		0.010	0.033	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.017		0	BFYN	4		0.014	0.046	
18:3 undifferentiated....g	0.006		0	BFYN	4		0.005	0.017	
18:3 n-3 c,c,c (ALA)....g	0.006		0	BFYN	4		0.005	0.017	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.001		0	BFYN	4		0.001	0.004	
20:3 undifferentiated....g	0.019		0	BFYN	4		0.016	0.052	
20:3 n-3....g									
20:3 n-6....g	0.019		0	BFYN	4		0.016	0.052	
20:4 undifferentiated....g	0.049		0	BFYN	4		0.042	0.136	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003		0	BFYN	4		0.002	0.008	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.013		0	BFYN	4		0.011	0.035	
22:6 n-3 (DHA)....g	0.001		0	BFYN	4		0.001	0.004	
Fatty acids, total trans....g	0.191		0	BFYN	4		0.162	0.529	
Fatty acids, total trans-monoenoic....g	0.175		0	BFYN	4		0.148	0.484	
Fatty acids, total trans-polyenoic....g	0.017		0	BFYN	4		0.014	0.046	
Cholesterol....mg	86		0	BFYN	4		73	239	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.402		0	O	4		0.341	1.112	
Threonine....g	1.683		0	O	4		1.431	4.663	
Isoleucine....g	1.670		0	O	4		1.419	4.626	
Leucine....g	3.081		0	O	4		2.619	8.535	

NDB No. 13491

Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	3.443		0	O	4		2.927	9.538	
Methionine....g	0.951		0	O	4		0.809	2.635	
Cystine....g	0.359		0	O	4		0.306	0.996	
Phenylalanine....g	1.427		0	O	4		1.213	3.953	
Tyrosine....g	1.337		0	O	4		1.136	3.704	
Valine....g	1.765		0	O	4		1.500	4.889	
Arginine....g	2.402		0	O	4		2.042	6.654	
Histidine....g	1.329		0	O	4		1.130	3.682	
Alanine....g	2.138		0	O	4		1.817	5.921	
Aspartic acid....g	3.459		0	O	4		2.940	9.582	
Glutamic acid....g	5.840		0	O	4		4.964	16.176	
Glycine....g	1.543		0	O	4		1.312	4.274	
Proline....g	1.504		0	O	4		1.278	4.165	
Serine....g	1.453		0	O	4		1.235	4.026	
Hydroxyproline....g	0.165		0	O	4		0.141	0.458	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 277g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23354

Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw

Top Round Steak

Refuse: 1% Connective tissue 1%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	72.96	0.679	36	AR	1		62.01	250.98	
Energy kcal	121		0	NC	4		103	416	
Energy kJ	505		0	NC	4		429	1737	
Protein (N x 6.25) g	23.59	0.360	36	AR	1		20.05	81.16	
Total lipid (fat) g	2.94	0.474	36	AR	1		2.50	10.10	
Ash g	1.12	0.040	36	AR	1		0.95	3.86	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	13		3	AR	1		11	45	
Iron, Fe mg	2.34		3	AR	1		1.99	8.05	
Magnesium, Mg mg	12		3	AR	1		10	42	
Phosphorus, P mg	220		3	AR	1		187	758	
Potassium, K mg	313		3	AR	1		266	1078	
Sodium, Na mg	54		3	AR	1		46	186	
Zinc, Zn mg	3.70		3	AR	1		3.15	12.74	
Copper, Cu mg	0.048		3	AR	1		0.041	0.164	
Manganese, Mn mg	0.004		3	AR	1		0.003	0.013	
Selenium, Se µg	22.2		3	AR	1		18.9	76.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.064		2	AR	1		0.054	0.220	
Riboflavin mg	0.236	0.006	6	AR	1		0.201	0.812	
Niacin mg	6.462	0.286	6	AR	1		5.493	22.229	
Pantothenic acid mg	0.358		2	AR	1		0.304	1.232	
Vitamin B-6 mg	0.635	0.005	6	AR	1		0.540	2.184	
Folate, total µg	4		0	BFPN	4		3	13	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	4		0	BFPN	4		3	13	
Folate, DFE µg	4		0	NC	4		3	13	
Choline, total mg	64.8		2	AR	1		55.1	223.1	
Betaine mg	11.1		2	AR	1		9.4	38.2	
Vitamin B-12 µg	1.64	0.077	6	AR	1		1.40	5.66	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		2	6	
Retinol µg	2		0	BFSN	4		2	6	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	6		0	NC	4		5	21	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.23	0.005	6	AR	1		0.20	0.79	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	AS	1		0.0	0.1	
Vitamin D IU	1		0	BFFN	4		1	4	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	5.2	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23354

Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.120		0	NC	4		0.952	3.853	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.004	0.001	6	AR	1		0.003	0.014	
12:0....g	0.002	0.001	6	AR	1		0.002	0.008	
13:0....g									
14:0....g	0.065	0.005	6	AR	1		0.055	0.223	
15:0....g	0.010	0.001	6	AR	1		0.009	0.035	
16:0....g	0.643	0.065	6	AR	1		0.547	2.213	
17:0....g	0.032	0.002	6	AR	1		0.027	0.109	
18:0....g	0.361	0.025	6	AR	1		0.306	1.240	
20:0....g	0.001	0.000	6	AR	1		0.001	0.004	
22:0....g									
24:0....g	0.002	0.000	6	AR	1		0.002	0.007	
Fatty acids, total monounsaturated....g	1.292		0	NC	4		1.098	4.443	
14:1....g	0.016	0.002	6	AR	1		0.014	0.055	
15:1....g									
16:1 undifferentiated....g	0.089		0	AS	1		0.076	0.308	
16:1 c....g	0.083	0.008	6	AR	1		0.070	0.285	
16:1 t....g	0.007	0.001	6	AR	1		0.006	0.023	
17:1....g	0.023	0.002	6	AR	1		0.020	0.080	
18:1 undifferentiated....g	1.158		0	AS	1		0.984	3.982	
18:1 c....g	1.038	0.089	6	AR	1		0.883	3.572	
18:1 t....g	0.119	0.010	6	AR	1		0.101	0.410	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.005	0.001	6	AR	1		0.004	0.018	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.223		0	NC	4		0.190	0.767	
18:2 undifferentiated....g	0.157		0	AS	1		0.133	0.539	
18:2 n-6 c,c....g	0.136	0.012	6	AR	1		0.116	0.469	
18:2 CLAs....g	0.009	0.001	6	AR	1		0.007	0.030	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.012	0.002	6	AR	1		0.010	0.041	
18:3 undifferentiated....g	0.004		0	AS	1		0.004	0.015	
18:3 n-3 c,c,c (ALA)....g	0.004	0.000	6	AR	1		0.004	0.015	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.001	0.000	6	AR	1		0.001	0.003	
20:3 undifferentiated....g	0.014		0	AS	1		0.011	0.046	
20:3 n-3....g									
20:3 n-6....g	0.014	0.000	6	AR	1		0.011	0.046	
20:4 undifferentiated....g	0.035	0.005	6	AR	1		0.030	0.121	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002	0.000	6	AR	1		0.002	0.007	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.009	0.000	6	AR	1		0.008	0.032	
22:6 n-3 (DHA)....g	0.001	0.000	6	AR	1		0.001	0.003	
Fatty acids, total trans....g	0.138		0	NC	4		0.117	0.473	
Fatty acids, total trans-monoenoic....g	0.126		0	NC	4		0.107	0.432	
Fatty acids, total trans-polyenoic....g	0.012		0	NC	4		0.010	0.041	
Cholesterol....mg	62	1.785	6	AR	1		53	214	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.289		0	AR	1		0.246	0.995	
Threonine....g	1.212		0	AR	1		1.030	4.170	
Isoleucine....g	1.203		0	AR	1		1.022	4.137	
Leucine....g	2.219		0	AR	1		1.886	7.633	

NDB No. 23354

Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.480		0	AR	1		2.108	8.530	
Methionine g	0.685		0	AR	1		0.582	2.357	
Cystine g	0.259		0	AR	1		0.220	0.890	
Phenylalanine g	1.028		0	AR	1		0.873	3.535	
Tyrosine g	0.963		0	AR	1		0.818	3.312	
Valine g	1.271		0	AR	1		1.081	4.373	
Arginine g	1.730		0	AR	1		1.470	5.951	
Histidine g	0.957		0	AR	1		0.814	3.293	
Alanine g	1.540		0	AR	1		1.309	5.296	
Aspartic acid g	2.491		0	AR	1		2.117	8.569	
Glutamic acid g	4.206		0	AR	1		3.575	14.467	
Glycine g	1.111		0	AR	1		0.945	3.823	
Proline g	1.083		0	AR	1		0.920	3.725	
Serine g	1.047		0	AR	1		0.890	3.601	
Hydroxyproline g	0.119		0	AR	1		0.101	0.410	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 344g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13492

Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled

Top Round Steak, URMIS #2368

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	64.37		0	O	4		54.71	182.81	
Energy kcal	166		0	NC	4		141	472	
Energy kJ	695		0	NC	4		591	1974	
Protein (N x 6.25) g	30.24		0	O	4		25.70	85.88	
Total lipid (fat) g	4.11		0	O	4		3.49	11.67	
Ash g	1.22		0	O	4		1.04	3.46	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	18		0	BFYN	4		15	51	
Iron, Fe mg	3.27		0	BFYN	4		2.78	9.29	
Magnesium, Mg mg	17		0	BFYN	4		15	49	
Phosphorus, P mg	307		0	BFYN	4		261	871	
Potassium, K mg	429		0	BFYN	4		365	1218	
Sodium, Na mg	78		0	BFYN	4		66	221	
Zinc, Zn mg	5.25		0	BFYN	4		4.46	14.91	
Copper, Cu mg	0.067		0	BFYN	4		0.057	0.189	
Manganese, Mn mg	0.006		0	BFYN	4		0.005	0.016	
Selenium, Se µg	30.4		0	BFYN	4		25.9	86.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.089		0	BFYN	4		0.076	0.252	
Riboflavin mg	0.315		0	BFYN	4		0.268	0.894	
Niacin mg	9.259		0	BFYN	4		7.870	26.296	
Pantothenic acid mg	0.486		0	BFYN	4		0.413	1.380	
Vitamin B-6 mg	0.891		0	BFYN	4		0.757	2.530	
Folate, total µg	5		0	BFYN	4		4	15	
Folic acid µg	0		0	BFYN	4		0	0	
Folate, food µg	5		0	BFYN	4		4	15	
Folate, DFE µg	5		0	NC	4		4	15	
Choline, total mg	90.8		0	BFYN	4		77.2	257.8	
Betaine mg	15.7		0	BFYN	4		13.3	44.5	
Vitamin B-12 µg	2.30		0	BFYN	4		1.96	6.53	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	3		0	BFYN	4		2	8	
Retinol µg	3		0	BFYN	4		2	8	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	9		0	BFYN	4		8	27	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.34		0	BFYN	4		0.29	0.96	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	AS	1		0.0	0.1	
Vitamin D IU	2		0	BFFN	4		1	4	
Vitamin K (phylloquinone) µg	2.1		0	BFYN	4		1.8	6.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13492

Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated g	1.562		0	BFYN	4		1.328	4.436	
4:0 g	0.000		0	Z	7		0.000	0.000	
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.005		0	BFYN	4		0.004	0.013	
12:0 g	0.003		0	BFYN	4		0.003	0.009	
13:0 g									
14:0 g	0.093		0	BFYN	4		0.079	0.264	
15:0 g	0.014		0	BFYN	4		0.012	0.041	
16:0 g	0.906		0	BFYN	4		0.770	2.572	
17:0 g	0.043		0	BFYN	4		0.037	0.123	
18:0 g	0.493		0	BFYN	4		0.419	1.400	
20:0 g	0.002		0	BFYN	4		0.002	0.006	
22:0 g									
24:0 g	0.002		0	BFYN	4		0.002	0.007	
Fatty acids, total monounsaturated g	1.850		0	BFYN	4		1.572	5.253	
14:1 g	0.024		0	BFYN	4		0.021	0.069	
15:1 g									
16:1 undifferentiated g	0.133		0	BFYN	4		0.113	0.377	
16:1 c g	0.123		0	BFYN	4		0.105	0.350	
16:1 t g	0.009		0	BFYN	4		0.008	0.027	
17:1 g	0.034		0	BFYN	4		0.029	0.097	
18:1 undifferentiated g	1.650		0	BFYN	4		1.402	4.686	
18:1 c g	1.498		0	BFYN	4		1.273	4.255	
18:1 t g	0.152		0	BFYN	4		0.129	0.431	
18:1-11 t (18:1t n-7) g									
20:1 g	0.008		0	BFYN	4		0.007	0.024	
22:1 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.289		0	BFYN	4		0.246	0.820	
18:2 undifferentiated g	0.205		0	BFYN	4		0.174	0.583	
18:2 n-6 c,c g	0.173		0	BFYN	4		0.147	0.492	
18:2 CLAs g	0.013		0	BFYN	4		0.011	0.038	
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.018		0	BFYN	4		0.016	0.052	
18:3 undifferentiated g	0.006		0	BFYN	4		0.006	0.018	
18:3 n-3 c,c,c (ALA) g	0.006		0	BFYN	4		0.006	0.018	
18:3 n-6 c,c,c g									
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.001		0	BFYN	4		0.001	0.004	
20:3 undifferentiated g	0.018		0	BFYN	4		0.015	0.050	
20:3 n-3 g									
20:3 n-6 g	0.018		0	BFYN	4		0.015	0.050	
20:4 undifferentiated g	0.043		0	BFYN	4		0.037	0.123	
20:4 n-6 g									
20:5 n-3 (EPA) g	0.002		0	BFYN	4		0.002	0.007	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.012		0	BFYN	4		0.010	0.033	
22:6 n-3 (DHA) g	0.001		0	BFYN	4		0.001	0.002	
Fatty acids, total trans g	0.180		0	BFYN	4		0.153	0.511	
Fatty acids, total trans-monoenoic g	0.161		0	BFYN	4		0.137	0.458	
Fatty acids, total trans-polyenoic g	0.018		0	BFYN	4		0.016	0.052	
Cholesterol mg	85		0	BFYN	4		73	242	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.394		0	O	4		0.335	1.119	
Threonine g	1.636		0	O	4		1.390	4.646	
Isoleucine g	1.628		0	O	4		1.384	4.623	
Leucine g	2.983		0	O	4		2.535	8.471	

NDB No. 13492

Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	3.321		0	O	4		2.823	9.433	
Methionine....g	0.924		0	O	4		0.786	2.625	
Cystine....g	0.347		0	O	4		0.295	0.984	
Phenylalanine....g	1.386		0	O	4		1.178	3.937	
Tyrosine....g	1.297		0	O	4		1.102	3.684	
Valine....g	1.722		0	O	4		1.464	4.892	
Arginine....g	2.324		0	O	4		1.975	6.599	
Histidine....g	1.273		0	O	4		1.082	3.616	
Alanine....g	2.077		0	O	4		1.765	5.898	
Aspartic acid....g	3.348		0	O	4		2.846	9.508	
Glutamic acid....g	5.677		0	O	4		4.825	16.122	
Glycine....g	1.497		0	O	4		1.272	4.250	
Proline....g	1.452		0	O	4		1.234	4.124	
Serine....g	1.407		0	O	4		1.196	3.997	
Hydroxyproline....g	0.168		0	O	4		0.143	0.478	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 284g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23355

Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw

Top Round Steak, URMIS # 2368

Refuse: 1% Connective tissue 1%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	72.66	0.684	24	AR	1		61.76	249.96	
Energy kcal	124		0	NC	4		105	426	
Energy kJ	518		0	NC	4		440	1782	
Protein (N x 6.25) g	23.59	0.366	24	AR	1		20.05	81.16	
Total lipid (fat) g	3.26	0.482	24	AR	1		2.77	11.21	
Ash g	1.12	0.040	24	AR	1		0.95	3.86	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	13		2	AR	1		11	45	
Iron, Fe mg	2.35		2	AR	1		2.00	8.10	
Magnesium, Mg mg	12		2	AR	1		10	42	
Phosphorus, P mg	221		2	AR	1		188	759	
Potassium, K mg	309		2	AR	1		262	1062	
Sodium, Na mg	56		2	AR	1		48	193	
Zinc, Zn mg	3.78		2	AR	1		3.21	13.00	
Copper, Cu mg	0.048		2	AR	1		0.041	0.165	
Manganese, Mn mg	0.004		2	AR	1		0.003	0.014	
Selenium, Se µg	21.9		2	AR	1		18.6	75.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.064		1	AR	1		0.054	0.220	
Riboflavin mg	0.227	0.008	4	AR	1		0.193	0.780	
Niacin mg	6.667	0.356	4	AR	1		5.667	22.933	
Pantothenic acid mg	0.350		1	AR	1		0.297	1.204	
Vitamin B-6 mg	0.641	0.007	4	AR	1		0.545	2.206	
Folate, total µg	4		0	BFPN	4		3	13	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	4		0	BFPN	4		3	13	
Folate, DFE µg	4		0	NC	4		3	13	
Choline, total mg	65.4		1	AR	1		55.6	224.8	
Betaine mg	11.3		1	AR	1		9.6	38.8	
Vitamin B-12 µg	1.66	0.096	4	AR	1		1.41	5.70	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		2	7	
Retinol µg	2		0	BFPN	4		2	7	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	7		0	NC	4		6	23	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.24	0.006	4	AR	1		0.21	0.83	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	AS	1		0.0	0.1	
Vitamin D IU	1		0	BFFN	4		1	5	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	5.2	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23355

Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.253		0	NC	4		1.065	4.310	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.004	0.001	4	AR	1		0.003	0.013	
12:0....g	0.003	0.001	4	AR	1		0.002	0.009	
13:0....g									
14:0....g	0.075	0.006	4	AR	1		0.063	0.257	
15:0....g	0.012	0.001	4	AR	1		0.010	0.040	
16:0....g	0.726	0.081	4	AR	1		0.617	2.499	
17:0....g	0.035	0.003	4	AR	1		0.030	0.120	
18:0....g	0.396	0.032	4	AR	1		0.336	1.361	
20:0....g	0.002	0.000	4	AR	1		0.001	0.006	
22:0....g									
24:0....g	0.002	0.001	4	AR	1		0.002	0.007	
Fatty acids, total monounsaturated....g	1.484		0	NC	4		1.261	5.104	
14:1....g	0.020	0.002	4	AR	1		0.017	0.067	
15:1....g									
16:1 undifferentiated....g	0.106		0	AS	1		0.090	0.366	
16:1 c....g	0.099	0.010	4	AR	1		0.084	0.340	
16:1 t....g	0.008	0.001	4	AR	1		0.006	0.026	
17:1....g	0.027	0.002	4	AR	1		0.023	0.094	
18:1 undifferentiated....g	1.324		0	AS	1		1.125	4.553	
18:1 c....g	1.202	0.110	4	AR	1		1.021	4.134	
18:1 t....g	0.122	0.012	4	AR	1		0.104	0.419	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.007	0.001	4	AR	1		0.006	0.023	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.232		0	NC	4		0.197	0.797	
18:2 undifferentiated....g	0.165		0	AS	1		0.140	0.566	
18:2 n-6 c,c....g	0.139	0.014	4	AR	1		0.118	0.479	
18:2 CLAs....g	0.011	0.001	4	AR	1		0.009	0.037	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.015	0.002	4	AR	1		0.013	0.051	
18:3 undifferentiated....g	0.005		0	AS	1		0.004	0.018	
18:3 n-3 c,c,c (ALA)....g	0.005	0.001	4	AR	1		0.004	0.018	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.001	0.000	4	AR	1		0.001	0.004	
20:3 undifferentiated....g	0.014		0	AS	1		0.012	0.049	
20:3 n-3....g									
20:3 n-6....g	0.014	0.000	4	AR	1		0.012	0.049	
20:4 undifferentiated....g	0.035	0.006	4	AR	1		0.029	0.119	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002	0.000	4	AR	1		0.002	0.007	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.009	0.001	4	AR	1		0.008	0.032	
22:6 n-3 (DHA)....g	0.001	0.000	4	AR	1		0.001	0.002	
Fatty acids, total trans....g	0.144		0	NC	4		0.123	0.496	
Fatty acids, total trans-monoenoic....g	0.129		0	NC	4		0.110	0.445	
Fatty acids, total trans-polyenoic....g	0.015		0	NC	4		0.013	0.051	
Cholesterol....mg	61	2.217	4	AR	1		52	211	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.279		0	AR	1		0.237	0.960	
Threonine....g	1.159		0	AR	1		0.985	3.986	
Isoleucine....g	1.153		0	AR	1		0.980	3.966	
Leucine....g	2.113		0	AR	1		1.796	7.268	

NDB No. 23355

Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.353		0	AR	1		2.000	8.093	
Methionine g	0.655		0	AR	1		0.556	2.252	
Cystine g	0.245		0	AR	1		0.209	0.844	
Phenylalanine g	0.982		0	AR	1		0.835	3.378	
Tyrosine g	0.919		0	AR	1		0.781	3.160	
Valine g	1.220		0	AR	1		1.037	4.197	
Arginine g	1.646		0	AR	1		1.399	5.662	
Histidine g	0.902		0	AR	1		0.767	3.103	
Alanine g	1.471		0	AR	1		1.250	5.060	
Aspartic acid g	2.371		0	AR	1		2.016	8.157	
Glutamic acid g	4.021		0	AR	1		3.418	13.832	
Glycine g	1.060		0	AR	1		0.901	3.647	
Proline g	1.029		0	AR	1		0.874	3.538	
Serine g	0.997		0	AR	1		0.847	3.429	
Hydroxyproline g	0.119		0	AR	1		0.101	0.410	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 344g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13493

Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled

Top Round Steak, URMIS #1553

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	65.87		0	O	4		55.99	177.19	
Energy kcal	158		0	NC	4		134	424	
Energy kJ	660		0	NC	4		561	1775	
Protein (N x 6.25) g	29.81		0	O	4		25.34	80.19	
Total lipid (fat) g	3.37		0	O	4		2.86	9.07	
Ash g	1.26		0	O	4		1.07	3.39	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	19		0	BFYN	4		16	50	
Iron, Fe mg	3.26		0	BFYN	4		2.77	8.76	
Magnesium, Mg mg	17		0	BFYN	4		14	44	
Phosphorus, P mg	305		0	BFYN	4		259	821	
Potassium, K mg	438		0	BFYN	4		373	1179	
Sodium, Na mg	76		0	BFYN	4		64	204	
Zinc, Zn mg	4.92		0	BFYN	4		4.18	13.24	
Copper, Cu mg	0.066		0	BFYN	4		0.056	0.177	
Manganese, Mn mg	0.004		0	BFYN	4		0.004	0.011	
Selenium, Se µg	31.5		0	BFYN	4		26.8	84.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.089		0	BFYN	4		0.076	0.239	
Riboflavin mg	0.347		0	BFYN	4		0.295	0.934	
Niacin mg	8.549		0	BFYN	4		7.266	22.996	
Pantothenic acid mg	0.514		0	BFYN	4		0.437	1.382	
Vitamin B-6 mg	0.869		0	BFYN	4		0.738	2.337	
Folate, total µg	5		0	BFYN	4		4	14	
Folic acid µg	0		0	BFYN	4		0	0	
Folate, food µg	5		0	BFYN	4		4	14	
Folate, DFE µg	5		0	NC	4		4	14	
Choline, total mg	89.0		0	BFYN	4		75.7	239.4	
Betaine mg	15.0		0	BFYN	4		12.8	40.4	
Vitamin B-12 µg	2.26		0	BFYN	4		1.92	6.07	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	3		0	BFYN	4		2	8	
Retinol µg	3		0	BFYN	4		2	8	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	10		0	BFYN	4		8	26	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.30		0	BFYN	4		0.25	0.79	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	AS	1		0.0	0.1	
Vitamin D IU	1		0	BFFN	4		1	4	
Vitamin K (phylloquinone) µg	1.4		0	BFSN	4		1.2	3.7	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13493

Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated g	1.278		0	BFYN	4		1.087	3.439	
4:0 g	0.000		0	Z	7		0.000	0.000	
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.006		0	BFYN	4		0.005	0.016	
12:0 g	0.003		0	BFYN	4		0.002	0.008	
13:0 g									
14:0 g	0.069		0	BFYN	4		0.059	0.186	
15:0 g	0.011		0	BFYN	4		0.010	0.031	
16:0 g	0.720		0	BFYN	4		0.612	1.937	
17:0 g	0.038		0	BFYN	4		0.032	0.101	
18:0 g	0.428		0	BFYN	4		0.363	1.150	
20:0 g	0.001		0	BFYN	4		0.001	0.003	
22:0 g									
24:0 g	0.003		0	BFYN	4		0.002	0.007	
Fatty acids, total monounsaturated g	1.393		0	BFYN	4		1.184	3.747	
14:1 g	0.015		0	BFYN	4		0.013	0.041	
15:1 g									
16:1 undifferentiated g	0.089		0	BFYN	4		0.075	0.238	
16:1 c g	0.081		0	BFYN	4		0.069	0.219	
16:1 t g	0.007		0	BFYN	4		0.006	0.019	
17:1 g	0.024		0	BFYN	4		0.021	0.065	
18:1 undifferentiated g	1.261		0	BFYN	4		1.072	3.393	
18:1 c g	1.102		0	BFYN	4		0.936	2.963	
18:1 t g	0.160		0	BFYN	4		0.136	0.430	
18:1-11 t (18:1t n-7) g									
20:1 g	0.003		0	BFYN	4		0.003	0.009	
22:1 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.292		0	BFYN	4		0.248	0.785	
18:2 undifferentiated g	0.201		0	BFYN	4		0.171	0.542	
18:2 n-6 c,c g	0.184		0	BFYN	4		0.156	0.494	
18:2 CLAs g	0.007		0	BFYN	4		0.006	0.019	
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.011		0	BFYN	4		0.009	0.028	
18:3 undifferentiated g	0.004		0	BFYN	4		0.004	0.012	
18:3 n-3 c,c,c (ALA) g	0.004		0	BFYN	4		0.004	0.012	
18:3 n-6 c,c,c g									
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.001		0	BFYN	4		0.001	0.004	
20:3 undifferentiated g	0.018		0	BFYN	4		0.015	0.047	
20:3 n-3 g									
20:3 n-6 g	0.018		0	BFYN	4		0.015	0.047	
20:4 undifferentiated g	0.051		0	BFYN	4		0.043	0.136	
20:4 n-6 g									
20:5 n-3 (EPA) g	0.003		0	BFYN	4		0.002	0.007	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.012		0	BFYN	4		0.010	0.032	
22:6 n-3 (DHA) g	0.002		0	BFYN	4		0.002	0.006	
Fatty acids, total trans g	0.178		0	BFYN	4		0.151	0.477	
Fatty acids, total trans-monoenoic g	0.167		0	BFYN	4		0.142	0.449	
Fatty acids, total trans-polyenoic g	0.011		0	BFYN	4		0.009	0.028	
Cholesterol mg	88		0	BFYN	4		74	236	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.365		0	O	4		0.311	0.983	
Threonine g	1.532		0	O	4		1.302	4.120	
Isoleucine g	1.520		0	O	4		1.292	4.088	
Leucine g	2.804		0	O	4		2.383	7.542	

NDB No. 13493

Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	3.133		0	O	4		2.663	8.428	
Methionine g	0.866		0	O	4		0.736	2.329	
Cystine g	0.327		0	O	4		0.278	0.880	
Phenylalanine g	1.298		0	O	4		1.104	3.493	
Tyrosine g	1.217		0	O	4		1.034	3.273	
Valine g	1.606		0	O	4		1.365	4.321	
Arginine g	2.186		0	O	4		1.858	5.880	
Histidine g	1.209		0	O	4		1.028	3.253	
Alanine g	1.945		0	O	4		1.653	5.233	
Aspartic acid g	3.148		0	O	4		2.675	8.467	
Glutamic acid g	5.314		0	O	4		4.517	14.295	
Glycine g	1.404		0	O	4		1.194	3.777	
Proline g	1.368		0	O	4		1.163	3.680	
Serine g	1.323		0	O	4		1.124	3.558	
Hydroxyproline g	0.163		0	BFPN	4		0.138	0.438	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 269g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23356

Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, raw

Top Round Steak, URMIS # 1553

Refuse: 2% Connective tissue 2%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	73.40	0.696	12	AR	1		62.39	252.51	
Energy kcal	116		0	NC	4		99	400	
Energy kJ	487		0	NC	4		414	1675	
Protein (N x 6.25) g	23.59	0.379	12	AR	1		20.05	81.15	
Total lipid (fat) g	2.45	0.499	12	AR	1		2.08	8.43	
Ash g	1.12	0.041	12	AR	1		0.95	3.86	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	13		1	AR	1		11	46	
Iron, Fe mg	2.34		1	AR	1		1.99	8.06	
Magnesium, Mg mg	12		1	AR	1		10	41	
Phosphorus, P mg	220		1	AR	1		187	756	
Potassium, K mg	316		1	AR	1		268	1086	
Sodium, Na mg	55		1	AR	1		46	188	
Zinc, Zn mg	3.54		1	AR	1		3.01	12.19	
Copper, Cu mg	0.047		1	AR	1		0.040	0.163	
Manganese, Mn mg	0.003		1	AR	1		0.003	0.010	
Selenium, Se µg	22.7		1	AR	1		19.3	78.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.064		1	AR	1		0.054	0.220	
Riboflavin mg	0.250		2	AR	1		0.213	0.860	
Niacin mg	6.155		2	AR	1		5.232	21.173	
Pantothenic acid mg	0.370		1	AR	1		0.315	1.273	
Vitamin B-6 mg	0.626		2	AR	1		0.532	2.152	
Folate, total µg	4		0	BFPN	4		3	13	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	4		0	BFPN	4		3	13	
Folate, DFE µg	4		0	NC	4		3	13	
Choline, total mg	64.1		1	AR	1		54.5	220.5	
Betaine mg	10.8		1	AR	1		9.2	37.2	
Vitamin B-12 µg	1.63		2	AR	1		1.38	5.59	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		2	7	
Retinol µg	2		0	BFSN	4		2	7	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	7		0	NC	4		6	24	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.21		2	AR	1		0.18	0.73	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	AS	1		0.0	0.1	
Vitamin D IU	1		0	BFFN	4		1	4	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	5.2	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23356

Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.920		0	NC	4		0.782	3.166	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.004		2	AR	1		0.004	0.015	
12:0....g	0.002		2	AR	1		0.002	0.007	
13:0....g									
14:0....g	0.050		2	AR	1		0.042	0.171	
15:0....g	0.008		2	AR	1		0.007	0.028	
16:0....g	0.519		2	AR	1		0.441	1.784	
17:0....g	0.027		2	AR	1		0.023	0.093	
18:0....g	0.308		2	AR	1		0.262	1.059	
20:0....g	0.001		2	AR	1		0.001	0.002	
22:0....g									
24:0....g	0.002		2	AR	1		0.002	0.007	
Fatty acids, total monounsaturated....g	1.003		0	NC	4		0.852	3.450	
14:1....g	0.011		2	AR	1		0.009	0.037	
15:1....g									
16:1 undifferentiated....g	0.064		0	AS	1		0.054	0.219	
16:1 c....g	0.059		2	AR	1		0.050	0.202	
16:1 t....g	0.005		2	AR	1		0.004	0.018	
17:1....g	0.018		2	AR	1		0.015	0.060	
18:1 undifferentiated....g	0.908		0	AS	1		0.772	3.124	
18:1 c....g	0.793		2	AR	1		0.674	2.729	
18:1 t....g	0.115		2	AR	1		0.098	0.396	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.002		2	AR	1		0.002	0.008	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.210		0	NC	4		0.179	0.723	
18:2 undifferentiated....g	0.145		0	AS	1		0.123	0.499	
18:2 n-6 c,c....g	0.132		2	AR	1		0.112	0.455	
18:2 CLAs....g	0.005		2	AR	1		0.004	0.018	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.008		2	AR	1		0.006	0.026	
18:3 undifferentiated....g	0.003		0	AS	1		0.003	0.011	
18:3 n-3 c,c,c (ALA)....g	0.003		2	AR	1		0.003	0.011	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.001		2	AR	1		0.001	0.003	
20:3 undifferentiated....g	0.013		0	AS	1		0.011	0.043	
20:3 n-3....g									
20:3 n-6....g	0.013		2	AR	1		0.011	0.043	
20:4 undifferentiated....g	0.036		2	AR	1		0.031	0.125	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002		2	AR	1		0.002	0.007	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.009		2	AR	1		0.007	0.030	
22:6 n-3 (DHA)....g	0.002		2	AR	1		0.001	0.005	
Fatty acids, total trans....g	0.128		0	NC	4		0.109	0.440	
Fatty acids, total trans-monoenoic....g	0.120		0	NC	4		0.102	0.413	
Fatty acids, total trans-polyenoic....g	0.008		0	NC	4		0.006	0.026	
Cholesterol....mg	63		2	AR	1		54	217	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.308		0	AR	1		0.261	1.058	
Threonine....g	1.313		0	AR	1		1.116	4.518	
Isoleucine....g	1.302		0	AR	1		1.106	4.477	
Leucine....g	2.426		0	AR	1		2.062	8.344	

NDB No. 23356

Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	2.721		0	AR	1		2.313	9.362	
Methionine....g	0.745		0	AR	1		0.634	2.564	
Cystine....g	0.284		0	AR	1		0.241	0.977	
Phenylalanine....g	1.112		0	AR	1		0.945	3.826	
Tyrosine....g	1.053		0	AR	1		0.895	3.623	
Valine....g	1.373		0	AR	1		1.167	4.722	
Arginine....g	1.893		0	AR	1		1.609	6.513	
Histidine....g	1.065		0	AR	1		0.905	3.663	
Alanine....g	1.668		0	AR	1		1.418	5.739	
Aspartic acid....g	2.721		0	AR	1		2.313	9.362	
Glutamic acid....g	4.567		0	AR	1		3.882	15.712	
Glycine....g	1.207		0	AR	1		1.026	4.152	
Proline....g	1.195		0	AR	1		1.016	4.111	
Serine....g	1.148		0	AR	1		0.976	3.948	
Hydroxyproline....g	0.119		0	AR	1		0.101	0.410	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 344g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13893

Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled

London Broil, Minute Steak, Round Steak

Refuse: 1% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	59.59	0.609	20	PAK	1		50.65	194.26	
Energy kcal	204		0	NC	4		173	664	
Energy kJ	852		0	NC	4		724	2778	
Protein g	30.67	0.311	20	PAK	1		26.07	99.97	
Total lipid (fat) g	9.00	0.463	20	PAK	1		7.65	29.34	
Ash g	1.16	0.027	20	PAK	1		0.99	3.78	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	7		0	BFNN	4		6	24	
Iron, Fe mg	2.53		0	BFNN	4		2.15	8.25	
Magnesium, Mg mg	20		0	BFNN	4		17	66	
Phosphorus, P mg	193		0	BFNN	4		164	629	
Potassium, K mg	252		0	BFNN	4		214	821	
Sodium, Na mg	41		0	BFNN	4		35	132	
Zinc, Zn mg	5.20		0	BFNN	4		4.42	16.95	
Copper, Cu mg	0.074		0	BFNN	4		0.063	0.241	
Manganese, Mn mg	0.011		0	BFNN	4		0.009	0.035	
Selenium, Se µg	31.7		0	BFNN	4		27.0	103.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.070		0	BFPN	4		0.060	0.230	
Riboflavin mg	0.163		0	BFPN	4		0.139	0.532	
Niacin mg	5.360		0	BFPN	4		4.556	17.472	
Pantothenic acid mg	0.605		0	BFPN	4		0.514	1.971	
Vitamin B-6 mg	0.403		0	BFPN	4		0.342	1.313	
Folate, total µg	10		0	BFPN	4		8	31	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	10		0	BFPN	4		8	31	
Folate, DFE µg	10		0	NC	4		8	31	
Choline, total mg	116.8		0	BFPN	4		99.3	380.8	
Betaine mg	15.3		0	BFPN	4		13.0	50.0	
Vitamin B-12 µg	1.71		0	BFPN	4		1.45	5.56	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.43		0	BFSN	4		0.37	1.40	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.5	
Vitamin D IU	6		0	BFFN	4		5	19	
Vitamin K (phylloquinone) µg	1.5		0	BFSN	4		1.3	5.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13893

Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.415		0	NC	4		2.903	11.133	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.019		0	BFFN	4		0.016	0.063	
12:0....g	0.019		0	BFFN	4		0.016	0.063	
13:0....g									
14:0....g	0.267		0	BFFN	4		0.227	0.870	
15:0....g									
16:0....g	2.129		0	BFFN	4		1.810	6.942	
17:0....g									
18:0....g	0.980		0	BFFN	4		0.833	3.195	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.837		0	NC	4		3.262	12.510	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.380		0	BFFN	4		0.323	1.238	
17:1....g									
18:1 undifferentiated....g	3.444		0	BFFN	4		2.927	11.227	
20:1....g	0.014		0	BFFN	4		0.012	0.044	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.367		0	NC	4		0.312	1.195	
18:2 undifferentiated....g	0.238		0	BFFN	4		0.203	0.777	
18:3 undifferentiated....g	0.087		0	BFFN	4		0.074	0.283	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.022		0	BFFN	4		0.018	0.070	
20:5 n-3 (EPA)....g	0.003		18	AR	1		0.003	0.010	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.016		18	AR	1		0.014	0.052	
22:6 n-3 (DHA)....g	0.001		18	AR	1		0.001	0.003	
Fatty acids, total trans....g									
Cholesterol....mg	90		0	BFSN	4		76	292	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.202		0	PAK	1		0.171	0.657	
Threonine....g	1.225		0	PAK	1		1.041	3.994	
Isoleucine....g	1.395		0	PAK	1		1.186	4.548	
Leucine....g	2.439		0	PAK	1		2.073	7.952	
Lysine....g	2.592		0	PAK	1		2.203	8.449	
Methionine....g	0.799		0	PAK	1		0.679	2.603	
Cystine....g	0.396		0	PAK	1		0.336	1.290	
Phenylalanine....g	1.211		0	PAK	1		1.030	3.949	
Tyrosine....g	0.977		0	PAK	1		0.831	3.186	
Valine....g	1.521		0	PAK	1		1.293	4.959	
Arginine....g	1.983		0	PAK	1		1.685	6.464	
Histidine....g	0.979		0	PAK	1		0.832	3.190	
Alanine....g	1.864		0	PAK	1		1.585	6.078	
Aspartic acid....g	2.793		0	PAK	1		2.374	9.106	
Glutamic acid....g	4.604		0	PAK	1		3.913	15.008	
Glycine....g	1.867		0	PAK	1		1.587	6.087	
Proline....g	1.462		0	PAK	1		1.243	4.766	
Serine....g	1.208		0	PAK	1		1.027	3.938	
Hydroxyproline....g	0.321		0	BFPN	4		0.273	1.046	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13893

Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 326g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13428

Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised

Cube steak, London Broil, Minute Steak, Round Steak

Refuse: 2% Connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	57.90		0		1		49.22	154.59	
Energy kcal	209		0	NC	4		178	558	
Energy kJ	874		0		4		743	2335	
Protein (N x 6.25) g	35.62		0		1		30.28	95.11	
Total lipid (fat) g	6.31		0		1		5.36	16.85	
Ash g	1.72		0		1		1.46	4.59	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	4		0		1		3	11	
Iron, Fe mg	3.27		0		1		2.78	8.73	
Magnesium, Mg mg	25		0		1		21	67	
Phosphorus, P mg	223		0		1		190	595	
Potassium, K mg	330		0		1		281	881	
Sodium, Na mg	45		0		1		38	120	
Zinc, Zn mg	4.50		0		1		3.83	12.02	
Copper, Cu mg	0.122		0		1		0.104	0.326	
Manganese, Mn mg	0.018		0		1		0.015	0.048	
Selenium, Se µg	32.7		0	BFYN	4		27.8	87.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.070		0		1		0.060	0.187	
Riboflavin mg	0.250		0		1		0.213	0.668	
Niacin mg	3.760		0		1		3.196	10.039	
Pantothenic acid mg	0.370		0		1		0.315	0.988	
Vitamin B-6 mg	0.280		0		1		0.238	0.748	
Folate, total µg	9		0		1		8	24	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	9		0		1		8	24	
Folate, DFE µg	9		0	NC	4		8	24	
Choline, total mg	135.7		0	BFPN	4		115.3	362.2	
Betaine mg	17.8		0	BFPN	4		15.2	47.6	
Vitamin B-12 µg	2.68		0		1		2.28	7.16	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	NC	4		0	0	
Retinol µg	0		0	NR	4		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0		1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.15		0	NR	4		0.13	0.40	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.3	
Vitamin D IU	4		0	BFFN	4		4	11	
Vitamin K (phylloquinone) µg	1.6		0	BFSN	4		1.4	4.3	
Dihydrophylloquinone µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4 µg									

NDB No. 13428

Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.250		0		1		1.913	6.008	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.010		0		1		0.009	0.027	
12:0....g	0.010		0		1		0.009	0.027	
13:0....g									
14:0....g	0.160		0		1		0.136	0.427	
15:0....g									
16:0....g	1.380		0		1		1.173	3.685	
17:0....g									
18:0....g	0.700		0		1		0.595	1.869	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.510		0		1		2.134	6.702	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.220		0		1		0.187	0.587	
17:1....g									
18:1 undifferentiated....g	2.290		0		1		1.947	6.114	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.270		0		1		0.230	0.721	
18:2 undifferentiated....g	0.200		0		1		0.170	0.534	
18:3 undifferentiated....g	0.040		0		1		0.034	0.107	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.030		0		1		0.026	0.080	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	90		0		1		77	240	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.234		0	NR	4		0.199	0.625	
Threonine....g	1.423		0	NR	4		1.210	3.799	
Isoleucine....g	1.621		0	NR	4		1.377	4.327	
Leucine....g	2.834		0	NR	4		2.408	7.565	
Lysine....g	3.010		0	NR	4		2.559	8.038	
Methionine....g	0.928		0	NR	4		0.788	2.477	
Cystine....g	0.460		0	NR	4		0.391	1.227	
Phenylalanine....g	1.407		0	NR	4		1.196	3.757	
Tyrosine....g	1.135		0	NR	4		0.965	3.031	
Valine....g	1.767		0	NR	4		1.502	4.718	
Arginine....g	2.303		0	NR	4		1.958	6.150	
Histidine....g	1.137		0	NR	4		0.966	3.035	
Alanine....g	2.166		0	NR	4		1.841	5.782	
Aspartic acid....g	3.245		0	NR	4		2.758	8.663	
Glutamic acid....g	5.347		0	NR	4		4.545	14.278	
Glycine....g	2.169		0	NR	4		1.844	5.791	
Proline....g	1.698		0	NR	4		1.443	4.534	
Serine....g	1.403		0	NR	4		1.193	3.746	
Hydroxyproline....g	0.374		0	BFPN	4		0.318	0.999	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13428

Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 267g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13430

Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, braised

Cube steak, London Broil, Minute Steak, Round Steak, URMIS #2368

Refuse: 2% Connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	57.31		0		1		48.71	153.02	
Energy kcal	216		0	NC	4		184	577	
Energy kJ	904		0		4		768	2413	
Protein (N x 6.25) g	35.62		0		1		30.28	95.11	
Total lipid (fat) g	7.09		0		1		6.03	18.93	
Ash g	1.72		0		1		1.46	4.59	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	4		0		1		3	11	
Iron, Fe mg	3.27		0		1		2.78	8.73	
Magnesium, Mg mg	25		0		1		21	67	
Phosphorus, P mg	223		0		1		190	595	
Potassium, K mg	330		0		1		281	881	
Sodium, Na mg	45		0		1		38	120	
Zinc, Zn mg	4.50		0		1		3.83	12.02	
Copper, Cu mg	0.122		0		1		0.104	0.326	
Manganese, Mn mg	0.018		0		1		0.015	0.048	
Selenium, Se µg	32.7		0	BFYN	4		27.8	87.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.070		0		1		0.060	0.187	
Riboflavin mg	0.250		0		1		0.213	0.668	
Niacin mg	3.760		0		1		3.196	10.039	
Pantothenic acid mg	0.370		0		1		0.315	0.988	
Vitamin B-6 mg	0.280		0		1		0.238	0.748	
Folate, total µg	9		0		1		8	24	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	9		0		1		8	24	
Folate, DFE µg	9		0	NC	4		8	24	
Choline, total mg	135.7		0	BFPN	4		115.3	362.2	
Betaine mg	17.8		0	BFPN	4		15.2	47.6	
Vitamin B-12 µg	2.68		0		1		2.28	7.16	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg									
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0		1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13430

Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.520		0		1		2.142	6.728	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.010		0		1		0.009	0.027	
12:0....g	0.010		0		1		0.009	0.027	
13:0....g									
14:0....g	0.180		0		1		0.153	0.481	
15:0....g									
16:0....g	1.540		0		1		1.309	4.112	
17:0....g									
18:0....g	0.790		0		1		0.672	2.109	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.820		0		1		2.397	7.529	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.240		0		1		0.204	0.641	
17:1....g									
18:1 undifferentiated....g	2.570		0		1		2.185	6.862	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.310		0		1		0.264	0.828	
18:2 undifferentiated....g	0.230		0		1		0.196	0.614	
18:3 undifferentiated....g	0.040		0		1		0.034	0.107	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.040		0		1		0.034	0.107	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	90		0		1		77	240	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.399		0		1		0.339	1.065	
Threonine....g	1.556		0		1		1.323	4.155	
Isoleucine....g	1.601		0		1		1.361	4.275	
Leucine....g	2.815		0		1		2.393	7.516	
Lysine....g	2.963		0		1		2.519	7.911	
Methionine....g	0.912		0		1		0.775	2.435	
Cystine....g	0.399		0		1		0.339	1.065	
Phenylalanine....g	1.390		0		1		1.182	3.711	
Tyrosine....g	1.197		0		1		1.017	3.196	
Valine....g	1.732		0		1		1.472	4.624	
Arginine....g	2.251		0		1		1.913	6.010	
Histidine....g	1.219		0		1		1.036	3.255	
Alanine....g	2.148		0		1		1.826	5.735	
Aspartic acid....g	3.254		0		1		2.766	8.688	
Glutamic acid....g	5.351		0		1		4.548	14.287	
Glycine....g	1.943		0		1		1.652	5.188	
Proline....g	1.573		0		1		1.337	4.200	
Serine....g	1.362		0		1		1.158	3.637	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13430

Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 267g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13432

Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, braised

Cube steak, London Broil, Minute Steak, Round Steak, URMIS #1553

Refuse: 2% Connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	58.49		0		1		49.72	156.17	
Energy kcal	200		0	NC	4		170	534	
Energy kJ	837		0		4		711	2234	
Protein (N x 6.25) g	35.62		0		1		30.28	95.11	
Total lipid (fat) g	5.33		0		1		4.53	14.23	
Ash g	1.72		0		1		1.46	4.59	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	4		0		1		3	11	
Iron, Fe mg	3.27		0		1		2.78	8.73	
Magnesium, Mg mg	25		0		1		21	67	
Phosphorus, P mg	223		0		1		190	595	
Potassium, K mg	330		0		1		281	881	
Sodium, Na mg	45		0		1		38	120	
Zinc, Zn mg	4.50		0		1		3.83	12.02	
Copper, Cu mg	0.122		0		1		0.104	0.326	
Manganese, Mn mg	0.018		0		1		0.015	0.048	
Selenium, Se µg	32.7		0	BFYN	4		27.8	87.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.070		0		1		0.060	0.187	
Riboflavin mg	0.250		0		1		0.213	0.668	
Niacin mg	3.760		0		1		3.196	10.039	
Pantothenic acid mg	0.370		0		1		0.315	0.988	
Vitamin B-6 mg	0.280		0		1		0.238	0.748	
Folate, total µg	9		0		1		8	24	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	9		0		1		8	24	
Folate, DFE µg	9		0	NC	4		8	24	
Choline, total mg	135.7		0	BFPN	4		115.3	362.2	
Betaine mg	17.8		0	BFPN	4		15.2	47.6	
Vitamin B-12 µg	2.68		0		1		2.28	7.16	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg									
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0		1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13432

Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.920		0		1		1.632	5.126	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.010		0		1		0.009	0.027	
12:0....g	0.010		0		1		0.009	0.027	
13:0....g									
14:0....g	0.140		0		1		0.119	0.374	
15:0....g									
16:0....g	1.180		0		1		1.003	3.151	
17:0....g									
18:0....g	0.590		0		1		0.502	1.575	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.130		0		1		1.811	5.687	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.190		0		1		0.162	0.507	
17:1....g									
18:1 undifferentiated....g	1.940		0		1		1.649	5.180	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.230		0		1		0.196	0.614	
18:2 undifferentiated....g	0.170		0		1		0.145	0.454	
18:3 undifferentiated....g	0.030		0		1		0.026	0.080	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.030		0		1		0.026	0.080	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	90		0		1		77	240	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.399		0		1		0.339	1.065	
Threonine....g	1.556		0		1		1.323	4.155	
Isoleucine....g	1.601		0		1		1.361	4.275	
Leucine....g	2.815		0		1		2.393	7.516	
Lysine....g	2.963		0		1		2.519	7.911	
Methionine....g	0.912		0		1		0.775	2.435	
Cystine....g	0.399		0		1		0.339	1.065	
Phenylalanine....g	1.390		0		1		1.182	3.711	
Tyrosine....g	1.197		0		1		1.017	3.196	
Valine....g	1.732		0		1		1.472	4.624	
Arginine....g	2.251		0		1		1.913	6.010	
Histidine....g	1.219		0		1		1.036	3.255	
Alanine....g	2.148		0		1		1.826	5.735	
Aspartic acid....g	3.254		0		1		2.766	8.688	
Glutamic acid....g	5.351		0		1		4.548	14.287	
Glycine....g	1.943		0		1		1.652	5.188	
Proline....g	1.573		0		1		1.337	4.200	
Serine....g	1.362		0		1		1.158	3.637	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13432

Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 267g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13892

Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised

London Broil, Minute Steak, Round Steak

Refuse: 3% Connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	54.68		0	PAE	4		46.48	156.38	
Energy kcal	238		0	NC	4		202	681	
Energy kJ	996		0		4		846	2848	
Protein (N x 6.25) g	34.34		0	PAE	4		29.19	98.21	
Total lipid (fat) g	10.13		0	PAE	4		8.61	28.97	
Ash g	1.66		0	PAE	4		1.41	4.75	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	5		0	PAE	4		4	14	
Iron, Fe mg	3.16		0	PAE	4		2.69	9.04	
Magnesium, Mg mg	24		0	PAE	4		20	69	
Phosphorus, P mg	215		0	PAE	4		183	615	
Potassium, K mg	319		0	PAE	4		271	912	
Sodium, Na mg	45		0	PAE	4		38	129	
Zinc, Zn mg	4.34		0	PAE	4		3.69	12.41	
Copper, Cu mg	0.118		0	PAE	4		0.100	0.337	
Manganese, Mn mg	0.017		0	PAE	4		0.014	0.049	
Selenium, Se µg	32.5		0	BFZN	4		27.6	93.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.070		0	PAE	4		0.060	0.200	
Riboflavin mg	0.240		0	PAE	4		0.204	0.686	
Niacin mg	3.650		0	PAE	4		3.103	10.439	
Pantothenic acid mg	0.360		0	PAE	4		0.306	1.030	
Vitamin B-6 mg	0.270		0	PAE	4		0.230	0.772	
Folate, total µg	9		0	PAE	4		8	26	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	9		0	PAE	4		8	26	
Folate, DFE µg	9		0	NC	4		8	26	
Choline, total mg	130.8		0	BFPN	4		111.2	374.1	
Betaine mg	17.2		0	BFPN	4		14.6	49.1	
Vitamin B-12 µg	2.62		0	PAE	4		2.23	7.49	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	NR	4		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.17		0	BFNN	4		0.15	0.49	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	AS	1		0.1	0.5	
Vitamin D IU	7		0	BFFN	4		6	19	
Vitamin K (phylloquinone) µg	1.7		0	BFSN	4		1.5	4.9	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13892

Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.780		0	PAE	4		3.213	10.811	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.020		0	PAE	4		0.017	0.057	
12:0....g	0.020		0	PAE	4		0.017	0.057	
13:0....g									
14:0....g	0.290		0	PAE	4		0.247	0.829	
15:0....g									
16:0....g	2.330		0	PAE	4		1.981	6.664	
17:0....g									
18:0....g	1.130		0	PAE	4		0.961	3.232	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.150		0	PAE	4		3.528	11.869	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.380		0	PAE	4		0.323	1.087	
17:1....g									
18:1 undifferentiated....g	3.760		0	PAE	4		3.196	10.754	
20:1....g	0.010		0	PAE	4		0.009	0.029	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.420		0	PAE	4		0.357	1.201	
18:2 undifferentiated....g	0.290		0	PAE	4		0.247	0.829	
18:3 undifferentiated....g	0.090		0	PAE	4		0.077	0.257	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.030		0	PAE	4		0.026	0.086	
20:5 n-3 (EPA)....g	0.003		18	AR	1		0.003	0.009	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.016		18	AR	1		0.014	0.046	
22:6 n-3 (DHA)....g	0.001		18	AR	1		0.001	0.003	
Fatty acids, total trans....g									
Cholesterol....mg	90		0	PAE	4		77	257	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.385		0	PAE	4		0.327	1.101	
Threonine....g	1.500		0	PAE	4		1.275	4.290	
Isoleucine....g	1.544		0	PAE	4		1.312	4.416	
Leucine....g	2.714		0	PAE	4		2.307	7.762	
Lysine....g	2.857		0	PAE	4		2.428	8.171	
Methionine....g	0.879		0	PAE	4		0.747	2.514	
Cystine....g	0.385		0	PAE	4		0.327	1.101	
Phenylalanine....g	1.341		0	PAE	4		1.140	3.835	
Tyrosine....g	1.154		0	PAE	4		0.981	3.300	
Valine....g	1.670		0	PAE	4		1.420	4.776	
Arginine....g	2.170		0	PAE	4		1.845	6.206	
Histidine....g	1.176		0	PAE	4		1.000	3.363	
Alanine....g	2.071		0	PAE	4		1.760	5.923	
Aspartic acid....g	3.137		0	PAE	4		2.666	8.972	
Glutamic acid....g	5.159		0	PAE	4		4.385	14.755	
Glycine....g	1.874		0	PAE	4		1.593	5.360	
Proline....g	1.517		0	PAE	4		1.289	4.339	
Serine....g	1.313		0	PAE	4		1.116	3.755	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13892

Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 286g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13895

Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised

London Broil, Minute Steak, Round Steak, URMIS #2368

Refuse: 2% Connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	53.83		0	PAE	4		45.76	155.57	
Energy kcal	250		0	NC	4		213	723	
Energy kJ	1046		0		4		889	3023	
Protein (N x 6.25) g	34.09		0	PAE	4		28.98	98.52	
Total lipid (fat) g	11.61		0	PAE	4		9.87	33.55	
Ash g	1.65		0	PAE	4		1.40	4.77	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	5		0	PAE	4		4	14	
Iron, Fe mg	3.14		0	PAE	4		2.67	9.07	
Magnesium, Mg mg	24		0	PAE	4		20	69	
Phosphorus, P mg	214		0	PAE	4		182	618	
Potassium, K mg	317		0	PAE	4		269	916	
Sodium, Na mg	45		0	PAE	4		38	130	
Zinc, Zn mg	4.31		0	PAE	4		3.66	12.46	
Copper, Cu mg	0.118		0	PAE	4		0.100	0.341	
Manganese, Mn mg	0.017		0	PAE	4		0.014	0.049	
Selenium, Se µg	32.5		0	BFZN	4		27.6	93.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.070		0	PAE	4		0.060	0.202	
Riboflavin mg	0.240		0	PAE	4		0.204	0.694	
Niacin mg	3.630		0	PAE	4		3.086	10.491	
Pantothenic acid mg	0.350		0	PAE	4		0.298	1.012	
Vitamin B-6 mg	0.270		0	PAE	4		0.230	0.780	
Folate, total µg	9		0	PAE	4		8	26	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	9		0	PAE	4		8	26	
Folate, DFE µg	9		0	NC	4		8	26	
Choline, total mg	129.8		0	BFPN	4		110.4	375.2	
Betaine mg	17.1		0	BFPN	4		14.5	49.3	
Vitamin B-12 µg	2.61		0	PAE	4		2.22	7.54	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg									
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	PAE	4		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13895

Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.330		0	PAE	4		3.681	12.514	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.020		0	PAE	4		0.017	0.058	
12:0....g	0.020		0	PAE	4		0.017	0.058	
13:0....g									
14:0....g	0.330		0	PAE	4		0.281	0.954	
15:0....g									
16:0....g	2.670		0	PAE	4		2.270	7.716	
17:0....g									
18:0....g	1.290		0	PAE	4		1.097	3.728	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.760		0	PAE	4		4.046	13.756	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.440		0	PAE	4		0.374	1.272	
17:1....g									
18:1 undifferentiated....g	4.310		0	PAE	4		3.664	12.456	
20:1....g	0.010		0	PAE	4		0.009	0.029	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.480		0	PAE	4		0.408	1.387	
18:2 undifferentiated....g	0.340		0	PAE	4		0.289	0.983	
18:3 undifferentiated....g	0.100		0	PAE	4		0.085	0.289	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.040		0	PAE	4		0.034	0.116	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	90		0	PAE	4		77	260	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.382		0	PAE	4		0.325	1.104	
Threonine....g	1.489		0	PAE	4		1.266	4.303	
Isoleucine....g	1.533		0	PAE	4		1.303	4.430	
Leucine....g	2.694		0	PAE	4		2.290	7.786	
Lysine....g	2.836		0	PAE	4		2.411	8.196	
Methionine....g	0.873		0	PAE	4		0.742	2.523	
Cystine....g	0.382		0	PAE	4		0.325	1.104	
Phenylalanine....g	1.331		0	PAE	4		1.131	3.847	
Tyrosine....g	1.145		0	PAE	4		0.973	3.309	
Valine....g	1.658		0	PAE	4		1.409	4.792	
Arginine....g	2.154		0	PAE	4		1.831	6.225	
Histidine....g	1.167		0	PAE	4		0.992	3.373	
Alanine....g	2.056		0	PAE	4		1.748	5.942	
Aspartic acid....g	3.114		0	PAE	4		2.647	8.999	
Glutamic acid....g	5.121		0	PAE	4		4.353	14.800	
Glycine....g	1.860		0	PAE	4		1.581	5.375	
Proline....g	1.505		0	PAE	4		1.279	4.349	
Serine....g	1.303		0	PAE	4		1.108	3.766	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13895

Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 289g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13897

Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried

London Broil, Minute Steak, Round Steak, URMIS #2368

Refuse: 1% Connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	52.36		0	PAE	4		44.51	148.18	
Energy kcal	266		0	NC	4		226	753	
Energy kJ	1113		0		4		946	3150	
Protein (N x 6.25) g	32.99		0	PAE	4		28.04	93.36	
Total lipid (fat) g	13.83		0	PAE	4		11.76	39.14	
Ash g	1.45		0	PAE	4		1.23	4.10	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	6		0	PAE	4		5	17	
Iron, Fe mg	2.97		0	PAE	4		2.52	8.41	
Magnesium, Mg mg	33		0	PAE	4		28	93	
Phosphorus, P mg	274		0	PAE	4		233	775	
Potassium, K mg	480		0	PAE	4		408	1358	
Sodium, Na mg	68		0	PAE	4		58	192	
Zinc, Zn mg	4.35		0	PAE	4		3.70	12.31	
Copper, Cu mg	0.124		0	PAE	4		0.105	0.351	
Manganese, Mn mg	0.019		0	PAE	4		0.016	0.054	
Selenium, Se µg	32.0		0	BFYN	4		27.2	90.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.110		0	PAE	4		0.094	0.311	
Riboflavin mg	0.260		0	PAE	4		0.221	0.736	
Niacin mg	5.150		0	PAE	4		4.378	14.575	
Pantothenic acid mg	0.430		0	PAE	4		0.366	1.217	
Vitamin B-6 mg	0.570		0	PAE	4		0.485	1.613	
Folate, total µg	12		0	PAE	4		10	34	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	12		0	PAE	4		10	34	
Folate, DFE µg	12		0	NC	4		10	34	
Choline, total mg	125.6		0	BFPN	4		106.8	355.6	
Betaine mg									
Vitamin B-12 µg	3.28		0	PAE	4		2.79	9.28	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	BFSN	4		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	PAE	4		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.18		0	BFSN	4		0.15	0.51	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	AS	1		0.2	0.6	
Vitamin D IU	9		0	BFFN	4		8	26	
Vitamin K (phylloquinone) µg	1.8		0	BFSN	4		1.5	5.1	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13897

Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.640		0	PAE	4		3.944	13.131	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.020		0	PAE	4		0.017	0.057	
12:0....g	0.020		0	PAE	4		0.017	0.057	
13:0....g									
14:0....g	0.330		0	PAE	4		0.281	0.934	
15:0....g									
16:0....g	2.840		0	PAE	4		2.414	8.037	
17:0....g									
18:0....g	1.340		0	PAE	4		1.139	3.792	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.180		0	PAE	4		4.403	14.659	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.440		0	PAE	4		0.374	1.245	
17:1....g									
18:1 undifferentiated....g	4.670		0	PAE	4		3.970	13.216	
20:1....g	0.020		0	PAE	4		0.017	0.057	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.720		0	PAE	4		1.462	4.868	
18:2 undifferentiated....g	1.260		0	PAE	4		1.071	3.566	
18:3 undifferentiated....g	0.230		0	PAE	4		0.196	0.651	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.210		0	PAE	4		0.179	0.594	
20:5 n-3 (EPA)....g	0.003		18	AR	1		0.003	0.008	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.016		18	AR	1		0.014	0.045	
22:6 n-3 (DHA)....g	0.001		18	AR	1		0.001	0.003	
Fatty acids, total trans....g									
Cholesterol....mg	97		0	PAE	4		82	275	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.370		0	PAE	4		0.315	1.047	
Threonine....g	1.441		0	PAE	4		1.225	4.078	
Isoleucine....g	1.483		0	PAE	4		1.261	4.197	
Leucine....g	2.608		0	PAE	4		2.217	7.381	
Lysine....g	2.745		0	PAE	4		2.333	7.768	
Methionine....g	0.845		0	PAE	4		0.718	2.391	
Cystine....g	0.370		0	PAE	4		0.315	1.047	
Phenylalanine....g	1.288		0	PAE	4		1.095	3.645	
Tyrosine....g	1.109		0	PAE	4		0.943	3.138	
Valine....g	1.605		0	PAE	4		1.364	4.542	
Arginine....g	2.085		0	PAE	4		1.772	5.901	
Histidine....g	1.130		0	PAE	4		0.961	3.198	
Alanine....g	1.990		0	PAE	4		1.692	5.632	
Aspartic acid....g	3.014		0	PAE	4		2.562	8.530	
Glutamic acid....g	4.957		0	PAE	4		4.213	14.028	
Glycine....g	1.800		0	PAE	4		1.530	5.094	
Proline....g	1.457		0	PAE	4		1.238	4.123	
Serine....g	1.262		0	PAE	4		1.073	3.571	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13897

Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 283g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13901

Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, prime, raw

London Broil, Minute Steak, Round Steak, URMIS #2368

Refuse: 1% Connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	68.73		0	PAE	4		19.48	311.76	
Energy kcal	173		0	NC	4		49	785	
Energy kJ	724		0		4		205	3283	
Protein (N x 6.25) g	22.24		0	PAE	4		6.31	100.88	
Total lipid (fat) g	8.67		0	PAE	4		2.46	39.33	
Ash g	1.07		0	PAE	4		0.30	4.85	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	3		0	PAE	4		1	14	
Iron, Fe mg	2.04		0	PAE	4		0.58	9.25	
Magnesium, Mg mg	24		0	PAE	4		7	109	
Phosphorus, P mg	213		0	PAE	4		60	966	
Potassium, K mg	371		0	PAE	4		105	1683	
Sodium, Na mg	51		0	PAE	4		14	231	
Zinc, Zn mg	2.80		0	PAE	4		0.79	12.70	
Copper, Cu mg	0.080		0	PAE	4		0.023	0.363	
Manganese, Mn mg	0.014		0	PAE	4		0.004	0.064	
Selenium, Se µg	20.5		0	BFNN	4		5.8	93.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.100		0	PAE	4		0.028	0.454	
Riboflavin mg	0.180		0	PAE	4		0.051	0.816	
Niacin mg	4.250		0	PAE	4		1.205	19.278	
Pantothenic acid mg	0.350		0	PAE	4		0.099	1.588	
Vitamin B-6 mg	0.500		0	PAE	4		0.142	2.268	
Folate, total µg	9		0	PAE	4		3	41	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	9		0	PAE	4		3	41	
Folate, DFE µg	9		0	NC	4		3	41	
Choline, total mg	92.9		0	BFPN	4		26.3	421.4	
Betaine mg	13.7		0	BFPN	4		3.9	62.0	
Vitamin B-12 µg	2.79		0	PAE	4		0.79	12.66	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg									
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	PAE	4		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13901

Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, prime, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.300		0	PAE	4		0.936	14.969	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.010		0	PAE	4		0.003	0.045	
12:0....g	0.010		0	PAE	4		0.003	0.045	
13:0....g									
14:0....g	0.230		0	PAE	4		0.065	1.043	
15:0....g									
16:0....g	1.950		0	PAE	4		0.553	8.845	
17:0....g									
18:0....g	0.990		0	PAE	4		0.281	4.491	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.590		0	PAE	4		1.018	16.284	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.340		0	PAE	4		0.096	1.542	
17:1....g									
18:1 undifferentiated....g	3.160		0	PAE	4		0.896	14.334	
20:1....g	0.010		0	PAE	4		0.003	0.045	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.380		0	PAE	4		0.108	1.724	
18:2 undifferentiated....g	0.270		0	PAE	4		0.077	1.225	
18:3 undifferentiated....g	0.050		0	PAE	4		0.014	0.227	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.050		0	PAE	4		0.014	0.227	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	59		0	PAE	4		17	268	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.249		0	PAE	4		0.071	1.129	
Threonine....g	0.971		0	PAE	4		0.275	4.404	
Isoleucine....g	1.000		0	PAE	4		0.284	4.536	
Leucine....g	1.758		0	PAE	4		0.498	7.974	
Lysine....g	1.850		0	PAE	4		0.524	8.392	
Methionine....g	0.569		0	PAE	4		0.161	2.581	
Cystine....g	0.249		0	PAE	4		0.071	1.129	
Phenylalanine....g	0.868		0	PAE	4		0.246	3.937	
Tyrosine....g	0.747		0	PAE	4		0.212	3.388	
Valine....g	1.082		0	PAE	4		0.307	4.908	
Arginine....g	1.405		0	PAE	4		0.398	6.373	
Histidine....g	0.761		0	PAE	4		0.216	3.452	
Alanine....g	1.341		0	PAE	4		0.380	6.083	
Aspartic acid....g	2.032		0	PAE	4		0.576	9.217	
Glutamic acid....g	3.341		0	PAE	4		0.947	15.155	
Glycine....g	1.213		0	PAE	4		0.344	5.502	
Proline....g	0.982		0	PAE	4		0.278	4.454	
Serine....g	0.850		0	PAE	4		0.241	3.856	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13901

Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, prime, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13899

Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised

London Broil, Minute Steak, Round Steak, URMIS #1553

Refuse: 3% Connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	55.63		0	PAE	4		47.29	159.10	
Energy kcal	225		0	NC	4		191	644	
Energy kJ	941		0		4		800	2692	
Protein (N x 6.25) g	34.60		0	PAE	4		29.41	98.96	
Total lipid (fat) g	8.54		0	PAE	4		7.26	24.42	
Ash g	1.67		0	PAE	4		1.42	4.78	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	4		0	PAE	4		3	11	
Iron, Fe mg	3.18		0	PAE	4		2.70	9.09	
Magnesium, Mg mg	25		0	PAE	4		21	72	
Phosphorus, P mg	217		0	PAE	4		184	621	
Potassium, K mg	321		0	PAE	4		273	918	
Sodium, Na mg	45		0	PAE	4		38	129	
Zinc, Zn mg	4.37		0	PAE	4		3.71	12.50	
Copper, Cu mg	0.119		0	PAE	4		0.101	0.340	
Manganese, Mn mg	0.017		0	PAE	4		0.014	0.049	
Selenium, Se µg	32.5		0	BFZN	4		27.6	93.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.070		0	PAE	4		0.060	0.200	
Riboflavin mg	0.240		0	PAE	4		0.204	0.686	
Niacin mg	3.670		0	PAE	4		3.120	10.496	
Pantothenic acid mg	0.360		0	PAE	4		0.306	1.030	
Vitamin B-6 mg	0.270		0	PAE	4		0.230	0.772	
Folate, total µg	9		0	PAE	4		8	26	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	9		0	PAE	4		8	26	
Folate, DFE µg	9		0	NC	4		8	26	
Choline, total mg	131.8		0	BFPN	4		112.0	376.9	
Betaine mg	17.3		0	BFPN	4		14.7	49.5	
Vitamin B-12 µg	2.64		0	PAE	4		2.24	7.55	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg									
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	PAE	4		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13899

Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.200		0	PAE	4		2.720	9.152	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.020		0	PAE	4		0.017	0.057	
12:0....g	0.020		0	PAE	4		0.017	0.057	
13:0....g									
14:0....g	0.240		0	PAE	4		0.204	0.686	
15:0....g									
16:0....g	1.970		0	PAE	4		1.675	5.634	
17:0....g									
18:0....g	0.950		0	PAE	4		0.808	2.717	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.510		0	PAE	4		2.984	10.039	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.320		0	PAE	4		0.272	0.915	
17:1....g									
18:1 undifferentiated....g	3.170		0	PAE	4		2.695	9.066	
20:1....g	0.010		0	PAE	4		0.009	0.029	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.350		0	PAE	4		0.298	1.001	
18:2 undifferentiated....g	0.250		0	PAE	4		0.213	0.715	
18:3 undifferentiated....g	0.080		0	PAE	4		0.068	0.229	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.030		0	PAE	4		0.026	0.086	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	90		0	PAE	4		77	257	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.387		0	PAE	4		0.329	1.107	
Threonine....g	1.511		0	PAE	4		1.284	4.321	
Isoleucine....g	1.555		0	PAE	4		1.322	4.447	
Leucine....g	2.735		0	PAE	4		2.325	7.822	
Lysine....g	2.878		0	PAE	4		2.446	8.231	
Methionine....g	0.886		0	PAE	4		0.753	2.534	
Cystine....g	0.387		0	PAE	4		0.329	1.107	
Phenylalanine....g	1.351		0	PAE	4		1.148	3.864	
Tyrosine....g	1.162		0	PAE	4		0.988	3.323	
Valine....g	1.683		0	PAE	4		1.431	4.813	
Arginine....g	2.186		0	PAE	4		1.858	6.252	
Histidine....g	1.185		0	PAE	4		1.007	3.389	
Alanine....g	2.087		0	PAE	4		1.774	5.969	
Aspartic acid....g	3.161		0	PAE	4		2.687	9.040	
Glutamic acid....g	5.198		0	PAE	4		4.418	14.866	
Glycine....g	1.888		0	PAE	4		1.605	5.400	
Proline....g	1.528		0	PAE	4		1.299	4.370	
Serine....g	1.323		0	PAE	4		1.125	3.784	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13899

Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 286g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13436

Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, braised

Cube steak, London Broil, Minute Steak, Round Steak, URMIS #2368

Refuse: 4% Connective tissue, 2%, separable fat, 2%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	58.10		0		1		49.39	151.64	
Energy kcal	207		0	NC	4		176	540	
Energy kJ	866		0		4		736	2260	
Protein (N x 6.25) g	36.12		0		1		30.70	94.27	
Total lipid (fat) g	5.80		0		1		4.93	15.14	
Ash g	1.75		0		1		1.49	4.57	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	4		0		1		3	10	
Iron, Fe mg	3.32		0		1		2.82	8.67	
Magnesium, Mg mg	26		0		1		22	68	
Phosphorus, P mg	226		0		1		192	590	
Potassium, K mg	334		0		1		284	872	
Sodium, Na mg	45		0		1		38	117	
Zinc, Zn mg	4.56		0		1		3.88	11.90	
Copper, Cu mg	0.124		0		1		0.105	0.324	
Manganese, Mn mg	0.018		0		1		0.015	0.047	
Selenium, Se µg	33.0		0	BFYN	4		28.1	86.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.070		0		1		0.060	0.183	
Riboflavin mg	0.250		0		1		0.213	0.653	
Niacin mg	3.810		0		1		3.239	9.944	
Pantothenic acid mg	0.370		0		1		0.315	0.966	
Vitamin B-6 mg	0.280		0		1		0.238	0.731	
Folate, total µg	9		0		1		8	23	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	9		0		1		8	23	
Folate, DFE µg	9		0	NC	4		8	23	
Choline, total mg	137.6		0	BFPN	4		116.9	359.1	
Betaine mg	18.1		0	BFPN	4		15.4	47.2	
Vitamin B-12 µg	2.70		0		1		2.30	7.05	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg									
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0		1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13436

Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.990		0		1		1.692	5.194	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.130		0		1		0.111	0.339	
15:0....g									
16:0....g	1.210		0		1		1.029	3.158	
17:0....g									
18:0....g	0.650		0		1		0.553	1.697	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.250		0		1		1.913	5.873	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.180		0		1		0.153	0.470	
17:1....g									
18:1 undifferentiated....g	2.070		0		1		1.760	5.403	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.260		0		1		0.221	0.679	
18:2 undifferentiated....g	0.200		0		1		0.170	0.522	
18:3 undifferentiated....g	0.020		0		1		0.017	0.052	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.040		0		1		0.034	0.104	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	90		0		1		77	235	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.405		0		1		0.344	1.057	
Threonine....g	1.578		0		1		1.341	4.119	
Isoleucine....g	1.624		0		1		1.380	4.239	
Leucine....g	2.855		0		1		2.427	7.452	
Lysine....g	3.006		0		1		2.555	7.846	
Methionine....g	0.925		0		1		0.786	2.414	
Cystine....g	0.405		0		1		0.344	1.057	
Phenylalanine....g	1.410		0		1		1.199	3.680	
Tyrosine....g	1.214		0		1		1.032	3.169	
Valine....g	1.757		0		1		1.493	4.586	
Arginine....g	2.283		0		1		1.941	5.959	
Histidine....g	1.237		0		1		1.051	3.229	
Alanine....g	2.179		0		1		1.852	5.687	
Aspartic acid....g	3.300		0		1		2.805	8.613	
Glutamic acid....g	5.427		0		1		4.613	14.164	
Glycine....g	1.971		0		1		1.675	5.144	
Proline....g	1.595		0		1		1.356	4.163	
Serine....g	1.381		0		1		1.174	3.604	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13436

Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 261g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13438

Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, braised

Cube steak, London Broil, Minute Steak, Round Steak, URMIS #1553

Refuse: 4% Connective tissue, 2%, separable fat, 2%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	59.30		0		1		50.41	154.77	
Energy kcal	190		0	NC	4		162	496	
Energy kJ	795		0		4		676	2075	
Protein (N x 6.25) g	36.12		0		1		30.70	94.27	
Total lipid (fat) g	4.00		0		1		3.40	10.44	
Ash g	1.75		0		1		1.49	4.57	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	4		0		1		3	10	
Iron, Fe mg	3.32		0		1		2.82	8.67	
Magnesium, Mg mg	26		0		1		22	68	
Phosphorus, P mg	226		0		1		192	590	
Potassium, K mg	334		0		1		284	872	
Sodium, Na mg	45		0		1		38	117	
Zinc, Zn mg	4.56		0		1		3.88	11.90	
Copper, Cu mg	0.124		0		1		0.105	0.324	
Manganese, Mn mg	0.018		0		1		0.015	0.047	
Selenium, Se µg	33.0		0	BFYN	4		28.1	86.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.070		0		1		0.060	0.183	
Riboflavin mg	0.250		0		1		0.213	0.653	
Niacin mg	3.810		0		1		3.239	9.944	
Pantothenic acid mg	0.370		0		1		0.315	0.966	
Vitamin B-6 mg	0.280		0		1		0.238	0.731	
Folate, total µg	9		0		1		8	23	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	9		0		1		8	23	
Folate, DFE µg	9		0	NC	4		8	23	
Choline, total mg	137.6		0	BFPN	4		116.9	359.1	
Betaine mg	18.1		0	BFPN	4		15.4	47.2	
Vitamin B-12 µg	2.70		0		1		2.30	7.05	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg									
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0		1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13438

Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.370		0		1		1.165	3.576	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.090		0		1		0.077	0.235	
15:0....g									
16:0....g	0.840		0		1		0.714	2.192	
17:0....g									
18:0....g	0.440		0		1		0.374	1.148	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.550		0		1		1.318	4.046	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.130		0		1		0.111	0.339	
17:1....g									
18:1 undifferentiated....g	1.430		0		1		1.216	3.732	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.180		0		1		0.153	0.470	
18:2 undifferentiated....g	0.140		0		1		0.119	0.365	
18:3 undifferentiated....g	0.010		0		1		0.009	0.026	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.030		0		1		0.026	0.078	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	90		0		1		77	235	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.405		0		1		0.344	1.057	
Threonine....g	1.578		0		1		1.341	4.119	
Isoleucine....g	1.624		0		1		1.380	4.239	
Leucine....g	2.855		0		1		2.427	7.452	
Lysine....g	3.006		0		1		2.555	7.846	
Methionine....g	0.925		0		1		0.786	2.414	
Cystine....g	0.405		0		1		0.344	1.057	
Phenylalanine....g	1.410		0		1		1.199	3.680	
Tyrosine....g	1.214		0		1		1.032	3.169	
Valine....g	1.757		0		1		1.493	4.586	
Arginine....g	2.283		0		1		1.941	5.959	
Histidine....g	1.237		0		1		1.051	3.229	
Alanine....g	2.179		0		1		1.852	5.687	
Aspartic acid....g	3.300		0		1		2.805	8.613	
Glutamic acid....g	5.427		0		1		4.613	14.164	
Glycine....g	1.971		0		1		1.675	5.144	
Proline....g	1.595		0		1		1.356	4.163	
Serine....g	1.381		0		1		1.174	3.604	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13438

Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 261g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13890

Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried

London Broil, Minute Steak, Round Steak, URMIS #2368

Refuse: 1% Connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	54.18		0	NR	4		46.05	153.32	
Energy kcal	228		0	NC	4		194	645	
Energy kJ	954		0	NC	4		811	2700	
Protein (N x 6.25) g	33.93		0	NR	4		28.84	96.02	
Total lipid (fat) g	8.33		0	NR	4		7.08	23.59	
Ash g	1.53		0	NR	4		1.30	4.34	
Carbohydrate, by difference g	2.03		0	NC	4		1.72	5.74	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	6		0	NR	4		5	16	
Iron, Fe mg	3.40		0	NR	4		2.89	9.63	
Magnesium, Mg mg	35		0	NR	4		30	99	
Phosphorus, P mg	286		0	NR	4		243	810	
Potassium, K mg	484		0	NR	4		412	1371	
Sodium, Na mg	65		0	NR	4		55	184	
Zinc, Zn mg	4.58		0	NR	4		3.89	12.95	
Copper, Cu mg	0.129		0	NR	4		0.110	0.366	
Manganese, Mn mg	0.020		0	NR	4		0.017	0.057	
Selenium, Se µg	34.5		0	NR	4		29.4	97.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.120		0	NR	4		0.102	0.339	
Riboflavin mg	0.315		0	NR	4		0.268	0.892	
Niacin mg	5.394		0	NR	4		4.585	15.264	
Pantothenic acid mg	0.458		0	NR	4		0.389	1.296	
Vitamin B-6 mg	0.582		0	NR	4		0.494	1.646	
Folate, total µg	14		0	NR	4		12	38	
Folic acid µg	0		0	NR	4		0	0	
Folate, food µg	14		0	AS	1		12	38	
Folate, DFE µg	14		0	NC	4		12	38	
Choline, total mg	129.2		0	BFPN	4		109.8	365.7	
Betaine mg	17.0		0	BFPN	4		14.4	48.0	
Vitamin B-12 µg	3.90		0	NR	4		3.31	11.02	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	BFSN	4		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.17		0	BFSN	4		0.15	0.49	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.4	
Vitamin D IU	5		0	BFFN	4		5	15	
Vitamin K (phylloquinone) µg	1.7		0	NR	4		1.4	4.7	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13890

Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.399		0	NC	4		2.039	6.788	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.000		0	BFFN	4		0.000	0.000	
13:0....g									
14:0....g	0.153		0	NR	4		0.130	0.432	
15:0....g									
16:0....g	1.547		0	NR	4		1.315	4.377	
17:0....g									
18:0....g	0.699		0	NR	4		0.594	1.979	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.031		0	NC	4		2.576	8.577	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.215		0	NR	4		0.182	0.607	
17:1....g									
18:1 undifferentiated....g	2.811		0	NR	4		2.390	7.956	
20:1....g	0.005		0	NR	4		0.004	0.014	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.523		0	NC	4		1.295	4.311	
18:2 undifferentiated....g	1.025		0	NR	4		0.871	2.900	
18:3 undifferentiated....g	0.029		0	NR	4		0.024	0.081	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.451		0	NR	4		0.383	1.276	
20:5 n-3 (EPA)....g	0.003		18	AR	1		0.003	0.008	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.015		18	AR	1		0.013	0.042	
22:6 n-3 (DHA)....g	0.001		18	AR	1		0.001	0.003	
Fatty acids, total trans....g									
Cholesterol....mg	102		0	BFSN	4		86	288	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.223		0	NR	4		0.190	0.631	
Threonine....g	1.355		0	NR	4		1.152	3.836	
Isoleucine....g	1.544		0	NR	4		1.312	4.369	
Leucine....g	2.699		0	NR	4		2.294	7.638	
Lysine....g	2.868		0	NR	4		2.437	8.115	
Methionine....g	0.884		0	NR	4		0.751	2.501	
Cystine....g	0.438		0	NR	4		0.372	1.239	
Phenylalanine....g	1.340		0	NR	4		1.139	3.793	
Tyrosine....g	1.081		0	NR	4		0.919	3.060	
Valine....g	1.683		0	NR	4		1.431	4.764	
Arginine....g	2.194		0	NR	4		1.865	6.209	
Histidine....g	1.083		0	NR	4		0.920	3.064	
Alanine....g	2.063		0	NR	4		1.753	5.838	
Aspartic acid....g	3.091		0	NR	4		2.627	8.746	
Glutamic acid....g	5.094		0	NR	4		4.330	14.415	
Glycine....g	2.066		0	NR	4		1.756	5.847	
Proline....g	1.618		0	NR	4		1.375	4.578	
Serine....g	1.337		0	NR	4		1.136	3.783	
Hydroxyproline....g	0.356		0	BFPN	4		0.303	1.009	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13890

Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 283g: 1 piece cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13891

Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw

London Broil, Minute Steak, Round Steak

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	69.04	0.328	20	PAK	1		19.57	313.19	
Energy kcal	166		0	NC	4		47	752	
Energy kJ	693		0	NC	4		197	3146	
Protein (N x 6.25) g	22.06	0.154	20	PAK	1		6.25	100.06	
Total lipid (fat) g	7.93	0.385	20	PAK	1		2.25	35.99	
Ash g	1.10	0.019	20	PAK	1		0.31	4.97	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	21		0	BFNN	4		6	94	
Iron, Fe mg	1.85		0	BFNN	4		0.53	8.41	
Magnesium, Mg mg	24		0	BFNN	4		7	108	
Phosphorus, P mg	212		0	BFNN	4		60	963	
Potassium, K mg	349		0	BFNN	4		99	1582	
Sodium, Na mg	60		0	BFNN	4		17	272	
Zinc, Zn mg	4.08		0	BFNN	4		1.16	18.50	
Copper, Cu mg	0.097		0	BFNN	4		0.027	0.439	
Manganese, Mn mg	0.013		0	BFNN	4		0.004	0.060	
Selenium, Se µg	26.5		0	BFNN	4		7.5	120.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.087		0	BFPN	4		0.025	0.395	
Riboflavin mg	0.135		0	BFPN	4		0.038	0.611	
Niacin mg	6.589		0	BFPN	4		1.868	29.889	
Pantothenic acid mg	0.634		0	BFPN	4		0.180	2.877	
Vitamin B-6 mg	0.653		0	BFPN	4		0.185	2.963	
Folate, total µg	12		0	BFPN	4		3	54	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	12		0	BFPN	4		3	54	
Folate, DFE µg	12		0	NC	4		3	54	
Choline, total mg	92.1		0	BFPN	4		26.1	417.9	
Betaine mg	13.5		0	BFPN	4		3.8	61.5	
Vitamin B-12 µg	1.59		0	BFPN	4		0.45	7.22	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.33		0	BFSN	4		0.09	1.50	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.3		0	BFSN	4		0.4	6.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13891

Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.123		0	NC	4		0.885	14.167	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.025		0	BFFN	4		0.007	0.114	
12:0....g	0.017		0	BFFN	4		0.005	0.078	
13:0....g									
14:0....g	0.243		0	BFFN	4		0.069	1.102	
15:0....g									
16:0....g	1.906		0	BFFN	4		0.540	8.644	
17:0....g									
18:0....g	0.932		0	BFFN	4		0.264	4.229	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.428		0	NC	4		0.972	15.549	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.404		0	BFFN	4		0.114	1.832	
17:1....g									
18:1 undifferentiated....g	3.013		0	BFFN	4		0.854	13.667	
20:1....g	0.011		0	BFFN	4		0.003	0.050	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.303		0	NC	4		0.086	1.373	
18:2 undifferentiated....g	0.197		0	BFFN	4		0.056	0.894	
18:3 undifferentiated....g	0.090		0	BFFN	4		0.025	0.408	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.016		0	BFFN	4		0.004	0.071	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	69		0	BFSN	4		19	311	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.145		0	PAK	1		0.041	0.658	
Threonine....g	0.881		0	PAK	1		0.250	3.997	
Isoleucine....g	1.004		0	PAK	1		0.285	4.552	
Leucine....g	1.755		0	PAK	1		0.497	7.959	
Lysine....g	1.864		0	PAK	1		0.528	8.456	
Methionine....g	0.574		0	PAK	1		0.163	2.606	
Cystine....g	0.285		0	PAK	1		0.081	1.291	
Phenylalanine....g	0.871		0	PAK	1		0.247	3.952	
Tyrosine....g	0.703		0	PAK	1		0.199	3.188	
Valine....g	1.094		0	PAK	1		0.310	4.964	
Arginine....g	1.426		0	PAK	1		0.404	6.470	
Histidine....g	0.704		0	PAK	1		0.200	3.193	
Alanine....g	1.341		0	PAK	1		0.380	6.083	
Aspartic acid....g	2.009		0	PAK	1		0.570	9.114	
Glutamic acid....g	3.311		0	PAK	1		0.939	15.021	
Glycine....g	1.343		0	PAK	1		0.381	6.092	
Proline....g	1.052		0	PAK	1		0.298	4.770	
Serine....g	0.869		0	PAK	1		0.246	3.941	
Hydroxyproline....g	0.232		0	BFPN	4		0.066	1.051	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13891

Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13896

Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

London Broil, Minute Steak, Round Steak, URMIS #2368

Refuse: 3% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	58.46	0.872	10	PAK	1		49.69	202.85	190.57
Energy kcal	224		0	NC	4		190	776	729
Energy kJ	936		0	NC	4		796	3248	3051
Protein (N x 6.25) g	30.70	0.376	10	PAK	1		26.09	106.52	100.07
Total lipid (fat) g	10.27	0.346	10	PAK	1		8.73	35.64	33.48
Ash g	1.18	0.039	10	PAK	1		1.00	4.10	3.85
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total g	0.00		0	Z	7		0.00	0.00	0.00
Starch g									
Minerals:									
Calcium, Ca mg	7		0	BFNN	4		6	23	22
Iron, Fe mg	2.54		0	BFNN	4		2.16	8.82	8.29
Magnesium, Mg mg	20		0	BFNN	4		17	68	64
Phosphorus, P mg	187		0	BFNN	4		159	651	611
Potassium, K mg	248		0	BFNN	4		211	860	808
Sodium, Na mg	40		0	BFNN	4		34	139	130
Zinc, Zn mg	5.09		0	BFNN	4		4.33	17.66	16.59
Copper, Cu mg	0.067		0	BFNN	4		0.057	0.233	0.219
Manganese, Mn mg	0.011		0	BFNN	4		0.009	0.036	0.034
Selenium, Se µg	32.4		0	BFNN	4		27.6	112.5	105.7
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.064		0	BFPN	4		0.054	0.221	0.207
Riboflavin mg	0.173		0	BFPN	4		0.147	0.599	0.562
Niacin mg	5.550		0	BFPN	4		4.718	19.259	18.093
Pantothenic acid mg	0.604		0	BFPN	4		0.514	2.097	1.970
Vitamin B-6 mg	0.403		0	BFPN	4		0.343	1.399	1.314
Folate, total µg	10		0	BFPN	4		8	33	31
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	10		0	BFPN	4		8	33	31
Folate, DFE µg	10		0	NC	4		8	33	31
Choline, total mg	116.9		0	BFPN	4		99.4	405.7	381.2
Betaine mg	15.4		0	BFPN	4		13.1	53.3	50.1
Vitamin B-12 µg	1.84		0	BFPN	4		1.57	6.40	6.01
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	0		0	AS	1		0	0	0
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	0		0	AS	1		0	0	0
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.44		0	BFSN	4		0.38	1.54	1.44
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	0.00
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.6		0	BFSN	4		1.3	5.5	5.1
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13896

Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.898		0	NC	4		3.313	13.524	12.706
4:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
6:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
8:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
10:0....g	0.022		0	BFFN	4		0.019	0.077	0.072
12:0....g	0.022		0	BFFN	4		0.019	0.077	0.072
13:0....g									
14:0....g	0.305		0	BFFN	4		0.259	1.057	0.993
15:0....g									
16:0....g	2.430		0	BFFN	4		2.066	8.432	7.922
17:0....g									
18:0....g	1.119		0	BFFN	4		0.951	3.882	3.647
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.379		0	NC	4		3.722	15.197	14.277
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.434		0	BFFN	4		0.369	1.505	1.414
17:1....g									
18:1 undifferentiated....g	3.930		0	BFFN	4		3.341	13.638	12.812
20:1....g	0.016		0	BFFN	4		0.013	0.054	0.051
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.396		0	NC	4		0.336	1.373	1.290
18:2 undifferentiated....g	0.272		0	BFFN	4		0.231	0.944	0.887
18:3 undifferentiated....g	0.099		0	BFFN	4		0.084	0.343	0.322
18:4....g	0.000		0	BFFN	4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.025		0	BFFN	4		0.021	0.086	0.081
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	92		0	BFSN	4		78	320	300
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.201		0	NR	4		0.171	0.696	0.654
Threonine....g	1.220		0	NR	4		1.037	4.232	3.976
Isoleucine....g	1.389		0	NR	4		1.181	4.820	4.528
Leucine....g	2.429		0	NR	4		2.064	8.427	7.917
Lysine....g	2.580		0	NR	4		2.193	8.953	8.411
Methionine....g	0.795		0	NR	4		0.676	2.759	2.592
Cystine....g	0.394		0	NR	4		0.335	1.367	1.284
Phenylalanine....g	1.206		0	NR	4		1.025	4.185	3.931
Tyrosine....g	0.973		0	NR	4		0.827	3.376	3.172
Valine....g	1.515		0	NR	4		1.287	5.256	4.938
Arginine....g	1.974		0	NR	4		1.678	6.850	6.436
Histidine....g	0.974		0	NR	4		0.828	3.381	3.176
Alanine....g	1.856		0	NR	4		1.578	6.441	6.051
Aspartic acid....g	2.781		0	NR	4		2.364	9.650	9.066
Glutamic acid....g	4.583		0	NR	4		3.896	15.904	14.941
Glycine....g	1.859		0	NR	4		1.580	6.451	6.060
Proline....g	1.455		0	NR	4		1.237	5.050	4.745
Serine....g	1.203		0	NR	4		1.022	4.173	3.921
Hydroxyproline....g	0.321		0	BFPN	4		0.273	1.113	1.046
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 13896

Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 347g: 1 steak (yield from raw steak weighing 492 g)

Measure 3 = 326g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13894

Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw

London Broil, Minute Steak, Round Steak, URMIS #2368

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	68.80	0.514	10	PAK	1		19.51	312.09	
Energy kcal	168		0	NC	4		48	760	
Energy kJ	701		0	NC	4		199	3180	
Protein (N x 6.25) g	21.94	0.194	10	PAK	1		6.22	99.52	
Total lipid (fat) g	8.19	0.580	10	PAK	1		2.32	37.15	
Ash g	1.11	0.027	10	PAK	1		0.32	5.05	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	17		0	BFNN	4		5	76	
Iron, Fe mg	1.97		0	BFNN	4		0.56	8.92	
Magnesium, Mg mg	24		0	BFNN	4		7	107	
Phosphorus, P mg	211		0	BFNN	4		60	955	
Potassium, K mg	341		0	BFNN	4		97	1546	
Sodium, Na mg	57		0	BFNN	4		16	256	
Zinc, Zn mg	4.06		0	BFNN	4		1.15	18.40	
Copper, Cu mg	0.098		0	BFNN	4		0.028	0.445	
Manganese, Mn mg	0.013		0	BFNN	4		0.004	0.060	
Selenium, Se µg	26.7		0	BFNN	4		7.6	121.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.084		0	BFPN	4		0.024	0.381	
Riboflavin mg	0.151		0	BFPN	4		0.043	0.685	
Niacin mg	6.667		0	BFPN	4		1.890	30.243	
Pantothenic acid mg	0.640		0	BFPN	4		0.182	2.905	
Vitamin B-6 mg	0.648		0	BFPN	4		0.184	2.938	
Folate, total µg	12		0	BFPN	4		3	55	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	12		0	BFPN	4		3	55	
Folate, DFE µg	12		0	NC	4		3	55	
Choline, total mg	91.6		0	BFPN	4		26.0	415.7	
Betaine mg	13.5		0	BFPN	4		3.8	61.1	
Vitamin B-12 µg	1.86		0	BFPN	4		0.53	8.43	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.33		0	BFSN	4		0.09	1.51	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.3		0	BFSN	4		0.4	6.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13894

Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.224		0	NC	4		0.914	14.624	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.026		0	BFFN	4		0.007	0.118	
12:0....g	0.018		0	BFFN	4		0.005	0.081	
13:0....g									
14:0....g	0.251		0	BFFN	4		0.071	1.137	
15:0....g									
16:0....g	1.967		0	BFFN	4		0.558	8.922	
17:0....g									
18:0....g	0.962		0	BFFN	4		0.273	4.365	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.538		0	NC	4		1.003	16.050	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.417		0	BFFN	4		0.118	1.891	
17:1....g									
18:1 undifferentiated....g	3.110		0	BFFN	4		0.882	14.108	
20:1....g	0.011		0	BFFN	4		0.003	0.051	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.313		0	NC	4		0.089	1.418	
18:2 undifferentiated....g	0.204		0	BFFN	4		0.058	0.923	
18:3 undifferentiated....g	0.093		0	BFFN	4		0.026	0.421	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.016		0	BFFN	4		0.005	0.073	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	69		0	BFSN	4		20	314	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.144		0	PAK	1		0.041	0.654	
Threonine....g	0.876		0	PAK	1		0.248	3.976	
Isoleucine....g	0.998		0	PAK	1		0.283	4.528	
Leucine....g	1.745		0	PAK	1		0.495	7.917	
Lysine....g	1.854		0	PAK	1		0.526	8.411	
Methionine....g	0.571		0	PAK	1		0.162	2.592	
Cystine....g	0.283		0	PAK	1		0.080	1.284	
Phenylalanine....g	0.867		0	PAK	1		0.246	3.931	
Tyrosine....g	0.699		0	PAK	1		0.198	3.171	
Valine....g	1.088		0	PAK	1		0.309	4.937	
Arginine....g	1.419		0	PAK	1		0.402	6.435	
Histidine....g	0.700		0	PAK	1		0.199	3.176	
Alanine....g	1.334		0	PAK	1		0.378	6.050	
Aspartic acid....g	1.999		0	PAK	1		0.567	9.065	
Glutamic acid....g	3.294		0	PAK	1		0.934	14.941	
Glycine....g	1.336		0	PAK	1		0.379	6.060	
Proline....g	1.046		0	PAK	1		0.297	4.745	
Serine....g	0.864		0	PAK	1		0.245	3.920	
Hydroxyproline....g	0.231		0	BFPN	4		0.065	1.046	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13894

Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13902

Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled

London Broil, Minute Steak, Round Steak, URMIS #2368

Refuse: 1% Connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	59.51		0	PAE	4		50.58	197.57	
Energy kcal	225		0	NC	4		191	747	
Energy kJ	941		0		4		800	3125	
Protein (N x 6.25) g	31.27		0	PAE	4		26.58	103.82	
Total lipid (fat) g	10.10		0	PAE	4		8.59	33.53	
Ash g	1.36		0	PAE	4		1.16	4.52	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	6		0	PAE	4		5	20	
Iron, Fe mg	2.84		0	PAE	4		2.41	9.43	
Magnesium, Mg mg	30		0	PAE	4		26	100	
Phosphorus, P mg	243		0	PAE	4		207	807	
Potassium, K mg	436		0	PAE	4		371	1448	
Sodium, Na mg	61		0	PAE	4		52	203	
Zinc, Zn mg	5.49		0	PAE	4		4.67	18.23	
Copper, Cu mg	0.121		0	PAE	4		0.103	0.402	
Manganese, Mn mg	0.017		0	PAE	4		0.014	0.056	
Selenium, Se µg	28.0		0	BFYN	4		23.8	93.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.120		0	PAE	4		0.102	0.398	
Riboflavin mg	0.260		0	PAE	4		0.221	0.863	
Niacin mg	5.950		0	PAE	4		5.058	19.754	
Pantothenic acid mg	0.480		0	PAE	4		0.408	1.594	
Vitamin B-6 mg	0.550		0	PAE	4		0.468	1.826	
Folate, total µg	12		0	PAE	4		10	40	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	12		0	PAE	4		10	40	
Folate, DFE µg	12		0	NC	4		10	40	
Choline, total mg	119.1		0	BFPN	4		101.2	395.4	
Betaine mg	15.6		0	BFPN	4		13.3	51.9	
Vitamin B-12 µg	2.46		0	PAE	4		2.09	8.17	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg									
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	PAE	4		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13902

Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.610		0	PAE	4		3.069	11.985	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.010		0	PAE	4		0.009	0.033	
12:0....g	0.010		0	PAE	4		0.009	0.033	
13:0....g									
14:0....g	0.240		0	PAE	4		0.204	0.797	
15:0....g									
16:0....g	2.120		0	PAE	4		1.802	7.038	
17:0....g									
18:0....g	1.100		0	PAE	4		0.935	3.652	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.010		0	PAE	4		3.409	13.313	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.330		0	PAE	4		0.281	1.096	
17:1....g									
18:1 undifferentiated....g	3.560		0	PAE	4		3.026	11.819	
20:1....g	0.000		0	PAE	4		0.000	0.000	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.460		0	PAE	4		0.391	1.527	
18:2 undifferentiated....g	0.330		0	PAE	4		0.281	1.096	
18:3 undifferentiated....g	0.050		0	PAE	4		0.043	0.166	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.060		0	PAE	4		0.051	0.199	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	84		0	PAE	4		71	279	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.350		0	PAE	4		0.298	1.162	
Threonine....g	1.366		0	PAE	4		1.161	4.535	
Isoleucine....g	1.406		0	PAE	4		1.195	4.668	
Leucine....g	2.471		0	PAE	4		2.100	8.204	
Lysine....g	2.601		0	PAE	4		2.211	8.635	
Methionine....g	0.800		0	PAE	4		0.680	2.656	
Cystine....g	0.350		0	PAE	4		0.298	1.162	
Phenylalanine....g	1.221		0	PAE	4		1.038	4.054	
Tyrosine....g	1.051		0	PAE	4		0.893	3.489	
Valine....g	1.521		0	PAE	4		1.293	5.050	
Arginine....g	1.976		0	PAE	4		1.680	6.560	
Histidine....g	1.071		0	PAE	4		0.910	3.556	
Alanine....g	1.886		0	PAE	4		1.603	6.262	
Aspartic acid....g	2.857		0	PAE	4		2.428	9.485	
Glutamic acid....g	4.698		0	PAE	4		3.993	15.597	
Glycine....g	1.706		0	PAE	4		1.450	5.664	
Proline....g	1.381		0	PAE	4		1.174	4.585	
Serine....g	1.196		0	PAE	4		1.017	3.971	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13902

Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 332g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13900

Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

London Broil, Minute Steak, Round Steak, URMIS #1553

Refuse: 2% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water g	60.72	0.723	10	PAK	1		51.61	217.99	199.77
Energy kcal	201		0	NC	4		170	720	660
Energy kJ	839		0	NC	4		713	3012	2760
Protein (N x 6.25) g	30.63	0.517	10	PAK	1		26.04	109.97	100.78
Total lipid (fat) g	7.73	0.652	10	PAK	1		6.57	27.74	25.43
Ash g	1.14	0.037	10	PAK	1		0.97	4.09	3.75
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total g	0.00		0	Z	7		0.00	0.00	0.00
Starch g									
Minerals:									
Calcium, Ca mg	8		0	BFNN	4		7	29	26
Iron, Fe mg	2.52		0	BFNN	4		2.14	9.03	8.28
Magnesium, Mg mg	21		0	BFNN	4		18	74	68
Phosphorus, P mg	198		0	BFNN	4		168	712	652
Potassium, K mg	256		0	BFNN	4		217	918	841
Sodium, Na mg	41		0	BFNN	4		35	148	136
Zinc, Zn mg	5.31		0	BFNN	4		4.52	19.07	17.48
Copper, Cu mg	0.081		0	BFNN	4		0.069	0.290	0.266
Manganese, Mn mg	0.011		0	BFNN	4		0.009	0.040	0.037
Selenium, Se µg	31.0		0	BFNN	4		26.4	111.4	102.1
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.077		0	BFPN	4		0.066	0.277	0.254
Riboflavin mg	0.154		0	BFPN	4		0.131	0.552	0.506
Niacin mg	5.169		0	BFPN	4		4.393	18.555	17.004
Pantothenic acid mg	0.605		0	BFPN	4		0.514	2.170	1.989
Vitamin B-6 mg	0.402		0	BFPN	4		0.342	1.444	1.323
Folate, total µg	10		0	BFPN	4		8	34	31
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	10		0	BFPN	4		8	34	31
Folate, DFE µg	10		0	NC	4		8	34	31
Choline, total mg	116.7		0	BFPN	4		99.2	418.9	383.9
Betaine mg	15.3		0	BFPN	4		13.0	55.0	50.4
Vitamin B-12 µg	1.57		0	BFPN	4		1.33	5.63	5.16
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	0		0	AS	1		0	0	0
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	0		0	AS	1		0	0	0
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.42		0	BFSN	4		0.36	1.50	1.38
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	0.00
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.5		0	BFSN	4		1.3	5.3	4.9
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13900

Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.933		0	NC	4		2.493	10.529	9.649
4:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
6:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
8:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
10:0....g	0.017		0	BFFN	4		0.014	0.060	0.055
12:0....g	0.017		0	BFFN	4		0.014	0.060	0.055
13:0....g									
14:0....g	0.229		0	BFFN	4		0.195	0.823	0.754
15:0....g									
16:0....g	1.829		0	BFFN	4		1.554	6.565	6.016
17:0....g									
18:0....g	0.842		0	BFFN	4		0.716	3.022	2.770
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.296		0	NC	4		2.801	11.831	10.843
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.326		0	BFFN	4		0.277	1.171	1.074
17:1....g									
18:1 undifferentiated....g	2.958		0	BFFN	4		2.514	10.618	9.731
20:1....g	0.012		0	BFFN	4		0.010	0.042	0.038
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.298		0	NC	4		0.253	1.069	0.980
18:2 undifferentiated....g	0.205		0	BFFN	4		0.174	0.735	0.674
18:3 undifferentiated....g	0.074		0	BFFN	4		0.063	0.267	0.245
18:4....g	0.000		0	BFFN	4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.019		0	BFFN	4		0.016	0.067	0.061
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	87		0	BFSN	4		74	313	287
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.201		0	NR	4		0.171	0.721	0.661
Threonine....g	1.220		0	NR	4		1.037	4.381	4.015
Isoleucine....g	1.390		0	NR	4		1.181	4.990	4.573
Leucine....g	2.430		0	NR	4		2.066	8.724	7.995
Lysine....g	2.582		0	NR	4		2.195	9.269	8.494
Methionine....g	0.796		0	NR	4		0.676	2.856	2.617
Cystine....g	0.394		0	NR	4		0.335	1.415	1.297
Phenylalanine....g	1.207		0	NR	4		1.026	4.332	3.970
Tyrosine....g	0.973		0	NR	4		0.827	3.495	3.203
Valine....g	1.516		0	NR	4		1.288	5.441	4.986
Arginine....g	1.975		0	NR	4		1.679	7.092	6.499
Histidine....g	0.975		0	NR	4		0.829	3.500	3.208
Alanine....g	1.857		0	NR	4		1.579	6.668	6.110
Aspartic acid....g	2.783		0	NR	4		2.365	9.990	9.155
Glutamic acid....g	4.586		0	NR	4		3.898	16.465	15.089
Glycine....g	1.860		0	NR	4		1.581	6.678	6.120
Proline....g	1.456		0	NR	4		1.238	5.229	4.792
Serine....g	1.203		0	NR	4		1.023	4.320	3.959
Hydroxyproline....g	0.321		0	BFPN	4		0.273	1.152	1.056
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 13900

Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 359g: 1 steak (yield from raw steak weighing 491g)

Measure 3 = 329g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13898

Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw

London Broil, Minute Steak, Round Steak, URMIS #1553

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	69.29	0.422	10	PAK	1		19.64	314.28	
Energy kcal	164		0	NC	4		46	744	
Energy kJ	686		0	NC	4		194	3111	
Protein (N x 6.25) g	22.18	0.243	10	PAK	1		6.29	100.59	
Total lipid (fat) g	7.68	0.525	10	PAK	1		2.18	34.83	
Ash g	1.08	0.026	10	PAK	1		0.31	4.90	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	25		0	BFNN	4		7	113	
Iron, Fe mg	1.74		0	BFNN	4		0.49	7.90	
Magnesium, Mg mg	24		0	BFNN	4		7	108	
Phosphorus, P mg	214		0	BFNN	4		61	971	
Potassium, K mg	357		0	BFNN	4		101	1618	
Sodium, Na mg	63		0	BFNN	4		18	288	
Zinc, Zn mg	4.10		0	BFNN	4		1.16	18.59	
Copper, Cu mg	0.095		0	BFNN	4		0.027	0.431	
Manganese, Mn mg	0.013		0	BFNN	4		0.004	0.061	
Selenium, Se µg	26.3		0	BFNN	4		7.5	119.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.090		0	BFPN	4		0.026	0.409	
Riboflavin mg	0.118		0	BFPN	4		0.033	0.535	
Niacin mg	6.510		0	BFPN	4		1.845	29.528	
Pantothenic acid mg	0.628		0	BFPN	4		0.178	2.850	
Vitamin B-6 mg	0.659		0	BFPN	4		0.187	2.989	
Folate, total µg	12		0	BFPN	4		3	53	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	12		0	BFPN	4		3	53	
Folate, DFE µg	12		0	NC	4		3	53	
Choline, total mg	92.6		0	BFPN	4		26.3	420.2	
Betaine mg	13.6		0	BFPN	4		3.9	61.8	
Vitamin B-12 µg	1.32		0	BFPN	4		0.37	5.99	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.30		0	BFSN	4		0.09	1.36	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.2		0	BFSN	4		0.3	5.4	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13898

Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.023		0	NC	4		0.857	13.711	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.024		0	BFFN	4		0.007	0.111	
12:0....g	0.017		0	BFFN	4		0.005	0.076	
13:0....g									
14:0....g	0.235		0	BFFN	4		0.067	1.066	
15:0....g									
16:0....g	1.844		0	BFFN	4		0.523	8.365	
17:0....g									
18:0....g	0.902		0	BFFN	4		0.256	4.092	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.317		0	NC	4		0.940	15.048	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.391		0	BFFN	4		0.111	1.773	
17:1....g									
18:1 undifferentiated....g	2.916		0	BFFN	4		0.827	13.227	
20:1....g	0.011		0	BFFN	4		0.003	0.048	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.293		0	NC	4		0.083	1.329	
18:2 undifferentiated....g	0.191		0	BFFN	4		0.054	0.865	
18:3 undifferentiated....g	0.087		0	BFFN	4		0.025	0.395	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.015		0	BFFN	4		0.004	0.069	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	68		0	BFSN	4		19	309	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.146		0	PAK	1		0.041	0.661	
Threonine....g	0.886		0	PAK	1		0.251	4.018	
Isoleucine....g	1.009		0	PAK	1		0.286	4.576	
Leucine....g	1.764		0	PAK	1		0.500	8.002	
Lysine....g	1.874		0	PAK	1		0.531	8.501	
Methionine....g	0.577		0	PAK	1		0.164	2.620	
Cystine....g	0.286		0	PAK	1		0.081	1.298	
Phenylalanine....g	0.876		0	PAK	1		0.248	3.973	
Tyrosine....g	0.707		0	PAK	1		0.200	3.205	
Valine....g	1.100		0	PAK	1		0.312	4.990	
Arginine....g	1.434		0	PAK	1		0.407	6.505	
Histidine....g	0.708		0	PAK	1		0.201	3.210	
Alanine....g	1.348		0	PAK	1		0.382	6.115	
Aspartic acid....g	2.020		0	PAK	1		0.573	9.163	
Glutamic acid....g	3.329		0	PAK	1		0.944	15.101	
Glycine....g	1.350		0	PAK	1		0.383	6.125	
Proline....g	1.057		0	PAK	1		0.300	4.795	
Serine....g	0.874		0	PAK	1		0.248	3.962	
Hydroxyproline....g	0.233		0	BFPN	4		0.066	1.057	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13898

Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23608

Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled

Refuse: 6% Bone and connective tissue, 0.94%, separable fat, 5.51%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	61.96	0.586	20	A	1		17.57	281.05	
Energy kcal	185		0	NC	4		52	839	
Energy kJ	774		0	NC	4		219	3511	
Protein (N x 6.25) g	31.82	0.308	20	A	1		9.02	144.36	
Total lipid (fat) g	5.45	0.304	20	A	1		1.55	24.72	
Ash g	1.20	0.029	20	A	1		0.34	5.44	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	7		0	BFNN	4		2	30	
Iron, Fe mg	2.70		0	BFNN	4		0.76	12.23	
Magnesium, Mg mg	21		0	BFNN	4		6	97	
Phosphorus, P mg	204		0	BFNN	4		58	923	
Potassium, K mg	264		0	BFNN	4		75	1198	
Sodium, Na mg	42		0	BFNN	4		12	191	
Zinc, Zn mg	5.54		0	BFNN	4		1.57	25.12	
Copper, Cu mg	0.080		0	BFNN	4		0.023	0.362	
Manganese, Mn mg	0.011		0	BFNN	4		0.003	0.052	
Selenium, Se µg	36.4		0	BFNN	4		10.3	165.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.072		0	BFPN	4		0.020	0.326	
Riboflavin mg	0.180		0	BFPN	4		0.051	0.814	
Niacin mg	5.717		0	BFPN	4		1.621	25.933	
Pantothenic acid mg	0.626		0	BFPN	4		0.177	2.840	
Vitamin B-6 mg	0.427		0	BFPN	4		0.121	1.936	
Folate, total µg	11		0	BFPN	4		3	48	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	11		0	BFPN	4		3	48	
Folate, DFE µg	11		0	NC	4		3	48	
Choline, total mg	121.2		0	BFPN	4		34.4	549.8	
Betaine mg	15.9		0	BFPN	4		4.5	72.2	
Vitamin B-12 µg	1.75		0	BFPN	4		0.50	7.96	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.49		0	BFSN	4		0.14	2.22	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.0	0.4	
Vitamin D IU	4		0	BFFN	4		1	16	
Vitamin K (phylloquinone) µg	17.5		0	BFSN	4		4.9	79.2	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23608

Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.878		0	NC	4		0.532	8.520	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.000		0	BFFN	4		0.000	0.000	
13:0....g									
14:0....g	0.132		0	BFFN	4		0.038	0.601	
15:0....g									
16:0....g	1.173		0	BFFN	4		0.333	5.321	
17:0....g									
18:0....g	0.573		0	BFFN	4		0.162	2.598	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.278		0	NC	4		0.646	10.334	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.214		0	BFFN	4		0.061	0.973	
17:1....g									
18:1 undifferentiated....g	2.063		0	BFFN	4		0.585	9.356	
20:1....g	0.001		0	BFFN	4		0.000	0.006	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.239		0	NC	4		0.068	1.085	
18:2 undifferentiated....g	0.171		0	BFFN	4		0.049	0.777	
18:3 undifferentiated....g	0.016		0	BFFN	4		0.004	0.072	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.033		0	BFFN	4		0.009	0.150	
20:5 n-3 (EPA)....g	0.003		18	AR	1		0.001	0.014	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.015		18	AR	1		0.004	0.068	
22:6 n-3 (DHA)....g	0.001		18	AR	1		0.000	0.005	
Fatty acids, total trans....g									
Cholesterol....mg	84		0	BFSN	4		24	383	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.209		0	A	1		0.059	0.949	
Threonine....g	1.271		0	A	1		0.360	5.767	
Isoleucine....g	1.448		0	A	1		0.410	6.568	
Leucine....g	2.532		0	A	1		0.718	11.483	
Lysine....g	2.690		0	A	1		0.762	12.200	
Methionine....g	0.829		0	A	1		0.235	3.759	
Cystine....g	0.411		0	A	1		0.116	1.863	
Phenylalanine....g	1.257		0	A	1		0.356	5.702	
Tyrosine....g	1.014		0	A	1		0.287	4.600	
Valine....g	1.579		0	A	1		0.448	7.162	
Arginine....g	2.058		0	A	1		0.583	9.334	
Histidine....g	1.016		0	A	1		0.288	4.607	
Alanine....g	1.935		0	A	1		0.549	8.776	
Aspartic acid....g	2.899		0	A	1		0.822	13.149	
Glutamic acid....g	4.778		0	A	1		1.354	21.671	
Glycine....g	1.938		0	A	1		0.549	8.790	
Proline....g	1.517		0	A	1		0.430	6.882	
Serine....g	1.254		0	A	1		0.355	5.686	
Hydroxyproline....g	0.334		0	BFPN	4		0.095	1.517	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 23608

Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23609

Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, raw

Refuse: 6% Separable fat 6%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	75.02	0.326	20	A	1		63.77	340.30	
Energy kcal	135		0	NC	4		114	611	
Energy kJ	563		0	NC	4		479	2556	
Protein (N x 6.25) g	22.91	0.159	20	A	1		19.47	103.91	
Total lipid (fat) g	4.09	0.374	20	A	1		3.47	18.54	
Ash g	1.13	0.019	20	A	1		0.96	5.12	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	20		0	BFNN	4		17	93	
Iron, Fe mg	1.99		0	BFNN	4		1.69	9.01	
Magnesium, Mg mg	25		0	BFNN	4		21	113	
Phosphorus, P mg	222		0	BFNN	4		188	1005	
Potassium, K mg	362		0	BFNN	4		308	1641	
Sodium, Na mg	61		0	BFNN	4		52	276	
Zinc, Zn mg	4.36		0	BFNN	4		3.71	19.77	
Copper, Cu mg	0.102		0	BFNN	4		0.087	0.464	
Manganese, Mn mg	0.014		0	BFNN	4		0.012	0.064	
Selenium, Se µg	29.2		0	BFNN	4		24.8	132.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.093		0	BFPN	4		0.079	0.420	
Riboflavin mg	0.149		0	BFPN	4		0.127	0.675	
Niacin mg	6.873		0	BFPN	4		5.842	31.178	
Pantothenic acid mg	0.677		0	BFPN	4		0.576	3.072	
Vitamin B-6 mg	0.677		0	BFPN	4		0.575	3.069	
Folate, total µg	13		0	BFPN	4		11	61	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	13		0	BFPN	4		11	61	
Folate, DFE µg	13		0	NC	4		11	61	
Choline, total mg	95.7		0	BFPN	4		81.3	434.0	
Betaine mg	14.1		0	BFPN	4		12.0	63.8	
Vitamin B-12 µg	1.62		0	BFPN	4		1.38	7.37	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.27		0	BFSN	4		0.23	1.21	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.1		0	BFSN	4		0.9	4.8	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23609

Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.399		0	NC	4		1.189	6.345	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.000		0	BFFN	4		0.000	0.000	
13:0....g									
14:0....g	0.096		0	BFFN	4		0.082	0.436	
15:0....g									
16:0....g	0.887		0	BFFN	4		0.754	4.023	
17:0....g									
18:0....g	0.416		0	BFFN	4		0.353	1.886	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.721		0	NC	4		1.463	7.806	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.168		0	BFFN	4		0.143	0.763	
17:1....g									
18:1 undifferentiated....g	1.550		0	BFFN	4		1.318	7.033	
20:1....g	0.002		0	BFFN	4		0.002	0.011	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.175		0	NC	4		0.149	0.796	
18:2 undifferentiated....g	0.137		0	BFFN	4		0.116	0.621	
18:3 undifferentiated....g	0.010		0	BFFN	4		0.008	0.044	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.029		0	BFFN	4		0.024	0.131	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	55		0	BFSN	4		47	251	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.151		0	A	1		0.128	0.683	
Threonine....g	0.915		0	A	1		0.778	4.151	
Isoleucine....g	1.042		0	A	1		0.886	4.727	
Leucine....g	1.822		0	A	1		1.549	8.265	
Lysine....g	1.936		0	A	1		1.646	8.781	
Methionine....g	0.597		0	A	1		0.507	2.706	
Cystine....g	0.296		0	A	1		0.251	1.341	
Phenylalanine....g	0.905		0	A	1		0.769	4.104	
Tyrosine....g	0.730		0	A	1		0.620	3.311	
Valine....g	1.136		0	A	1		0.966	5.155	
Arginine....g	1.481		0	A	1		1.259	6.719	
Histidine....g	0.731		0	A	1		0.621	3.316	
Alanine....g	1.393		0	A	1		1.184	6.317	
Aspartic acid....g	2.087		0	A	1		1.774	9.465	
Glutamic acid....g	3.439		0	A	1		2.923	15.599	
Glycine....g	1.395		0	A	1		1.186	6.327	
Proline....g	1.092		0	A	1		0.928	4.953	
Serine....g	0.902		0	A	1		0.767	4.093	
Hydroxyproline....g	0.241		0	BFPN	4		0.205	1.092	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 23609

Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23621

Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled

URMIS #2368

Refuse: 7% Bone and connective tissue 1%, sep fat 6%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	61.13	0.957	10	A	1		17.33	277.28	
Energy kcal	193		0	NC	4		55	876	
Energy kJ	808		0	NC	4		229	3666	
Protein (N x 6.25) g	32.04	0.410	10	A	1		9.08	145.33	
Total lipid (fat) g	6.25	0.449	10	A	1		1.77	28.35	
Ash g	1.23	0.042	10	A	1		0.35	5.58	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	7		0	BFNN	4		2	30	
Iron, Fe mg	2.84		0	BFNN	4		0.81	12.88	
Magnesium, Mg mg	22		0	BFNN	4		6	98	
Phosphorus, P mg	203		0	BFNN	4		58	922	
Potassium, K mg	263		0	BFNN	4		74	1191	
Sodium, Na mg	42		0	BFNN	4		12	191	
Zinc, Zn mg	5.62		0	BFNN	4		1.59	25.48	
Copper, Cu mg	0.075		0	BFNN	4		0.021	0.342	
Manganese, Mn mg	0.011		0	BFNN	4		0.003	0.049	
Selenium, Se µg	36.6		0	BFNN	4		10.4	166.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.067		0	BFPN	4		0.019	0.303	
Riboflavin mg	0.200		0	BFPN	4		0.057	0.908	
Niacin mg	6.156		0	BFPN	4		1.745	27.923	
Pantothenic acid mg	0.629		0	BFPN	4		0.178	2.855	
Vitamin B-6 mg	0.447		0	BFPN	4		0.127	2.028	
Folate, total µg	11		0	BFPN	4		3	49	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	11		0	BFPN	4		3	49	
Folate, DFE µg	11		0	NC	4		3	49	
Choline, total mg	122.0		0	BFPN	4		34.6	553.5	
Betaine mg	16.0		0	BFPN	4		4.5	72.7	
Vitamin B-12 µg	1.89		0	BFPN	4		0.54	8.58	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.41		0	BFSN	4		0.12	1.88	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.5		0	BFSN	4		0.4	6.7	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23621

Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.154		0	NC	4		0.611	9.770	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.000		0	BFFN	4		0.000	0.000	
13:0....g									
14:0....g	0.152		0	BFFN	4		0.043	0.689	
15:0....g									
16:0....g	1.345		0	BFFN	4		0.381	6.102	
17:0....g									
18:0....g	0.657		0	BFFN	4		0.186	2.980	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.613		0	NC	4		0.741	11.852	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.246		0	BFFN	4		0.070	1.115	
17:1....g									
18:1 undifferentiated....g	2.365		0	BFFN	4		0.671	10.729	
20:1....g	0.002		0	BFFN	4		0.000	0.007	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.252		0	NC	4		0.072	1.145	
18:2 undifferentiated....g	0.196		0	BFFN	4		0.056	0.891	
18:3 undifferentiated....g	0.018		0	BFFN	4		0.005	0.082	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.038		0	BFFN	4		0.011	0.172	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	86		0	BFSN	4		24	391	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.211		0	A	1		0.060	0.955	
Threonine....g	1.280		0	A	1		0.363	5.806	
Isoleucine....g	1.458		0	A	1		0.413	6.612	
Leucine....g	2.549		0	A	1		0.723	11.561	
Lysine....g	2.708		0	A	1		0.768	12.282	
Methionine....g	0.834		0	A	1		0.237	3.784	
Cystine....g	0.413		0	A	1		0.117	1.875	
Phenylalanine....g	1.266		0	A	1		0.359	5.740	
Tyrosine....g	1.021		0	A	1		0.289	4.631	
Valine....g	1.589		0	A	1		0.451	7.210	
Arginine....g	2.072		0	A	1		0.587	9.397	
Histidine....g	1.022		0	A	1		0.290	4.638	
Alanine....g	1.948		0	A	1		0.552	8.835	
Aspartic acid....g	2.918		0	A	1		0.827	13.238	
Glutamic acid....g	4.810		0	A	1		1.364	21.817	
Glycine....g	1.951		0	A	1		0.553	8.849	
Proline....g	1.527		0	A	1		0.433	6.928	
Serine....g	1.262		0	A	1		0.358	5.725	
Hydroxyproline....g	0.337		0	BFPN	4		0.095	1.527	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 23621

Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23617

Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, raw

URMIS #2368

Refuse: 6% Separable fat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	71.44	0.487	10	A	1		20.25	324.06	
Energy kcal	140		0	NC	4		40	635	
Energy kJ	586		0	NC	4		166	2658	
Protein (N x 6.25) g	22.69	0.208	10	A	1		6.43	102.91	
Total lipid (fat) g	4.78	0.587	10	A	1		1.36	21.69	
Ash g	1.16	0.027	10	A	1		0.33	5.25	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	20		0	BFNN	4		6	90	
Iron, Fe mg	2.12		0	BFNN	4		0.60	9.63	
Magnesium, Mg mg	25		0	BFNN	4		7	114	
Phosphorus, P mg	222		0	BFNN	4		63	1006	
Potassium, K mg	352		0	BFNN	4		100	1597	
Sodium, Na mg	57		0	BFNN	4		16	260	
Zinc, Zn mg	4.29		0	BFNN	4		1.22	19.46	
Copper, Cu mg	0.101		0	BFNN	4		0.029	0.457	
Manganese, Mn mg	0.014		0	BFNN	4		0.004	0.064	
Selenium, Se µg	28.6		0	BFNN	4		8.1	129.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.095		0	BFPN	4		0.027	0.430	
Riboflavin mg	0.163		0	BFPN	4		0.046	0.740	
Niacin mg	6.901		0	BFPN	4		1.956	31.301	
Pantothenic acid mg	0.675		0	BFPN	4		0.191	3.064	
Vitamin B-6 mg	0.666		0	BFPN	4		0.189	3.023	
Folate, total µg	13		0	BFPN	4		4	61	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	13		0	BFPN	4		4	61	
Folate, DFE µg	13		0	NC	4		4	61	
Choline, total mg	94.8		0	BFPN	4		26.9	429.9	
Betaine mg									
Vitamin B-12 µg	1.89		0	BFPN	4		0.54	8.57	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.30		0	BFSN	4		0.09	1.38	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.0	0.3	
Vitamin D IU	3		0	BFFN	4		1	12	
Vitamin K (phylloquinone) µg	1.2		0	BFSN	4		0.3	5.5	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23617

Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.637		0	NC	4		0.464	7.424	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.000		0	BFFN	4		0.000	0.000	
13:0....g									
14:0....g	0.112		0	BFFN	4		0.032	0.510	
15:0....g									
16:0....g	1.038		0	BFFN	4		0.294	4.707	
17:0....g									
18:0....g	0.487		0	BFFN	4		0.138	2.207	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.014		0	NC	4		0.571	9.133	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.197		0	BFFN	4		0.056	0.893	
17:1....g									
18:1 undifferentiated....g	1.814		0	BFFN	4		0.514	8.228	
20:1....g	0.003		0	BFFN	4		0.001	0.013	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.219		0	NC	4		0.062	0.994	
18:2 undifferentiated....g	0.160		0	BFFN	4		0.045	0.727	
18:3 undifferentiated....g	0.011		0	BFFN	4		0.003	0.051	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.034		0	BFFN	4		0.010	0.153	
20:5 n-3 (EPA)....g	0.002		15	AR	1		0.001	0.009	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.011		15	AR	1		0.003	0.050	
22:6 n-3 (DHA)....g	0.001		15	AR	1		0.000	0.005	
Fatty acids, total trans....g									
Cholesterol....mg	63		0	BFSN	4		18	287	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.149		0	A	1		0.042	0.676	
Threonine....g	0.906		0	A	1		0.257	4.111	
Isoleucine....g	1.032		0	A	1		0.293	4.682	
Leucine....g	1.805		0	A	1		0.512	8.186	
Lysine....g	1.917		0	A	1		0.544	8.697	
Methionine....g	0.591		0	A	1		0.167	2.680	
Cystine....g	0.293		0	A	1		0.083	1.328	
Phenylalanine....g	0.896		0	A	1		0.254	4.065	
Tyrosine....g	0.723		0	A	1		0.205	3.279	
Valine....g	1.126		0	A	1		0.319	5.105	
Arginine....g	1.467		0	A	1		0.416	6.655	
Histidine....g	0.724		0	A	1		0.205	3.284	
Alanine....g	1.379		0	A	1		0.391	6.256	
Aspartic acid....g	2.067		0	A	1		0.586	9.374	
Glutamic acid....g	3.406		0	A	1		0.966	15.449	
Glycine....g	1.381		0	A	1		0.392	6.266	
Proline....g	1.082		0	A	1		0.307	4.906	
Serine....g	0.894		0	A	1		0.253	4.054	
Hydroxyproline....g	0.238		0	BFPN	4		0.068	1.081	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 23617

Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23592

Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled

URMIS #1553

Refuse: 6% Bone and connective tissue 1%, sep fat 5%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	62.79	0.616	10	A	1		17.80	284.83	
Energy kcal	177		0	NC	4		50	802	
Energy kJ	740		0	NC	4		210	3358	
Protein (N x 6.25) g	31.61	0.471	10	A	1		8.96	143.38	
Total lipid (fat) g	4.65	0.217	10	A	1		1.32	21.09	
Ash g	1.17	0.041	10	A	1		0.33	5.33	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	7		0	BFNN	4		2	31	
Iron, Fe mg	2.66		0	BFNN	4		0.75	12.06	
Magnesium, Mg mg	22		0	BFNN	4		6	98	
Phosphorus, P mg	207		0	BFNN	4		59	940	
Potassium, K mg	270		0	BFNN	4		76	1223	
Sodium, Na mg	43		0	BFNN	4		12	194	
Zinc, Zn mg	5.57		0	BFNN	4		1.58	25.27	
Copper, Cu mg	0.090		0	BFNN	4		0.025	0.407	
Manganese, Mn mg	0.012		0	BFNN	4		0.003	0.054	
Selenium, Se µg	40.4		0	BFNN	4		11.5	183.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.076		0	BFPN	4		0.021	0.343	
Riboflavin mg	0.171		0	BFPN	4		0.049	0.776	
Niacin mg	5.436		0	BFPN	4		1.541	24.660	
Pantothenic acid mg	0.623		0	BFPN	4		0.177	2.825	
Vitamin B-6 mg	0.417		0	BFPN	4		0.118	1.891	
Folate, total µg	11		0	BFPN	4		3	48	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	11		0	BFPN	4		3	48	
Folate, DFE µg	11		0	NC	4		3	48	
Choline, total mg	120.4		0	BFPN	4		34.1	546.1	
Betaine mg	15.8		0	BFPN	4		4.5	71.7	
Vitamin B-12 µg	1.62		0	BFPN	4		0.46	7.37	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.34		0	BFSN	4		0.10	1.56	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.2		0	BFSN	4		0.3	5.5	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23592

Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.602		0	NC	4		0.454	7.268	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.000		0	BFFN	4		0.000	0.000	
13:0....g									
14:0....g	0.113		0	BFFN	4		0.032	0.512	
15:0....g									
16:0....g	1.001		0	BFFN	4		0.284	4.539	
17:0....g									
18:0....g	0.489		0	BFFN	4		0.139	2.216	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.944		0	NC	4		0.551	8.816	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.183		0	BFFN	4		0.052	0.830	
17:1....g									
18:1 undifferentiated....g	1.760		0	BFFN	4		0.499	7.981	
20:1....g	0.001		0	BFFN	4		0.000	0.005	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.188		0	NC	4		0.053	0.852	
18:2 undifferentiated....g	0.146		0	BFFN	4		0.041	0.663	
18:3 undifferentiated....g	0.014		0	BFFN	4		0.004	0.061	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.028		0	BFFN	4		0.008	0.128	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	82		0	BFSN	4		23	374	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.208		0	A	1		0.059	0.942	
Threonine....g	1.263		0	A	1		0.358	5.728	
Isoleucine....g	1.438		0	A	1		0.408	6.523	
Leucine....g	2.515		0	A	1		0.713	11.406	
Lysine....g	2.671		0	A	1		0.757	12.118	
Methionine....g	0.823		0	A	1		0.233	3.734	
Cystine....g	0.408		0	A	1		0.116	1.850	
Phenylalanine....g	1.249		0	A	1		0.354	5.664	
Tyrosine....g	1.007		0	A	1		0.286	4.569	
Valine....g	1.568		0	A	1		0.445	7.113	
Arginine....g	2.044		0	A	1		0.579	9.272	
Histidine....g	1.009		0	A	1		0.286	4.576	
Alanine....g	1.922		0	A	1		0.545	8.717	
Aspartic acid....g	2.879		0	A	1		0.816	13.060	
Glutamic acid....g	4.745		0	A	1		1.345	21.525	
Glycine....g	1.925		0	A	1		0.546	8.731	
Proline....g	1.507		0	A	1		0.427	6.835	
Serine....g	1.245		0	A	1		0.353	5.648	
Hydroxyproline....g	0.332		0	BFPN	4		0.094	1.506	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 23592

Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23636

Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, raw

URMIS #1553

Refuse: 7% Separable fat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	72.63	0.365	10	A	1		20.59	329.46	
Energy kcal	129		0	NC	4		37	586	
Energy kJ	540		0	NC	4		153	2451	
Protein (N x 6.25) g	23.13	0.230	10	A	1		6.56	104.90	
Total lipid (fat) g	3.37	0.368	10	A	1		0.96	15.30	
Ash g	1.13	0.027	10	A	1		0.32	5.14	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	22		0	BFNN	4		6	100	
Iron, Fe mg	1.97		0	BFNN	4		0.56	8.93	
Magnesium, Mg mg	25		0	BFNN	4		7	114	
Phosphorus, P mg	224		0	BFNN	4		64	1018	
Potassium, K mg	373		0	BFNN	4		106	1693	
Sodium, Na mg	64		0	BFNN	4		18	290	
Zinc, Zn mg	4.57		0	BFNN	4		1.30	20.74	
Copper, Cu mg	0.107		0	BFNN	4		0.030	0.485	
Manganese, Mn mg	0.014		0	BFNN	4		0.004	0.065	
Selenium, Se µg	31.9		0	BFNN	4		9.0	144.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.095		0	BFPN	4		0.027	0.429	
Riboflavin mg	0.147		0	BFPN	4		0.042	0.665	
Niacin mg	6.879		0	BFPN	4		1.950	31.202	
Pantothenic acid mg	0.679		0	BFPN	4		0.193	3.081	
Vitamin B-6 mg	0.679		0	BFPN	4		0.193	3.081	
Folate, total µg	14		0	BFPN	4		4	61	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	14		0	BFPN	4		4	61	
Folate, DFE µg	14		0	NC	4		4	61	
Choline, total mg	96.6		0	BFPN	4		27.4	438.2	
Betaine mg	14.2		0	BFPN	4		4.0	64.4	
Vitamin B-12 µg	1.35		0	BFPN	4		0.38	6.13	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.29		0	BFSN	4		0.08	1.32	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.2		0	BFSN	4		0.3	5.3	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23636

Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.154		0	NC	4		0.327	5.236	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.000		0	BFFN	4		0.000	0.000	
13:0....g									
14:0....g	0.079		0	BFFN	4		0.022	0.360	
15:0....g									
16:0....g	0.732		0	BFFN	4		0.207	3.320	
17:0....g									
18:0....g	0.343		0	BFFN	4		0.097	1.556	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.420		0	NC	4		0.403	6.441	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.139		0	BFFN	4		0.039	0.630	
17:1....g									
18:1 undifferentiated....g	1.279		0	BFFN	4		0.363	5.803	
20:1....g	0.002		0	BFFN	4		0.001	0.009	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.145		0	NC	4		0.041	0.656	
18:2 undifferentiated....g	0.113		0	BFFN	4		0.032	0.513	
18:3 undifferentiated....g	0.008		0	BFFN	4		0.002	0.036	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.024		0	BFFN	4		0.007	0.108	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	61		0	BFSN	4		17	275	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.152		0	A	1		0.043	0.689	
Threonine....g	0.924		0	A	1		0.262	4.190	
Isoleucine....g	1.052		0	A	1		0.298	4.772	
Leucine....g	1.840		0	A	1		0.522	8.344	
Lysine....g	1.954		0	A	1		0.554	8.865	
Methionine....g	0.602		0	A	1		0.171	2.732	
Cystine....g	0.298		0	A	1		0.085	1.354	
Phenylalanine....g	0.913		0	A	1		0.259	4.143	
Tyrosine....g	0.737		0	A	1		0.209	3.343	
Valine....g	1.147		0	A	1		0.325	5.204	
Arginine....g	1.495		0	A	1		0.424	6.783	
Histidine....g	0.738		0	A	1		0.209	3.348	
Alanine....g	1.406		0	A	1		0.399	6.377	
Aspartic acid....g	2.106		0	A	1		0.597	9.555	
Glutamic acid....g	3.472		0	A	1		0.984	15.748	
Glycine....g	1.408		0	A	1		0.399	6.387	
Proline....g	1.102		0	A	1		0.313	5.001	
Serine....g	0.911		0	A	1		0.258	4.132	
Hydroxyproline....g	0.243		0	BFPN	4		0.069	1.102	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 23636

Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13342

Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	56.00		1	A	1		47.60	31.36	221.76
Energy kcal	309		0	MC	9		263	173	1224
Energy kJ	1293		0	MC	9		1099	724	5120
Protein g	16.50		1	A	1		14.03	9.24	65.34
Total lipid (fat) g	27.00		1	A	1		22.95	15.12	106.92
Ash g	0.80		1	A	1		0.68	0.45	3.17
Carbohydrate, by difference g	0.00		0	MC	9		0.00	0.00	0.00
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total g	0.00		0	Z	7		0.00	0.00	0.00
Starch g									
Minerals:									
Calcium, Ca mg	12		1	A	1		10	7	47
Iron, Fe mg	1.86		1	A	1		1.58	1.04	7.37
Magnesium, Mg mg	16		0	BFNN	4		14	9	65
Phosphorus, P mg	133		0	BFNN	4		113	74	527
Potassium, K mg	233		0	BFNN	4		198	131	924
Sodium, Na mg	68		1	A	1		58	38	269
Zinc, Zn mg	3.63		0	BFNN	4		3.09	2.03	14.38
Copper, Cu mg	0.063		0	BFNN	4		0.054	0.035	0.249
Manganese, Mn mg	0.017		0	BFNN	4		0.014	0.010	0.067
Selenium, Se µg	13.0		0	BFNN	4		11.0	7.3	51.4
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.039		0	BFZN	4		0.033	0.022	0.154
Riboflavin mg	0.154		0	BFZN	4		0.131	0.086	0.610
Niacin mg	4.583		0	BFZN	4		3.896	2.566	18.149
Pantothenic acid mg	0.354		0	BFZN	4		0.301	0.198	1.402
Vitamin B-6 mg	0.246		0	BFZN	4		0.209	0.138	0.974
Folate, total µg	7		0	BFZN	4		6	4	28
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	7		0	BFZN	4		6	4	28
Folate, DFE µg	7		0	NC	4		6	4	28
Choline, total mg	68.9		0	BFPN	4		58.6	38.6	272.9
Betaine mg	10.1		0	BFPN	4		8.6	5.7	40.1
Vitamin B-12 µg	2.71		0	BFZN	4		2.30	1.52	10.73
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	0		0	AS	1		0	0	0
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	0		1	A	1		0	0	0
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.21		0	NR	4		0.18	0.12	0.83
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.4		0	AS	1		0.3	0.2	1.5
Vitamin D IU	15		0	BFFN	4		12	8	58
Vitamin K (phylloquinone) µg	1.7		0	BFSN	4		1.4	0.9	6.6
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13342

Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	11.538		0	A	1		9.807	6.461	45.691
4:0....g	0.000		0	Z	7		0.000	0.000	0.000
6:0....g	0.000		0	Z	7		0.000	0.000	0.000
8:0....g	0.000		0	Z	7		0.000	0.000	0.000
10:0....g	0.000		1	A	1		0.000	0.000	0.000
12:0....g	0.000		1	A	1		0.000	0.000	0.000
13:0....g									
14:0....g	0.820		2	A	1		0.697	0.459	3.245
15:0....g	0.138		2	A	1		0.117	0.077	0.546
16:0....g	6.342		2	A	1		5.390	3.551	25.112
17:0....g	0.301		2	A	1		0.256	0.169	1.192
18:0....g	3.906		2	A	1		3.320	2.187	15.467
20:0....g	0.033		2	A	1		0.028	0.018	0.129
22:0....g	0.000		1	A	1		0.000	0.000	0.000
24:0....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	11.038		0	A	1		9.382	6.181	43.709
14:1....g	0.208		2	A	1		0.177	0.117	0.825
15:1....g									
16:1 undifferentiated....g	0.981		2	A	1		0.834	0.549	3.885
17:1....g									
18:1 undifferentiated....g	9.714		2	A	1		8.257	5.440	38.466
20:1....g	0.135		2	A	1		0.114	0.075	0.533
22:1 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.488		0	A	1		0.415	0.273	1.932
18:2 undifferentiated....g	0.368		2	A	1		0.313	0.206	1.458
18:3 undifferentiated....g	0.120		2	A	1		0.102	0.067	0.474
18:4....g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	71		1	A	1		60	40	281
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.206		0	A	1		0.175	0.115	0.816
Threonine....g	0.702		0	A	1		0.597	0.393	2.780
Isoleucine....g	0.718		0	A	1		0.610	0.402	2.843
Leucine....g	1.342		0	A	1		1.141	0.752	5.314
Lysine....g	1.398		0	A	1		1.188	0.783	5.536
Methionine....g	0.391		0	A	1		0.332	0.219	1.548
Cystine....g	0.161		0	A	1		0.137	0.090	0.638
Phenylalanine....g	0.635		0	A	1		0.540	0.356	2.515
Tyrosine....g	0.523		0	A	1		0.445	0.293	2.071
Valine....g	0.812		0	A	1		0.690	0.455	3.216
Arginine....g	1.130		0	A	1		0.961	0.633	4.475
Histidine....g	0.533		0	A	1		0.453	0.298	2.111
Alanine....g	1.093		0	A	1		0.929	0.612	4.328
Aspartic acid....g	1.529		0	A	1		1.300	0.856	6.055
Glutamic acid....g	2.633		0	A	1		2.238	1.474	10.427
Glycine....g	1.243		0	A	1		1.057	0.696	4.922
Proline....g	0.849		0	A	1		0.722	0.475	3.362
Serine....g	0.648		0	A	1		0.551	0.363	2.566
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0

NDB No. 13342

Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 56g: 1 steak

Measure 3 = 396g: 1 package

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13228

Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered

Refuse: 45% Bone, 37%, separable fat, 8%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	58.21	0.623	11		1		49.48	98.96	
Energy kcal	201		0	NC	4		171	342	
Energy kJ	841		0		4		715	1430	
Protein (N x 6.25) g	33.68	4.525	11		1		28.63	57.26	
Total lipid (fat) g	6.36	0.820	11		1		5.41	10.81	
Ash g	2.39	0.238	7		1		2.03	4.06	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	32	2.113	7		1		27	54	
Iron, Fe mg	3.86	0.199	7		1		3.28	6.56	
Magnesium, Mg mg	30	0.358	7		1		26	51	
Phosphorus, P mg	263	3.228	7		1		224	447	
Potassium, K mg	447	5.798	7		1		380	760	
Sodium, Na mg	64		1		1		54	109	
Zinc, Zn mg	10.49	0.501	7		1		8.92	17.83	
Copper, Cu mg	0.172	0.014	7		1		0.146	0.292	
Manganese, Mn mg	0.020		1		1		0.017	0.034	
Selenium, Se µg	30.0		0	BFYN	4		25.5	51.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.140	0.002	7		1		0.119	0.238	
Riboflavin mg	0.210	0.017	7		1		0.179	0.357	
Niacin mg	5.890	0.378	7		1		5.007	10.013	
Pantothenic acid mg	0.410		1		1		0.349	0.697	
Vitamin B-6 mg	0.370	0.017	7		1		0.315	0.629	
Folate, total µg	10		1		1		9	17	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	10		1		1		9	17	
Folate, DFE µg	10		0	NC	4		9	17	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	3.79		1		1		3.22	6.44	
Vitamin A, RAE µg	0		0		1		0	0	
Retinol µg	0		0		1		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0		1		0	0	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 13228

Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	2.290		0		1		1.947	3.893	
4:0....g	0.000		1		1		0.000	0.000	
6:0....g	0.000		1		1		0.000	0.000	
8:0....g	0.000		1		1		0.000	0.000	
10:0....g	0.000		1		1		0.000	0.000	
12:0....g	0.010		1		1		0.009	0.017	
13:0....g									
14:0....g	0.180		1		1		0.153	0.306	
15:0....g									
16:0....g	1.350		1		1		1.148	2.295	
17:0....g									
18:0....g	0.610		1		1		0.519	1.037	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.860		0		1		2.431	4.862	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.310		1		1		0.264	0.527	
17:1....g									
18:1 undifferentiated....g	2.410		1		1		2.049	4.097	
20:1....g	0.010		1		1		0.009	0.017	
22:1 undifferentiated....g	0.000		1		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.210		0		1		0.179	0.357	
18:2 undifferentiated....g	0.170		1		1		0.145	0.289	
18:3 undifferentiated....g	0.010		1		1		0.009	0.017	
18:4....g	0.000		1		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.030		1		1		0.026	0.051	
20:5 n-3 (EPA)....g	0.000		1		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		1		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		1		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	78	5.915	7		1		66	133	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.377		0		1		0.320	0.641	
Threonine....g	1.471		0		1		1.250	2.501	
Isoleucine....g	1.514		0		1		1.287	2.574	
Leucine....g	2.662		0		1		2.263	4.525	
Lysine....g	2.802		0		1		2.382	4.763	
Methionine....g	0.862		0		1		0.733	1.465	
Cystine....g	0.377		0		1		0.320	0.641	
Phenylalanine....g	1.315		0		1		1.118	2.236	
Tyrosine....g	1.132		0		1		0.962	1.924	
Valine....g	1.638		0		1		1.392	2.785	
Arginine....g	2.129		0		1		1.810	3.619	
Histidine....g	1.153		0		1		0.980	1.960	
Alanine....g	2.032		0		1		1.727	3.454	
Aspartic acid....g	3.077		0		1		2.615	5.231	
Glutamic acid....g	5.060		0		1		4.301	8.602	
Glycine....g	1.838		0		1		1.562	3.125	
Proline....g	1.487		0		1		1.264	2.528	
Serine....g	1.288		0		1		1.095	2.190	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13228

Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 170g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13227

Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, raw

Refuse: 40% Bone 34%, separable fat 6%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	73.03	0.284	11		1		20.70	331.26	
Energy kcal	128		0	NC	4		36	581	
Energy kJ	536		0		4		152	2429	
Protein (N x 6.25) g	21.75	3.162	11		1		6.17	98.66	
Total lipid (fat) g	3.85	0.190	11		1		1.09	17.46	
Ash g	1.44	0.234	7		1		0.41	6.53	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	20	1.806	7		1		6	91	
Iron, Fe mg	2.32	0.166	7		1		0.66	10.52	
Magnesium, Mg mg	14	0.415	7		1		4	64	
Phosphorus, P mg	204		1		1		58	925	
Potassium, K mg	387		1		1		110	1755	
Sodium, Na mg	63		1		1		18	286	
Zinc, Zn mg	6.94	0.238	7		1		1.97	31.48	
Copper, Cu mg	0.071	0.013	7		1		0.020	0.322	
Manganese, Mn mg	0.014		1		1		0.004	0.064	
Selenium, Se µg	17.7		0	BFNN	4		5.0	80.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.100	0.004	7		1		0.028	0.454	
Riboflavin mg	0.220	0.014	7		1		0.062	0.998	
Niacin mg	5.740	0.337	7		1		1.627	26.037	
Pantothenic acid mg	0.350		1		1		0.099	1.588	
Vitamin B-6 mg	0.470	0.026	7		1		0.133	2.132	
Folate, total µg	8		1		1		2	36	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	8		1		1		2	36	
Folate, DFE µg	8		0	NC	4		2	36	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	3.33		1		1		0.94	15.10	
Vitamin A, RAE µg	0		0		1		0	0	
Retinol µg	0		0		1		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0		1		0	0	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 13227

Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.280		0		1		0.363	5.806	
4:0....g	0.000		1		1		0.000	0.000	
6:0....g	0.000		1		1		0.000	0.000	
8:0....g	0.000		1		1		0.000	0.000	
10:0....g	0.000		1		1		0.000	0.000	
12:0....g	0.000		1		1		0.000	0.000	
13:0....g									
14:0....g	0.090		1		1		0.026	0.408	
15:0....g									
16:0....g	0.770		1		1		0.218	3.493	
17:0....g									
18:0....g	0.370		1		1		0.105	1.678	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.760		0		1		0.499	7.983	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.160		1		1		0.045	0.726	
17:1....g									
18:1 undifferentiated....g	1.520		1		1		0.431	6.895	
20:1....g	0.000		1		1		0.000	0.000	
22:1 undifferentiated....g	0.000		1		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.150		0		1		0.043	0.680	
18:2 undifferentiated....g	0.110		1		1		0.031	0.499	
18:3 undifferentiated....g	0.010		1		1		0.003	0.045	
18:4....g	0.000		1		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.030		1		1		0.009	0.136	
20:5 n-3 (EPA)....g	0.000		1		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		1		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		1		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	39	1.353	7		1		11	177	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.244		0		1		0.069	1.107	
Threonine....g	0.950		0		1		0.269	4.309	
Isoleucine....g	0.978		0		1		0.277	4.436	
Leucine....g	1.719		0		1		0.487	7.797	
Lysine....g	1.810		0		1		0.513	8.210	
Methionine....g	0.557		0		1		0.158	2.527	
Cystine....g	0.244		0		1		0.069	1.107	
Phenylalanine....g	0.849		0		1		0.241	3.851	
Tyrosine....g	0.731		0		1		0.207	3.316	
Valine....g	1.058		0		1		0.300	4.799	
Arginine....g	1.375		0		1		0.390	6.237	
Histidine....g	0.745		0		1		0.211	3.379	
Alanine....g	1.312		0		1		0.372	5.951	
Aspartic acid....g	1.987		0		1		0.563	9.013	
Glutamic acid....g	3.268		0		1		0.926	14.824	
Glycine....g	1.187		0		1		0.337	5.384	
Proline....g	0.960		0		1		0.272	4.355	
Serine....g	0.832		0		1		0.236	3.774	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13227

Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13460

Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled

URMIS # 2145

Refuse: 21% Bone and heavy connective tissue, 21%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	53.95		0	PAK	1		45.86	244.73	
Energy kcal	283		0	NC	4		240	1282	
Energy kJ	1182		0	NC	4		1005	5362	
Protein (N x 6.25) g	23.61		0	PAK	1		20.07	107.11	
Total lipid (fat) g	20.15		0	PAK	1		17.12	91.38	
Ash g	1.08		0	PAK	1		0.92	4.89	
Carbohydrate, by difference g	0.00		0	PIK	4		0.00	0.00	
Fiber, total dietary g	0.0		0	PIK	4		0.0	0.0	
Sugars, total g	0.00		0	PIK	4		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	7		0	PAK	1		6	31	
Iron, Fe mg	2.96		0	PAK	1		2.51	13.41	
Magnesium, Mg mg	22		0	PAK	1		19	101	
Phosphorus, P mg	194		0	PAK	1		165	879	
Potassium, K mg	278		0	PAK	1		236	1261	
Sodium, Na mg	65		0	PAK	1		56	297	
Zinc, Zn mg	4.59		0	PAK	1		3.90	20.83	
Copper, Cu mg	0.130		0	PAK	1		0.111	0.592	
Manganese, Mn mg	0.015		0	PAK	1		0.013	0.067	
Selenium, Se µg	19.7		0	PIK	4		16.7	89.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0	0.0	
Thiamin mg	0.100		0	PAK	1		0.085	0.453	
Riboflavin mg	0.230		0	PAK	1		0.195	1.041	
Niacin mg	4.237		0	PAK	1		3.601	19.218	
Pantothenic acid mg	0.316		0	PAK	1		0.268	1.432	
Vitamin B-6 mg	0.367		0	PAK	1		0.312	1.664	
Folate, total µg	7		0	PAK	1		6	33	
Folic acid µg	0		0	PIK	4		0	0	
Folate, food µg	7		0	PAK	1		6	33	
Folate, DFE µg	7		0	NC	4		6	33	
Choline, total mg	89.9		0	BFPN	4		76.4	407.9	
Betaine mg									
Vitamin B-12 µg	2.19		0	PAK	1		1.86	9.92	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	PAK	1		0	0	
Retinol µg	0		0	PIK	4		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	PIK	4		0	0	
Cryptoxanthin, beta µg	0		0	PIK	4		0	0	
Vitamin A, IU IU	0		0	PAK	1		0	0	
Lycopene µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin µg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol) mg	0.18		0	PIK	4		0.15	0.82	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13460

Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	7.430		0	PIK	4		6.315	33.701	
4:0....g	0.000		0	PAK	1		0.000	0.000	
6:0....g	0.000		0	PAK	1		0.000	0.000	
8:0....g	0.000		0	PAK	1		0.000	0.000	
10:0....g	0.034		0	PAK	1		0.029	0.156	
12:0....g	0.036		0	PAK	1		0.031	0.165	
13:0....g									
14:0....g	0.518		0	PAK	1		0.440	2.350	
15:0....g									
16:0....g	4.655		0	PAK	1		3.957	21.115	
17:0....g									
18:0....g	2.168		0	PAK	1		1.843	9.835	
20:0....g	0.017		0	PAK	1		0.015	0.079	
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	9.275		0	PIK	4		7.884	42.071	
14:1....g	0.122		0	PAK	1		0.104	0.554	
15:1....g									
16:1 undifferentiated....g	0.728		0	PAK	1		0.619	3.303	
17:1....g									
18:1 undifferentiated....g	8.403		0	PAK	1		7.143	38.116	
20:1....g	0.022		0	PAK	1		0.018	0.098	
22:1 undifferentiated....g	0.000		0	PAK	1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.676		0	PIK	4		0.574	3.064	
18:2 undifferentiated....g	0.460		0	PAK	1		0.391	2.086	
18:3 undifferentiated....g	0.190		0	PAK	1		0.161	0.860	
18:4....g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.026		0	PAK	1		0.022	0.119	
20:5 n-3 (EPA)....g	0.000		0	PAK	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	PAK	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	69		0	PAK	1		59	313	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.255		0	PAK	1		0.217	1.158	
Threonine....g	1.088		0	PAK	1		0.925	4.934	
Isoleucine....g	1.210		0	PAK	1		1.029	5.490	
Leucine....g	2.075		0	PAK	1		1.764	9.411	
Lysine....g	2.202		0	PAK	1		1.871	9.986	
Methionine....g	0.666		0	PAK	1		0.566	3.021	
Cystine....g	0.254		0	PAK	1		0.216	1.153	
Phenylalanine....g	1.018		0	PAK	1		0.865	4.618	
Tyrosine....g	0.861		0	PAK	1		0.732	3.907	
Valine....g	1.269		0	PAK	1		1.079	5.758	
Arginine....g	1.585		0	PAK	1		1.347	7.191	
Histidine....g	0.764		0	PAK	1		0.649	3.465	
Alanine....g	1.427		0	PAK	1		1.213	6.473	
Aspartic acid....g	2.343		0	PAK	1		1.991	10.626	
Glutamic acid....g	3.771		0	PAK	1		3.206	17.107	
Glycine....g	1.132		0	PAK	1		0.962	5.135	
Proline....g	1.001		0	PAK	1		0.851	4.540	
Serine....g	0.945		0	PAK	1		0.803	4.286	
Hydroxyproline....g	0.103		0	PIK	4		0.087	0.466	
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	
Caffeine....mg	0		0	PIK	4		0	0	

NDB No. 13460

Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13463

Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled

URMIS # 1330

Refuse: 20% Bone and heavy connective tissue, 20%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	55.69		0	PAK	1		47.33	252.60	
Energy kcal	267		0	NC	4		227	1210	
Energy kJ	1116		0	NC	4		948	5061	
Protein (N x 6.25) g	24.47		0	PAK	1		20.80	110.99	
Total lipid (fat) g	17.98		0	PAK	1		15.29	81.57	
Ash g	1.29		0	PAK	1		1.10	5.86	
Carbohydrate, by difference g	0.00		0	PIK	4		0.00	0.00	
Fiber, total dietary g	0.0		0	PIK	4		0.0	0.0	
Sugars, total g	0.00		0	PIK	4		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	7		0	PAK	1		6	31	
Iron, Fe mg	2.91		0	PAK	1		2.47	13.20	
Magnesium, Mg mg	22		0	PAK	1		19	99	
Phosphorus, P mg	191		0	PAK	1		162	866	
Potassium, K mg	330		0	PAK	1		281	1497	
Sodium, Na mg	65		0	PAK	1		55	294	
Zinc, Zn mg	4.51		0	PAK	1		3.84	20.48	
Copper, Cu mg	0.128		0	PAK	1		0.109	0.582	
Manganese, Mn mg	0.015		0	PAK	1		0.012	0.066	
Selenium, Se µg	19.6		0	PIK	4		16.7	88.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0	0.0	
Thiamin mg	0.098		0	PAK	1		0.083	0.445	
Riboflavin mg	0.226		0	PAK	1		0.192	1.026	
Niacin mg	4.171		0	PAK	1		3.545	18.919	
Pantothenic acid mg	0.312		0	PAK	1		0.265	1.414	
Vitamin B-6 mg	0.361		0	PAK	1		0.307	1.639	
Folate, total µg	7		0	PAK	1		6	33	
Folic acid µg	0		0	PIK	4		0	0	
Folate, food µg	7		0	PAK	1		6	33	
Folate, DFE µg	7		0	NC	4		6	33	
Choline, total mg	93.2		0	BFPN	4		79.2	422.7	
Betaine mg									
Vitamin B-12 µg	2.17		0	PAK	1		1.85	9.86	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	PAK	1		0	0	
Retinol µg	0		0	PIK	4		0	0	
Carotene, beta µg	0		0	PIK	4		0	0	
Carotene, alpha µg	0		0	PIK	4		0	0	
Cryptoxanthin, beta µg	0		0	PIK	4		0	0	
Vitamin A, IU IU	0		0	PAK	1		0	0	
Lycopene µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin µg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol) mg	0.19		0	PIK	4		0.16	0.85	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13463

Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	7.040		0	PIK	4		5.984	31.935	
4:0....g	0.000		0	PAK	1		0.000	0.000	
6:0....g	0.000		0	PAK	1		0.000	0.000	
8:0....g	0.000		0	PAK	1		0.000	0.000	
10:0....g	0.040		0	PAK	1		0.034	0.183	
12:0....g	0.037		0	PAK	1		0.032	0.169	
13:0....g									
14:0....g	0.495		0	PAK	1		0.421	2.245	
15:0....g									
16:0....g	4.351		0	PAK	1		3.699	19.738	
17:0....g									
18:0....g	2.108		0	PAK	1		1.792	9.562	
20:0....g	0.009		0	PAK	1		0.007	0.039	
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.739		0	PIK	4		6.579	35.106	
14:1....g	0.060		0	PAK	1		0.051	0.270	
15:1....g									
16:1 undifferentiated....g	0.630		0	PAK	1		0.535	2.857	
17:1....g									
18:1 undifferentiated....g	7.025		0	PAK	1		5.971	31.864	
20:1....g	0.025		0	PAK	1		0.022	0.115	
22:1 undifferentiated....g	0.000		0	PAK	1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.711		0	PIK	4		0.605	3.227	
18:2 undifferentiated....g	0.488		0	PAK	1		0.415	2.215	
18:3 undifferentiated....g	0.189		0	PAK	1		0.161	0.858	
18:4....g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.034		0	PAK	1		0.029	0.154	
20:5 n-3 (EPA)....g	0.000		0	PAK	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	PAK	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	64		0	PAK	1		54	289	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.265		0	PAK	1		0.225	1.201	
Threonine....g	1.127		0	PAK	1		0.958	5.111	
Isoleucine....g	1.253		0	PAK	1		1.065	5.683	
Leucine....g	2.148		0	PAK	1		1.826	9.745	
Lysine....g	2.279		0	PAK	1		1.938	10.340	
Methionine....g	0.690		0	PAK	1		0.586	3.129	
Cystine....g	0.263		0	PAK	1		0.224	1.195	
Phenylalanine....g	1.054		0	PAK	1		0.896	4.782	
Tyrosine....g	0.892		0	PAK	1		0.758	4.046	
Valine....g	1.314		0	PAK	1		1.117	5.963	
Arginine....g	1.642		0	PAK	1		1.396	7.448	
Histidine....g	0.792		0	PAK	1		0.673	3.593	
Alanine....g	1.479		0	PAK	1		1.257	6.707	
Aspartic acid....g	2.426		0	PAK	1		2.062	11.004	
Glutamic acid....g	3.906		0	PAK	1		3.320	17.719	
Glycine....g	1.174		0	PAK	1		0.998	5.327	
Proline....g	1.037		0	PAK	1		0.882	4.706	
Serine....g	0.979		0	PAK	1		0.832	4.440	
Hydroxyproline....g	0.106		0	PAK	1		0.090	0.480	
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	
Caffeine....mg	0		0	PIK	4		0	0	

NDB No. 13463

Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz (1serving)

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13459

Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Refuse: 21% Bone and heavy connective tissue, 21%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	54.66		0	PAK	1		46.46	247.93	
Energy kcal	276		0	NC	4		235	1252	
Energy kJ	1155		0	NC	4		982	5240	
Protein (N x 6.25) g	23.96		0	PAK	1		20.37	108.69	
Total lipid (fat) g	19.27		0	PAK	1		16.38	87.39	
Ash g	1.17		0	PAK	1		0.99	5.29	
Carbohydrate, by difference g	0.00		0	PIK	4		0.00	0.00	
Fiber, total dietary g	0.0		0	PIK	4		0.0	0.0	
Sugars, total g	0.00		0	PIK	4		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	7		0	PAK	1		6	31	
Iron, Fe mg	2.94		0	PAK	1		2.50	13.33	
Magnesium, Mg mg	22		0	PAK	1		19	100	
Phosphorus, P mg	193		0	PAK	1		164	874	
Potassium, K mg	299		0	PAK	1		254	1357	
Sodium, Na mg	65		0	PAK	1		55	296	
Zinc, Zn mg	4.56		0	PAK	1		3.88	20.69	
Copper, Cu mg	0.130		0	PAK	1		0.110	0.588	
Manganese, Mn mg	0.015		0	PAK	1		0.013	0.067	
Selenium, Se µg	19.6		0	PIK	4		16.7	89.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0	0.0	
Thiamin mg	0.099		0	PAK	1		0.084	0.449	
Riboflavin mg	0.228		0	PAK	1		0.194	1.035	
Niacin mg	4.210		0	PAK	1		3.578	19.096	
Pantothenic acid mg	0.314		0	PAK	1		0.267	1.425	
Vitamin B-6 mg	0.365		0	PAK	1		0.310	1.654	
Folate, total µg	7		0	PAK	1		6	33	
Folic acid µg	0		0	PIK	4		0	0	
Folate, food µg	7		0	PAK	1		6	33	
Folate, DFE µg	7		0	NC	4		6	33	
Choline, total mg	91.3		0	BFPN	4		77.6	414.0	
Betaine mg									
Vitamin B-12 µg	2.18		0	PAK	1		1.85	9.89	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	NC	4		0	0	
Retinol µg	0		0	PIK	4		0	0	
Carotene, beta µg	0		0	PIK	4		0	0	
Carotene, alpha µg	0		0	PIK	4		0	0	
Cryptoxanthin, beta µg	0		0	PIK	4		0	0	
Vitamin A, IU IU	0		0	PIK	4		0	0	
Lycopene µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin µg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol) mg	0.18		0	PIK	4		0.16	0.83	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13459

Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	7.271		0	PIK	4		6.180	32.982	
4:0....g	0.000		0	PAK	1		0.000	0.000	
6:0....g	0.000		0	PAK	1		0.000	0.000	
8:0....g	0.000		0	PAK	1		0.000	0.000	
10:0....g	0.037		0	PAK	1		0.031	0.167	
12:0....g	0.037		0	PAK	1		0.031	0.166	
13:0....g									
14:0....g	0.509		0	PAK	1		0.432	2.308	
15:0....g									
16:0....g	4.531		0	PAK	1		3.852	20.554	
17:0....g									
18:0....g	2.144		0	PAK	1		1.822	9.724	
20:0....g	0.014		0	PAK	1		0.012	0.063	
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.650		0	PIK	4		7.352	39.236	
14:1....g	0.097		0	PAK	1		0.082	0.438	
15:1....g									
16:1 undifferentiated....g	0.688		0	PAK	1		0.585	3.121	
17:1....g									
18:1 undifferentiated....g	7.842		0	PAK	1		6.666	35.571	
20:1....g	0.023		0	PAK	1		0.020	0.105	
22:1 undifferentiated....g	0.000		0	PAK	1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.690		0	PIK	4		0.587	3.130	
18:2 undifferentiated....g	0.471		0	PAK	1		0.401	2.138	
18:3 undifferentiated....g	0.189		0	PAK	1		0.161	0.859	
18:4....g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.029		0	PAK	1		0.025	0.133	
20:5 n-3 (EPA)....g	0.000		0	PAK	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	PAK	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	67		0	PAK	1		57	303	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.259		0	PAK	1		0.220	1.176	
Threonine....g	1.104		0	PAK	1		0.938	5.006	
Isoleucine....g	1.228		0	PAK	1		1.044	5.569	
Leucine....g	2.105		0	PAK	1		1.789	9.547	
Lysine....g	2.233		0	PAK	1		1.898	10.130	
Methionine....g	0.676		0	PAK	1		0.574	3.065	
Cystine....g	0.258		0	PAK	1		0.219	1.170	
Phenylalanine....g	1.033		0	PAK	1		0.878	4.684	
Tyrosine....g	0.874		0	PAK	1		0.743	3.963	
Valine....g	1.288		0	PAK	1		1.095	5.841	
Arginine....g	1.608		0	PAK	1		1.367	7.295	
Histidine....g	0.775		0	PAK	1		0.659	3.517	
Alanine....g	1.448		0	PAK	1		1.231	6.568	
Aspartic acid....g	2.377		0	PAK	1		2.020	10.780	
Glutamic acid....g	3.826		0	PAK	1		3.252	17.356	
Glycine....g	1.149		0	PAK	1		0.977	5.213	
Proline....g	1.016		0	PAK	1		0.863	4.608	
Serine....g	0.959		0	PAK	1		0.815	4.349	
Hydroxyproline....g	0.104		0	PIK	4		0.088	0.472	
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	
Caffeine....mg	0		0	PIK	4		0	0	

NDB No. 13459

Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23002

Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled

Porterhouse steak

Refuse: 26% Bone and connective tissue 26%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	55.60	0.829	36	AR	1		47.26	234.08	
Energy kcal	276		0	NC	4		235	1162	
Energy kJ	1154		0	NC	4		981	4858	
Protein (N x 6.25) g	25.40	0.684	36	AR	1		21.59	106.92	
Total lipid (fat) g	18.57	0.282	36	AR	1		15.78	78.16	
Ash g	0.98	0.029	36	AR	1		0.83	4.12	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	19		3	AR	1		17	82	
Iron, Fe mg	3.00		3	AR	1		2.55	12.64	
Magnesium, Mg mg	20		3	AR	1		17	85	
Phosphorus, P mg	208		3	AR	1		177	876	
Potassium, K mg	257		3	AR	1		218	1081	
Sodium, Na mg	64		3	AR	1		54	268	
Zinc, Zn mg	4.13		3	AR	1		3.51	17.38	
Copper, Cu mg	0.065		3	AR	1		0.056	0.275	
Manganese, Mn mg	0.003		3	AR	1		0.003	0.013	
Selenium, Se µg	25.1		3	AR	1		21.4	105.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.057		0	BFPN	4		0.048	0.238	
Riboflavin mg	0.232	0.013	6	AR	1		0.197	0.978	
Niacin mg	5.523	0.148	6	AR	1		4.695	23.253	
Pantothenic acid mg									
Vitamin B-6 mg	0.623	0.020	6	AR	1		0.530	2.623	
Folate, total µg	4		0	BFPN	4		3	17	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	4		0	BFPN	4		3	17	
Folate, DFE µg	4		0	NC	4		3	17	
Choline, total mg	89.5		0	BFPN	4		76.1	377.0	
Betaine mg	11.8		0	BFPN	4		10.0	49.5	
Vitamin B-12 µg	2.03	0.036	6	AR	1		1.73	8.57	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	7		0	NC	4		6	31	
Retinol µg	7		0	BFSN	4		6	31	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	25		0	NC	4		21	104	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.24		0	BFFN	4		0.20	0.99	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.5	
Vitamin D IU	5		0	BFFN	4		4	22	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	6.6	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23002

Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	7.481		0	NC	4		6.358	31.493	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.012	0.001	6	AR	1		0.010	0.048	
12:0....g	0.014	0.001	6	AR	1		0.012	0.059	
13:0....g									
14:0....g	0.520	0.019	6	AR	1		0.442	2.189	
15:0....g	0.086	0.003	6	AR	1		0.073	0.362	
16:0....g	4.118	0.115	6	AR	1		3.500	17.336	
17:0....g	0.208	0.006	6	AR	1		0.177	0.876	
18:0....g	2.505	0.068	6	AR	1		2.129	10.545	
20:0....g	0.013	0.001	6	AR	1		0.011	0.055	
22:0....g									
24:0....g	0.005	0.001	6	AR	1		0.004	0.022	
Fatty acids, total monounsaturated....g	8.287		0	NC	4		7.044	34.887	
14:1....g	0.138	0.005	6	AR	1		0.117	0.579	
15:1....g									
16:1 undifferentiated....g	0.618		0	AS	1		0.525	2.601	
16:1 c....g	0.563	0.022	6	AR	1		0.479	2.371	
16:1 t....g	0.055	0.002	6	AR	1		0.046	0.230	
17:1....g	0.145	0.006	6	AR	1		0.124	0.612	
18:1 undifferentiated....g	7.343		0	AS	1		6.242	30.916	
18:1 c....g	6.383	0.107	6	AR	1		5.426	26.873	
18:1 t....g	0.960	0.029	6	AR	1		0.816	4.043	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.043	0.002	6	AR	1		0.036	0.179	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.822		0	NC	4		0.698	3.459	
18:2 undifferentiated....g	0.703		0	AS	1		0.598	2.961	
18:2 n-6 c,c....g	0.516	0.018	6	AR	1		0.439	2.172	
18:2 CLAs....g	0.086	0.004	6	AR	1		0.073	0.360	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.102	0.004	6	AR	1		0.087	0.429	
18:3 undifferentiated....g	0.032		0	AS	1		0.027	0.133	
18:3 n-3 c,c,c (ALA)....g	0.032	0.001	6	AR	1		0.027	0.133	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.005	0.001	6	AR	1		0.004	0.022	
20:3 undifferentiated....g	0.021		0	AS	1		0.018	0.087	
20:3 n-3....g									
20:3 n-6....g	0.021	0.001	6	AR	1		0.018	0.087	
20:4 undifferentiated....g	0.046	0.002	6	AR	1		0.039	0.195	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002	0.000	6	AR	1		0.002	0.008	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.012	0.001	6	AR	1		0.010	0.050	
22:6 n-3 (DHA)....g	0.001	0.000	6	AR	1		0.001	0.003	
Fatty acids, total trans....g	1.117		0	NC	4		0.949	4.701	
Fatty acids, total trans-monoenoic....g	1.015		0	NC	4		0.863	4.273	
Fatty acids, total trans-polyenoic....g	0.102		0	NC	4		0.087	0.429	
Cholesterol....mg	83	2.038	6	AR	1		70	348	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.284		0	AR	1		0.242	1.196	
Threonine....g	1.197		0	AR	1		1.017	5.039	
Isoleucine....g	1.183		0	AR	1		1.006	4.980	
Leucine....g	2.189		0	AR	1		1.861	9.215	

NDB No. 23002

Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	2.433		0	AR	1		2.068	10.241	
Methionine....g	0.687		0	AR	1		0.584	2.893	
Cystine....g	0.259		0	AR	1		0.220	1.089	
Phenylalanine....g	1.019		0	AR	1		0.866	4.288	
Tyrosine....g	0.946		0	AR	1		0.804	3.984	
Valine....g	1.269		0	AR	1		1.079	5.344	
Arginine....g	1.729		0	AR	1		1.470	7.280	
Histidine....g	0.952		0	AR	1		0.809	4.007	
Alanine....g	1.574		0	AR	1		1.338	6.628	
Aspartic acid....g	2.474		0	AR	1		2.103	10.417	
Glutamic acid....g	4.152		0	AR	1		3.529	17.481	
Glycine....g	1.249		0	AR	1		1.062	5.260	
Proline....g	1.139		0	AR	1		0.968	4.796	
Serine....g	1.046		0	AR	1		0.889	4.402	
Hydroxyproline....g	0.174		0	AR	1		0.147	0.731	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 421g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23001

Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Porterhouse steak

Refuse: 23% Bone and connective tissue 23%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	64.67	0.771	36	AR	1		54.97	345.32	
Energy kcal	214		0	NC	4		182	1144	
Energy kJ	897		0	NC	4		762	4790	
Protein (N x 6.25) g	20.49	0.295	36	AR	1		17.42	109.41	
Total lipid (fat) g	14.06	0.333	36	AR	1		11.95	75.06	
Ash g	0.94	0.037	36	AR	1		0.80	5.01	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	19		3	AR	1		16	101	
Iron, Fe mg	1.98		3	AR	1		1.68	10.57	
Magnesium, Mg mg	10		3	AR	1		8	53	
Phosphorus, P mg	185		3	AR	1		157	987	
Potassium, K mg	243		3	AR	1		206	1296	
Sodium, Na mg	48		3	AR	1		41	258	
Zinc, Zn mg	3.15		3	AR	1		2.67	16.80	
Copper, Cu mg	0.057		3	AR	1		0.049	0.306	
Manganese, Mn mg	0.003		3	AR	1		0.002	0.014	
Selenium, Se µg	19.7		3	AR	1		16.8	105.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.050		0	BFPN	4		0.042	0.266	
Riboflavin mg	0.226	0.011	6	AR	1		0.192	1.204	
Niacin mg	4.923	0.152	6	AR	1		4.184	26.288	
Pantothenic acid mg									
Vitamin B-6 mg	0.622	0.020	6	AR	1		0.529	3.323	
Folate, total µg	3		0	BFPN	4		3	18	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	3		0	BFPN	4		3	18	
Folate, DFE µg	3		0	NC	4		3	18	
Choline, total mg	53.0		0	BFPN	4		45.0	282.8	
Betaine mg	9.0		0	BFPN	4		7.6	48.0	
Vitamin B-12 µg	1.81	0.046	6	AR	1		1.54	9.68	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	4		0	NC	4		4	23	
Retinol µg	4		0	BFSN	4		4	23	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	14		0	NC	4		12	76	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.24		0	BFFN	4		0.20	1.28	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.6	
Vitamin D IU	4		0	BFFN	4		4	22	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	8.1	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23001

Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated g	5.981		0	NC	4		5.084	31.940	
4:0 g	0.000		0	Z	7		0.000	0.000	
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.010	0.001	6	AR	1		0.008	0.051	
12:0 g	0.011	0.000	6	AR	1		0.009	0.059	
13:0 g									
14:0 g	0.416	0.008	6	AR	1		0.354	2.223	
15:0 g	0.070	0.001	6	AR	1		0.060	0.375	
16:0 g	3.310	0.084	6	AR	1		2.814	17.676	
17:0 g	0.166	0.004	6	AR	1		0.141	0.887	
18:0 g	1.983	0.054	6	AR	1		1.686	10.589	
20:0 g	0.011	0.001	6	AR	1		0.009	0.058	
22:0 g									
24:0 g	0.004	0.001	6	AR	1		0.003	0.022	
Fatty acids, total monounsaturated g	6.549		0	NC	4		5.567	34.972	
14:1 g	0.107	0.002	6	AR	1		0.091	0.571	
15:1 g									
16:1 undifferentiated g	0.491		0	AS	1		0.417	2.622	
16:1 c g	0.449	0.011	6	AR	1		0.382	2.398	
16:1 t g	0.042	0.001	6	AR	1		0.036	0.225	
17:1 g	0.115	0.003	6	AR	1		0.097	0.611	
18:1 undifferentiated g	5.803		0	AS	1		4.932	30.986	
18:1 c g	5.077	0.125	6	AR	1		4.316	27.113	
18:1 t g	0.725	0.012	6	AR	1		0.617	3.874	
18:1-11 t (18:1t n-7) g									
20:1 g	0.034	0.002	6	AR	1		0.029	0.180	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.659		0	NC	4		0.560	3.517	
18:2 undifferentiated g	0.560		0	AS	1		0.476	2.989	
18:2 n-6 c,c g	0.407	0.006	6	AR	1		0.346	2.173	
18:2 CLAs g	0.072	0.002	6	AR	1		0.061	0.383	
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.081	0.002	6	AR	1		0.069	0.433	
18:3 undifferentiated g	0.026		0	AS	1		0.022	0.138	
18:3 n-3 c,c,c (ALA) g	0.026	0.001	6	AR	1		0.022	0.138	
18:3 n-6 c,c,c g									
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.004	0.000	6	AR	1		0.004	0.023	
20:3 undifferentiated g	0.017		0	AS	1		0.015	0.093	
20:3 n-3 g									
20:3 n-6 g	0.017	0.001	6	AR	1		0.015	0.093	
20:4 undifferentiated g	0.038	0.001	6	AR	1		0.032	0.203	
20:4 n-6 g									
20:5 n-3 (EPA) g	0.002	0.000	6	AR	1		0.001	0.009	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.011	0.001	6	AR	1		0.009	0.057	
22:6 n-3 (DHA) g	0.001	0.000	6	AR	1		0.001	0.003	
Fatty acids, total trans g	0.849		0	NC	4		0.721	4.531	
Fatty acids, total trans-monoenoic g	0.768		0	NC	4		0.652	4.098	
Fatty acids, total trans-polyenoic g	0.081		0	NC	4		0.069	0.433	
Cholesterol mg	61	0.918	6	AR	1		52	324	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.229		0	AR	1		0.195	1.224	
Threonine g	0.966		0	AR	1		0.821	5.156	
Isoleucine g	0.954		0	AR	1		0.811	5.096	
Leucine g	1.766		0	AR	1		1.501	9.430	

NDB No. 23001

Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	1.963		0	AR	1		1.668	10.480	
Methionine g	0.554		0	AR	1		0.471	2.960	
Cystine g	0.209		0	AR	1		0.177	1.115	
Phenylalanine g	0.822		0	AR	1		0.698	4.388	
Tyrosine g	0.763		0	AR	1		0.649	4.077	
Valine g	1.024		0	AR	1		0.870	5.468	
Arginine g	1.395		0	AR	1		1.186	7.450	
Histidine g	0.768		0	AR	1		0.653	4.101	
Alanine g	1.270		0	AR	1		1.080	6.783	
Aspartic acid g	1.996		0	AR	1		1.697	10.660	
Glutamic acid g	3.350		0	AR	1		2.847	17.888	
Glycine g	1.008		0	AR	1		0.857	5.383	
Proline g	0.919		0	AR	1		0.781	4.908	
Serine g	0.844		0	AR	1		0.717	4.505	
Hydroxyproline g	0.140		0	AR	1		0.119	0.748	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 534g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13906

Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled

Porterhouse steak, URMIS # 2145

Refuse: 26% Bone and connective tissue 26%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	54.76	0.854	24	AR	1		46.55	228.35	
Energy kcal	284		0	NC	4		242	1186	
Energy kJ	1190		0	NC	4		1012	4962	
Protein (N x 6.25) g	24.85	0.696	24	AR	1		21.13	103.64	
Total lipid (fat) g	19.78	0.351	24	AR	1		16.81	82.46	
Ash g	0.95	0.031	24	AR	1		0.81	3.95	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	19		2	AR	1		16	80	
Iron, Fe mg	2.95		2	AR	1		2.50	12.28	
Magnesium, Mg mg	20		2	AR	1		17	84	
Phosphorus, P mg	207		2	AR	1		176	864	
Potassium, K mg	255		2	AR	1		217	1064	
Sodium, Na mg	63		2	AR	1		53	262	
Zinc, Zn mg	4.09		2	AR	1		3.48	17.07	
Copper, Cu mg	0.064		2	AR	1		0.055	0.269	
Manganese, Mn mg	0.003		2	AR	1		0.003	0.014	
Selenium, Se µg	25.7		2	AR	1		21.9	107.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.054		0	BFPN	4		0.046	0.226	
Riboflavin mg	0.234	0.016	4	AR	1		0.199	0.977	
Niacin mg	5.670	0.184	4	AR	1		4.819	23.643	
Pantothenic acid mg									
Vitamin B-6 mg	0.657	0.025	4	AR	1		0.558	2.739	
Folate, total µg	6		0	BFPN	4		5	25	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	6		0	BFPN	4		5	25	
Folate, DFE µg	6		0	NC	4		5	25	
Choline, total mg	60.2		0	BFPN	4		51.2	250.9	
Betaine mg	8.8		0	BFPN	4		7.5	36.9	
Vitamin B-12 µg	2.01	0.044	4	AR	1		1.71	8.38	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	7		0	NC	4		6	30	
Retinol µg	7		0	BFSN	4		6	30	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	24		0	NC	4		21	101	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.34		0	BFFN	4		0.29	1.40	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.6	
Vitamin D IU	5		0	BFFN	4		5	23	
Vitamin K (phylloquinone) µg	1.9		0	BFSN	4		1.6	8.1	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13906

Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	7.905		0	NC	4		6.720	32.966	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.011	0.001	4	AR	1		0.010	0.047	
12:0....g	0.014	0.001	4	AR	1		0.012	0.059	
13:0....g									
14:0....g	0.549	0.024	4	AR	1		0.467	2.291	
15:0....g	0.089	0.003	4	AR	1		0.075	0.369	
16:0....g	4.365	0.143	4	AR	1		3.711	18.203	
17:0....g	0.217	0.008	4	AR	1		0.184	0.904	
18:0....g	2.641	0.084	4	AR	1		2.245	11.012	
20:0....g	0.014	0.001	4	AR	1		0.012	0.057	
22:0....g									
24:0....g	0.006	0.002	4	AR	1		0.005	0.023	
Fatty acids, total monounsaturated....g	8.832		0	NC	4		7.507	36.828	
14:1....g	0.146	0.007	4	AR	1		0.124	0.610	
15:1....g									
16:1 undifferentiated....g	0.662		0	AS	1		0.563	2.762	
16:1 c....g	0.605	0.027	4	AR	1		0.515	2.525	
16:1 t....g	0.057	0.003	4	AR	1		0.048	0.238	
17:1....g	0.153	0.007	4	AR	1		0.130	0.636	
18:1 undifferentiated....g	7.826		0	AS	1		6.652	32.634	
18:1 c....g	6.828	0.133	4	AR	1		5.804	28.474	
18:1 t....g	0.998	0.035	4	AR	1		0.848	4.160	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.045	0.003	4	AR	1		0.038	0.186	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.878		0	NC	4		0.746	3.661	
18:2 undifferentiated....g	0.754		0	AS	1		0.641	3.145	
18:2 n-6 c,c....g	0.555	0.023	4	AR	1		0.472	2.315	
18:2 CLAs....g	0.092	0.005	4	AR	1		0.078	0.382	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.107	0.005	4	AR	1		0.091	0.447	
18:3 undifferentiated....g	0.035		0	AS	1		0.030	0.145	
18:3 n-3 c,c,c (ALA)....g	0.035	0.001	4	AR	1		0.030	0.145	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.006	0.001	4	AR	1		0.005	0.024	
20:3 undifferentiated....g	0.021		0	AS	1		0.018	0.088	
20:3 n-3....g									
20:3 n-6....g	0.021	0.001	4	AR	1		0.018	0.088	
20:4 undifferentiated....g	0.047	0.003	4	AR	1		0.040	0.198	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002	0.000	4	AR	1		0.002	0.008	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.012	0.001	4	AR	1		0.010	0.051	
22:6 n-3 (DHA)....g	0.001	0.000	4	AR	1		0.001	0.003	
Fatty acids, total trans....g	1.162		0	NC	4		0.988	4.845	
Fatty acids, total trans-monoenoic....g	1.055		0	NC	4		0.896	4.398	
Fatty acids, total trans-polyenoic....g	0.107		0	NC	4		0.091	0.447	
Cholesterol....mg	85	2.532	4	AR	1		72	354	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.279		0	AR	1		0.237	1.163	
Threonine....g	1.165		0	AR	1		0.990	4.859	
Isoleucine....g	1.155		0	AR	1		0.981	4.814	
Leucine....g	2.123		0	AR	1		1.804	8.852	

NDB No. 13906

Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.350		0	AR	1		1.998	9.800	
Methionine g	0.670		0	AR	1		0.569	2.793	
Cystine g	0.250		0	AR	1		0.213	1.044	
Phenylalanine g	0.992		0	AR	1		0.843	4.135	
Tyrosine g	0.919		0	AR	1		0.781	3.833	
Valine g	1.241		0	AR	1		1.055	5.177	
Arginine g	1.678		0	AR	1		1.426	6.996	
Histidine g	0.915		0	AR	1		0.777	3.814	
Alanine g	1.536		0	AR	1		1.306	6.406	
Aspartic acid g	2.400		0	AR	1		2.040	10.010	
Glutamic acid g	4.043		0	AR	1		3.436	16.859	
Glycine g	1.225		0	AR	1		1.042	5.110	
Proline g	1.108		0	AR	1		0.942	4.620	
Serine g	1.015		0	AR	1		0.863	4.234	
Hydroxyproline g	0.170		0	AR	1		0.144	0.708	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 417g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13905

Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw

Porterhouse steak, URMIS # 2145

Refuse: 23% Bone and connective tissue 23%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	64.12	0.795	24	AR	1		54.50	345.60	
Energy kcal	218		0	NC	4		186	1178	
Energy kJ	914		0	NC	4		777	4926	
Protein (N x 6.25) g	20.36	0.308	24	AR	1		17.30	109.72	
Total lipid (fat) g	14.58	0.415	24	AR	1		12.40	78.61	
Ash g	0.93	0.037	24	AR	1		0.79	5.03	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	19		2	AR	1		16	102	
Iron, Fe mg	1.91		2	AR	1		1.63	10.31	
Magnesium, Mg mg	10		2	AR	1		8	54	
Phosphorus, P mg	188		2	AR	1		160	1013	
Potassium, K mg	246		2	AR	1		209	1325	
Sodium, Na mg	52		2	AR	1		45	283	
Zinc, Zn mg	3.19		2	AR	1		2.71	17.20	
Copper, Cu mg	0.052		2	AR	1		0.044	0.278	
Manganese, Mn mg	0.003		2	AR	1		0.002	0.015	
Selenium, Se µg	20.7		2	AR	1		17.6	111.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.048		0	BFPN	4		0.040	0.257	
Riboflavin mg	0.241	0.014	4	AR	1		0.205	1.298	
Niacin mg	4.961	0.189	4	AR	1		4.217	26.741	
Pantothenic acid mg	0.331		0	BFPN	4		0.282	1.786	
Vitamin B-6 mg	0.590	0.025	4	AR	1		0.501	3.178	
Folate, total µg	3		0	BFPN	4		3	18	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	3		0	BFPN	4		3	18	
Folate, DFE µg	3		0	NC	4		3	18	
Choline, total mg	51.4		0	BFPN	4		43.6	276.8	
Betaine mg	9.0		0	BFPN	4		7.7	48.6	
Vitamin B-12 µg	1.80	0.058	4	AR	1		1.53	9.72	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	4		0	NC	4		4	23	
Retinol µg	4		0	BFSN	4		4	23	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	14		0	NC	4		12	75	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.23		0	BFSN	4		0.20	1.24	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.6	
Vitamin D IU	5		0	BFFN	4		4	25	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	8.2	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13905

Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated g	6.171		0	NC	4		5.246	33.264	
4:0 g	0.000		0	Z	7		0.000	0.000	
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.009	0.001	4	AR	1		0.008	0.050	
12:0 g	0.011	0.000	4	AR	1		0.010	0.061	
13:0 g									
14:0 g	0.423	0.010	4	AR	1		0.359	2.277	
15:0 g	0.070	0.002	4	AR	1		0.060	0.378	
16:0 g	3.422	0.105	4	AR	1		2.909	18.445	
17:0 g	0.169	0.006	4	AR	1		0.144	0.913	
18:0 g	2.051	0.067	4	AR	1		1.744	11.057	
20:0 g	0.011	0.001	4	AR	1		0.009	0.059	
22:0 g									
24:0 g	0.004	0.001	4	AR	1		0.004	0.023	
Fatty acids, total monounsaturated g	6.836		0	NC	4		5.810	36.844	
14:1 g	0.110	0.003	4	AR	1		0.093	0.591	
15:1 g									
16:1 undifferentiated g	0.508		0	AS	1		0.432	2.739	
16:1 c g	0.464	0.014	4	AR	1		0.395	2.503	
16:1 t g	0.044	0.002	4	AR	1		0.037	0.237	
17:1 g	0.118	0.004	4	AR	1		0.100	0.635	
18:1 undifferentiated g	6.064		0	AS	1		5.155	32.687	
18:1 c g	5.330	0.155	4	AR	1		4.531	28.729	
18:1 t g	0.734	0.015	4	AR	1		0.624	3.958	
18:1-11 t (18:1t n-7) g									
20:1 g	0.036	0.002	4	AR	1		0.030	0.191	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.689		0	NC	4		0.585	3.712	
18:2 undifferentiated g	0.585		0	AS	1		0.498	3.155	
18:2 n-6 c,c g	0.428	0.008	4	AR	1		0.364	2.307	
18:2 CLAs g	0.074	0.002	4	AR	1		0.063	0.400	
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.083	0.002	4	AR	1		0.071	0.448	
18:3 undifferentiated g	0.027		0	AS	1		0.023	0.148	
18:3 n-3 c,c,c (ALA) g	0.027	0.001	4	AR	1		0.023	0.148	
18:3 n-6 c,c,c g									
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.005	0.000	4	AR	1		0.004	0.025	
20:3 undifferentiated g	0.018		0	AS	1		0.015	0.095	
20:3 n-3 g									
20:3 n-6 g	0.018	0.001	4	AR	1		0.015	0.095	
20:4 undifferentiated g	0.041	0.001	4	AR	1		0.035	0.219	
20:4 n-6 g									
20:5 n-3 (EPA) g	0.002	0.000	4	AR	1		0.001	0.009	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.011	0.001	4	AR	1		0.009	0.058	
22:6 n-3 (DHA) g	0.001	0.001	4	AR	1		0.001	0.003	
Fatty acids, total trans g	0.861		0	NC	4		0.732	4.643	
Fatty acids, total trans-monoenoic g	0.778		0	NC	4		0.661	4.194	
Fatty acids, total trans-polyenoic g	0.083		0	NC	4		0.071	0.448	
Cholesterol mg	61	1.140	4	AR	1		52	329	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.228		0	AR	1		0.194	1.231	
Threonine g	0.954		0	AR	1		0.811	5.144	
Isoleucine g	0.946		0	AR	1		0.804	5.097	
Leucine g	1.739		0	AR	1		1.478	9.371	

NDB No. 13905

Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	1.925		0	AR	1		1.636	10.375	
Methionine g	0.548		0	AR	1		0.466	2.956	
Cystine g	0.205		0	AR	1		0.174	1.105	
Phenylalanine g	0.812		0	AR	1		0.690	4.377	
Tyrosine g	0.753		0	AR	1		0.640	4.058	
Valine g	1.017		0	AR	1		0.864	5.480	
Arginine g	1.374		0	AR	1		1.168	7.407	
Histidine g	0.749		0	AR	1		0.637	4.038	
Alanine g	1.258		0	AR	1		1.069	6.782	
Aspartic acid g	1.966		0	AR	1		1.671	10.597	
Glutamic acid g	3.311		0	AR	1		2.815	17.847	
Glycine g	1.004		0	AR	1		0.853	5.410	
Proline g	0.907		0	AR	1		0.771	4.890	
Serine g	0.832		0	AR	1		0.707	4.482	
Hydroxyproline g	0.139		0	AR	1		0.118	0.750	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 539g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23004

Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled

Porterhouse steak, URMIS # 1330

Refuse: 30% Bone and connective tissue 30%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	56.87	0.908	12	AR	1		48.34	242.25	
Energy kcal	263		0	NC	4		224	1120	
Energy kJ	1100		0	NC	4		935	4686	
Protein (N x 6.25) g	26.21	0.723	12	AR	1		22.28	111.65	
Total lipid (fat) g	16.75	0.468	12	AR	1		14.24	71.36	
Ash g	1.03	0.036	12	AR	1		0.87	4.37	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	20		1	AR	1		17	85	
Iron, Fe mg	3.20		1	AR	1		2.72	13.61	
Magnesium, Mg mg	20		1	AR	1		17	87	
Phosphorus, P mg	212		1	AR	1		180	901	
Potassium, K mg	259		1	AR	1		220	1104	
Sodium, Na mg	63		1	AR	1		54	270	
Zinc, Zn mg	4.26		1	AR	1		3.62	18.16	
Copper, Cu mg	0.068		1	AR	1		0.058	0.291	
Manganese, Mn mg	0.003		1	AR	1		0.002	0.012	
Selenium, Se µg	24.9		1	AR	1		21.1	106.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.060		0	BFPN	4		0.051	0.256	
Riboflavin mg	0.229		2	AR	1		0.195	0.976	
Niacin mg	5.304		2	AR	1		4.508	22.593	
Pantothenic acid mg									
Vitamin B-6 mg	0.572		2	AR	1		0.486	2.437	
Folate, total µg	6		0	BFPN	4		5	27	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	6		0	BFPN	4		5	27	
Folate, DFE µg	6		0	NC	4		5	27	
Choline, total mg	59.5		0	BFPN	4		50.5	253.3	
Betaine mg	8.2		0	BFPN	4		6.9	34.8	
Vitamin B-12 µg	2.07		2	AR	1		1.76	8.82	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	8		0	NC	4		7	33	
Retinol µg	8		0	BFSN	4		7	33	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	26		0	NC	4		22	109	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.21		0	BFFN	4		0.18	0.91	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.5	
Vitamin D IU	5		0	BFFN	4		4	20	
Vitamin K (phylloquinone) µg	1.6		0	BFSN	4		1.4	6.8	
Dihydrophylloquinone µg									

NDB No. 23004

Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	6.843		0	NC	4		5.816	29.150	
4:0 g	0.000		0	Z	7		0.000	0.000	
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.012		2	AR	1		0.010	0.049	
12:0 g	0.014		2	AR	1		0.012	0.058	
13:0 g									
14:0 g	0.476		2	AR	1		0.405	2.029	
15:0 g	0.083		2	AR	1		0.070	0.351	
16:0 g	3.747		2	AR	1		3.185	15.961	
17:0 g	0.195		2	AR	1		0.166	0.830	
18:0 g	2.301		2	AR	1		1.956	9.801	
20:0 g	0.012		2	AR	1		0.010	0.051	
22:0 g									
24:0 g	0.005		2	AR	1		0.004	0.020	
Fatty acids, total monounsaturated g	7.469		0	NC	4		6.349	31.819	
14:1 g	0.125		2	AR	1		0.106	0.531	
15:1 g									
16:1 undifferentiated g	0.551		0	AS	1		0.469	2.348	
16:1 c g	0.500		2	AR	1		0.425	2.130	
16:1 t g	0.051		2	AR	1		0.043	0.218	
17:1 g	0.134		2	AR	1		0.114	0.572	
18:1 undifferentiated g	6.619		0	AS	1		5.626	28.199	
18:1 c g	5.715		2	AR	1		4.858	24.347	
18:1 t g	0.904		2	AR	1		0.768	3.851	
18:1-11 t (18:1t n-7) g									
20:1 g	0.040		2	AR	1		0.034	0.169	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.737		0	NC	4		0.626	3.140	
18:2 undifferentiated g	0.628		0	AS	1		0.533	2.673	
18:2 n-6 c,c g	0.457		2	AR	1		0.389	1.947	
18:2 CLAs g	0.077		2	AR	1		0.065	0.327	
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.094		2	AR	1		0.080	0.399	
18:3 undifferentiated g	0.027		0	AS	1		0.023	0.115	
18:3 n-3 c,c,c (ALA) g	0.027		2	AR	1		0.023	0.115	
18:3 n-6 c,c,c g									
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.005		2	AR	1		0.004	0.020	
20:3 undifferentiated g	0.020		0	AS	1		0.017	0.086	
20:3 n-3 g									
20:3 n-6 g	0.020		2	AR	1		0.017	0.086	
20:4 undifferentiated g	0.045		2	AR	1		0.038	0.190	
20:4 n-6 g									
20:5 n-3 (EPA) g	0.002		2	AR	1		0.002	0.009	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.011		2	AR	1		0.009	0.046	
22:6 n-3 (DHA) g	0.000		2	AR	1		0.000	0.001	
Fatty acids, total trans g	1.049		0	NC	4		0.891	4.468	
Fatty acids, total trans-monoenoic g	0.955		0	NC	4		0.812	4.069	
Fatty acids, total trans-polyenoic g	0.094		0	NC	4		0.080	0.399	
Cholesterol mg	79		2	AR	1		67	337	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.294		0	AR	1		0.250	1.252	
Threonine g	1.259		0	AR	1		1.070	5.362	

NDB No. 23004

Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Isoleucine g	1.243		0	AR	1		1.057	5.297	
Leucine g	2.322		0	AR	1		1.974	9.891	
Lysine g	2.592		0	AR	1		2.203	11.041	
Methionine g	0.724		0	AR	1		0.616	3.085	
Cystine g	0.275		0	AR	1		0.234	1.171	
Phenylalanine g	1.070		0	AR	1		0.909	4.557	
Tyrosine g	1.005		0	AR	1		0.854	4.280	
Valine g	1.329		0	AR	1		1.130	5.661	
Arginine g	1.833		0	AR	1		1.558	7.809	
Histidine g	1.025		0	AR	1		0.872	4.368	
Alanine g	1.649		0	AR	1		1.402	7.026	
Aspartic acid g	2.621		0	AR	1		2.228	11.165	
Glutamic acid g	4.377		0	AR	1		3.720	18.645	
Glycine g	1.298		0	AR	1		1.103	5.528	
Proline g	1.209		0	AR	1		1.028	5.152	
Serine g	1.111		0	AR	1		0.944	4.731	
Hydroxyproline g	0.179		0	AR	1		0.152	0.763	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 426g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23003

Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw

Porterhouse steak, URMIS # 1330

Refuse: 24% Bone and connective tissue 24%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	65.49	0.845	12	AR	1		55.66	344.46	
Energy kcal	208		0	NC	4		177	1094	
Energy kJ	870		0	NC	4		740	4576	
Protein (N x 6.25) g	20.69	0.335	12	AR	1		17.58	108.82	
Total lipid (fat) g	13.27	0.553	12	AR	1		11.28	69.77	
Ash g	0.95	0.038	12	AR	1		0.81	4.99	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	19		1	AR	1		16	102	
Iron, Fe mg	2.13		1	AR	1		1.81	11.22	
Magnesium, Mg mg	10		1	AR	1		8	51	
Phosphorus, P mg	179		1	AR	1		152	943	
Potassium, K mg	235		1	AR	1		200	1236	
Sodium, Na mg	42		1	AR	1		35	218	
Zinc, Zn mg	3.09		1	AR	1		2.63	16.25	
Copper, Cu mg	0.065		1	AR	1		0.056	0.343	
Manganese, Mn mg	0.002		1	AR	1		0.002	0.013	
Selenium, Se µg	19.2		1	AR	1		16.3	100.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.053		0	BFPN	4		0.045	0.280	
Riboflavin mg	0.202		2	AR	1		0.172	1.063	
Niacin mg	4.865		2	AR	1		4.136	25.591	
Pantothenic acid mg	0.355		0	BFPN	4		0.302	1.869	
Vitamin B-6 mg	0.672		2	AR	1		0.571	3.532	
Folate, total µg	3		0	BFPN	4		3	17	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	3		0	BFPN	4		3	17	
Folate, DFE µg	3		0	NC	4		3	17	
Choline, total mg	55.4		0	BFPN	4		47.1	291.2	
Betaine mg	8.9		0	BFPN	4		7.6	47.0	
Vitamin B-12 µg	1.83		2	AR	1		1.55	9.62	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	4		0	NC	4		4	23	
Retinol µg	4		0	BFSN	4		4	23	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	15		0	NC	4		13	77	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.20		0	BFSN	4		0.17	1.03	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.5	
Vitamin D IU	4		0	BFFN	4		3	19	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	8.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23003

Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	5.696		0	NC	4		4.841	29.960	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.010		2	AR	1		0.008	0.052	
12:0....g	0.011		2	AR	1		0.009	0.057	
13:0....g									
14:0....g	0.407		2	AR	1		0.346	2.139	
15:0....g	0.071		2	AR	1		0.060	0.371	
16:0....g	3.142		2	AR	1		2.671	16.527	
17:0....g	0.161		2	AR	1		0.137	0.848	
18:0....g	1.881		2	AR	1		1.598	9.891	
20:0....g	0.011		2	AR	1		0.009	0.055	
22:0....g									
24:0....g	0.004		2	AR	1		0.003	0.018	
Fatty acids, total monounsaturated....g	6.119		0	NC	4		5.201	32.188	
14:1....g	0.103		2	AR	1		0.087	0.540	
15:1....g									
16:1 undifferentiated....g	0.466		0	AS	1		0.396	2.452	
16:1 c....g	0.426		2	AR	1		0.362	2.243	
16:1 t....g	0.040		2	AR	1		0.034	0.209	
17:1....g	0.109		2	AR	1		0.093	0.575	
18:1 undifferentiated....g	5.410		0	AS	1		4.599	28.457	
18:1 c....g	4.698		2	AR	1		3.993	24.711	
18:1 t....g	0.712		2	AR	1		0.605	3.746	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.031		2	AR	1		0.026	0.164	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.613		0	NC	4		0.521	3.224	
18:2 undifferentiated....g	0.521		0	AS	1		0.443	2.740	
18:2 n-6 c,c....g	0.375		2	AR	1		0.319	1.975	
18:2 CLAs....g	0.068		2	AR	1		0.058	0.358	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.078		2	AR	1		0.066	0.408	
18:3 undifferentiated....g	0.024		0	AS	1		0.020	0.124	
18:3 n-3 c,c,c (ALA)....g	0.024		2	AR	1		0.020	0.124	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.004		2	AR	1		0.003	0.022	
20:3 undifferentiated....g	0.017		0	AS	1		0.015	0.090	
20:3 n-3....g									
20:3 n-6....g	0.017		2	AR	1		0.015	0.090	
20:4 undifferentiated....g	0.034		2	AR	1		0.029	0.181	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002		2	AR	1		0.001	0.009	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.010		2	AR	1		0.009	0.055	
22:6 n-3 (DHA)....g	0.001		2	AR	1		0.001	0.003	
Fatty acids, total trans....g	0.829		0	NC	4		0.705	4.363	
Fatty acids, total trans-monoenoic....g	0.752		0	NC	4		0.639	3.954	
Fatty acids, total trans-polyenoic....g	0.078		0	NC	4		0.066	0.408	
Cholesterol....mg	60		2	AR	1		51	316	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.232		0	AR	1		0.197	1.220	
Threonine....g	0.994		0	AR	1		0.845	5.226	
Isoleucine....g	0.981		0	AR	1		0.834	5.162	
Leucine....g	1.833		0	AR	1		1.558	9.640	

NDB No. 23003

Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.046		0	AR	1		1.739	10.761	
Methionine g	0.572		0	AR	1		0.486	3.007	
Cystine g	0.217		0	AR	1		0.184	1.142	
Phenylalanine g	0.844		0	AR	1		0.718	4.441	
Tyrosine g	0.793		0	AR	1		0.674	4.171	
Valine g	1.049		0	AR	1		0.892	5.518	
Arginine g	1.447		0	AR	1		1.230	7.611	
Histidine g	0.809		0	AR	1		0.688	4.257	
Alanine g	1.302		0	AR	1		1.107	6.848	
Aspartic acid g	2.069		0	AR	1		1.758	10.881	
Glutamic acid g	3.455		0	AR	1		2.936	18.172	
Glycine g	1.024		0	AR	1		0.871	5.387	
Proline g	0.955		0	AR	1		0.811	5.021	
Serine g	0.877		0	AR	1		0.745	4.611	
Hydroxyproline g	0.141		0	AR	1		0.120	0.744	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 526g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13465

Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled

Porterhouse Steak

Refuse: 38% Bone and connective tissue 27%, separable fat 11%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	61.05	0.538	36	AR	1		51.89	257.01	
Energy kcal	213		0	NC	4		181	898	
Energy kJ	893		0	NC	4		759	3760	
Protein (N x 6.25) g	28.16	1.024	36	AR	1		23.94	118.55	
Total lipid (fat) g	10.32	0.780	36	AR	1		8.77	43.46	
Ash g	1.05	0.025	36	AR	1		0.90	4.44	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	19		3	AR	1		16	81	
Iron, Fe mg	3.22		3	AR	1		2.74	13.56	
Magnesium, Mg mg	23		3	AR	1		19	96	
Phosphorus, P mg	224		3	AR	1		191	944	
Potassium, K mg	291		3	AR	1		247	1226	
Sodium, Na mg	68		3	AR	1		58	285	
Zinc, Zn mg	4.67		3	AR	1		3.97	19.68	
Copper, Cu mg	0.073		3	AR	1		0.062	0.306	
Manganese, Mn mg	0.004		3	AR	1		0.003	0.016	
Selenium, Se µg	28.2		3	AR	1		24.0	118.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.059		0	BFPN	4		0.050	0.248	
Riboflavin mg	0.260	0.014	6	AR	1		0.221	1.094	
Niacin mg	6.033	0.193	6	AR	1		5.128	25.399	
Pantothenic acid mg									
Vitamin B-6 mg	0.692	0.025	6	AR	1		0.588	2.912	
Folate, total µg	7		0	BFPN	4		6	29	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	7		0	BFPN	4		6	29	
Folate, DFE µg	7		0	NC	4		6	29	
Choline, total mg	65.9		0	BFPN	4		56.0	277.6	
Betaine mg	9.0		0	BFPN	4		7.6	37.9	
Vitamin B-12 µg	2.16	0.035	6	AR	1		1.84	9.09	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	7		0	NC	4		6	27	
Retinol µg	7		0	BFSN	4		6	27	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	22		0	NC	4		18	91	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.24		0	BFFN	4		0.21	1.02	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.3	
Vitamin D IU	3		0	BFFN	4		3	13	
Vitamin K (phylloquinone) µg	1.5		0	BFSN	4		1.3	6.2	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13465

Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.026		0	NC	4		3.422	16.951	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.008	0.001	6	AR	1		0.006	0.032	
12:0....g	0.008	0.000	6	AR	1		0.007	0.032	
13:0....g									
14:0....g	0.267	0.015	6	AR	1		0.227	1.122	
15:0....g	0.044	0.003	6	AR	1		0.038	0.187	
16:0....g	2.282	0.055	6	AR	1		1.940	9.607	
17:0....g	0.113	0.004	6	AR	1		0.096	0.477	
18:0....g	1.295	0.020	6	AR	1		1.101	5.451	
20:0....g	0.005	0.001	6	AR	1		0.005	0.023	
22:0....g									
24:0....g	0.005	0.002	6	AR	1		0.004	0.019	
Fatty acids, total monounsaturated....g	4.516		0	NC	4		3.838	19.011	
14:1....g	0.068	0.004	6	AR	1		0.058	0.286	
15:1....g									
16:1 undifferentiated....g	0.322		0	AS	1		0.273	1.354	
16:1 c....g	0.294	0.017	6	AR	1		0.250	1.237	
16:1 t....g	0.028	0.003	6	AR	1		0.024	0.117	
17:1....g	0.080	0.005	6	AR	1		0.068	0.337	
18:1 undifferentiated....g	4.025		0	AS	1		3.421	16.946	
18:1 c....g	3.572	0.051	6	AR	1		3.036	15.038	
18:1 t....g	0.453	0.018	6	AR	1		0.385	1.908	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.021	0.002	6	AR	1		0.018	0.088	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.513		0	NC	4		0.436	2.159	
18:2 undifferentiated....g	0.415		0	AS	1		0.353	1.748	
18:2 n-6 c,c....g	0.328	0.024	6	AR	1		0.279	1.382	
18:2 CLAs....g	0.036	0.004	6	AR	1		0.030	0.150	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.051	0.002	6	AR	1		0.044	0.216	
18:3 undifferentiated....g	0.017		0	AS	1		0.014	0.070	
18:3 n-3 c,c,c (ALA)....g	0.017	0.001	6	AR	1		0.014	0.070	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.002	0.001	6	AR	1		0.002	0.010	
20:3 undifferentiated....g	0.017		0	AS	1		0.015	0.073	
20:3 n-3....g									
20:3 n-6....g	0.017	0.001	6	AR	1		0.015	0.073	
20:4 undifferentiated....g	0.048	0.003	6	AR	1		0.040	0.200	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002	0.000	6	AR	1		0.002	0.010	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.011	0.001	6	AR	1		0.009	0.044	
22:6 n-3 (DHA)....g	0.001	0.000	6	AR	1		0.001	0.003	
Fatty acids, total trans....g	0.532		0	NC	4		0.452	2.241	
Fatty acids, total trans-monoenoic....g	0.481		0	NC	4		0.409	2.025	
Fatty acids, total trans-polyenoic....g	0.051		0	NC	4		0.044	0.216	
Cholesterol....mg	82	2.410	6	AR	1		70	345	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.345		0	AR	1		0.293	1.453	
Threonine....g	1.447		0	AR	1		1.230	6.092	
Isoleucine....g	1.435		0	AR	1		1.220	6.043	
Leucine....g	2.648		0	AR	1		2.251	11.150	

NDB No. 13465

Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.960		0	AR	1		2.516	12.460	
Methionine g	0.818		0	AR	1		0.695	3.443	
Cystine g	0.309		0	AR	1		0.263	1.301	
Phenylalanine g	1.227		0	AR	1		1.043	5.164	
Tyrosine g	1.149		0	AR	1		0.977	4.838	
Valine g	1.517		0	AR	1		1.290	6.388	
Arginine g	2.065		0	AR	1		1.755	8.692	
Histidine g	1.142		0	AR	1		0.971	4.810	
Alanine g	1.838		0	AR	1		1.562	7.736	
Aspartic acid g	2.973		0	AR	1		2.527	12.518	
Glutamic acid g	5.020		0	AR	1		4.267	21.133	
Glycine g	1.326		0	AR	1		1.127	5.584	
Proline g	1.292		0	AR	1		1.099	5.441	
Serine g	1.249		0	AR	1		1.062	5.260	
Hydroxyproline g	0.142		0	BFPN	4		0.121	0.599	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 421g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13466

Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Refuse: 32% Bone and heavy connective tissue, 21%, separable fat, 11%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	60.38		0	PAK	1		51.32	273.86	
Energy kcal	212		0	NC	4		180	962	
Energy kJ	888		0	NC	4		754	4026	
Protein (N x 6.25) g	26.07		0	PAK	1		22.16	118.26	
Total lipid (fat) g	11.18		0	PAK	1		9.50	50.69	
Ash g	1.28		0	PAK	1		1.09	5.81	
Carbohydrate, by difference g	0.00		0	PIK	4		0.00	0.00	
Fiber, total dietary g	0.0		0	PIK	4		0.0	0.0	
Sugars, total g	0.00		0	PIK	4		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	6		0	PAK	1		5	26	
Iron, Fe mg	3.24		0	PAK	1		2.75	14.67	
Magnesium, Mg mg	25		0	PAK	1		21	111	
Phosphorus, P mg	211		0	PAK	1		179	957	
Potassium, K mg	328		0	PAK	1		279	1488	
Sodium, Na mg	69		0	PAK	1		59	313	
Zinc, Zn mg	5.06		0	PAK	1		4.30	22.95	
Copper, Cu mg	0.143		0	PAK	1		0.122	0.649	
Manganese, Mn mg	0.016		0	PAK	1		0.014	0.073	
Selenium, Se µg	20.0		0	PAK	1		17.0	90.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0	0.0	
Thiamin mg	0.110		0	PAK	1		0.094	0.499	
Riboflavin mg	0.250		0	PAK	1		0.213	1.134	
Niacin mg	4.630		0	PAK	1		3.936	21.002	
Pantothenic acid mg	0.340		0	PAK	1		0.289	1.542	
Vitamin B-6 mg	0.400		0	PAK	1		0.340	1.814	
Folate, total µg	8		0	PAK	1		7	36	
Folic acid µg	0		0	PIK	4		0	0	
Folate, food µg	8		0	PAK	1		7	36	
Folate, DFE µg	8		0	NC	4		7	36	
Choline, total mg	99.3		0	BFPN	4		84.4	450.4	
Betaine mg									
Vitamin B-12 µg	2.27		0	PAK	1		1.93	10.30	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	PAK	1		0	0	
Retinol µg	0		0	PIK	4		0	0	
Carotene, beta µg	0		0	PIK	4		0	0	
Carotene, alpha µg	0		0	PIK	4		0	0	
Cryptoxanthin, beta µg	0		0	PIK	4		0	0	
Vitamin A, IU IU	0		0	PAK	1		0	0	
Lycopene µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin µg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol) mg	0.14		0	PIK	4		0.12	0.64	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13466

Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.912		0	PIK	4		3.325	17.743	
4:0....g	0.000		0	PAK	1		0.000	0.000	
6:0....g	0.000		0	PAK	1		0.000	0.000	
8:0....g	0.000		0	PAK	1		0.000	0.000	
10:0....g	0.000		0	PAK	1		0.000	0.000	
12:0....g	0.003		0	PAK	1		0.003	0.013	
13:0....g									
14:0....g	0.217		0	PAK	1		0.185	0.986	
15:0....g									
16:0....g	2.436		0	PAK	1		2.070	11.049	
17:0....g									
18:0....g	1.239		0	PAK	1		1.053	5.622	
20:0....g	0.016		0	PAK	1		0.014	0.072	
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.192		0	PIK	4		4.413	23.551	
14:1....g	0.112		0	PAK	1		0.095	0.506	
15:1....g									
16:1 undifferentiated....g	0.300		0	PAK	1		0.255	1.359	
17:1....g									
18:1 undifferentiated....g	4.781		0	PAK	1		4.064	21.686	
20:1....g	0.000		0	PAK	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	PAK	1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.379		0	PIK	4		0.322	1.719	
18:2 undifferentiated....g	0.290		0	PAK	1		0.247	1.315	
18:3 undifferentiated....g	0.055		0	PAK	1		0.047	0.249	
18:4....g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.034		0	PAK	1		0.029	0.155	
20:5 n-3 (EPA)....g	0.000		0	PAK	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	PAK	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	62		0	PAK	1		53	283	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.281		0	PAK	1		0.239	1.276	
Threonine....g	1.205		0	PAK	1		1.024	5.466	
Isoleucine....g	1.346		0	PAK	1		1.144	6.107	
Leucine....g	2.305		0	PAK	1		1.959	10.455	
Lysine....g	2.447		0	PAK	1		2.080	11.099	
Methionine....g	0.740		0	PAK	1		0.629	3.355	
Cystine....g	0.280		0	PAK	1		0.238	1.270	
Phenylalanine....g	1.130		0	PAK	1		0.961	5.128	
Tyrosine....g	0.956		0	PAK	1		0.812	4.334	
Valine....g	1.410		0	PAK	1		1.198	6.395	
Arginine....g	1.757		0	PAK	1		1.493	7.968	
Histidine....g	0.840		0	PAK	1		0.714	3.812	
Alanine....g	1.576		0	PAK	1		1.339	7.148	
Aspartic acid....g	2.599		0	PAK	1		2.209	11.789	
Glutamic acid....g	4.179		0	PAK	1		3.552	18.957	
Glycine....g	1.239		0	PAK	1		1.054	5.622	
Proline....g	1.102		0	PAK	1		0.937	5.000	
Serine....g	1.046		0	PAK	1		0.889	4.745	
Hydroxyproline....g	0.120		0	PAK	1		0.102	0.546	
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	
Caffeine....mg	0		0	PIK	4		0	0	

NDB No. 13466

Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13467

Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled

URMIS # 2145

Refuse: 31% Bone and heavy connective tissue, 21%, separable fat, 10%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	59.13	1.015	8	A	1		50.26	50.26	157.29
Energy kcal	224		0	NC	4		191	191	597
Energy kJ	939		0	NC	4		798	798	2497
Protein (N x 6.25) g	25.51	0.583	8	A	1		21.68	21.68	67.86
Total lipid (fat) g	12.80	0.955	8	A	1		10.88	10.88	34.05
Ash g	1.17	0.138	8	A	1		0.99	0.99	3.11
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total g	0.00		0	Z	7		0.00	0.00	0.00
Starch g									
Minerals:									
Calcium, Ca mg	6	1.330	30	A	1		5	5	15
Iron, Fe mg	3.24	0.125	30	A	1		2.75	2.75	8.61
Magnesium, Mg mg	25	2.440	27	A	1		21	21	65
Phosphorus, P mg	211	7.564	6	A	1		179	179	561
Potassium, K mg	301	65.600	30	A	1		256	256	802
Sodium, Na mg	69	3.888	22	A	1		59	59	184
Zinc, Zn mg	5.06	0.230	24	A	1		4.30	4.30	13.46
Copper, Cu mg	0.143	0.011	16	A	1		0.122	0.122	0.380
Manganese, Mn mg	0.016		2	A	1		0.014	0.014	0.043
Selenium, Se µg	20.0	5.000	4	A	1		17.0	17.0	53.2
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.110		0	PAK	1		0.094	0.094	0.293
Riboflavin mg	0.250		0	PAK	1		0.213	0.213	0.665
Niacin mg	4.630		0	PAK	1		3.936	3.936	12.316
Pantothenic acid mg	0.340		0	PAK	1		0.289	0.289	0.904
Vitamin B-6 mg	0.400		0	PAK	1		0.340	0.340	1.064
Folate, total µg	8		0	PAK	1		7	7	21
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	8		0	PAK	1		7	7	21
Folate, DFE µg	8		0	NC	4		7	7	21
Choline, total mg	97.2		0	BFPN	4		82.6	82.6	258.4
Betaine mg									
Vitamin B-12 µg	2.27		0	PAK	1		1.93	1.93	6.04
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	0		0	AS	1		0	0	0
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	0		0	AS	1		0	0	0
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.14		0	NR	4		0.12	0.12	0.37
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13467

Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.345		0	NC	4		3.693	3.693	11.558
4:0....g	0.000		0	PAK	1		0.000	0.000	0.000
6:0....g	0.000		0	PAK	1		0.000	0.000	0.000
8:0....g	0.000		0	PAK	1		0.000	0.000	0.000
10:0....g	0.000		0	PAK	1		0.000	0.000	0.000
12:0....g	0.005	0.005	8	A	1		0.004	0.004	0.013
13:0....g									
14:0....g	0.250	0.000	8	A	1		0.213	0.213	0.665
15:0....g									
16:0....g	2.735	0.085	8	A	1		2.325	2.325	7.275
17:0....g									
18:0....g	1.335	0.045	8	A	1		1.135	1.135	3.551
20:0....g	0.020	0.005	4	A	1		0.017	0.017	0.053
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.175		0	NC	4		5.249	5.249	16.426
14:1....g	0.140	0.025	4	A	1		0.119	0.119	0.372
15:1....g									
16:1 undifferentiated....g	0.375	0.035	8	A	1		0.319	0.319	0.998
17:1....g									
18:1 undifferentiated....g	5.660	0.130	8	A	1		4.811	4.811	15.056
20:1....g	0.000		0	PAK	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	PAK	1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.385		0	NC	4		0.327	0.327	1.024
18:2 undifferentiated....g	0.290	0.020	8	A	1		0.247	0.247	0.771
18:3 undifferentiated....g	0.065	0.005	8	A	1		0.055	0.055	0.173
18:4....g	0.000		0	PAK	1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.030	0.000	8	A	1		0.026	0.026	0.080
20:5 n-3 (EPA)....g	0.000		0	PAK	1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	PAK	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	PAK	1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	91		0	BFSN	4		77	77	241
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.286		0	PAK	1		0.243	0.243	0.761
Threonine....g	1.114		0	PAK	1		0.947	0.947	2.963
Isoleucine....g	1.147		0	PAK	1		0.975	0.975	3.051
Leucine....g	2.255		0	A	1		1.917	1.917	5.999
Lysine....g	2.394		0	A	1		2.035	2.035	6.368
Methionine....g	0.724		0	A	1		0.615	0.615	1.925
Cystine....g	0.286		0	PAK	1		0.243	0.243	0.761
Phenylalanine....g	1.106		0	A	1		0.940	0.940	2.942
Tyrosine....g	0.935		0	A	1		0.795	0.795	2.487
Valine....g	1.241		0	PAK	1		1.055	1.055	3.301
Arginine....g	1.719		0	A	1		1.461	1.461	4.572
Histidine....g	0.873		0	PAK	1		0.742	0.742	2.322
Alanine....g	1.539		0	PAK	1		1.308	1.308	4.094
Aspartic acid....g	2.330		0	PAK	1		1.981	1.981	6.198
Glutamic acid....g	4.089		0	A	1		3.476	3.476	10.877
Glycine....g	1.392		0	PAK	1		1.183	1.183	3.703
Proline....g	1.126		0	PAK	1		0.957	0.957	2.995
Serine....g	0.975		0	PAK	1		0.829	0.829	2.594
Hydroxyproline....g	0.118		0	BFPN	4		0.100	0.100	0.314
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 13467

Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 85g: 1 serving

Measure 3 = 266g: 1 piece, cooked, excluding refuse

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13470

Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, select, cooked, broiled

URMIS # 1330

Refuse: 32% Bone and heavy connective tissue, 20%, separable fat, 12%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	62.19	1.017	6	A	1		52.86	52.86	159.21
Energy kcal	194		0	NC	4		165	165	497
Energy kJ	813		0	NC	4		691	691	2081
Protein (N x 6.25) g	26.89	0.604	6	A	1		22.86	22.86	68.84
Total lipid (fat) g	8.81	1.053	6	A	1		7.49	7.49	22.55
Ash g	1.44	0.278	6	A	1		1.22	1.22	3.69
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total g	0.00		0	Z	7		0.00	0.00	0.00
Starch g									
Minerals:									
Calcium, Ca mg	6	1.330	30	A	1		5	5	15
Iron, Fe mg	3.24	0.125	30	A	1		2.75	2.75	8.28
Magnesium, Mg mg	25	2.440	27	A	1		21	21	63
Phosphorus, P mg	211	7.564	6	A	1		179	179	540
Potassium, K mg	367	14.733	26	A	1		312	312	940
Sodium, Na mg	69	3.888	22	A	1		59	59	177
Zinc, Zn mg	5.06	0.230	24	A	1		4.30	4.30	12.95
Copper, Cu mg	0.143	0.011	16	A	1		0.122	0.122	0.366
Manganese, Mn mg	0.016		2	A	1		0.014	0.014	0.041
Selenium, Se µg	20.0	5.000	4	A	1		17.0	17.0	51.2
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.110		0	PAK	1		0.094	0.094	0.282
Riboflavin mg	0.250		0	PAK	1		0.213	0.213	0.640
Niacin mg	4.630		0	PAK	1		3.936	3.936	11.853
Pantothenic acid mg	0.340		0	PAK	1		0.289	0.289	0.870
Vitamin B-6 mg	0.400		0	PAK	1		0.340	0.340	1.024
Folate, total µg	8		0	PAK	1		7	7	20
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	8		0	PAK	1		7	7	20
Folate, DFE µg	8		0	NC	4		7	7	20
Choline, total mg	102.4		0	BFPN	4		87.1	87.1	262.2
Betaine mg									
Vitamin B-12 µg	2.27		0	PAK	1		1.93	1.93	5.81
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	0		0	AS	1		0	0	0
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	0		0	AS	1		0	0	0
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.14		0	NR	4		0.12	0.12	0.36
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13470

Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.280		0	NC	4		2.788	2.788	8.397
4:0....g	0.000		0	PAK	1		0.000	0.000	0.000
6:0....g	0.000		0	PAK	1		0.000	0.000	0.000
8:0....g	0.000		0	PAK	1		0.000	0.000	0.000
10:0....g	0.000		0	PAK	1		0.000	0.000	0.000
12:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
13:0....g									
14:0....g	0.170	0.040	3	A	1		0.145	0.145	0.435
15:0....g									
16:0....g	2.000	0.040	3	A	1		1.700	1.700	5.120
17:0....g									
18:0....g	1.100	0.087	3	A	1		0.935	0.935	2.816
20:0....g	0.010	0.006	3	A	1		0.009	0.009	0.026
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.760		0	NC	4		3.196	3.196	9.626
14:1....g	0.070	0.006	3	A	1		0.060	0.060	0.179
15:1....g									
16:1 undifferentiated....g	0.190	0.029	3	A	1		0.162	0.162	0.486
17:1....g									
18:1 undifferentiated....g	3.500	0.185	3	A	1		2.975	2.975	8.960
20:1....g	0.000		0	PAK	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	PAK	1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.370		0	NC	4		0.315	0.315	0.947
18:2 undifferentiated....g	0.290	0.029	3	A	1		0.247	0.247	0.742
18:3 undifferentiated....g	0.040	0.006	3	A	1		0.034	0.034	0.102
18:4....g	0.000		0	PAK	1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.040	0.006	3	A	1		0.034	0.034	0.102
20:5 n-3 (EPA)....g	0.000		0	PAK	1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	PAK	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	PAK	1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	84		0	BFSN	4		71	71	215
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.301		0	PAK	1		0.256	0.256	0.771
Threonine....g	1.175		0	PAK	1		0.999	0.999	3.008
Isoleucine....g	1.209		0	PAK	1		1.028	1.028	3.095
Leucine....g	2.377		0	A	1		2.021	2.021	6.086
Lysine....g	2.524		0	A	1		2.145	2.145	6.461
Methionine....g	0.763		0	A	1		0.648	0.648	1.953
Cystine....g	0.301		0	PAK	1		0.256	0.256	0.771
Phenylalanine....g	1.166		0	A	1		0.991	0.991	2.985
Tyrosine....g	0.986		0	A	1		0.838	0.838	2.523
Valine....g	1.308		0	PAK	1		1.112	1.112	3.348
Arginine....g	1.812		0	A	1		1.540	1.540	4.638
Histidine....g	0.921		0	PAK	1		0.783	0.783	2.358
Alanine....g	1.622		0	PAK	1		1.379	1.379	4.152
Aspartic acid....g	2.457		0	PAK	1		2.088	2.088	6.290
Glutamic acid....g	4.310		0	A	1		3.664	3.664	11.035
Glycine....g	1.467		0	PAK	1		1.247	1.247	3.756
Proline....g	1.187		0	PAK	1		1.009	1.009	3.039
Serine....g	1.028		0	PAK	1		0.874	0.874	2.632
Hydroxyproline....g	0.124		0	BFPN	4		0.106	0.106	0.318
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 13470

Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 85g: 1 serving

Measure 3 = 256g: 1 piece, cooked, excluding refuse

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13464

Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, raw

Porterhouse Steak

Refuse: 35% Bone and connective tissue 23%, Separable fat 12%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	70.32	0.434	36	AR	1		59.77	375.50	
Energy kcal	155		0	NC	4		132	827	
Energy kJ	648		0	NC	4		551	3460	
Protein (N x 6.25) g	22.32	0.335	36	AR	1		18.98	119.21	
Total lipid (fat) g	6.60	0.702	36	AR	1		5.61	35.24	
Ash g	1.02	0.033	36	AR	1		0.87	5.44	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	18		3	AR	1		16	99	
Iron, Fe mg	2.07		3	AR	1		1.76	11.04	
Magnesium, Mg mg	11		3	AR	1		9	59	
Phosphorus, P mg	206		3	AR	1		175	1101	
Potassium, K mg	274		3	AR	1		233	1466	
Sodium, Na mg	51		3	AR	1		44	275	
Zinc, Zn mg	3.58		3	AR	1		3.05	19.13	
Copper, Cu mg	0.065		3	AR	1		0.055	0.348	
Manganese, Mn mg	0.003		3	AR	1		0.003	0.017	
Selenium, Se µg	22.0		3	AR	1		18.7	117.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.054		0	BFPN	4		0.046	0.288	
Riboflavin mg	0.257	0.013	6	AR	1		0.218	1.372	
Niacin mg	5.377	0.201	6	AR	1		4.570	28.713	
Pantothenic acid mg									
Vitamin B-6 mg	0.689	0.024	6	AR	1		0.585	3.678	
Folate, total µg	3		0	BFPN	4		3	18	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	3		0	BFPN	4		3	18	
Folate, DFE µg	3		0	NC	4		3	18	
Choline, total mg	56.4		0	BFPN	4		47.9	301.1	
Betaine mg	9.6		0	BFPN	4		8.2	51.3	
Vitamin B-12 µg	1.95	0.052	6	AR	1		1.66	10.41	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		2	11	
Retinol µg	2		0	BFSN	4		2	11	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	7		0	NC	4		6	36	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.26		0	BFFN	4		0.22	1.40	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.3	
Vitamin D IU	3		0	BFFN	4		2	14	
Vitamin K (phylloquinone) µg	1.3		0	BFSN	4		1.1	6.7	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13464

Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.557		0	NC	4		2.173	13.652	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.005	0.001	6	AR	1		0.005	0.029	
12:0....g	0.005	0.000	6	AR	1		0.004	0.028	
13:0....g									
14:0....g	0.167	0.005	6	AR	1		0.142	0.889	
15:0....g	0.028	0.001	6	AR	1		0.024	0.151	
16:0....g	1.459	0.054	6	AR	1		1.240	7.788	
17:0....g	0.072	0.003	6	AR	1		0.061	0.386	
18:0....g	0.814	0.027	6	AR	1		0.692	4.345	
20:0....g	0.004	0.001	6	AR	1		0.003	0.020	
22:0....g									
24:0....g	0.003	0.001	6	AR	1		0.003	0.017	
Fatty acids, total monounsaturated....g	2.840		0	NC	4		2.414	15.165	
14:1....g	0.041	0.002	6	AR	1		0.035	0.218	
15:1....g									
16:1 undifferentiated....g	0.201		0	AS	1		0.171	1.073	
16:1 c....g	0.185	0.005	6	AR	1		0.157	0.985	
16:1 t....g	0.016	0.002	6	AR	1		0.014	0.088	
17:1....g	0.051	0.002	6	AR	1		0.043	0.272	
18:1 undifferentiated....g	2.535		0	AS	1		2.154	13.535	
18:1 c....g	2.257	0.045	6	AR	1		1.918	12.051	
18:1 t....g	0.278	0.009	6	AR	1		0.236	1.484	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.013	0.002	6	AR	1		0.011	0.068	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.353		0	NC	4		0.300	1.886	
18:2 undifferentiated....g	0.277		0	AS	1		0.236	1.480	
18:2 n-6 c,c....g	0.225	0.012	6	AR	1		0.191	1.201	
18:2 CLAs....g	0.022	0.002	6	AR	1		0.018	0.115	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.031	0.000	6	AR	1		0.026	0.164	
18:3 undifferentiated....g	0.011		0	AS	1		0.009	0.059	
18:3 n-3 c,c,c (ALA)....g	0.011	0.001	6	AR	1		0.009	0.059	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.002	0.000	6	AR	1		0.001	0.008	
20:3 undifferentiated....g	0.014		0	AS	1		0.012	0.073	
20:3 n-3....g									
20:3 n-6....g	0.014	0.001	6	AR	1		0.012	0.073	
20:4 undifferentiated....g	0.038	0.001	6	AR	1		0.033	0.205	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002	0.000	6	AR	1		0.002	0.010	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.009	0.001	6	AR	1		0.008	0.048	
22:6 n-3 (DHA)....g	0.001	0.001	6	AR	1		0.001	0.003	
Fatty acids, total trans....g	0.325		0	NC	4		0.276	1.736	
Fatty acids, total trans-monoenoic....g	0.294		0	NC	4		0.250	1.572	
Fatty acids, total trans-polyenoic....g	0.031		0	NC	4		0.026	0.164	
Cholesterol....mg	58	1.091	6	AR	1		49	310	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.261		0	PAK	1		0.222	1.393	
Threonine....g	1.093		0	PAK	1		0.929	5.839	
Isoleucine....g	1.085		0	PAK	1		0.922	5.793	
Leucine....g	2.001		0	PAK	1		1.701	10.687	

NDB No. 13464

Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.237		0	PAK	1		1.901	11.943	
Methionine g	0.618		0	PAK	1		0.525	3.300	
Cystine g	0.233		0	PAK	1		0.198	1.247	
Phenylalanine g	0.927		0	PAK	1		0.788	4.949	
Tyrosine g	0.868		0	PAK	1		0.738	4.638	
Valine g	1.147		0	PAK	1		0.975	6.122	
Arginine g	1.560		0	PAK	1		1.326	8.332	
Histidine g	0.863		0	PAK	1		0.734	4.610	
Alanine g	1.389		0	PAK	1		1.180	7.415	
Aspartic acid g	2.247		0	PAK	1		1.910	11.998	
Glutamic acid g	3.793		0	PAK	1		3.224	20.256	
Glycine g	1.002		0	PAK	1		0.852	5.353	
Proline g	0.977		0	PAK	1		0.830	5.215	
Serine g	0.944		0	PAK	1		0.802	5.041	
Hydroxyproline g	0.107		0	BFPN	4		0.091	0.574	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 534g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13232

Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled

Porterhouse Steak, URMIS # 2145

Refuse: 38% Bone and connective tissue 26%, separable fat, 12%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	60.31	0.582	24	AR	1		51.26	251.47	
Energy kcal	221		0	NC	4		187	920	
Energy kJ	923		0	NC	4		785	3849	
Protein (N x 6.25) g	27.65	1.035	24	AR	1		23.50	115.30	
Total lipid (fat) g	11.36	0.805	24	AR	1		9.66	47.39	
Ash g	1.02	0.029	24	AR	1		0.87	4.26	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	19		2	AR	1		16	79	
Iron, Fe mg	3.16		2	AR	1		2.69	13.18	
Magnesium, Mg mg	23		2	AR	1		19	95	
Phosphorus, P mg	224		2	AR	1		190	932	
Potassium, K mg	290		2	AR	1		247	1211	
Sodium, Na mg	67		2	AR	1		57	279	
Zinc, Zn mg	4.65		2	AR	1		3.95	19.38	
Copper, Cu mg	0.072		2	AR	1		0.061	0.299	
Manganese, Mn mg	0.004		2	AR	1		0.003	0.016	
Selenium, Se µg	29.0		2	AR	1		24.6	120.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.110		0	PAK	1		0.094	0.459	
Riboflavin mg	0.263	0.018	4	AR	1		0.224	1.098	
Niacin mg	6.225	0.239	4	AR	1		5.291	25.958	
Pantothenic acid mg									
Vitamin B-6 mg	0.734	0.031	4	AR	1		0.624	3.062	
Folate, total µg	6		0	BFPN	4		5	26	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	6		0	BFPN	4		5	26	
Folate, DFE µg	6		0	NC	4		5	26	
Choline, total mg	62.6		0	BFPN	4		53.2	261.1	
Betaine mg	8.8		0	BFPN	4		7.5	36.6	
Vitamin B-12 µg	2.14	0.044	4	AR	1		1.82	8.91	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	1		0	NC	4		1	6	
Retinol µg	1		0	BFSN	4		1	6	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	5		0	NC	4		4	20	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.14		0	NR	4		0.12	0.58	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.4	
Vitamin D IU	3		0	BFFN	4		3	14	
Vitamin K (phylloquinone) µg	1.5		0	BFSN	4		1.3	6.3	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13232

Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.407		0	NC	4		3.746	18.379	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.007	0.002	4	AR	1		0.006	0.030	
12:0....g	0.008	0.001	4	AR	1		0.006	0.032	
13:0....g									
14:0....g	0.292	0.019	4	AR	1		0.248	1.218	
15:0....g	0.046	0.003	4	AR	1		0.039	0.190	
16:0....g	2.510	0.068	4	AR	1		2.134	10.468	
17:0....g	0.121	0.004	4	AR	1		0.103	0.503	
18:0....g	1.413	0.025	4	AR	1		1.201	5.892	
20:0....g	0.006	0.001	4	AR	1		0.005	0.025	
22:0....g									
24:0....g	0.005	0.002	4	AR	1		0.004	0.020	
Fatty acids, total monounsaturated....g	5.034		0	NC	4		4.278	20.990	
14:1....g	0.076	0.005	4	AR	1		0.065	0.317	
15:1....g									
16:1 undifferentiated....g	0.365		0	AS	1		0.310	1.521	
16:1 c....g	0.335	0.022	4	AR	1		0.285	1.398	
16:1 t....g	0.030	0.003	4	AR	1		0.025	0.123	
17:1....g	0.087	0.006	4	AR	1		0.074	0.361	
18:1 undifferentiated....g	4.484		0	AS	1		3.811	18.697	
18:1 c....g	4.004	0.063	4	AR	1		3.404	16.698	
18:1 t....g	0.479	0.022	4	AR	1		0.407	1.999	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.022	0.003	4	AR	1		0.019	0.093	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.569		0	NC	4		0.484	2.372	
18:2 undifferentiated....g	0.465		0	AS	1		0.395	1.940	
18:2 n-6 c,c....g	0.368	0.030	4	AR	1		0.313	1.535	
18:2 CLAs....g	0.041	0.005	4	AR	1		0.035	0.171	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.056	0.003	4	AR	1		0.048	0.234	
18:3 undifferentiated....g	0.020		0	AS	1		0.017	0.083	
18:3 n-3 c,c,c (ALA)....g	0.020	0.001	4	AR	1		0.017	0.083	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.003	0.001	4	AR	1		0.002	0.012	
20:3 undifferentiated....g	0.018		0	AS	1		0.015	0.073	
20:3 n-3....g									
20:3 n-6....g	0.018	0.001	4	AR	1		0.015	0.073	
20:4 undifferentiated....g	0.049	0.004	4	AR	1		0.042	0.205	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002	0.000	4	AR	1		0.002	0.010	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.011	0.002	4	AR	1		0.009	0.046	
22:6 n-3 (DHA)....g	0.001	0.001	4	AR	1		0.001	0.004	
Fatty acids, total trans....g	0.565		0	NC	4		0.480	2.356	
Fatty acids, total trans-monoenoic....g	0.509		0	NC	4		0.433	2.123	
Fatty acids, total trans-polyenoic....g	0.056		0	NC	4		0.048	0.234	
Cholesterol....mg	85	2.994	4	AR	1		72	353	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.308		0	A	1		0.262	1.284	
Threonine....g	1.279		0	A	1		1.087	5.332	
Isoleucine....g	1.273		0	A	1		1.082	5.307	
Leucine....g	2.332		0	A	1		1.982	9.723	

NDB No. 13232

Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.597		0	A	1		2.207	10.827	
Methionine g	0.723		0	A	1		0.614	3.013	
Cystine g	0.271		0	A	1		0.230	1.130	
Phenylalanine g	1.084		0	A	1		0.921	4.519	
Tyrosine g	1.014		0	A	1		0.862	4.228	
Valine g	1.346		0	A	1		1.144	5.615	
Arginine g	1.817		0	A	1		1.544	7.575	
Histidine g	0.995		0	A	1		0.846	4.151	
Alanine g	1.624		0	A	1		1.380	6.770	
Aspartic acid g	2.617		0	A	1		2.225	10.913	
Glutamic acid g	4.438		0	A	1		3.772	18.505	
Glycine g	1.170		0	A	1		0.994	4.879	
Proline g	1.135		0	A	1		0.965	4.734	
Serine g	1.100		0	A	1		0.935	4.588	
Hydroxyproline g	0.131		0	BFPN	4		0.112	0.548	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 417g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13231

Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, raw

Porterhouse Steak, URMIS # 2145

Refuse: 35% Bone and heavy connective tissue, 23%, separable fat, 12%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	69.56	0.458	24	AR	1		59.12	374.91	
Energy kcal	161		0	NC	4		137	869	
Energy kJ	674		0	NC	4		573	3633	
Protein (N x 6.25) g	22.13	0.346	24	AR	1		18.81	119.30	
Total lipid (fat) g	7.39	0.722	24	AR	1		6.28	39.85	
Ash g	1.01	0.034	24	AR	1		0.86	5.44	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	18		2	AR	1		16	99	
Iron, Fe mg	1.98		2	AR	1		1.68	10.67	
Magnesium, Mg mg	11		2	AR	1		9	60	
Phosphorus, P mg	209		2	AR	1		178	1126	
Potassium, K mg	276		2	AR	1		235	1490	
Sodium, Na mg	56		2	AR	1		48	304	
Zinc, Zn mg	3.61		2	AR	1		3.07	19.48	
Copper, Cu mg	0.058		2	AR	1		0.049	0.313	
Manganese, Mn mg	0.003		2	AR	1		0.003	0.017	
Selenium, Se µg	23.0		2	AR	1		19.5	123.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.051		0	BFPN	4		0.043	0.275	
Riboflavin mg	0.275	0.016	4	AR	1		0.234	1.482	
Niacin mg	5.412	0.250	4	AR	1		4.600	29.169	
Pantothenic acid mg									
Vitamin B-6 mg	0.647	0.030	4	AR	1		0.550	3.489	
Folate, total µg	3		0	BFPN	4		3	17	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	3		0	BFPN	4		3	17	
Folate, DFE µg	3		0	NC	4		3	17	
Choline, total mg	54.4		0	BFPN	4		46.2	293.0	
Betaine mg	9.6		0	BFPN	4		8.2	51.8	
Vitamin B-12 µg	1.93	0.065	4	AR	1		1.64	10.42	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.13		0	NR	4		0.11	0.70	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.4	
Vitamin D IU	3		0	BFFN	4		3	17	
Vitamin K (phylloquinone) µg	1.3		0	BFSN	4		1.1	7.0	
Dihydrophylloquinone µg									

NDB No. 13231

Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	2.894		0	NC	4		2.460	15.597	
4:0 g	0.000		0	Z	7		0.000	0.000	
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.005	0.001	4	AR	1		0.005	0.029	
12:0 g	0.006	0.000	4	AR	1		0.005	0.030	
13:0 g									
14:0 g	0.182	0.007	4	AR	1		0.154	0.979	
15:0 g	0.029	0.001	4	AR	1		0.025	0.158	
16:0 g	1.652	0.067	4	AR	1		1.404	8.903	
17:0 g	0.079	0.003	4	AR	1		0.067	0.426	
18:0 g	0.933	0.034	4	AR	1		0.793	5.030	
20:0 g	0.004	0.001	4	AR	1		0.003	0.022	
22:0 g									
24:0 g	0.004	0.002	4	AR	1		0.003	0.020	
Fatty acids, total monounsaturated g	3.300		0	NC	4		2.805	17.789	
14:1 g	0.046	0.002	4	AR	1		0.039	0.248	
15:1 g									
16:1 undifferentiated g	0.230		0	AS	1		0.196	1.240	
16:1 c g	0.211	0.006	4	AR	1		0.179	1.136	
16:1 t g	0.019	0.002	4	AR	1		0.016	0.104	
17:1 g	0.057	0.002	4	AR	1		0.048	0.306	
18:1 undifferentiated g	2.952		0	AS	1		2.509	15.911	
18:1 c g	2.650	0.056	4	AR	1		2.252	14.281	
18:1 t g	0.302	0.011	4	AR	1		0.257	1.629	
18:1-11 t (18:1t n-7) g									
20:1 g	0.016	0.002	4	AR	1		0.013	0.084	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.399		0	NC	4		0.339	2.152	
18:2 undifferentiated g	0.317		0	AS	1		0.269	1.706	
18:2 n-6 c,c g	0.256	0.015	4	AR	1		0.217	1.379	
18:2 CLAs g	0.026	0.003	4	AR	1		0.022	0.140	
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.035	0.000	4	AR	1		0.030	0.188	
18:3 undifferentiated g	0.014		0	AS	1		0.011	0.073	
18:3 n-3 c,c,c (ALA) g	0.014	0.001	4	AR	1		0.011	0.073	
18:3 n-6 c,c,c g									
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.002	0.000	4	AR	1		0.001	0.009	
20:3 undifferentiated g	0.014		0	AS	1		0.012	0.077	
20:3 n-3 g									
20:3 n-6 g	0.014	0.001	4	AR	1		0.012	0.077	
20:4 undifferentiated g	0.042	0.002	4	AR	1		0.035	0.224	
20:4 n-6 g									
20:5 n-3 (EPA) g	0.002	0.000	4	AR	1		0.002	0.010	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.009	0.001	4	AR	1		0.008	0.050	
22:6 n-3 (DHA) g	0.001	0.001	4	AR	1		0.001	0.003	
Fatty acids, total trans g	0.356		0	NC	4		0.303	1.921	
Fatty acids, total trans-monoenoic g	0.322		0	NC	4		0.273	1.733	
Fatty acids, total trans-polyenoic g	0.035		0	NC	4		0.030	0.188	
Cholesterol mg	59	1.356	4	AR	1		50	316	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.240		0	A	1		0.204	1.292	
Threonine g	0.995		0	A	1		0.846	5.365	

NDB No. 13231

Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Isoleucine....g	0.991		0	A	1		0.842	5.339	
Leucine....g	1.815		0	A	1		1.543	9.783	
Lysine....g	2.021		0	A	1		1.718	10.894	
Methionine....g	0.562		0	A	1		0.478	3.032	
Cystine....g	0.211		0	A	1		0.179	1.137	
Phenylalanine....g	0.844		0	A	1		0.717	4.547	
Tyrosine....g	0.789		0	A	1		0.671	4.254	
Valine....g	1.048		0	A	1		0.891	5.649	
Arginine....g	1.414		0	A	1		1.202	7.622	
Histidine....g	0.775		0	A	1		0.659	4.177	
Alanine....g	1.264		0	A	1		1.074	6.812	
Aspartic acid....g	2.037		0	A	1		1.732	10.980	
Glutamic acid....g	3.454		0	A	1		2.936	18.619	
Glycine....g	0.911		0	A	1		0.774	4.909	
Proline....g	0.884		0	A	1		0.751	4.763	
Serine....g	0.856		0	A	1		0.728	4.616	
Hydroxyproline....g	0.102		0	BFPN	4		0.087	0.552	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 539g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13469

Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled

Porterhouse Steak, URMIS # 1330

Refuse: 40% Bone and connective tissue 30%, separable fat 10%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	62.16	0.671	12	AR	1		52.84	264.81	
Energy kcal	203		0	NC	4		172	863	
Energy kJ	847		0	NC	4		720	3608	
Protein (N x 6.25) g	28.92	1.060	12	AR	1		24.59	123.22	
Total lipid (fat) g	8.76	0.857	12	AR	1		7.44	37.31	
Ash g	1.10	0.035	12	AR	1		0.94	4.70	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	20		1	AR	1		17	85	
Iron, Fe mg	3.44		1	AR	1		2.92	14.63	
Magnesium, Mg mg	23		1	AR	1		19	98	
Phosphorus, P mg	227		1	AR	1		193	968	
Potassium, K mg	292		1	AR	1		248	1243	
Sodium, Na mg	67		1	AR	1		57	286	
Zinc, Zn mg	4.80		1	AR	1		4.08	20.45	
Copper, Cu mg	0.076		1	AR	1		0.065	0.323	
Manganese, Mn mg	0.003		1	AR	1		0.003	0.013	
Selenium, Se µg	27.7		1	AR	1		23.5	118.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg									
Riboflavin mg	0.255		2	AR	1		0.217	1.086	
Niacin mg	5.745		2	AR	1		4.883	24.473	
Pantothenic acid mg									
Vitamin B-6 mg	0.628		2	AR	1		0.534	2.675	
Folate, total µg	7		0	BFPN	4		6	28	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	7		0	BFPN	4		6	28	
Folate, DFE µg	7		0	NC	4		6	28	
Choline, total mg	61.2		0	BFPN	4		52.0	260.6	
Betaine mg	8.0		0	BFPN	4		6.8	34.0	
Vitamin B-12 µg	2.19		2	AR	1		1.87	9.35	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		2	9	
Retinol µg	2		0	BFSN	4		2	9	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	7		0	NC	4		6	31	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.14		0	NR	4		0.12	0.60	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.3	
Vitamin D IU	3		0	BFFN	4		2	11	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13469

Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.454		0	NC	4		2.936	14.715	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.008		2	AR	1		0.007	0.035	
12:0....g	0.008		2	AR	1		0.007	0.034	
13:0....g									
14:0....g	0.228		2	AR	1		0.194	0.973	
15:0....g	0.042		2	AR	1		0.036	0.179	
16:0....g	1.940		2	AR	1		1.649	8.262	
17:0....g	0.103		2	AR	1		0.087	0.437	
18:0....g	1.118		2	AR	1		0.950	4.761	
20:0....g	0.004		2	AR	1		0.004	0.019	
22:0....g									
24:0....g	0.004		2	AR	1		0.003	0.016	
Fatty acids, total monounsaturated....g	3.738		0	NC	4		3.178	15.925	
14:1....g	0.056		2	AR	1		0.048	0.238	
15:1....g									
16:1 undifferentiated....g	0.257		0	AS	1		0.218	1.094	
16:1 c....g	0.232		2	AR	1		0.197	0.988	
16:1 t....g	0.025		2	AR	1		0.021	0.107	
17:1....g	0.070		2	AR	1		0.060	0.299	
18:1 undifferentiated....g	3.337		0	AS	1		2.836	14.216	
18:1 c....g	2.923		2	AR	1		2.485	12.453	
18:1 t....g	0.414		2	AR	1		0.352	1.762	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.018		2	AR	1		0.016	0.078	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.429		0	NC	4		0.364	1.827	
18:2 undifferentiated....g	0.340		0	AS	1		0.289	1.450	
18:2 n-6 c,c....g	0.269		2	AR	1		0.228	1.144	
18:2 CLAs....g	0.028		2	AR	1		0.023	0.117	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.044		2	AR	1		0.038	0.189	
18:3 undifferentiated....g	0.012		0	AS	1		0.010	0.052	
18:3 n-3 c,c,c (ALA)....g	0.012		2	AR	1		0.010	0.052	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.002		2	AR	1		0.001	0.007	
20:3 undifferentiated....g	0.017		0	AS	1		0.014	0.071	
20:3 n-3....g									
20:3 n-6....g	0.017		2	AR	1		0.014	0.071	
20:4 undifferentiated....g	0.045		2	AR	1		0.039	0.193	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002		2	AR	1		0.002	0.010	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.010		2	AR	1		0.008	0.041	
22:6 n-3 (DHA)....g	0.001		2	AR	1		0.000	0.002	
Fatty acids, total trans....g	0.483		0	NC	4		0.411	2.058	
Fatty acids, total trans-monoenoic....g	0.439		0	NC	4		0.373	1.869	
Fatty acids, total trans-polyenoic....g	0.044		0	NC	4		0.038	0.189	
Cholesterol....mg	78		2	AR	1		66	331	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.355		0	A	1		0.301	1.511	
Threonine....g	1.514		0	A	1		1.287	6.451	
Isoleucine....g	1.501		0	A	1		1.276	6.393	
Leucine....g	2.797		0	A	1		2.377	11.914	

NDB No. 13469

Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	3.138		0	A	1		2.667	13.367	
Methionine g	0.859		0	A	1		0.731	3.661	
Cystine g	0.327		0	A	1		0.278	1.395	
Phenylalanine g	1.282		0	A	1		1.090	5.463	
Tyrosine g	1.214		0	A	1		1.032	5.172	
Valine g	1.583		0	A	1		1.345	6.742	
Arginine g	2.183		0	A	1		1.855	9.299	
Histidine g	1.228		0	A	1		1.044	5.231	
Alanine g	1.924		0	A	1		1.635	8.195	
Aspartic acid g	3.138		0	A	1		2.667	13.367	
Glutamic acid g	5.266		0	A	1		4.476	22.433	
Glycine g	1.392		0	A	1		1.183	5.928	
Proline g	1.378		0	A	1		1.171	5.870	
Serine g	1.323		0	A	1		1.125	5.637	
Hydroxyproline g	0.137		0	A	1		0.117	0.585	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 426g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13468

Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw

Porterhouse Steak, URMIS # 1330

Refuse: 37% Bone and connective tissue 24%, separable fat 13%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	71.46	0.509	12	AR	1		60.74	375.87	
Energy kcal	145		0	NC	4		124	764	
Energy kJ	608		0	NC	4		517	3198	
Protein (N x 6.25) g	22.61	0.369	12	AR	1		19.22	118.93	
Total lipid (fat) g	5.41	0.763	12	AR	1		4.60	28.45	
Ash g	1.03	0.035	12	AR	1		0.88	5.43	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	19		1	AR	1		16	100	
Iron, Fe mg	2.26		1	AR	1		1.92	11.87	
Magnesium, Mg mg	11		1	AR	1		9	56	
Phosphorus, P mg	200		1	AR	1		170	1052	
Potassium, K mg	266		1	AR	1		226	1398	
Sodium, Na mg	43		1	AR	1		37	228	
Zinc, Zn mg	3.52		1	AR	1		3.00	18.53	
Copper, Cu mg	0.075		1	AR	1		0.064	0.394	
Manganese, Mn mg	0.003		1	AR	1		0.002	0.015	
Selenium, Se µg	21.4		1	AR	1		18.2	112.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg									
Riboflavin mg	0.230		2	AR	1		0.196	1.210	
Niacin mg	5.325		2	AR	1		4.526	28.009	
Pantothenic acid mg									
Vitamin B-6 mg	0.751		2	AR	1		0.638	3.950	
Folate, total µg	4		0	BFPN	4		3	19	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	4		0	BFPN	4		3	19	
Folate, DFE µg	4		0	NC	4		3	19	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	1.98		2	AR	1		1.68	10.39	
Vitamin A, RAE µg	4		0	NC	4		3	20	
Retinol µg	4		0	BFSN	4		3	20	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	12		0	NC	4		11	66	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.13		0	NR	4		0.11	0.68	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	AS	1		0.0	0.2	
Vitamin D IU	2		0	BFFN	4		1	9	
Vitamin K (phylloquinone) µg	1.2		0	BFSN	4		1.0	6.4	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13468

Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated g	2.051		0	NC	4		1.743	10.786	
4:0 g	0.000		0	Z	7		0.000	0.000	
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.006		2	AR	1		0.005	0.029	
12:0 g	0.005		2	AR	1		0.004	0.024	
13:0 g									
14:0 g	0.143		2	AR	1		0.122	0.754	
15:0 g	0.027		2	AR	1		0.023	0.139	
16:0 g	1.169		2	AR	1		0.993	6.147	
17:0 g	0.062		2	AR	1		0.053	0.326	
18:0 g	0.635		2	AR	1		0.539	3.337	
20:0 g	0.003		2	AR	1		0.003	0.016	
22:0 g									
24:0 g	0.003		2	AR	1		0.002	0.014	
Fatty acids, total monounsaturated g	2.150		0	NC	4		1.827	11.308	
14:1 g	0.033		2	AR	1		0.028	0.173	
15:1 g									
16:1 undifferentiated g	0.158		0	AS	1		0.134	0.830	
16:1 c g	0.146		2	AR	1		0.124	0.765	
16:1 t g	0.012		2	AR	1		0.010	0.064	
17:1 g	0.042		2	AR	1		0.036	0.221	
18:1 undifferentiated g	1.909		0	AS	1		1.622	10.039	
18:1 c g	1.667		2	AR	1		1.417	8.769	
18:1 t g	0.241		2	AR	1		0.205	1.270	
18:1-11 t (18:1t n-7) g									
20:1 g	0.009		2	AR	1		0.007	0.046	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.285		0	NC	4		0.242	1.498	
18:2 undifferentiated g	0.218		0	AS	1		0.185	1.147	
18:2 n-6 c,c g	0.179		2	AR	1		0.152	0.941	
18:2 CLAs g	0.015		2	AR	1		0.013	0.078	
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.024		2	AR	1		0.021	0.128	
18:3 undifferentiated g	0.008		0	AS	1		0.006	0.040	
18:3 n-3 c,c,c (ALA) g	0.008		2	AR	1		0.006	0.040	
18:3 n-6 c,c,c g									
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.001		2	AR	1		0.001	0.005	
20:3 undifferentiated g	0.013		0	AS	1		0.011	0.069	
20:3 n-3 g									
20:3 n-6 g	0.013		2	AR	1		0.011	0.069	
20:4 undifferentiated g	0.034		2	AR	1		0.029	0.179	
20:4 n-6 g									
20:5 n-3 (EPA) g	0.002		2	AR	1		0.001	0.009	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.009		2	AR	1		0.007	0.045	
22:6 n-3 (DHA) g	0.001		2	AR	1		0.001	0.004	
Fatty acids, total trans g	0.278		0	NC	4		0.236	1.462	
Fatty acids, total trans-monoenoic g	0.254		0	NC	4		0.216	1.334	
Fatty acids, total trans-polyenoic g	0.024		0	NC	4		0.021	0.128	
Cholesterol mg	57		2	AR	1		49	301	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.297		0	A	1		0.252	1.560	
Threonine g	1.267		0	A	1		1.077	6.662	
Isoleucine g	1.255		0	A	1		1.067	6.602	
Leucine g	2.339		0	A	1		1.988	12.304	

NDB No. 13468

Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.624		0	A	1		2.231	13.805	
Methionine g	0.719		0	A	1		0.611	3.781	
Cystine g	0.274		0	A	1		0.233	1.440	
Phenylalanine g	1.073		0	A	1		0.912	5.642	
Tyrosine g	1.016		0	A	1		0.863	5.342	
Valine g	1.324		0	A	1		1.125	6.962	
Arginine g	1.826		0	A	1		1.552	9.603	
Histidine g	1.027		0	A	1		0.873	5.402	
Alanine g	1.609		0	A	1		1.368	8.463	
Aspartic acid g	2.624		0	A	1		2.231	13.805	
Glutamic acid g	4.405		0	A	1		3.744	23.168	
Glycine g	1.164		0	A	1		0.989	6.122	
Proline g	1.152		0	A	1		0.980	6.062	
Serine g	1.107		0	A	1		0.941	5.822	
Hydroxyproline g	0.115		0	A	1		0.098	0.604	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 526g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13479

Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled

T-Bone Steak

Refuse: 43% Bone and connective tissue, 30%, separable fat, 13%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	61.15	0.500	36	AR	1		51.98	221.99	
Energy kcal	212		0	NC	4		181	771	
Energy kJ	889		0	NC	4		756	3227	
Protein (N x 6.25) g	27.86	0.673	36	AR	1		23.68	101.15	
Total lipid (fat) g	10.37	1.074	36	AR	1		8.81	37.63	
Ash g	1.05	0.020	36	AR	1		0.89	3.80	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	18		3	AR	1		16	67	
Iron, Fe mg	3.57		3	AR	1		3.04	12.97	
Magnesium, Mg mg	21		3	AR	1		18	78	
Phosphorus, P mg	219		3	AR	1		186	793	
Potassium, K mg	290		3	AR	1		246	1052	
Sodium, Na mg	67		3	AR	1		57	242	
Zinc, Zn mg	4.61		3	AR	1		3.92	16.75	
Copper, Cu mg	0.073		3	AR	1		0.062	0.264	
Manganese, Mn mg	0.004		3	AR	1		0.003	0.013	
Selenium, Se µg	29.3		3	AR	1		24.9	106.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.058		0	BFPN	4		0.049	0.210	
Riboflavin mg	0.254	0.015	6	AR	1		0.216	0.922	
Niacin mg	6.109	0.168	6	AR	1		5.193	22.176	
Pantothenic acid mg	0.323		0	BFPN	4		0.275	1.174	
Vitamin B-6 mg	0.757	0.013	6	AR	1		0.643	2.746	
Folate, total µg	7		0	BFPN	4		6	24	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	7		0	BFPN	4		6	24	
Folate, DFE µg	7		0	NC	4		6	24	
Choline, total mg	63.2		0	BFPN	4		53.8	229.6	
Betaine mg	8.6		0	BFPN	4		7.3	31.3	
Vitamin B-12 µg	1.96	0.051	6	AR	1		1.67	7.13	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		1	6	
Retinol µg	2		0	BFSN	4		1	6	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	6		0	NC	4		5	21	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.23		0	BFFN	4		0.20	0.84	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	BFFN	4		0.1	0.3	
Vitamin D IU	3		0	BFFN	4		3	11	
Vitamin K (phylloquinone) µg	1.5		0	BFSN	4		1.2	5.3	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13479

Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.219		0	NC	4		3.586	15.316	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.010	0.002	6	AR	1		0.009	0.038	
12:0....g	0.010	0.001	6	AR	1		0.008	0.036	
13:0....g									
14:0....g	0.280	0.018	6	AR	1		0.238	1.015	
15:0....g	0.047	0.003	6	AR	1		0.040	0.171	
16:0....g	2.383	0.094	6	AR	1		2.026	8.651	
17:0....g	0.118	0.007	6	AR	1		0.100	0.429	
18:0....g	1.362	0.049	6	AR	1		1.158	4.943	
20:0....g	0.006	0.001	6	AR	1		0.005	0.021	
22:0....g									
24:0....g	0.004	0.002	6	AR	1		0.003	0.013	
Fatty acids, total monounsaturated....g	4.609		0	NC	4		3.918	16.732	
14:1....g	0.056	0.005	6	AR	1		0.048	0.205	
15:1....g									
16:1 undifferentiated....g	0.338		0	AS	1		0.287	1.227	
16:1 c....g	0.310	0.021	6	AR	1		0.263	1.124	
16:1 t....g	0.028	0.004	6	AR	1		0.024	0.103	
17:1....g	0.084	0.006	6	AR	1		0.071	0.305	
18:1 undifferentiated....g	4.114		0	AS	1		3.496	14.932	
18:1 c....g	3.629	0.140	6	AR	1		3.084	13.172	
18:1 t....g	0.485	0.021	6	AR	1		0.412	1.760	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.018	0.001	6	AR	1		0.015	0.064	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.542		0	NC	4		0.461	1.967	
18:2 undifferentiated....g	0.439		0	AS	1		0.373	1.594	
18:2 n-6 c,c....g	0.343	0.019	6	AR	1		0.292	1.246	
18:2 CLAs....g	0.037	0.004	6	AR	1		0.031	0.134	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.059	0.004	6	AR	1		0.050	0.213	
18:3 undifferentiated....g	0.018		0	AS	1		0.015	0.064	
18:3 n-3 c,c,c (ALA)....g	0.018	0.001	6	AR	1		0.015	0.064	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.002	0.000	6	AR	1		0.002	0.008	
20:3 undifferentiated....g	0.018		0	AS	1		0.015	0.064	
20:3 n-3....g									
20:3 n-6....g	0.018	0.000	6	AR	1		0.015	0.064	
20:4 undifferentiated....g	0.051	0.006	6	AR	1		0.043	0.185	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002	0.001	6	AR	1		0.002	0.009	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.012	0.000	6	AR	1		0.010	0.043	
22:6 n-3 (DHA)....g	0.000	0.000	6	AR	1		0.000	0.000	
Fatty acids, total trans....g	0.572		0	NC	4		0.486	2.076	
Fatty acids, total trans-monoenoic....g	0.513		0	NC	4		0.436	1.863	
Fatty acids, total trans-polyenoic....g	0.059		0	NC	4		0.050	0.213	
Cholesterol....mg	82	1.477	6	AR	1		70	297	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.331		0	PAK	1		0.281	1.202	
Threonine....g	1.388		0	PAK	1		1.180	5.038	
Isoleucine....g	1.377		0	PAK	1		1.170	4.998	
Leucine....g	2.540		0	PAK	1		2.159	9.222	

NDB No. 13479

Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.839		0	PAK	1		2.413	10.306	
Methionine g	0.784		0	PAK	1		0.667	2.847	
Cystine g	0.296		0	PAK	1		0.252	1.076	
Phenylalanine g	1.177		0	PAK	1		1.000	4.271	
Tyrosine g	1.102		0	PAK	1		0.937	4.002	
Valine g	1.455		0	PAK	1		1.237	5.283	
Arginine g	1.981		0	PAK	1		1.683	7.189	
Histidine g	1.096		0	PAK	1		0.932	3.978	
Alanine g	1.763		0	PAK	1		1.498	6.398	
Aspartic acid g	2.852		0	PAK	1		2.424	10.353	
Glutamic acid g	4.815		0	PAK	1		4.093	17.479	
Glycine g	1.272		0	PAK	1		1.082	4.619	
Proline g	1.240		0	PAK	1		1.054	4.500	
Serine g	1.198		0	PAK	1		1.019	4.350	
Hydroxyproline g	0.136		0	PAK	1		0.116	0.495	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 363g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13478

Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, raw

T-Bone Steak

Refuse: 39% Bone and connective tissue, 25%, separable fat, 14%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	70.73	0.210	36	AR	1		60.12	325.34	
Energy kcal	153		0	NC	4		130	706	
Energy kJ	642		0	NC	4		546	2953	
Protein (N x 6.25) g	22.22	0.374	36	AR	1		18.89	102.23	
Total lipid (fat) g	6.50	0.427	36	AR	1		5.52	29.88	
Ash g	1.01	0.024	36	AR	1		0.86	4.63	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	21		3	AR	1		18	98	
Iron, Fe mg	1.66		3	AR	1		1.41	7.64	
Magnesium, Mg mg	11		3	AR	1		9	51	
Phosphorus, P mg	200		3	AR	1		170	921	
Potassium, K mg	267		3	AR	1		227	1229	
Sodium, Na mg	42		3	AR	1		36	194	
Zinc, Zn mg	3.88		3	AR	1		3.29	17.83	
Copper, Cu mg	0.058		3	AR	1		0.049	0.267	
Manganese, Mn mg	0.003		3	AR	1		0.002	0.012	
Selenium, Se µg	22.8		3	AR	1		19.4	104.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.054		0	BFPN	4		0.046	0.247	
Riboflavin mg	0.215	0.013	6	AR	1		0.183	0.989	
Niacin mg	5.751	0.129	6	AR	1		4.888	26.454	
Pantothenic acid mg	0.358		0	BFPN	4		0.305	1.648	
Vitamin B-6 mg	0.638	0.009	6	AR	1		0.542	2.934	
Folate, total µg	4		0	BFPN	4		3	16	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	4		0	BFPN	4		3	16	
Folate, DFE µg	4		0	NC	4		3	16	
Choline, total mg	56.1		0	BFPN	4		47.7	258.2	
Betaine mg	9.6		0	BFPN	4		8.1	44.0	
Vitamin B-12 µg	1.81	0.072	6	AR	1		1.54	8.32	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		2	9	
Retinol µg	2		0	BFSN	4		2	9	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	7		0	NC	4		6	31	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.26		0	BFFN	4		0.22	1.19	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.3	
Vitamin D IU	3		0	BFFN	4		2	12	
Vitamin K (phylloquinone) µg	1.2		0	BFSN	4		1.1	5.7	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13478

Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.530		0	NC	4		2.151	11.639	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.007	0.000	6	AR	1		0.006	0.032	
12:0....g	0.005	0.001	6	AR	1		0.004	0.023	
13:0....g									
14:0....g	0.162	0.015	6	AR	1		0.138	0.746	
15:0....g	0.026	0.002	6	AR	1		0.022	0.117	
16:0....g	1.431	0.105	6	AR	1		1.217	6.584	
17:0....g	0.072	0.006	6	AR	1		0.061	0.329	
18:0....g	0.821	0.058	6	AR	1		0.698	3.775	
20:0....g	0.004	0.001	6	AR	1		0.003	0.017	
22:0....g									
24:0....g	0.004	0.002	6	AR	1		0.003	0.016	
Fatty acids, total monounsaturated....g	2.767		0	NC	4		2.352	12.730	
14:1....g	0.034	0.001	6	AR	1		0.029	0.158	
15:1....g									
16:1 undifferentiated....g	0.194		0	AS	1		0.165	0.894	
16:1 c....g	0.178	0.017	6	AR	1		0.152	0.821	
16:1 t....g	0.016	0.002	6	AR	1		0.014	0.073	
17:1....g	0.047	0.009	6	AR	1		0.040	0.217	
18:1 undifferentiated....g	2.481		0	AS	1		2.108	11.410	
18:1 c....g	2.234	0.143	6	AR	1		1.899	10.278	
18:1 t....g	0.246	0.047	6	AR	1		0.209	1.132	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.011	0.001	6	AR	1		0.009	0.050	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.344		0	NC	4		0.292	1.581	
18:2 undifferentiated....g	0.265		0	AS	1		0.225	1.217	
18:2 n-6 c,c....g	0.215	0.019	6	AR	1		0.183	0.988	
18:2 CLAs....g	0.020	0.003	6	AR	1		0.017	0.092	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.030	0.004	6	AR	1		0.025	0.137	
18:3 undifferentiated....g	0.010		0	AS	1		0.009	0.048	
18:3 n-3 c,c,c (ALA)....g	0.010	0.001	6	AR	1		0.009	0.048	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.002	0.000	6	AR	1		0.001	0.008	
20:3 undifferentiated....g	0.015		0	AS	1		0.013	0.068	
20:3 n-3....g									
20:3 n-6....g	0.015	0.001	6	AR	1		0.013	0.068	
20:4 undifferentiated....g	0.040	0.004	6	AR	1		0.034	0.184	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002	0.001	6	AR	1		0.002	0.009	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.010	0.001	6	AR	1		0.009	0.046	
22:6 n-3 (DHA)....g	0.000		6	AR	1		0.000	0.000	
Fatty acids, total trans....g	0.292		0	NC	4		0.248	1.342	
Fatty acids, total trans-monoenoic....g	0.262		0	NC	4		0.223	1.205	
Fatty acids, total trans-polyenoic....g	0.030		0	NC	4		0.025	0.137	
Cholesterol....mg	59	0.510	6	AR	1		50	272	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.272		0	AR	1		0.232	1.253	
Threonine....g	1.142		0	AR	1		0.971	5.253	
Isoleucine....g	1.133		0	AR	1		0.963	5.211	
Leucine....g	2.090		0	AR	1		1.777	9.614	

NDB No. 13478

Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.336		0	AR	1		1.985	10.744	
Methionine g	0.645		0	AR	1		0.549	2.968	
Cystine g	0.244		0	AR	1		0.207	1.122	
Phenylalanine g	0.968		0	AR	1		0.823	4.453	
Tyrosine g	0.907		0	AR	1		0.771	4.172	
Valine g	1.197		0	AR	1		1.018	5.508	
Arginine g	1.629		0	AR	1		1.385	7.495	
Histidine g	0.902		0	AR	1		0.766	4.147	
Alanine g	1.450		0	AR	1		1.233	6.671	
Aspartic acid g	2.346		0	AR	1		1.994	10.794	
Glutamic acid g	3.961		0	AR	1		3.367	18.223	
Glycine g	1.047		0	AR	1		0.890	4.815	
Proline g	1.020		0	AR	1		0.867	4.692	
Serine g	0.986		0	AR	1		0.838	4.535	
Hydroxyproline g	0.112		0	AR	1		0.095	0.516	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 460g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13236

Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled

T-Bone Steak, URMIS # 2184

Refuse: 42% Bone and connective tissue, 28%, separable fat, 14%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	60.60	0.533	24	AR	1		51.51	218.17	
Energy kcal	217		0	NC	4		184	781	
Energy kJ	908		0	NC	4		772	3269	
Protein (N x 6.25) g	27.48	0.687	24	AR	1		23.35	98.91	
Total lipid (fat) g	11.05	1.095	24	AR	1		9.39	39.77	
Ash g	1.02	0.023	24	AR	1		0.87	3.68	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	19		2	AR	1		16	68	
Iron, Fe mg	3.57		2	AR	1		3.03	12.84	
Magnesium, Mg mg	20		2	AR	1		17	71	
Phosphorus, P mg	210		2	AR	1		178	756	
Potassium, K mg	280		2	AR	1		238	1008	
Sodium, Na mg	68		2	AR	1		58	246	
Zinc, Zn mg	4.69		2	AR	1		3.98	16.87	
Copper, Cu mg	0.079		2	AR	1		0.067	0.286	
Manganese, Mn mg	0.004		2	AR	1		0.003	0.013	
Selenium, Se µg	30.4		2	AR	1		25.8	109.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.057		0	BFPN	4		0.049	0.207	
Riboflavin mg	0.270	0.019	4	AR	1		0.230	0.972	
Niacin mg	6.292	0.209	4	AR	1		5.348	22.650	
Pantothenic acid mg	0.307		0	BFPN	4		0.261	1.104	
Vitamin B-6 mg	0.758	0.016	4	AR	1		0.645	2.730	
Folate, total µg	7		0	BFPN	4		6	24	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	7		0	BFPN	4		6	24	
Folate, DFE µg	7		0	NC	4		6	24	
Choline, total mg	66.1		0	BFPN	4		56.2	237.9	
Betaine mg	9.3		0	BFPN	4		7.9	33.4	
Vitamin B-12 µg	1.89	0.063	4	AR	1		1.61	6.82	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	1		0	NC	4		1	5	
Retinol µg	1		0	BFSN	4		1	5	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	5		0	NC	4		4	17	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.14		0	NR	4		0.12	0.50	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	BFFN	4		0.1	0.3	
Vitamin D IU	3		0	BFFN	4		3	12	
Vitamin K (phylloquinone) µg	1.5		0	BFSN	4		1.3	5.4	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13236

Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.600		0	NC	4		3.910	16.559	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.012	0.002	4	AR	1		0.010	0.041	
12:0....g	0.010	0.001	4	AR	1		0.009	0.037	
13:0....g									
14:0....g	0.301	0.022	4	AR	1		0.256	1.084	
15:0....g	0.047	0.004	4	AR	1		0.040	0.169	
16:0....g	2.607	0.116	4	AR	1		2.216	9.384	
17:0....g	0.124	0.008	4	AR	1		0.106	0.447	
18:0....g	1.488	0.061	4	AR	1		1.265	5.356	
20:0....g	0.006	0.001	4	AR	1		0.005	0.022	
22:0....g									
24:0....g	0.004	0.003	4	AR	1		0.004	0.016	
Fatty acids, total monounsaturated....g	5.159		0	NC	4		4.385	18.573	
14:1....g	0.065	0.007	4	AR	1		0.055	0.233	
15:1....g									
16:1 undifferentiated....g	0.381		0	AS	1		0.324	1.373	
16:1 c....g	0.351	0.026	4	AR	1		0.298	1.264	
16:1 t....g	0.030	0.004	4	AR	1		0.026	0.109	
17:1....g	0.090	0.007	4	AR	1		0.077	0.325	
18:1 undifferentiated....g	4.602		0	AS	1		3.912	16.566	
18:1 c....g	4.097	0.174	4	AR	1		3.482	14.749	
18:1 t....g	0.505	0.026	4	AR	1		0.429	1.817	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.021	0.002	4	AR	1		0.018	0.076	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.583		0	NC	4		0.495	2.097	
18:2 undifferentiated....g	0.474		0	AS	1		0.403	1.707	
18:2 n-6 c,c....g	0.373	0.024	4	AR	1		0.317	1.343	
18:2 CLAs....g	0.041	0.004	4	AR	1		0.035	0.148	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.060	0.005	4	AR	1		0.051	0.216	
18:3 undifferentiated....g	0.020		0	AS	1		0.017	0.072	
18:3 n-3 c,c,c (ALA)....g	0.020	0.001	4	AR	1		0.017	0.072	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.002	0.000	4	AR	1		0.002	0.009	
20:3 undifferentiated....g	0.019		0	AS	1		0.016	0.067	
20:3 n-3....g									
20:3 n-6....g	0.019	0.001	4	AR	1		0.016	0.067	
20:4 undifferentiated....g	0.053	0.008	4	AR	1		0.045	0.189	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002	0.001	4	AR	1		0.002	0.009	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.013	0.000	4	AR	1		0.011	0.045	
22:6 n-3 (DHA)....g	0.000		4	AR	1		0.000	0.000	
Fatty acids, total trans....g	0.595		0	NC	4		0.506	2.143	
Fatty acids, total trans-monoenoic....g	0.535		0	NC	4		0.455	1.926	
Fatty acids, total trans-polyenoic....g	0.060		0	NC	4		0.051	0.216	
Cholesterol....mg	81	1.835	4	AR	1		69	292	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.325		0	AR	1		0.276	1.169	
Threonine....g	1.349		0	AR	1		1.147	4.857	
Isoleucine....g	1.343		0	AR	1		1.141	4.834	
Leucine....g	2.460		0	AR	1		2.091	8.857	

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Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.740		0	AR	1		2.329	9.863	
Methionine g	0.762		0	AR	1		0.648	2.745	
Cystine g	0.286		0	AR	1		0.243	1.029	
Phenylalanine g	1.143		0	AR	1		0.972	4.117	
Tyrosine g	1.070		0	AR	1		0.909	3.851	
Valine g	1.421		0	AR	1		1.208	5.114	
Arginine g	1.917		0	AR	1		1.629	6.900	
Histidine g	1.050		0	AR	1		0.893	3.781	
Alanine g	1.713		0	AR	1		1.456	6.167	
Aspartic acid g	2.761		0	AR	1		2.347	9.941	
Glutamic acid g	4.682		0	AR	1		3.980	16.856	
Glycine g	1.234		0	AR	1		1.049	4.444	
Proline g	1.198		0	AR	1		1.018	4.312	
Serine g	1.161		0	AR	1		0.987	4.179	
Hydroxyproline g	0.139		0	AR	1		0.118	0.499	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 360g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13235

Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw

T-Bone Steak, URMIS # 2184

Refuse: 39% Bone and heavy connective tissue, 25%, separable fat, 14%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	69.97	0.249	24	AR	1		59.48	322.58	
Energy kcal	160		0	NC	4		136	737	
Energy kJ	669		0	NC	4		569	3084	
Protein (N x 6.25) g	22.10	0.380	24	AR	1		18.79	101.89	
Total lipid (fat) g	7.27	0.454	24	AR	1		6.18	33.51	
Ash g	1.00	0.024	24	AR	1		0.85	4.62	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	21		2	AR	1		18	97	
Iron, Fe mg	1.65		2	AR	1		1.41	7.62	
Magnesium, Mg mg	11		2	AR	1		9	51	
Phosphorus, P mg	196		2	AR	1		167	905	
Potassium, K mg	263		2	AR	1		223	1211	
Sodium, Na mg	35		2	AR	1		30	162	
Zinc, Zn mg	3.86		2	AR	1		3.28	17.78	
Copper, Cu mg	0.061		2	AR	1		0.052	0.280	
Manganese, Mn mg	0.003		2	AR	1		0.003	0.014	
Selenium, Se µg	22.5		2	AR	1		19.1	103.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.051		0	BFPN	4		0.043	0.235	
Riboflavin mg	0.225	0.016	4	AR	1		0.191	1.037	
Niacin mg	5.765	0.160	4	AR	1		4.900	26.576	
Pantothenic acid mg	0.347		0	BFPN	4		0.295	1.600	
Vitamin B-6 mg	0.634	0.011	4	AR	1		0.539	2.922	
Folate, total µg	4		0	BFPN	4		3	16	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	4		0	BFPN	4		3	16	
Folate, DFE µg	4		0	NC	4		3	16	
Choline, total mg	54.3		0	BFPN	4		46.1	250.3	
Betaine mg	9.6		0	BFPN	4		8.2	44.2	
Vitamin B-12 µg	1.79	0.090	4	AR	1		1.52	8.26	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.28		0	BFFN	4		0.24	1.28	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	BFFN	4		0.1	0.4	
Vitamin D IU	3		0	BFFN	4		3	14	
Vitamin K (phylloquinone) µg	1.3		0	BFSN	4		1.1	5.9	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13235

Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated g	2.782		0	NC	4		2.365	12.826	
4:0 g	0.000		0	Z	7		0.000	0.000	
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.007	0.000	4	AR	1		0.006	0.030	
12:0 g	0.005	0.001	4	AR	1		0.004	0.023	
13:0 g									
14:0 g	0.174	0.018	4	AR	1		0.148	0.801	
15:0 g	0.025	0.003	4	AR	1		0.022	0.117	
16:0 g	1.577	0.130	4	AR	1		1.340	7.268	
17:0 g	0.077	0.008	4	AR	1		0.065	0.353	
18:0 g	0.911	0.072	4	AR	1		0.774	4.198	
20:0 g	0.004	0.001	4	AR	1		0.004	0.020	
22:0 g									
24:0 g	0.004	0.002	4	AR	1		0.003	0.018	
Fatty acids, total monounsaturated g	3.091		0	NC	4		2.627	14.250	
14:1 g	0.038	0.001	4	AR	1		0.032	0.176	
15:1 g									
16:1 undifferentiated g	0.216		0	AS	1		0.184	0.997	
16:1 c g	0.200	0.021	4	AR	1		0.170	0.923	
16:1 t g	0.016	0.003	4	AR	1		0.014	0.074	
17:1 g	0.049	0.012	4	AR	1		0.042	0.228	
18:1 undifferentiated g	2.775		0	AS	1		2.359	12.792	
18:1 c g	2.520	0.178	4	AR	1		2.142	11.618	
18:1 t g	0.255	0.058	4	AR	1		0.216	1.174	
18:1-11 t (18:1t n-7) g									
20:1 g	0.012	0.001	4	AR	1		0.011	0.057	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.374		0	NC	4		0.318	1.722	
18:2 undifferentiated g	0.292		0	AS	1		0.248	1.345	
18:2 n-6 c,c g	0.236	0.024	4	AR	1		0.200	1.087	
18:2 CLAs g	0.023	0.003	4	AR	1		0.020	0.108	
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.033	0.005	4	AR	1		0.028	0.150	
18:3 undifferentiated g	0.012		0	AS	1		0.010	0.053	
18:3 n-3 c,c,c (ALA) g	0.012	0.002	4	AR	1		0.010	0.053	
18:3 n-6 c,c,c g									
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.002	0.000	4	AR	1		0.002	0.009	
20:3 undifferentiated g	0.015		0	AS	1		0.012	0.067	
20:3 n-3 g									
20:3 n-6 g	0.015	0.001	4	AR	1		0.012	0.067	
20:4 undifferentiated g	0.041	0.005	4	AR	1		0.035	0.191	
20:4 n-6 g									
20:5 n-3 (EPA) g	0.002	0.001	4	AR	1		0.002	0.010	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.010	0.001	4	AR	1		0.009	0.047	
22:6 n-3 (DHA) g	0.000		4	AR	1		0.000	0.000	
Fatty acids, total trans g	0.303		0	NC	4		0.258	1.398	
Fatty acids, total trans-monoenoic g	0.271		0	NC	4		0.230	1.248	
Fatty acids, total trans-polyenoic g	0.033		0	NC	4		0.028	0.150	
Cholesterol mg	59	0.633	4	AR	1		50	272	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.261		0	AR	1		0.222	1.205	
Threonine g	1.085		0	AR	1		0.923	5.003	
Isoleucine g	1.080		0	AR	1		0.918	4.979	
Leucine g	1.979		0	AR	1		1.682	9.123	

NDB No. 13235

Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.204		0	AR	1		1.873	10.159	
Methionine g	0.613		0	AR	1		0.521	2.827	
Cystine g	0.230		0	AR	1		0.195	1.060	
Phenylalanine g	0.920		0	AR	1		0.782	4.240	
Tyrosine g	0.861		0	AR	1		0.731	3.967	
Valine g	1.143		0	AR	1		0.971	5.268	
Arginine g	1.542		0	AR	1		1.311	7.108	
Histidine g	0.845		0	AR	1		0.718	3.895	
Alanine g	1.378		0	AR	1		1.171	6.353	
Aspartic acid g	2.221		0	AR	1		1.888	10.240	
Glutamic acid g	3.766		0	AR	1		3.202	17.363	
Glycine g	0.993		0	AR	1		0.844	4.578	
Proline g	0.963		0	AR	1		0.819	4.441	
Serine g	0.934		0	AR	1		0.794	4.305	
Hydroxyproline g	0.112		0	AR	1		0.095	0.515	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 461g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13483

Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, cooked, grilled

T-Bone Steak, URMIS # 1369

Refuse: 44% Bone and connective tissue, 32%, separable fat, 12%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	61.98	0.599	12	AR	1		52.68	228.08	
Energy kcal	206		0	NC	4		175	757	
Energy kJ	861		0	NC	4		732	3168	
Protein (N x 6.25) g	28.45	0.719	12	AR	1		24.18	104.68	
Total lipid (fat) g	9.35	1.140	12	AR	1		7.94	34.39	
Ash g	1.09	0.028	12	AR	1		0.92	4.00	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	18		1	AR	1		15	65	
Iron, Fe mg	3.65		1	AR	1		3.10	13.43	
Magnesium, Mg mg	24		1	AR	1		20	88	
Phosphorus, P mg	234		1	AR	1		199	862	
Potassium, K mg	304		1	AR	1		258	1117	
Sodium, Na mg	66		1	AR	1		56	243	
Zinc, Zn mg	4.47		1	AR	1		3.80	16.44	
Copper, Cu mg	0.063		1	AR	1		0.054	0.232	
Manganese, Mn mg	0.004		1	AR	1		0.003	0.014	
Selenium, Se µg	28.5		1	AR	1		24.2	104.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.061		0	BFPN	4		0.052	0.224	
Riboflavin mg	0.230		2	AR	1		0.196	0.846	
Niacin mg	5.835		2	AR	1		4.960	21.473	
Pantothenic acid mg	0.374		0	BFPN	4		0.318	1.376	
Vitamin B-6 mg	0.754		2	AR	1		0.641	2.775	
Folate, total µg	7		0	BFPN	4		6	24	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	7		0	BFPN	4		6	24	
Folate, DFE µg	7		0	NC	4		6	24	
Choline, total mg	61.5		0	BFPN	4		52.3	226.4	
Betaine mg	8.0		0	BFPN	4		6.8	29.6	
Vitamin B-12 µg	2.07		2	AR	1		1.76	7.62	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		2	8	
Retinol µg	2		0	BFSN	4		2	8	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	7		0	NC	4		6	26	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.24		0	BFFN	4		0.20	0.89	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	BFFN	4		0.1	0.2	
Vitamin D IU	3		0	BFFN	4		2	10	
Vitamin K (phylloquinone) µg	1.5		0	BFSN	4		1.2	5.4	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13483

Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.648		0	NC	4		3.101	13.426	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.009		2	AR	1		0.007	0.032	
12:0....g	0.009		2	AR	1		0.007	0.032	
13:0....g									
14:0....g	0.247		2	AR	1		0.210	0.909	
15:0....g	0.047		2	AR	1		0.040	0.174	
16:0....g	2.047		2	AR	1		1.740	7.534	
17:0....g	0.109		2	AR	1		0.093	0.401	
18:0....g	1.173		2	AR	1		0.997	4.316	
20:0....g	0.005		2	AR	1		0.004	0.019	
22:0....g									
24:0....g	0.002		2	AR	1		0.002	0.009	
Fatty acids, total monounsaturated....g	3.785		0	NC	4		3.217	13.929	
14:1....g	0.044		2	AR	1		0.038	0.163	
15:1....g									
16:1 undifferentiated....g	0.273		0	AS	1		0.232	1.005	
16:1 c....g	0.248		2	AR	1		0.211	0.912	
16:1 t....g	0.025		2	AR	1		0.022	0.093	
17:1....g	0.075		2	AR	1		0.063	0.274	
18:1 undifferentiated....g	3.381		0	AS	1		2.874	12.442	
18:1 c....g	2.926		2	AR	1		2.487	10.769	
18:1 t....g	0.455		2	AR	1		0.387	1.674	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.012		2	AR	1		0.010	0.045	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.480		0	NC	4		0.408	1.766	
18:2 undifferentiated....g	0.387		0	AS	1		0.329	1.422	
18:2 n-6 c,c....g	0.299		2	AR	1		0.254	1.098	
18:2 CLAs....g	0.031		2	AR	1		0.026	0.114	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.057		2	AR	1		0.048	0.210	
18:3 undifferentiated....g	0.014		0	AS	1		0.012	0.050	
18:3 n-3 c,c,c (ALA)....g	0.014		2	AR	1		0.012	0.050	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.002		2	AR	1		0.002	0.008	
20:3 undifferentiated....g	0.016		0	AS	1		0.013	0.058	
20:3 n-3....g									
20:3 n-6....g	0.016		2	AR	1		0.013	0.058	
20:4 undifferentiated....g	0.049		2	AR	1		0.041	0.179	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002		2	AR	1		0.002	0.008	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.011		2	AR	1		0.009	0.039	
22:6 n-3 (DHA)....g	0.000		2	AR	1		0.000	0.001	
Fatty acids, total trans....g	0.537		0	NC	4		0.457	1.977	
Fatty acids, total trans-monoenoic....g	0.480		0	NC	4		0.408	1.767	
Fatty acids, total trans-polyenoic....g	0.057		0	NC	4		0.048	0.210	
Cholesterol....mg	83		2	AR	1		71	306	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.357		0	A	1		0.303	1.312	
Threonine....g	1.523		0	A	1		1.294	5.603	
Isoleucine....g	1.509		0	A	1		1.283	5.553	
Leucine....g	2.812		0	A	1		2.390	10.349	

NDB No. 13483

Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	3.155		0	A	1		2.682	11.611	
Methionine....g	0.864		0	A	1		0.735	3.180	
Cystine....g	0.329		0	A	1		0.280	1.212	
Phenylalanine....g	1.289		0	A	1		1.096	4.745	
Tyrosine....g	1.221		0	A	1		1.038	4.493	
Valine....g	1.591		0	A	1		1.353	5.856	
Arginine....g	2.195		0	A	1		1.866	8.077	
Histidine....g	1.235		0	A	1		1.049	4.543	
Alanine....g	1.934		0	A	1		1.644	7.118	
Aspartic acid....g	3.155		0	A	1		2.682	11.611	
Glutamic acid....g	5.295		0	A	1		4.501	19.486	
Glycine....g	1.399		0	A	1		1.189	5.149	
Proline....g	1.385		0	A	1		1.178	5.099	
Serine....g	1.331		0	A	1		1.131	4.897	
Hydroxyproline....g	0.138		0	A	1		0.117	0.508	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 368g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13482

Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw

T-Bone Steak, URMIS # 1369

Refuse: 41% Bone and heavy connective tissue, 26%, Separable fat 14%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	71.86	0.319	12	AR	1		61.08	329.10	
Energy kcal	144		0	NC	4		122	659	
Energy kJ	602		0	NC	4		512	2757	
Protein (N x 6.25) g	22.41	0.395	12	AR	1		19.04	102.62	
Total lipid (fat) g	5.34	0.508	12	AR	1		4.54	24.44	
Ash g	1.02	0.025	12	AR	1		0.86	4.65	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	23		1	AR	1		20	108	
Iron, Fe mg	1.77		1	AR	1		1.50	8.10	
Magnesium, Mg mg	12		1	AR	1		10	54	
Phosphorus, P mg	214		1	AR	1		182	981	
Potassium, K mg	284		1	AR	1		242	1302	
Sodium, Na mg	57		1	AR	1		48	260	
Zinc, Zn mg	4.01		1	AR	1		3.41	18.37	
Copper, Cu mg	0.054		1	AR	1		0.045	0.245	
Manganese, Mn mg	0.002		1	AR	1		0.002	0.009	
Selenium, Se µg	21.8		1	AR	1		18.5	99.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.058		0	BFPN	4		0.049	0.264	
Riboflavin mg	0.200		2	AR	1		0.170	0.916	
Niacin mg	5.730		2	AR	1		4.871	26.243	
Pantothenic acid mg	0.375		0	BFPN	4		0.319	1.717	
Vitamin B-6 mg	0.644		2	AR	1		0.547	2.949	
Folate, total µg	4		0	BFPN	4		3	16	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	4		0	BFPN	4		3	16	
Folate, DFE µg	4		0	NC	4		3	16	
Choline, total mg	58.9		0	BFPN	4		50.1	269.8	
Betaine mg	9.5		0	BFPN	4		8.1	43.5	
Vitamin B-12 µg	1.84		2	AR	1		1.56	8.40	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		2	10	
Retinol µg	2		0	BFSN	4		2	10	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	7		0	NC	4		6	33	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.23		0	BFFN	4		0.19	1.04	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	BFFN	4		0.0	0.2	
Vitamin D IU	2		0	BFFN	4		1	8	
Vitamin K (phylloquinone) µg	1.2		0	BFSN	4		1.0	5.5	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13482

Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.152		0	NC	4		1.829	9.858	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.007		2	AR	1		0.006	0.034	
12:0....g	0.005		2	AR	1		0.004	0.022	
13:0....g									
14:0....g	0.145		2	AR	1		0.123	0.662	
15:0....g	0.026		2	AR	1		0.022	0.119	
16:0....g	1.214		2	AR	1		1.031	5.558	
17:0....g	0.064		2	AR	1		0.055	0.295	
18:0....g	0.686		2	AR	1		0.583	3.140	
20:0....g	0.003		2	AR	1		0.003	0.014	
22:0....g									
24:0....g	0.003		2	AR	1		0.003	0.014	
Fatty acids, total monounsaturated....g	2.282		0	NC	4		1.940	10.453	
14:1....g	0.029		2	AR	1		0.025	0.132	
15:1....g									
16:1 undifferentiated....g	0.162		0	AS	1		0.137	0.741	
16:1 c....g	0.146		2	AR	1		0.124	0.669	
16:1 t....g	0.016		2	AR	1		0.013	0.072	
17:1....g	0.044		2	AR	1		0.037	0.201	
18:1 undifferentiated....g	2.039		0	AS	1		1.733	9.340	
18:1 c....g	1.806		2	AR	1		1.535	8.271	
18:1 t....g	0.233		2	AR	1		0.198	1.069	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.009		2	AR	1		0.007	0.040	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.298		0	NC	4		0.254	1.367	
18:2 undifferentiated....g	0.224		0	AS	1		0.190	1.025	
18:2 n-6 c,c....g	0.183		2	AR	1		0.156	0.839	
18:2 CLAs....g	0.015		2	AR	1		0.013	0.070	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.025		2	AR	1		0.022	0.116	
18:3 undifferentiated....g	0.008		0	AS	1		0.007	0.038	
18:3 n-3 c,c,c (ALA)....g	0.008		2	AR	1		0.007	0.038	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.002		2	AR	1		0.001	0.007	
20:3 undifferentiated....g	0.015		0	AS	1		0.013	0.070	
20:3 n-3....g									
20:3 n-6....g	0.015		2	AR	1		0.013	0.070	
20:4 undifferentiated....g	0.038		2	AR	1		0.032	0.174	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002		2	AR	1		0.001	0.008	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.010		2	AR	1		0.008	0.044	
22:6 n-3 (DHA)....g	0.000		2	AR	1		0.000	0.000	
Fatty acids, total trans....g	0.274		0	NC	4		0.233	1.257	
Fatty acids, total trans-monoenoic....g	0.249		0	NC	4		0.212	1.141	
Fatty acids, total trans-polyenoic....g	0.025		0	NC	4		0.022	0.116	
Cholesterol....mg	59		2	AR	1		50	271	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.292		0	AR	1		0.248	1.338	
Threonine....g	1.247		0	AR	1		1.060	5.713	
Isoleucine....g	1.236		0	AR	1		1.051	5.662	
Leucine....g	2.304		0	AR	1		1.958	10.551	

NDB No. 13482

Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.585		0	AR	1		2.197	11.838	
Methionine g	0.708		0	AR	1		0.602	3.243	
Cystine g	0.270		0	AR	1		0.229	1.235	
Phenylalanine g	1.056		0	AR	1		0.898	4.838	
Tyrosine g	1.000		0	AR	1		0.850	4.581	
Valine g	1.304		0	AR	1		1.108	5.970	
Arginine g	1.798		0	AR	1		1.528	8.235	
Histidine g	1.011		0	AR	1		0.860	4.632	
Alanine g	1.585		0	AR	1		1.347	7.257	
Aspartic acid g	2.585		0	AR	1		2.197	11.838	
Glutamic acid g	4.338		0	AR	1		3.687	19.867	
Glycine g	1.146		0	AR	1		0.974	5.250	
Proline g	1.135		0	AR	1		0.965	5.198	
Serine g	1.090		0	AR	1		0.927	4.993	
Hydroxyproline g	0.113		0	AR	1		0.096	0.518	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 458g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13474

Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled

URMIS # 2184

Refuse: 23% Bone and heavy connective tissue, 23%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	56.97		0	PAK	1		48.42	258.40	
Energy kcal	258		0	NC	4		220	1172	
Energy kJ	1081		0	NC	4		919	4904	
Protein (N x 6.25) g	24.05		0	PAK	1		20.44	109.08	
Total lipid (fat) g	17.26		0	PAK	1		14.67	78.29	
Ash g	1.08		0	PAK	1		0.92	4.90	
Carbohydrate, by difference g	0.00		0	PIK	4		0.00	0.00	
Fiber, total dietary g	0.0		0	PIK	4		0.0	0.0	
Sugars, total g	0.00		0	PIK	4		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	5		0	PAK	1		4	24	
Iron, Fe mg	3.33		0	PAK	1		2.83	15.10	
Magnesium, Mg mg	24		0	PAK	1		20	107	
Phosphorus, P mg	197		0	PAK	1		168	896	
Potassium, K mg	300		0	PAK	1		255	1363	
Sodium, Na mg	67		0	PAK	1		57	305	
Zinc, Zn mg	4.64		0	PAK	1		3.95	21.06	
Copper, Cu mg	0.131		0	PAK	1		0.111	0.593	
Manganese, Mn mg	0.015		0	PAK	1		0.013	0.067	
Selenium, Se µg	10.9		0	PIK	4		9.3	49.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0	0.0	
Thiamin mg	0.100		0	PAK	1		0.085	0.453	
Riboflavin mg	0.230		0	PAK	1		0.195	1.043	
Niacin mg	4.242		0	PAK	1		3.606	19.241	
Pantothenic acid mg	0.307		0	PAK	1		0.261	1.394	
Vitamin B-6 mg	0.359		0	PAK	1		0.305	1.626	
Folate, total µg	7		0	PAK	1		6	33	
Folic acid µg	0		0	PIK	4		0	0	
Folate, food µg	7		0	PAK	1		6	33	
Folate, DFE µg	7		0	NC	4		6	33	
Choline, total mg	91.6		0	BFPN	4		77.9	415.5	
Betaine mg									
Vitamin B-12 µg	2.19		0	PAK	1		1.86	9.93	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	PAK	1		0	0	
Retinol µg	0		0	PIK	4		0	0	
Carotene, beta µg	0		0	PIK	4		0	0	
Carotene, alpha µg	0		0	PIK	4		0	0	
Cryptoxanthin, beta µg	0		0	PIK	4		0	0	
Vitamin A, IU IU	0		0	PAK	1		0	0	
Lycopene µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin µg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol) mg	0.18		0	PIK	4		0.15	0.82	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13474

Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	6.449		0	PIK	4		5.482	29.253	
4:0....g	0.000		0	PAK	1		0.000	0.000	
6:0....g	0.000		0	PAK	1		0.000	0.000	
8:0....g	0.000		0	PAK	1		0.000	0.000	
10:0....g	0.034		0	PAK	1		0.029	0.154	
12:0....g	0.040		0	PAK	1		0.034	0.183	
13:0....g									
14:0....g	0.462		0	PAK	1		0.393	2.096	
15:0....g									
16:0....g	4.022		0	PAK	1		3.419	18.244	
17:0....g									
18:0....g	1.873		0	PAK	1		1.592	8.496	
20:0....g	0.017		0	PAK	1		0.015	0.079	
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.896		0	PIK	4		6.712	35.818	
14:1....g	0.070		0	PAK	1		0.059	0.317	
15:1....g									
16:1 undifferentiated....g	0.632		0	PAK	1		0.537	2.865	
17:1....g									
18:1 undifferentiated....g	7.173		0	PAK	1		6.097	32.539	
20:1....g	0.021		0	PAK	1		0.018	0.097	
22:1 undifferentiated....g	0.000		0	PAK	1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.615		0	PIK	4		0.523	2.789	
18:2 undifferentiated....g	0.423		0	PAK	1		0.359	1.917	
18:3 undifferentiated....g	0.166		0	PAK	1		0.141	0.753	
18:4....g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.026		0	PAK	1		0.022	0.119	
20:5 n-3 (EPA)....g	0.000		0	PAK	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	PAK	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	61		0	PAK	1		52	275	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.260		0	PAK	1		0.221	1.180	
Threonine....g	1.108		0	PAK	1		0.942	5.026	
Isoleucine....g	1.233		0	PAK	1		1.048	5.592	
Leucine....g	2.114		0	PAK	1		1.796	9.587	
Lysine....g	2.243		0	PAK	1		1.906	10.173	
Methionine....g	0.679		0	PAK	1		0.577	3.078	
Cystine....g	0.259		0	PAK	1		0.220	1.174	
Phenylalanine....g	1.037		0	PAK	1		0.881	4.704	
Tyrosine....g	0.877		0	PAK	1		0.746	3.980	
Valine....g	1.293		0	PAK	1		1.099	5.866	
Arginine....g	1.615		0	PAK	1		1.372	7.324	
Histidine....g	0.778		0	PAK	1		0.661	3.529	
Alanine....g	1.453		0	PAK	1		1.235	6.592	
Aspartic acid....g	2.386		0	PAK	1		2.028	10.824	
Glutamic acid....g	3.841		0	PAK	1		3.265	17.425	
Glycine....g	1.153		0	PAK	1		0.980	5.229	
Proline....g	1.019		0	PAK	1		0.866	4.623	
Serine....g	0.962		0	PAK	1		0.818	4.365	
Hydroxyproline....g	0.105		0	PAK	1		0.089	0.476	
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	
Caffeine....mg	0		0	PIK	4		0	0	

NDB No. 13474

Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13477

Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled

URMIS # 01369

Refuse: 21% Bone and heavy connective tissue, 21%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	58.97		0	PAK	1		50.13	267.49	
Energy kcal	230		0	NC	4		196	1045	
Energy kJ	964		0	NC	4		819	4372	
Protein (N x 6.25) g	24.38		0	PAK	1		20.72	110.60	
Total lipid (fat) g	14.00		0	PAK	1		11.90	63.49	
Ash g	1.12		0	PAK	1		0.95	5.08	
Carbohydrate, by difference g	0.00		0	PIK	4		0.00	0.00	
Fiber, total dietary g	0.0		0	PIK	4		0.0	0.0	
Sugars, total g	0.00		0	PIK	4		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	5		0	PAK	1		4	23	
Iron, Fe mg	3.38		0	PAK	1		2.87	15.34	
Magnesium, Mg mg	24		0	PAK	1		20	109	
Phosphorus, P mg	200		0	PAK	1		170	909	
Potassium, K mg	305		0	PAK	1		259	1382	
Sodium, Na mg	68		0	PAK	1		58	308	
Zinc, Zn mg	4.72		0	PAK	1		4.01	21.41	
Copper, Cu mg	0.133		0	PAK	1		0.113	0.602	
Manganese, Mn mg	0.015		0	PAK	1		0.013	0.068	
Selenium, Se µg	10.8		0	PIK	4		9.2	48.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0	0.0	
Thiamin mg	0.102		0	PAK	1		0.086	0.461	
Riboflavin mg	0.233		0	PAK	1		0.198	1.058	
Niacin mg	4.305		0	PAK	1		3.660	19.529	
Pantothenic acid mg	0.311		0	PAK	1		0.264	1.411	
Vitamin B-6 mg	0.364		0	PAK	1		0.309	1.650	
Folate, total µg	7		0	PAK	1		6	34	
Folic acid µg	0		0	PIK	4		0	0	
Folate, food µg	7		0	PAK	1		6	34	
Folate, DFE µg	7		0	NC	4		6	34	
Choline, total mg	92.9		0	BFPN	4		78.9	421.2	
Betaine mg									
Vitamin B-12 µg	2.20		0	PAK	1		1.87	9.99	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	PAK	1		0	0	
Retinol µg	0		0	PIK	4		0	0	
Carotene, beta µg	0		0	PIK	4		0	0	
Carotene, alpha µg	0		0	PIK	4		0	0	
Cryptoxanthin, beta µg	0		0	PIK	4		0	0	
Vitamin A, IU IU	0		0	PAK	1		0	0	
Lycopene µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin µg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol) mg	0.17		0	PIK	4		0.15	0.79	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13477

Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	5.527		0	PIK	4		4.698	25.069	
4:0....g	0.000		0	PAK	1		0.000	0.000	
6:0....g	0.000		0	PAK	1		0.000	0.000	
8:0....g	0.000		0	PAK	1		0.000	0.000	
10:0....g	0.028		0	PAK	1		0.024	0.129	
12:0....g	0.026		0	PAK	1		0.022	0.120	
13:0....g									
14:0....g	0.436		0	PAK	1		0.370	1.976	
15:0....g									
16:0....g	3.371		0	PAK	1		2.866	15.293	
17:0....g									
18:0....g	1.656		0	PAK	1		1.408	7.511	
20:0....g	0.009		0	PAK	1		0.008	0.041	
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.197		0	PIK	4		5.268	28.111	
14:1....g	0.063		0	PAK	1		0.053	0.284	
15:1....g									
16:1 undifferentiated....g	0.519		0	PAK	1		0.441	2.353	
17:1....g									
18:1 undifferentiated....g	5.598		0	PAK	1		4.758	25.393	
20:1....g	0.018		0	PAK	1		0.015	0.081	
22:1 undifferentiated....g	0.000		0	PAK	1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.620		0	PIK	4		0.527	2.814	
18:2 undifferentiated....g	0.385		0	PAK	1		0.328	1.748	
18:3 undifferentiated....g	0.163		0	PAK	1		0.139	0.741	
18:4....g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.072		0	PAK	1		0.061	0.325	
20:5 n-3 (EPA)....g	0.000		0	PAK	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	PAK	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	59		0	PAK	1		50	266	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.264		0	PAK	1		0.224	1.196	
Threonine....g	1.124		0	PAK	1		0.955	5.099	
Isoleucine....g	1.252		0	PAK	1		1.064	5.677	
Leucine....g	2.145		0	PAK	1		1.823	9.730	
Lysine....g	2.276		0	PAK	1		1.935	10.325	
Methionine....g	0.689		0	PAK	1		0.585	3.123	
Cystine....g	0.262		0	PAK	1		0.223	1.190	
Phenylalanine....g	1.052		0	PAK	1		0.895	4.774	
Tyrosine....g	0.890		0	PAK	1		0.757	4.038	
Valine....g	1.312		0	PAK	1		1.115	5.953	
Arginine....g	1.638		0	PAK	1		1.392	7.430	
Histidine....g	0.788		0	PAK	1		0.670	3.576	
Alanine....g	1.474		0	PAK	1		1.253	6.684	
Aspartic acid....g	2.421		0	PAK	1		2.058	10.983	
Glutamic acid....g	3.897		0	PAK	1		3.313	17.677	
Glycine....g	1.167		0	PAK	1		0.992	5.294	
Proline....g	1.033		0	PAK	1		0.878	4.686	
Serine....g	0.976		0	PAK	1		0.830	4.428	
Hydroxyproline....g	0.107		0	PAK	1		0.091	0.488	
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	
Caffeine....mg	0		0	PIK	4		0	0	

NDB No. 13477

Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13473

Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Refuse: 22% Bone and heavy connective tissue, 22%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	57.78		0	PAK	1		49.11	262.10	
Energy kcal	247		0	NC	4		210	1120	
Energy kJ	1033		0	NC	4		878	4687	
Protein (N x 6.25) g	24.18		0	PAK	1		20.56	109.70	
Total lipid (fat) g	15.93		0	PAK	1		13.54	72.27	
Ash g	1.10		0	PAK	1		0.93	4.97	
Carbohydrate, by difference g	0.00		0	PIK	4		0.00	0.00	
Fiber, total dietary g	0.0		0	PIK	4		0.0	0.0	
Sugars, total g	0.00		0	PIK	4		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	5		0	PAK	1		4	23	
Iron, Fe mg	3.35		0	PAK	1		2.85	15.19	
Magnesium, Mg mg	24		0	PAK	1		20	108	
Phosphorus, P mg	199		0	PAK	1		169	901	
Potassium, K mg	302		0	PAK	1		257	1371	
Sodium, Na mg	67		0	PAK	1		57	306	
Zinc, Zn mg	4.67		0	PAK	1		3.97	21.20	
Copper, Cu mg	0.131		0	PAK	1		0.112	0.596	
Manganese, Mn mg	0.015		0	PAK	1		0.013	0.068	
Selenium, Se µg	10.9		0	PIK	4		9.2	49.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0	0.0	
Thiamin mg	0.101		0	PAK	1		0.086	0.456	
Riboflavin mg	0.231		0	PAK	1		0.197	1.049	
Niacin mg	4.268		0	PAK	1		3.628	19.358	
Pantothenic acid mg	0.309		0	PAK	1		0.263	1.401	
Vitamin B-6 mg	0.361		0	PAK	1		0.307	1.636	
Folate, total µg	7		0	PAK	1		6	34	
Folic acid µg	0		0	PIK	4		0	0	
Folate, food µg	7		0	PAK	1		6	34	
Folate, DFE µg	7		0	NC	4		6	34	
Choline, total mg	92.1		0	BFPN	4		78.3	417.8	
Betaine mg									
Vitamin B-12 µg	2.19		0	PAK	1		1.86	9.95	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	NC	4		0	0	
Retinol µg	0		0	PIK	4		0	0	
Carotene, beta µg	0		0	PIK	4		0	0	
Carotene, alpha µg	0		0	PIK	4		0	0	
Cryptoxanthin, beta µg	0		0	PIK	4		0	0	
Vitamin A, IU IU	0		0	PIK	4		0	0	
Lycopene µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin µg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol) mg	0.18		0	PIK	4		0.15	0.81	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13473

Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	6.074		0	PIK	4		5.163	27.550	
4:0....g	0.000		0	PAK	1		0.000	0.000	
6:0....g	0.000		0	PAK	1		0.000	0.000	
8:0....g	0.000		0	PAK	1		0.000	0.000	
10:0....g	0.032		0	PAK	1		0.027	0.144	
12:0....g	0.035		0	PAK	1		0.029	0.157	
13:0....g									
14:0....g	0.451		0	PAK	1		0.384	2.047	
15:0....g									
16:0....g	3.757		0	PAK	1		3.194	17.043	
17:0....g									
18:0....g	1.785		0	PAK	1		1.517	8.095	
20:0....g	0.014		0	PAK	1		0.012	0.064	
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.205		0	PIK	4		6.124	32.682	
14:1....g	0.067		0	PAK	1		0.057	0.304	
15:1....g									
16:1 undifferentiated....g	0.586		0	PAK	1		0.498	2.657	
17:1....g									
18:1 undifferentiated....g	6.532		0	PAK	1		5.552	29.630	
20:1....g	0.020		0	PAK	1		0.017	0.091	
22:1 undifferentiated....g	0.000		0	PAK	1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.617		0	PIK	4		0.525	2.799	
18:2 undifferentiated....g	0.407		0	PAK	1		0.346	1.848	
18:3 undifferentiated....g	0.165		0	PAK	1		0.140	0.748	
18:4....g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.045		0	PAK	1		0.038	0.203	
20:5 n-3 (EPA)....g	0.000		0	PAK	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	PAK	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	60		0	PAK	1		51	272	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.261		0	PAK	1		0.222	1.186	
Threonine....g	1.115		0	PAK	1		0.947	5.056	
Isoleucine....g	1.241		0	PAK	1		1.054	5.627	
Leucine....g	2.126		0	PAK	1		1.807	9.645	
Lysine....g	2.256		0	PAK	1		1.918	10.235	
Methionine....g	0.683		0	PAK	1		0.580	3.096	
Cystine....g	0.260		0	PAK	1		0.221	1.180	
Phenylalanine....g	1.043		0	PAK	1		0.887	4.732	
Tyrosine....g	0.883		0	PAK	1		0.750	4.003	
Valine....g	1.301		0	PAK	1		1.106	5.901	
Arginine....g	1.624		0	PAK	1		1.381	7.367	
Histidine....g	0.782		0	PAK	1		0.665	3.548	
Alanine....g	1.462		0	PAK	1		1.242	6.630	
Aspartic acid....g	2.400		0	PAK	1		2.040	10.889	
Glutamic acid....g	3.864		0	PAK	1		3.285	17.528	
Glycine....g	1.159		0	PAK	1		0.985	5.255	
Proline....g	1.025		0	PAK	1		0.871	4.649	
Serine....g	0.968		0	PAK	1		0.823	4.391	
Hydroxyproline....g	0.106		0	PAK	1		0.090	0.481	
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	
Caffeine....mg	0		0	PIK	4		0	0	

NDB No. 13473

Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23006

Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled

T-Bone Steak

Refuse: 30% Bone and connective tissue 30%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	54.50	0.785	36	AR	1		46.33	197.84	
Energy kcal	289		0	NC	4		245	1048	
Energy kJ	1208		0	NC	4		1027	4385	
Protein (N x 6.25) g	24.60	0.421	36	AR	1		20.91	89.29	
Total lipid (fat) g	20.36	0.719	36	AR	1		17.31	73.92	
Ash g	0.96	0.025	36	AR	1		0.81	3.48	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	19		3	AR	1		16	68	
Iron, Fe mg	3.24		3	AR	1		2.76	11.77	
Magnesium, Mg mg	18		3	AR	1		16	67	
Phosphorus, P mg	201		3	AR	1		171	729	
Potassium, K mg	248		3	AR	1		211	902	
Sodium, Na mg	62		3	AR	1		53	225	
Zinc, Zn mg	3.96		3	AR	1		3.37	14.37	
Copper, Cu mg	0.064		3	AR	1		0.054	0.232	
Manganese, Mn mg	0.003		3	AR	1		0.003	0.011	
Selenium, Se µg	25.4		3	AR	1		21.6	92.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.055		0	BFPN	4		0.047	0.199	
Riboflavin mg	0.222	0.013	6	AR	1		0.188	0.804	
Niacin mg	5.480	0.108	6	AR	1		4.658	19.894	
Pantothenic acid mg									
Vitamin B-6 mg	0.662	0.013	6	AR	1		0.563	2.405	
Folate, total µg	6		0	BFPN	4		5	22	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	6		0	BFPN	4		5	22	
Folate, DFE µg	6		0	NC	4		5	22	
Choline, total mg	58.0		0	BFPN	4		49.3	210.6	
Betaine mg	8.3		0	BFPN	4		7.1	30.2	
Vitamin B-12 µg	1.85	0.046	6	AR	1		1.58	6.73	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	8		0	NC	4		6	28	
Retinol µg	8		0	BFSN	4		6	28	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	25		0	NC	4		22	92	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.23		0	BFSN	4		0.20	0.84	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.5	
Vitamin D IU	6		0	BFFN	4		5	21	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23006

Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	8.356		0	NC	4		7.102	30.330	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.014	0.002	6	AR	1		0.012	0.052	
12:0....g	0.017	0.001	6	AR	1		0.014	0.060	
13:0....g									
14:0....g	0.584	0.031	6	AR	1		0.496	2.118	
15:0....g	0.097	0.005	6	AR	1		0.083	0.354	
16:0....g	4.584	0.194	6	AR	1		3.896	16.640	
17:0....g	0.232	0.012	6	AR	1		0.197	0.842	
18:0....g	2.808	0.121	6	AR	1		2.387	10.194	
20:0....g	0.015	0.001	6	AR	1		0.013	0.054	
22:0....g									
24:0....g	0.005	0.002	6	AR	1		0.004	0.017	
Fatty acids, total monounsaturated....g	9.174		0	NC	4		7.798	33.302	
14:1....g	0.145	0.007	6	AR	1		0.123	0.525	
15:1....g									
16:1 undifferentiated....g	0.698		0	AS	1		0.593	2.534	
16:1 c....g	0.638	0.032	6	AR	1		0.542	2.315	
16:1 t....g	0.060	0.004	6	AR	1		0.051	0.219	
17:1....g	0.164	0.008	6	AR	1		0.139	0.594	
18:1 undifferentiated....g	8.123		0	AS	1		6.905	29.487	
18:1 c....g	7.032	0.259	6	AR	1		5.977	25.525	
18:1 t....g	1.091	0.053	6	AR	1		0.928	3.962	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.045	0.003	6	AR	1		0.038	0.162	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.910		0	NC	4		0.774	3.304	
18:2 undifferentiated....g	0.783		0	AS	1		0.666	2.844	
18:2 n-6 c,c....g	0.567	0.022	6	AR	1		0.482	2.059	
18:2 CLAs....g	0.098	0.005	6	AR	1		0.083	0.354	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.119	0.006	6	AR	1		0.101	0.431	
18:3 undifferentiated....g	0.035		0	AS	1		0.030	0.128	
18:3 n-3 c,c,c (ALA)....g	0.035	0.001	6	AR	1		0.030	0.128	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.006	0.000	6	AR	1		0.005	0.021	
20:3 undifferentiated....g	0.022		0	AS	1		0.018	0.079	
20:3 n-3....g									
20:3 n-6....g	0.022	0.000	6	AR	1		0.018	0.079	
20:4 undifferentiated....g	0.049	0.005	6	AR	1		0.042	0.178	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002	0.000	6	AR	1		0.002	0.007	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.013	0.000	6	AR	1		0.011	0.047	
22:6 n-3 (DHA)....g	0.000	0.000	6	AR	1		0.000	0.000	
Fatty acids, total trans....g	1.270		0	NC	4		1.080	4.612	
Fatty acids, total trans-monoenoic....g	1.152		0	NC	4		0.979	4.181	
Fatty acids, total trans-polyenoic....g	0.119		0	NC	4		0.101	0.431	
Cholesterol....mg	83	1.144	6	AR	1		70	301	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.275		0	AR	1		0.234	0.999	
Threonine....g	1.159		0	AR	1		0.985	4.208	
Isoleucine....g	1.146		0	AR	1		0.974	4.159	
Leucine....g	2.120		0	AR	1		1.802	7.696	

NDB No. 23006

Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.356		0	AR	1		2.003	8.553	
Methionine g	0.666		0	AR	1		0.566	2.416	
Cystine g	0.251		0	AR	1		0.213	0.910	
Phenylalanine g	0.987		0	AR	1		0.839	3.581	
Tyrosine g	0.917		0	AR	1		0.779	3.327	
Valine g	1.229		0	AR	1		1.045	4.463	
Arginine g	1.675		0	AR	1		1.424	6.080	
Histidine g	0.922		0	AR	1		0.784	3.347	
Alanine g	1.525		0	AR	1		1.296	5.536	
Aspartic acid g	2.397		0	AR	1		2.037	8.700	
Glutamic acid g	4.022		0	AR	1		3.418	14.599	
Glycine g	1.210		0	AR	1		1.029	4.393	
Proline g	1.104		0	AR	1		0.938	4.006	
Serine g	1.013		0	AR	1		0.861	3.676	
Hydroxyproline g	0.168		0	AR	1		0.143	0.610	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 363g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23005

Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw

T-Bone Steak

Refuse: 25% Bone and connective tissue 25%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	64.06	0.722	36	AR	1		54.45	294.68	
Energy kcal	223		0	NC	4		189	1025	
Energy kJ	932		0	NC	4		792	4287	
Protein (N x 6.25) g	20.11	0.393	36	AR	1		17.10	92.53	
Total lipid (fat) g	15.18	0.672	36	AR	1		12.90	69.81	
Ash g	0.92	0.028	36	AR	1		0.78	4.21	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	21		3	AR	1		18	98	
Iron, Fe mg	1.64		3	AR	1		1.40	7.55	
Magnesium, Mg mg	10		3	AR	1		8	45	
Phosphorus, P mg	177		3	AR	1		150	813	
Potassium, K mg	232		3	AR	1		197	1068	
Sodium, Na mg	40		3	AR	1		34	185	
Zinc, Zn mg	3.32		3	AR	1		2.82	15.25	
Copper, Cu mg	0.051		3	AR	1		0.043	0.232	
Manganese, Mn mg	0.002		3	AR	1		0.002	0.009	
Selenium, Se µg	20.0		3	AR	1		17.0	91.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.049		0	BFPN	4		0.042	0.225	
Riboflavin mg	0.187	0.011	6	AR	1		0.159	0.860	
Niacin mg	5.153	0.089	6	AR	1		4.380	23.703	
Pantothenic acid mg									
Vitamin B-6 mg	0.572	0.010	6	AR	1		0.486	2.629	
Folate, total µg	3		0	BFPN	4		3	15	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	3		0	BFPN	4		3	15	
Folate, DFE µg	3		0	NC	4		3	15	
Choline, total mg	52.0		0	BFPN	4		44.2	239.2	
Betaine mg	8.8		0	BFPN	4		7.5	40.6	
Vitamin B-12 µg	1.68	0.064	6	AR	1		1.43	7.72	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	4		0	NC	4		4	20	
Retinol µg	4		0	BFSN	4		4	20	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	15		0	NC	4		12	67	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.22		0	BFSN	4		0.19	1.01	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.5	
Vitamin D IU	5		0	BFFN	4		4	21	
Vitamin K (phylloquinone) µg	1.6		0	BFSN	4		1.3	7.2	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23005

Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	6.495		0	NC	4		5.520	29.875	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.011	0.000	6	AR	1		0.010	0.052	
12:0....g	0.012	0.001	6	AR	1		0.010	0.054	
13:0....g									
14:0....g	0.452	0.025	6	AR	1		0.384	2.077	
15:0....g	0.075	0.004	6	AR	1		0.063	0.344	
16:0....g	3.577	0.183	6	AR	1		3.041	16.455	
17:0....g	0.181	0.010	6	AR	1		0.153	0.830	
18:0....g	2.171	0.113	6	AR	1		1.846	9.988	
20:0....g	0.012	0.001	6	AR	1		0.010	0.055	
22:0....g									
24:0....g	0.004	0.001	6	AR	1		0.004	0.020	
Fatty acids, total monounsaturated....g	7.070		0	NC	4		6.010	32.522	
14:1....g	0.112	0.003	6	AR	1		0.096	0.517	
15:1....g									
16:1 undifferentiated....g	0.531		0	AS	1		0.451	2.443	
16:1 c....g	0.486	0.027	6	AR	1		0.413	2.233	
16:1 t....g	0.046	0.003	6	AR	1		0.039	0.210	
17:1....g	0.122	0.011	6	AR	1		0.103	0.559	
18:1 undifferentiated....g	6.270		0	AS	1		5.329	28.840	
18:1 c....g	5.500	0.273	6	AR	1		4.675	25.300	
18:1 t....g	0.769	0.063	6	AR	1		0.654	3.539	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.036	0.001	6	AR	1		0.030	0.163	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.698		0	NC	4		0.593	3.209	
18:2 undifferentiated....g	0.593		0	AS	1		0.504	2.729	
18:2 n-6 c,c....g	0.427	0.024	6	AR	1		0.363	1.962	
18:2 CLAs....g	0.079	0.005	6	AR	1		0.067	0.361	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.088	0.006	6	AR	1		0.075	0.405	
18:3 undifferentiated....g	0.028		0	AS	1		0.023	0.127	
18:3 n-3 c,c,c (ALA)....g	0.028	0.002	6	AR	1		0.023	0.127	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.005	0.000	6	AR	1		0.004	0.023	
20:3 undifferentiated....g	0.019		0	AS	1		0.016	0.086	
20:3 n-3....g									
20:3 n-6....g	0.019	0.001	6	AR	1		0.016	0.086	
20:4 undifferentiated....g	0.039	0.003	6	AR	1		0.033	0.181	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002	0.000	6	AR	1		0.001	0.008	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.012	0.001	6	AR	1		0.010	0.055	
22:6 n-3 (DHA)....g	0.000		6	AR	1		0.000	0.000	
Fatty acids, total trans....g	0.903		0	NC	4		0.768	4.154	
Fatty acids, total trans-monoenoic....g	0.815		0	NC	4		0.693	3.749	
Fatty acids, total trans-polyenoic....g	0.088		0	NC	4		0.075	0.405	
Cholesterol....mg	62	0.489	6	AR	1		53	285	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.225		0	AR	1		0.191	1.035	
Threonine....g	0.948		0	AR	1		0.806	4.361	
Isoleucine....g	0.937		0	AR	1		0.796	4.310	
Leucine....g	1.734		0	AR	1		1.474	7.975	

NDB No. 23005

Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	1.927		0	AR	1		1.638	8.863	
Methionine g	0.544		0	AR	1		0.463	2.504	
Cystine g	0.205		0	AR	1		0.174	0.943	
Phenylalanine g	0.807		0	AR	1		0.686	3.711	
Tyrosine g	0.749		0	AR	1		0.637	3.448	
Valine g	1.005		0	AR	1		0.855	4.625	
Arginine g	1.370		0	AR	1		1.164	6.301	
Histidine g	0.754		0	AR	1		0.641	3.468	
Alanine g	1.247		0	AR	1		1.060	5.736	
Aspartic acid g	1.960		0	AR	1		1.666	9.015	
Glutamic acid g	3.289		0	AR	1		2.795	15.128	
Glycine g	0.990		0	AR	1		0.841	4.552	
Proline g	0.902		0	AR	1		0.767	4.151	
Serine g	0.828		0	AR	1		0.704	3.810	
Hydroxyproline g	0.137		0	AR	1		0.117	0.632	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 460g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13908

Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled

T-Bone Steak, URMIS # 2184

Refuse: 28% Bone and connective tissue 28%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	53.91	0.825	24	AR	1		45.83	194.09	
Energy kcal	294		0	NC	4		250	1058	
Energy kJ	1230		0	NC	4		1046	4428	
Protein (N x 6.25) g	24.21	0.443	24	AR	1		20.58	87.16	
Total lipid (fat) g	21.13	0.794	24	AR	1		17.96	76.05	
Ash g	0.94	0.026	24	AR	1		0.79	3.37	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	19		2	AR	1		16	69	
Iron, Fe mg	3.24		2	AR	1		2.75	11.65	
Magnesium, Mg mg	17		2	AR	1		15	62	
Phosphorus, P mg	194		2	AR	1		164	697	
Potassium, K mg	240		2	AR	1		204	866	
Sodium, Na mg	63		2	AR	1		54	228	
Zinc, Zn mg	4.02		2	AR	1		3.42	14.47	
Copper, Cu mg	0.069		2	AR	1		0.059	0.250	
Manganese, Mn mg	0.003		2	AR	1		0.002	0.010	
Selenium, Se µg	26.3		2	AR	1		22.3	94.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.053		0	BFPN	4		0.045	0.190	
Riboflavin mg	0.234	0.016	4	AR	1		0.199	0.842	
Niacin mg	5.618	0.134	4	AR	1		4.775	20.225	
Pantothenic acid mg									
Vitamin B-6 mg	0.662	0.016	4	AR	1		0.563	2.384	
Folate, total µg	6		0	BFPN	4		5	21	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	6		0	BFPN	4		5	21	
Folate, DFE µg	6		0	NC	4		5	21	
Choline, total mg	58.6		0	BFPN	4		49.8	211.0	
Betaine mg	8.6		0	BFPN	4		7.3	31.0	
Vitamin B-12 µg	1.79	0.057	4	AR	1		1.52	6.46	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	7		0	NC	4		6	27	
Retinol µg	7		0	BFSN	4		6	27	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	25		0	NC	4		21	89	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.25		0	BFSN	4		0.21	0.90	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.5	
Vitamin D IU	6		0	BFFN	4		5	21	
Vitamin K (phylloquinone) µg	1.6		0	BFSN	4		1.4	5.8	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13908

Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	8.722		0	NC	4		7.414	31.399	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.015	0.002	4	AR	1		0.013	0.055	
12:0....g	0.017	0.001	4	AR	1		0.015	0.063	
13:0....g									
14:0....g	0.605	0.039	4	AR	1		0.514	2.178	
15:0....g	0.098	0.007	4	AR	1		0.083	0.352	
16:0....g	4.796	0.241	4	AR	1		4.076	17.265	
17:0....g	0.238	0.014	4	AR	1		0.202	0.858	
18:0....g	2.932	0.150	4	AR	1		2.492	10.554	
20:0....g	0.015	0.001	4	AR	1		0.013	0.055	
22:0....g									
24:0....g	0.005	0.002	4	AR	1		0.004	0.019	
Fatty acids, total monounsaturated....g	9.674		0	NC	4		8.223	34.827	
14:1....g	0.152	0.008	4	AR	1		0.129	0.546	
15:1....g									
16:1 undifferentiated....g	0.737		0	AS	1		0.626	2.651	
16:1 c....g	0.674	0.039	4	AR	1		0.573	2.426	
16:1 t....g	0.063	0.005	4	AR	1		0.053	0.225	
17:1....g	0.169	0.010	4	AR	1		0.144	0.609	
18:1 undifferentiated....g	8.569		0	AS	1		7.283	30.847	
18:1 c....g	7.453	0.321	4	AR	1		6.335	26.830	
18:1 t....g	1.116	0.066	4	AR	1		0.949	4.017	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.048	0.003	4	AR	1		0.041	0.173	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.948		0	NC	4		0.806	3.412	
18:2 undifferentiated....g	0.816		0	AS	1		0.694	2.938	
18:2 n-6 c,c....g	0.594	0.028	4	AR	1		0.505	2.139	
18:2 CLAs....g	0.101	0.007	4	AR	1		0.086	0.365	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.120	0.008	4	AR	1		0.102	0.433	
18:3 undifferentiated....g	0.038		0	AS	1		0.032	0.135	
18:3 n-3 c,c,c (ALA)....g	0.038	0.002	4	AR	1		0.032	0.135	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.006	0.000	4	AR	1		0.005	0.021	
20:3 undifferentiated....g	0.023		0	AS	1		0.019	0.082	
20:3 n-3....g									
20:3 n-6....g	0.023	0.000	4	AR	1		0.019	0.082	
20:4 undifferentiated....g	0.050	0.006	4	AR	1		0.043	0.180	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002	0.001	4	AR	1		0.002	0.007	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.014	0.000	4	AR	1		0.012	0.049	
22:6 n-3 (DHA)....g	0.000	0.000	4	AR	1		0.000	0.000	
Fatty acids, total trans....g	1.299		0	NC	4		1.104	4.676	
Fatty acids, total trans-monoenoic....g	1.179		0	NC	4		1.002	4.243	
Fatty acids, total trans-polyenoic....g	0.120		0	NC	4		0.102	0.433	
Cholesterol....mg	82	1.422	4	AR	1		70	296	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.272		0	AR	1		0.231	0.978	
Threonine....g	1.135		0	AR	1		0.965	4.086	
Isoleucine....g	1.125		0	AR	1		0.956	4.049	
Leucine....g	2.068		0	AR	1		1.758	7.444	

NDB No. 13908

Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.289		0	AR	1		1.946	8.242	
Methionine g	0.652		0	AR	1		0.555	2.349	
Cystine g	0.244		0	AR	1		0.207	0.878	
Phenylalanine g	0.966		0	AR	1		0.821	3.477	
Tyrosine g	0.895		0	AR	1		0.761	3.223	
Valine g	1.209		0	AR	1		1.028	4.353	
Arginine g	1.634		0	AR	1		1.389	5.884	
Histidine g	0.891		0	AR	1		0.757	3.208	
Alanine g	1.497		0	AR	1		1.272	5.387	
Aspartic acid g	2.338		0	AR	1		1.988	8.418	
Glutamic acid g	3.938		0	AR	1		3.348	14.178	
Glycine g	1.194		0	AR	1		1.015	4.297	
Proline g	1.079		0	AR	1		0.917	3.885	
Serine g	0.989		0	AR	1		0.841	3.561	
Hydroxyproline g	0.165		0	AR	1		0.141	0.596	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 360g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13907

Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw

T-Bone steak, URMIS # 2184

Refuse: 25% Bone and connective tissue 25%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	63.43	0.752	24	AR	1		53.92	292.42	
Energy kcal	228		0	NC	4		194	1052	
Energy kJ	955		0	NC	4		812	4403	
Protein (N x 6.25) g	20.00	0.403	24	AR	1		17.00	92.22	
Total lipid (fat) g	15.83	0.732	24	AR	1		13.46	72.99	
Ash g	0.91	0.028	24	AR	1		0.77	4.20	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	21		2	AR	1		18	97	
Iron, Fe mg	1.64		2	AR	1		1.39	7.54	
Magnesium, Mg mg	10		2	AR	1		8	45	
Phosphorus, P mg	174		2	AR	1		148	802	
Potassium, K mg	229		2	AR	1		195	1057	
Sodium, Na mg	35		2	AR	1		29	160	
Zinc, Zn mg	3.31		2	AR	1		2.81	15.26	
Copper, Cu mg	0.053		2	AR	1		0.045	0.243	
Manganese, Mn mg	0.002		2	AR	1		0.002	0.011	
Selenium, Se µg	19.8		2	AR	1		16.8	91.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.047		0	BFPN	4		0.040	0.216	
Riboflavin mg	0.195	0.014	4	AR	1		0.166	0.898	
Niacin mg	5.164	0.111	4	AR	1		4.389	23.806	
Pantothenic acid mg									
Vitamin B-6 mg	0.568	0.013	4	AR	1		0.483	2.620	
Folate, total µg	5		0	BFPN	4		4	22	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	5		0	BFPN	4		4	22	
Folate, DFE µg	5		0	NC	4		4	22	
Choline, total mg	50.5		0	BFPN	4		42.9	232.6	
Betaine mg	8.9		0	BFPN	4		7.5	40.8	
Vitamin B-12 µg	1.66	0.079	4	AR	1		1.42	7.68	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	4		0	NC	4		4	20	
Retinol µg	4		0	BFSN	4		4	20	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	14		0	NC	4		12	66	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.27		0	BFFN	4		0.23	1.24	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.6	
Vitamin D IU	5		0	BFFN	4		4	23	
Vitamin K (phylloquinone) µg	1.6		0	BFSN	4		1.3	7.2	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13907

Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated g	6.684		0	NC	4		5.681	30.813	
4:0 g	0.000		0	Z	7		0.000	0.000	
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.011	0.000	4	AR	1		0.009	0.051	
12:0 g	0.012	0.001	4	AR	1		0.010	0.055	
13:0 g									
14:0 g	0.460	0.031	4	AR	1		0.391	2.120	
15:0 g	0.074	0.005	4	AR	1		0.063	0.343	
16:0 g	3.686	0.228	4	AR	1		3.133	16.993	
17:0 g	0.184	0.013	4	AR	1		0.156	0.848	
18:0 g	2.240	0.140	4	AR	1		1.904	10.325	
20:0 g	0.013	0.001	4	AR	1		0.011	0.058	
22:0 g									
24:0 g	0.004	0.002	4	AR	1		0.004	0.020	
Fatty acids, total monounsaturated g	7.312		0	NC	4		6.215	33.710	
14:1 g	0.115	0.004	4	AR	1		0.098	0.530	
15:1 g									
16:1 undifferentiated g	0.547		0	AS	1		0.465	2.520	
16:1 c g	0.501	0.034	4	AR	1		0.426	2.310	
16:1 t g	0.046	0.004	4	AR	1		0.039	0.210	
17:1 g	0.123	0.013	4	AR	1		0.104	0.566	
18:1 undifferentiated g	6.491		0	AS	1		5.518	29.925	
18:1 c g	5.717	0.340	4	AR	1		4.859	26.355	
18:1 t g	0.774	0.078	4	AR	1		0.658	3.570	
18:1-11 t (18:1t n-7) g									
20:1 g	0.037	0.001	4	AR	1		0.031	0.169	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.720		0	NC	4		0.612	3.321	
18:2 undifferentiated g	0.614		0	AS	1		0.522	2.830	
18:2 n-6 c,c g	0.443	0.030	4	AR	1		0.376	2.042	
18:2 CLAs g	0.081	0.006	4	AR	1		0.069	0.372	
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.090	0.007	4	AR	1		0.077	0.415	
18:3 undifferentiated g	0.029		0	AS	1		0.024	0.131	
18:3 n-3 c,c,c (ALA) g	0.029	0.002	4	AR	1		0.024	0.131	
18:3 n-6 c,c,c g									
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.005	0.000	4	AR	1		0.004	0.024	
20:3 undifferentiated g	0.019		0	AS	1		0.016	0.086	
20:3 n-3 g									
20:3 n-6 g	0.019	0.001	4	AR	1		0.016	0.086	
20:4 undifferentiated g	0.040	0.004	4	AR	1		0.034	0.186	
20:4 n-6 g									
20:5 n-3 (EPA) g	0.002	0.001	4	AR	1		0.002	0.009	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.012	0.001	4	AR	1		0.010	0.055	
22:6 n-3 (DHA) g	0.000		4	AR	1		0.000	0.000	
Fatty acids, total trans g	0.910		0	NC	4		0.774	4.195	
Fatty acids, total trans-monoenoic g	0.820		0	NC	4		0.697	3.780	
Fatty acids, total trans-polyenoic g	0.090		0	NC	4		0.077	0.415	
Cholesterol mg	62	0.607	4	AR	1		53	285	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.224		0	AR	1		0.191	1.035	
Threonine g	0.938		0	AR	1		0.797	4.323	
Isoleucine g	0.929		0	AR	1		0.790	4.284	
Leucine g	1.709		0	AR	1		1.452	7.877	

NDB No. 13907

Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	1.892		0	AR	1		1.608	8.721	
Methionine g	0.539		0	AR	1		0.458	2.485	
Cystine g	0.201		0	AR	1		0.171	0.929	
Phenylalanine g	0.798		0	AR	1		0.678	3.679	
Tyrosine g	0.740		0	AR	1		0.629	3.411	
Valine g	0.999		0	AR	1		0.849	4.606	
Arginine g	1.350		0	AR	1		1.148	6.226	
Histidine g	0.736		0	AR	1		0.626	3.394	
Alanine g	1.237		0	AR	1		1.051	5.700	
Aspartic acid g	1.932		0	AR	1		1.642	8.907	
Glutamic acid g	3.254		0	AR	1		2.766	15.002	
Glycine g	0.986		0	AR	1		0.838	4.547	
Proline g	0.892		0	AR	1		0.758	4.111	
Serine g	0.817		0	AR	1		0.695	3.768	
Hydroxyproline g	0.137		0	AR	1		0.116	0.630	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 461g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23008

Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled

T-Bone Steak, URMIS # 1369

Refuse: 32% Bone and connective tissue 32%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	55.38	0.907	12	AR	1		47.07	203.79	
Energy kcal	281		0	NC	4		239	1034	
Energy kJ	1175		0	NC	4		999	4324	
Protein (N x 6.25) g	25.18	0.489	12	AR	1		21.40	92.65	
Total lipid (fat) g	19.22	0.939	12	AR	1		16.34	70.74	
Ash g	0.99	0.029	12	AR	1		0.84	3.66	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	18		1	AR	1		15	67	
Iron, Fe mg	3.32		1	AR	1		2.82	12.21	
Magnesium, Mg mg	21		1	AR	1		18	76	
Phosphorus, P mg	215		1	AR	1		182	790	
Potassium, K mg	261		1	AR	1		222	962	
Sodium, Na mg	62		1	AR	1		52	227	
Zinc, Zn mg	3.86		1	AR	1		3.28	14.22	
Copper, Cu mg	0.056		1	AR	1		0.048	0.208	
Manganese, Mn mg	0.003		1	AR	1		0.003	0.011	
Selenium, Se µg	24.9		1	AR	1		21.2	91.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.058		0	BFPN	4		0.049	0.212	
Riboflavin mg	0.203		2	AR	1		0.173	0.747	
Niacin mg	5.274		2	AR	1		4.483	19.407	
Pantothenic acid mg									
Vitamin B-6 mg	0.663		2	AR	1		0.563	2.439	
Folate, total µg	6		0	BFPN	4		5	23	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	6		0	BFPN	4		5	23	
Folate, DFE µg	6		0	NC	4		5	23	
Choline, total mg	57.1		0	BFPN	4		48.6	210.2	
Betaine mg	7.8		0	BFPN	4		6.7	28.9	
Vitamin B-12 µg	1.94		2	AR	1		1.65	7.15	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	8		0	NC	4		7	29	
Retinol µg	8		0	BFSN	4		7	29	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	26		0	NC	4		22	97	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.21		0	BFSN	4		0.18	0.76	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.5	
Vitamin D IU	5		0	BFFN	4		4	19	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	5.8	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23008

Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	7.806		0	NC	4		6.635	28.725	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.013		2	AR	1		0.011	0.048	
12:0....g	0.015		2	AR	1		0.013	0.057	
13:0....g									
14:0....g	0.551		2	AR	1		0.468	2.028	
15:0....g	0.097		2	AR	1		0.082	0.355	
16:0....g	4.266		2	AR	1		3.626	15.700	
17:0....g	0.222		2	AR	1		0.189	0.818	
18:0....g	2.623		2	AR	1		2.230	9.654	
20:0....g	0.014		2	AR	1		0.012	0.052	
22:0....g									
24:0....g	0.004		2	AR	1		0.003	0.014	
Fatty acids, total monounsaturated....g	8.425		0	NC	4		7.161	31.004	
14:1....g	0.134		2	AR	1		0.114	0.492	
15:1....g									
16:1 undifferentiated....g	0.641		0	AS	1		0.545	2.359	
16:1 c....g	0.584		2	AR	1		0.496	2.148	
16:1 t....g	0.057		2	AR	1		0.049	0.211	
17:1....g	0.155		2	AR	1		0.132	0.571	
18:1 undifferentiated....g	7.455		0	AS	1		6.337	27.434	
18:1 c....g	6.400		2	AR	1		5.440	23.553	
18:1 t....g	1.055		2	AR	1		0.896	3.881	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.040		2	AR	1		0.034	0.148	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.853		0	NC	4		0.725	3.140	
18:2 undifferentiated....g	0.735		0	AS	1		0.624	2.703	
18:2 n-6 c,c....g	0.527		2	AR	1		0.448	1.938	
18:2 CLAs....g	0.092		2	AR	1		0.078	0.339	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.116		2	AR	1		0.099	0.427	
18:3 undifferentiated....g	0.032		0	AS	1		0.027	0.117	
18:3 n-3 c,c,c (ALA)....g	0.032		2	AR	1		0.027	0.117	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.006		2	AR	1		0.005	0.021	
20:3 undifferentiated....g	0.020		0	AS	1		0.017	0.074	
20:3 n-3....g									
20:3 n-6....g	0.020		2	AR	1		0.017	0.074	
20:4 undifferentiated....g	0.047		2	AR	1		0.040	0.174	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002		2	AR	1		0.002	0.007	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.012		2	AR	1		0.010	0.044	
22:6 n-3 (DHA)....g	0.000		2	AR	1		0.000	0.000	
Fatty acids, total trans....g	1.228		0	NC	4		1.044	4.519	
Fatty acids, total trans-monoenoic....g	1.112		0	NC	4		0.945	4.092	
Fatty acids, total trans-polyenoic....g	0.116		0	NC	4		0.099	0.427	
Cholesterol....mg	84		2	AR	1		71	309	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.282		0	AR	1		0.240	1.039	
Threonine....g	1.209		0	AR	1		1.028	4.450	
Isoleucine....g	1.194		0	AR	1		1.015	4.396	
Leucine....g	2.230		0	AR	1		1.896	8.208	

NDB No. 23008

Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.490		0	AR	1		2.116	9.163	
Methionine g	0.696		0	AR	1		0.591	2.560	
Cystine g	0.264		0	AR	1		0.224	0.972	
Phenylalanine g	1.028		0	AR	1		0.873	3.781	
Tyrosine g	0.965		0	AR	1		0.820	3.552	
Valine g	1.277		0	AR	1		1.085	4.698	
Arginine g	1.761		0	AR	1		1.497	6.481	
Histidine g	0.985		0	AR	1		0.837	3.625	
Alanine g	1.584		0	AR	1		1.347	5.831	
Aspartic acid g	2.518		0	AR	1		2.140	9.265	
Glutamic acid g	4.204		0	AR	1		3.574	15.473	
Glycine g	1.246		0	AR	1		1.060	4.587	
Proline g	1.162		0	AR	1		0.987	4.275	
Serine g	1.067		0	AR	1		0.907	3.926	
Hydroxyproline g	0.172		0	AR	1		0.146	0.633	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 368g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23007

Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw

T-Bone Steak, URMIS # 1369

Refuse: 26% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	65.00	0.815	12	AR	1		55.25	297.71	
Energy kcal	215		0	NC	4		182	983	
Energy kJ	898		0	NC	4		763	4113	
Protein (N x 6.25) g	20.28	0.423	12	AR	1		17.24	92.88	
Total lipid (fat) g	14.19	0.849	12	AR	1		12.07	65.01	
Ash g	0.92	0.029	12	AR	1		0.79	4.23	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	23		1	AR	1		20	106	
Iron, Fe mg	1.73		1	AR	1		1.47	7.92	
Magnesium, Mg mg	10		1	AR	1		9	47	
Phosphorus, P mg	188		1	AR	1		160	863	
Potassium, K mg	246		1	AR	1		209	1128	
Sodium, Na mg	52		1	AR	1		44	238	
Zinc, Zn mg	3.43		1	AR	1		2.91	15.70	
Copper, Cu mg	0.047		1	AR	1		0.040	0.215	
Manganese, Mn mg	0.002		1	AR	1		0.001	0.007	
Selenium, Se µg	19.2		1	AR	1		16.4	88.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.052		0	BFPN	4		0.044	0.239	
Riboflavin mg	0.175		2	AR	1		0.148	0.800	
Niacin mg	5.136		2	AR	1		4.366	23.525	
Pantothenic acid mg									
Vitamin B-6 mg	0.576		2	AR	1		0.490	2.639	
Folate, total µg	3		0	BFPN	4		3	15	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	3		0	BFPN	4		3	15	
Folate, DFE µg	3		0	NC	4		3	15	
Choline, total mg	83.1		0	BFPN	4		70.6	380.5	
Betaine mg									
Vitamin B-12 µg	1.70		2	AR	1		1.44	7.78	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	4		0	NC	4		4	21	
Retinol µg	4		0	BFSN	4		4	21	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	15		0	NC	4		13	68	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.20		0	BFSN	4		0.17	0.91	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.4	
Vitamin D IU	4		0	BFFN	4		3	18	
Vitamin K (phylloquinone) µg	1.3		0	BFSN	4		1.1	5.9	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23007

Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated g	6.211		0	NC	4		5.279	28.446	
4:0 g	0.000		0	Z	7		0.000	0.000	
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.012		2	AR	1		0.010	0.054	
12:0 g	0.012		2	AR	1		0.010	0.054	
13:0 g									
14:0 g	0.439		2	AR	1		0.373	2.011	
15:0 g	0.075		2	AR	1		0.064	0.345	
16:0 g	3.414		2	AR	1		2.902	15.635	
17:0 g	0.175		2	AR	1		0.149	0.802	
18:0 g	2.069		2	AR	1		1.758	9.474	
20:0 g	0.012		2	AR	1		0.010	0.053	
22:0 g									
24:0 g	0.004		2	AR	1		0.003	0.019	
Fatty acids, total monounsaturated g	6.707		0	NC	4		5.701	30.718	
14:1 g	0.109		2	AR	1		0.092	0.497	
15:1 g									
16:1 undifferentiated g	0.508		0	AS	1		0.432	2.326	
16:1 c g	0.462		2	AR	1		0.393	2.117	
16:1 t g	0.046		2	AR	1		0.039	0.209	
17:1 g	0.120		2	AR	1		0.102	0.547	
18:1 undifferentiated g	5.937		0	AS	1		5.046	27.191	
18:1 c g	5.175		2	AR	1		4.399	23.702	
18:1 t g	0.762		2	AR	1		0.648	3.490	
18:1-11 t (18:1t n-7) g									
20:1 g	0.034		2	AR	1		0.029	0.156	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.663		0	NC	4		0.564	3.037	
18:2 undifferentiated g	0.562		0	AS	1		0.478	2.574	
18:2 n-6 c,c g	0.402		2	AR	1		0.342	1.843	
18:2 CLAs g	0.075		2	AR	1		0.064	0.343	
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.085		2	AR	1		0.072	0.388	
18:3 undifferentiated g	0.026		0	AS	1		0.022	0.120	
18:3 n-3 c,c,c (ALA) g	0.026		2	AR	1		0.022	0.120	
18:3 n-6 c,c,c g									
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.005		2	AR	1		0.004	0.022	
20:3 undifferentiated g	0.019		0	AS	1		0.016	0.088	
20:3 n-3 g									
20:3 n-6 g	0.019		2	AR	1		0.016	0.088	
20:4 undifferentiated g	0.038		2	AR	1		0.032	0.173	
20:4 n-6 g									
20:5 n-3 (EPA) g	0.002		2	AR	1		0.001	0.008	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.012		2	AR	1		0.010	0.053	
22:6 n-3 (DHA) g	0.000		2	AR	1		0.000	0.000	
Fatty acids, total trans g	0.892		0	NC	4		0.759	4.087	
Fatty acids, total trans-monoenoic g	0.808		0	NC	4		0.686	3.699	
Fatty acids, total trans-polyenoic g	0.085		0	NC	4		0.072	0.388	
Cholesterol mg	62		2	AR	1		53	284	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.227		0	AR	1		0.193	1.041	
Threonine g	0.974		0	AR	1		0.828	4.461	
Isoleucine g	0.962		0	AR	1		0.818	4.406	
Leucine g	1.796		0	AR	1		1.527	8.228	

NDB No. 23007

Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.005		0	AR	1		1.705	9.185	
Methionine g	0.560		0	AR	1		0.476	2.566	
Cystine g	0.213		0	AR	1		0.181	0.974	
Phenylalanine g	0.828		0	AR	1		0.703	3.791	
Tyrosine g	0.777		0	AR	1		0.661	3.560	
Valine g	1.028		0	AR	1		0.874	4.709	
Arginine g	1.418		0	AR	1		1.206	6.496	
Histidine g	0.793		0	AR	1		0.674	3.633	
Alanine g	1.276		0	AR	1		1.085	5.845	
Aspartic acid g	2.028		0	AR	1		1.724	9.287	
Glutamic acid g	3.386		0	AR	1		2.878	15.510	
Glycine g	1.004		0	AR	1		0.853	4.598	
Proline g	0.936		0	AR	1		0.795	4.285	
Serine g	0.859		0	AR	1		0.730	3.936	
Hydroxyproline g	0.139		0	AR	1		0.118	0.635	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 458g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13481

Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled

URMIS # 2184

Refuse: 32% Bone and heavy connective tissue, 22%, separable fat, 10%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	62.50	0.442	8	A	1		53.13	53.13	169.38
Energy kcal	198		0	NC	4		168	168	536
Energy kJ	827		0	NC	4		703	703	2241
Protein (N x 6.25) g	25.98	1.273	8	A	1		22.08	22.08	70.41
Total lipid (fat) g	9.61	0.410	8	A	1		8.17	8.17	26.04
Ash g	1.17	0.088	8	A	1		0.99	0.99	3.17
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total g	0.00		0	Z	7		0.00	0.00	0.00
Starch g									
Minerals:									
Calcium, Ca mg	4	2.035	29	A	1		3	3	11
Iron, Fe mg	3.66	0.485	29	A	1		3.11	3.11	9.91
Magnesium, Mg mg	26	1.805	27	A	1		22	22	71
Phosphorus, P mg	215	5.891	6	A	1		183	183	583
Potassium, K mg	327	51.350	29	A	1		278	278	885
Sodium, Na mg	71	3.732	24	A	1		60	60	192
Zinc, Zn mg	5.11	0.200	24	A	1		4.34	4.34	13.85
Copper, Cu mg	0.143	0.011	16	A	1		0.122	0.122	0.388
Manganese, Mn mg	0.016		2	A	1		0.014	0.014	0.043
Selenium, Se µg	10.0	5.000	4	A	1		8.5	8.5	27.1
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.110		0	PAK	1		0.094	0.094	0.298
Riboflavin mg	0.250		0	PAK	1		0.213	0.213	0.678
Niacin mg	4.630		0	PAK	1		3.936	3.936	12.547
Pantothenic acid mg	0.330		0	PAK	1		0.281	0.281	0.894
Vitamin B-6 mg	0.390		0	PAK	1		0.332	0.332	1.057
Folate, total µg	8		0	PAK	1		7	7	22
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	8		0	PAK	1		7	7	22
Folate, DFE µg	8		0	NC	4		7	7	22
Choline, total mg	99.0		0	BFPN	4		84.1	84.1	268.2
Betaine mg									
Vitamin B-12 µg	2.27		0	PAK	1		1.93	1.93	6.15
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	0		0	AS	1		0	0	0
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	0		0	PAK	1		0	0	0
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.14		0	NR	4		0.12	0.12	0.38
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13481

Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.270		0	NC	4		2.780	2.780	8.862
4:0....g	0.000		0	PAK	1		0.000	0.000	0.000
6:0....g	0.000		0	PAK	1		0.000	0.000	0.000
8:0....g	0.000		0	PAK	1		0.000	0.000	0.000
10:0....g	0.000		0	PAK	1		0.000	0.000	0.000
12:0....g	0.010	0.005	4	A	1		0.009	0.009	0.027
13:0....g									
14:0....g	0.190	0.015	4	A	1		0.162	0.162	0.515
15:0....g									
16:0....g	2.040	0.130	4	A	1		1.734	1.734	5.528
17:0....g									
18:0....g	1.010	0.065	4	A	1		0.859	0.859	2.737
20:0....g	0.020	0.005	4	A	1		0.017	0.017	0.054
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.645		0	NC	4		3.948	3.948	12.588
14:1....g	0.080	0.010	4	A	1		0.068	0.068	0.217
15:1....g									
16:1 undifferentiated....g	0.270	0.020	4	A	1		0.230	0.230	0.732
17:1....g									
18:1 undifferentiated....g	4.295	0.025	8	A	1		3.651	3.651	11.639
20:1....g	0.000		0	PAK	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	PAK	1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.320		0	NC	4		0.272	0.272	0.867
18:2 undifferentiated....g	0.250	0.035	4	A	1		0.213	0.213	0.678
18:3 undifferentiated....g	0.040	0.005	4	A	1		0.034	0.034	0.108
18:4....g	0.000		0	PAK	1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.030	0.005	4	A	1		0.026	0.026	0.081
20:5 n-3 (EPA)....g	0.000		0	PAK	1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	PAK	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	PAK	1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	83		0	BFSN	4		71	71	225
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.291		0	PAK	1		0.247	0.247	0.789
Threonine....g	1.201		0	A	1		1.021	1.021	3.254
Isoleucine....g	1.342		0	A	1		1.140	1.140	3.636
Leucine....g	2.297		0	A	1		1.952	1.952	6.224
Lysine....g	2.161		0	PAK	1		1.837	1.837	5.856
Methionine....g	0.665		0	PAK	1		0.565	0.565	1.802
Cystine....g	0.291		0	PAK	1		0.247	0.247	0.789
Phenylalanine....g	1.127		0	A	1		0.958	0.958	3.053
Tyrosine....g	0.873		0	PAK	1		0.742	0.742	2.366
Valine....g	1.264		0	PAK	1		1.074	1.074	3.425
Arginine....g	1.642		0	PAK	1		1.396	1.396	4.450
Histidine....g	0.838		0	A	1		0.712	0.712	2.270
Alanine....g	1.570		0	A	1		1.335	1.335	4.256
Aspartic acid....g	2.590		0	A	1		2.201	2.201	7.019
Glutamic acid....g	4.165		0	A	1		3.540	3.540	11.286
Glycine....g	1.417		0	PAK	1		1.204	1.204	3.840
Proline....g	1.147		0	PAK	1		0.975	0.975	3.108
Serine....g	0.993		0	PAK	1		0.844	0.844	2.691
Hydroxyproline....g	0.120		0	BFPN	4		0.102	0.102	0.325
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 13481

Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 85g: 1 serving

Measure 3 = 271g: 1 piece, cooked, excluding refuse

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13484

Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, select, cooked, broiled

URMIS # 1369

Refuse: 29% Bone and heavy connective tissue, 21%, separable fat, 8%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	63.73	0.751	6	A	1		54.17	54.17	168.25
Energy kcal	177		0	NC	4		151	151	468
Energy kJ	742		0	NC	4		631	631	1960
Protein (N x 6.25) g	26.00	1.278	6	A	1		22.10	22.10	68.64
Total lipid (fat) g	7.36	0.710	6	A	1		6.26	6.26	19.43
Ash g	1.20	0.033	6	A	1		1.02	1.02	3.17
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total g	0.00		0	Z	7		0.00	0.00	0.00
Starch g									
Minerals:									
Calcium, Ca mg	4	2.035	28	A	1		3	3	10
Iron, Fe mg	3.66	0.485	28	A	1		3.11	3.11	9.65
Magnesium, Mg mg	26	1.805	26	A	1		22	22	69
Phosphorus, P mg	215	5.891	6	A	1		183	183	568
Potassium, K mg	327	51.350	28	A	1		278	278	862
Sodium, Na mg	71	3.732	24	A	1		60	60	187
Zinc, Zn mg	5.11	0.200	23	A	1		4.34	4.34	13.49
Copper, Cu mg	0.143	0.011	16	A	1		0.122	0.122	0.378
Manganese, Mn mg	0.016		2	A	1		0.014	0.014	0.042
Selenium, Se µg	10.0	5.774	3	A	1		8.5	8.5	26.4
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.110		0	PAK	1		0.094	0.094	0.290
Riboflavin mg	0.250		0	PAK	1		0.213	0.213	0.660
Niacin mg	4.630		0	PAK	1		3.936	3.936	12.223
Pantothenic acid mg	0.330		0	PAK	1		0.281	0.281	0.871
Vitamin B-6 mg	0.390		0	PAK	1		0.332	0.332	1.030
Folate, total µg	8		0	PAK	1		7	7	21
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	8		0	PAK	1		7	7	21
Folate, DFE µg	8		0	NC	4		7	7	21
Choline, total mg	99.0		0	BFPN	4		84.2	84.2	261.4
Betaine mg									
Vitamin B-12 µg	2.27		0	PAK	1		1.93	1.93	5.99
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	0		0	AS	1		0	0	0
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	0		0	AS	1		0	0	0
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.14		0	NR	4		0.12	0.12	0.37
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13484

Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.820		0	NC	4		2.397	2.397	7.445
4:0....g	0.000		0	PAK	1		0.000	0.000	0.000
6:0....g	0.000		0	PAK	1		0.000	0.000	0.000
8:0....g	0.000		0	PAK	1		0.000	0.000	0.000
10:0....g	0.000		0	PAK	1		0.000	0.000	0.000
12:0....g	0.000	0.000	5	A	1		0.000	0.000	0.000
13:0....g									
14:0....g	0.210	0.010	5	A	1		0.179	0.179	0.554
15:0....g									
16:0....g	1.675	0.075	5	A	1		1.424	1.424	4.422
17:0....g									
18:0....g	0.925	0.045	5	A	1		0.786	0.786	2.442
20:0....g	0.010	0.006	3	A	1		0.009	0.009	0.026
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.340		0	NC	4		2.839	2.839	8.818
14:1....g	0.070	0.017	3	A	1		0.060	0.060	0.185
15:1....g									
16:1 undifferentiated....g	0.210	0.010	5	A	1		0.179	0.179	0.554
17:1....g									
18:1 undifferentiated....g	3.060	0.130	5	A	1		2.601	2.601	8.078
20:1....g	0.000		0	PAK	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	PAK	1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.380		0	NC	4		0.323	0.323	1.003
18:2 undifferentiated....g	0.240	0.010	5	A	1		0.204	0.204	0.634
18:3 undifferentiated....g	0.060	0.000	5	A	1		0.051	0.051	0.158
18:4....g	0.000		0	PAK	1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.080	0.000	5	A	1		0.068	0.068	0.211
20:5 n-3 (EPA)....g	0.000		0	PAK	1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	PAK	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	PAK	1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	80		0	BFSN	4		68	68	212
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.291		0	PAK	1		0.247	0.247	0.768
Threonine....g	1.136		0	PAK	1		0.966	0.966	2.999
Isoleucine....g	1.169		0	PAK	1		0.994	0.994	3.086
Leucine....g	2.299		0	A	1		1.954	1.954	6.068
Lysine....g	2.440		0	A	1		2.074	2.074	6.442
Methionine....g	0.738		0	A	1		0.627	0.627	1.947
Cystine....g	0.291		0	PAK	1		0.247	0.247	0.768
Phenylalanine....g	1.127		0	A	1		0.958	0.958	2.976
Tyrosine....g	0.953		0	A	1		0.810	0.810	2.516
Valine....g	1.265		0	PAK	1		1.075	1.075	3.340
Arginine....g	1.752		0	A	1		1.489	1.489	4.625
Histidine....g	0.890		0	PAK	1		0.757	0.757	2.350
Alanine....g	1.568		0	PAK	1		1.333	1.333	4.140
Aspartic acid....g	2.375		0	PAK	1		2.019	2.019	6.270
Glutamic acid....g	4.168		0	A	1		3.543	3.543	11.003
Glycine....g	1.419		0	PAK	1		1.206	1.206	3.746
Proline....g	1.148		0	PAK	1		0.976	0.976	3.031
Serine....g	0.994		0	PAK	1		0.845	0.845	2.624
Hydroxyproline....g	0.120		0	BFPN	4		0.102	0.102	0.317
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 13484

Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 85g: 1 serving

Measure 3 = 264g: 1 piece, cooked, excluding refuse

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23607

Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw

Boneless Strip Steak, Club Steak, Kansas City Strip, New York Strip

Refuse: 24% Bone and connective tissue 10%, separable fat 14%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	71.49	0.408	20	A	1		60.76	324.27	
Energy kcal	138		0	NC	4		117	626	
Energy kJ	578		0	NC	4		491	2622	
Protein (N x 6.25) g	22.93	0.173	20	A	1		19.49	103.99	
Total lipid (fat) g	5.15	0.409	20	A	1		4.38	23.38	
Ash g	1.02	0.021	20	A	1		0.86	4.61	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	25	6.520	5	A	1		21	113	
Iron, Fe mg	1.64	0.081	5	A	1		1.39	7.42	
Magnesium, Mg mg	24	0.181	5	A	1		20	108	
Phosphorus, P mg	211	1.969	5	A	1		179	955	
Potassium, K mg	354	4.012	5	A	1		301	1606	
Sodium, Na mg	57	0.885	5	A	1		48	258	
Zinc, Zn mg	4.10	0.135	5	A	1		3.48	18.58	
Copper, Cu mg	0.076	0.004	5	A	1		0.065	0.345	
Manganese, Mn mg	0.013	0.001	5	A	1		0.011	0.059	
Selenium, Se µg	27.5	3.641	5	A	1		23.4	124.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.070	0.009	5	A	1		0.060	0.319	
Riboflavin mg	0.115	0.015	5	A	1		0.098	0.523	
Niacin mg	7.101	0.374	5	A	1		6.036	32.212	
Pantothenic acid mg	0.678		0	BFPN	4		0.576	3.075	
Vitamin B-6 mg	0.642	0.027	5	A	1		0.546	2.912	
Folate, total µg	13		0	BFPN	4		11	61	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	13		0	BFPN	4		11	61	
Folate, DFE µg	13		0	NC	4		11	61	
Choline, total mg	95.8		0	BFPN	4		81.4	434.3	
Betaine mg	14.1		0	BFPN	4		12.0	63.9	
Vitamin B-12 µg	1.13	0.070	4	A	1		0.96	5.11	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.30		0	BFSN	4		0.26	1.38	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.2		0	BFSN	4		1.0	5.5	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23607

Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.905		0	NC	4		1.620	8.642	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.000		0	BFFN	4		0.000	0.000	
13:0....g									
14:0....g	0.130		0	BFFN	4		0.111	0.591	
15:0....g									
16:0....g	1.144		0	BFFN	4		0.972	5.188	
17:0....g									
18:0....g	0.631		0	BFFN	4		0.537	2.863	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.073		0	NC	4		1.762	9.404	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.159		0	BFFN	4		0.135	0.722	
17:1....g									
18:1 undifferentiated....g	1.911		0	BFFN	4		1.625	8.669	
20:1....g	0.003		0	BFFN	4		0.002	0.013	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.223		0	NC	4		0.189	1.011	
18:2 undifferentiated....g	0.180		0	BFFN	4		0.153	0.814	
18:3 undifferentiated....g	0.012		0	BFFN	4		0.010	0.052	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.032		0	BFFN	4		0.027	0.144	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	53		0	BFFN	4		45	239	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.151		0	A	1		0.128	0.683	
Threonine....g	0.916		0	A	1		0.778	4.154	
Isoleucine....g	1.043		0	A	1		0.887	4.731	
Leucine....g	1.824		0	A	1		1.550	8.272	
Lysine....g	1.937		0	A	1		1.647	8.788	
Methionine....g	0.597		0	A	1		0.507	2.708	
Cystine....g	0.296		0	A	1		0.251	1.342	
Phenylalanine....g	0.906		0	A	1		0.770	4.107	
Tyrosine....g	0.731		0	A	1		0.621	3.314	
Valine....g	1.137		0	A	1		0.967	5.159	
Arginine....g	1.482		0	A	1		1.260	6.724	
Histidine....g	0.732		0	A	1		0.622	3.319	
Alanine....g	1.394		0	A	1		1.185	6.322	
Aspartic acid....g	2.088		0	A	1		1.775	9.472	
Glutamic acid....g	3.442		0	A	1		2.925	15.611	
Glycine....g	1.396		0	A	1		1.187	6.332	
Proline....g	1.093		0	A	1		0.929	4.957	
Serine....g	0.903		0	A	1		0.768	4.096	
Hydroxyproline....g	0.241		0	A	1		0.205	1.092	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 23607

Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13916

Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled

Club Steak, Kansas City Strip, New York Strip

Refuse: 8% Connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	51.34		0	PAE	4		43.64	85.74	
Energy kcal	310		0	NC	4		264	518	
Energy kJ	1297		0		4		1102	2166	
Protein (N x 6.25) g	25.92		0	PAE	4		22.03	43.29	
Total lipid (fat) g	22.12		0	PAE	4		18.80	36.94	
Ash g	1.06		0	PAE	4		0.90	1.77	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	9		0	PAE	4		8	15	
Iron, Fe mg	2.26		0	PAE	4		1.92	3.77	
Magnesium, Mg mg	24		0	PAE	4		20	40	
Phosphorus, P mg	197		0	PAE	4		167	329	
Potassium, K mg	354		0	PAE	4		301	591	
Sodium, Na mg	64		0	PAE	4		54	107	
Zinc, Zn mg	4.65		0	PAE	4		3.95	7.77	
Copper, Cu mg	0.098		0	PAE	4		0.083	0.164	
Manganese, Mn mg	0.015		0	PAE	4		0.013	0.025	
Selenium, Se µg	23.7		0	BFYN	4		20.1	39.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.080		0	PAE	4		0.068	0.134	
Riboflavin mg	0.180		0	PAE	4		0.153	0.301	
Niacin mg	4.770		0	PAE	4		4.055	7.966	
Pantothenic acid mg	0.330		0	PAE	4		0.281	0.551	
Vitamin B-6 mg	0.380		0	PAE	4		0.323	0.635	
Folate, total µg	7		0	PAE	4		6	12	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	7		0	PAE	4		6	12	
Folate, DFE µg	7		0	NC	4		6	12	
Choline, total mg	98.7		0	BFPN	4		83.9	164.9	
Betaine mg	13.0		0	BFPN	4		11.0	21.7	
Vitamin B-12 µg	1.94		0	PAE	4		1.65	3.24	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg									
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	PAE	4		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13916

Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	8.910		0	PAE	4		7.574	14.880	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.050		0	PAE	4		0.043	0.084	
12:0....g	0.050		0	PAE	4		0.043	0.084	
13:0....g									
14:0....g	0.690		0	PAE	4		0.587	1.152	
15:0....g									
16:0....g	5.300		0	PAE	4		4.505	8.851	
17:0....g									
18:0....g	2.620		0	PAE	4		2.227	4.375	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	9.390		0	PAE	4		7.982	15.681	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.840		0	PAE	4		0.714	1.403	
17:1....g									
18:1 undifferentiated....g	8.350		0	PAE	4		7.098	13.945	
20:1....g	0.030		0	PAE	4		0.026	0.050	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.800		0	PAE	4		0.680	1.336	
18:2 undifferentiated....g	0.540		0	PAE	4		0.459	0.902	
18:3 undifferentiated....g	0.180		0	PAE	4		0.153	0.301	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.050		0	PAE	4		0.043	0.084	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	79		0	PAE	4		67	132	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.290		0	PAE	4		0.247	0.484	
Threonine....g	1.132		0	PAE	4		0.962	1.890	
Isoleucine....g	1.166		0	PAE	4		0.991	1.947	
Leucine....g	2.049		0	PAE	4		1.742	3.422	
Lysine....g	2.157		0	PAE	4		1.833	3.602	
Methionine....g	0.664		0	PAE	4		0.564	1.109	
Cystine....g	0.290		0	PAE	4		0.247	0.484	
Phenylalanine....g	1.012		0	PAE	4		0.860	1.690	
Tyrosine....g	0.871		0	PAE	4		0.740	1.455	
Valine....g	1.261		0	PAE	4		1.072	2.106	
Arginine....g	1.638		0	PAE	4		1.392	2.735	
Histidine....g	0.888		0	PAE	4		0.755	1.483	
Alanine....g	1.564		0	PAE	4		1.329	2.612	
Aspartic acid....g	2.368		0	PAE	4		2.013	3.955	
Glutamic acid....g	3.895		0	PAE	4		3.311	6.505	
Glycine....g	1.414		0	PAE	4		1.202	2.361	
Proline....g	1.145		0	PAE	4		0.973	1.912	
Serine....g	0.991		0	PAE	4		0.842	1.655	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13916

Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 167g: 1 steak, excluding refuse (yield from 1 raw steak, with refuse, weighing 242 g)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13909

Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Boneless Strip Steak, Club Steak, Kansas City Strip, New York Strip

Refuse: 10% Bone and Connective tissue 10%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	63.43	0.485	5	PAK	1		53.91		
Energy kcal	228		0	NC	4		194		
Energy kJ	953		0	NC	4		810		
Protein (N x 6.25) g	20.61	0.137	5	PAK	1		17.52		
Total lipid (fat) g	15.49	0.324	5	PAK	1		13.17		
Ash g	0.90	0.025	5	PAK	1		0.77		
Carbohydrate, by difference g	0.00		0	Z	7		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	24	6.072	4	PAK	1		21		
Iron, Fe mg	1.47	0.089	4	PAK	1		1.25		
Magnesium, Mg mg	21	0.189	4	PAK	1		18		
Phosphorus, P mg	186	1.943	4	PAK	1		158		
Potassium, K mg	313	5.090	4	PAK	1		266		
Sodium, Na mg	52	0.845	4	PAK	1		44		
Zinc, Zn mg	3.53	0.142	4	PAK	1		3.00		
Copper, Cu mg	0.069	0.004	4	PAK	1		0.059		
Manganese, Mn mg	0.011	0.001	5	PAK	1		0.009		
Selenium, Se µg	22.8	3.701	4	PAK	1		19.4		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.064	0.009	4	PAK	1		0.054		
Riboflavin mg	0.100	0.015	4	PAK	1		0.085		
Niacin mg	6.077	0.385	4	PAK	1		5.165		
Pantothenic acid mg	0.593		0	BFPN	4		0.504		
Vitamin B-6 mg	0.562	0.028	4	PAK	1		0.478		
Folate, total µg	11		0	BFPN	4		9		
Folic acid µg									
Folate, food µg	11		0	BFPN	4		9		
Folate, DFE µg									
Choline, total mg	86.1		0	BFPN	4		73.2		
Betaine mg	12.7		0	BFPN	4		10.8		
Vitamin B-12 µg	1.06	0.062	4	PAK	1		0.90		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	0		0	AS	1		0		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	0		0	AS	1		0		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.39		0	BFSN	4		0.33		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg	0.00		0	Z	7		0.00		
Tocopherol, gamma mg	0.00		0	Z	7		0.00		
Tocopherol, delta mg	0.00		0	Z	7		0.00		
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13909

Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	6.251		0	NC	4		5.313		
4:0....g	0.000		0	BFFN	4		0.000		
6:0....g	0.000		0	BFFN	4		0.000		
8:0....g	0.000		0	BFFN	4		0.000		
10:0....g	0.050		0	BFFN	4		0.042		
12:0....g	0.033		0	BFFN	4		0.028		
13:0....g									
14:0....g	0.490		0	BFFN	4		0.416		
15:0....g									
16:0....g	3.763		0	BFFN	4		3.199		
17:0....g									
18:0....g	1.915		0	BFFN	4		1.628		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.633		0	NC	4		5.638		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.755		0	BFFN	4		0.642		
17:1....g									
18:1 undifferentiated....g	5.855		0	BFFN	4		4.977		
20:1....g	0.022		0	BFFN	4		0.019		
22:1 undifferentiated....g	0.000		0	Z	7		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.589		0	NC	4		0.501		
18:2 undifferentiated....g	0.379		0	BFFN	4		0.322		
18:3 undifferentiated....g	0.185		0	BFFN	4		0.158		
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.025		0	BFFN	4		0.021		
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	81		0	BFSN	4		69		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.135		0	PAK	1		0.115		
Threonine....g	0.823		0	PAK	1		0.700		
Isoleucine....g	0.938		0	PAK	1		0.797		
Leucine....g	1.639		0	PAK	1		1.393		
Lysine....g	1.742		0	PAK	1		1.480		
Methionine....g	0.537		0	PAK	1		0.456		
Cystine....g	0.266		0	PAK	1		0.226		
Phenylalanine....g	0.814		0	PAK	1		0.692		
Tyrosine....g	0.657		0	PAK	1		0.558		
Valine....g	1.022		0	PAK	1		0.869		
Arginine....g	1.333		0	PAK	1		1.133		
Histidine....g	0.658		0	PAK	1		0.559		
Alanine....g	1.253		0	PAK	1		1.065		
Aspartic acid....g	1.877		0	PAK	1		1.595		
Glutamic acid....g	3.094		0	PAK	1		2.630		
Glycine....g	1.255		0	PAK	1		1.067		
Proline....g	0.982		0	PAK	1		0.835		
Serine....g	0.812		0	PAK	1		0.690		
Hydroxyproline....g	0.216		0	PAK	1		0.184		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 13909

Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate**3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13912

Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled

Boneless Strip Steak, Club Steak, Kansas City Strip, New York Strip, URMIS # 2219

Refuse: 8% Bone and Connective tissue 12%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	54.99	0.726	3	PAK	1		46.75	121.54	
Energy kcal	278		0	NC	4		236	615	
Energy kJ	1164		0	NC	4		989	2572	
Protein (N x 6.25) g	26.16	0.134	3	PAK	1		22.24	57.82	
Total lipid (fat) g	18.45	0.610	3	PAK	1		15.68	40.76	
Ash g	1.02	0.021	3	PAK	1		0.87	2.26	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	17		2	PAK	1		15	38	
Iron, Fe mg	1.75		2	PAK	1		1.49	3.86	
Magnesium, Mg mg	21		2	PAK	1		18	46	
Phosphorus, P mg	195		2	PAK	1		165	430	
Potassium, K mg	316		2	PAK	1		269	699	
Sodium, Na mg	52		2	PAK	1		44	115	
Zinc, Zn mg	4.65		2	PAK	1		3.95	10.28	
Copper, Cu mg	0.085		2	PAK	1		0.072	0.188	
Manganese, Mn mg	0.009	0.001	3	PAK	1		0.008	0.020	
Selenium, Se µg	28.1		2	PAK	1		23.9	62.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.065		2	PAK	1		0.055	0.144	
Riboflavin mg	0.115		2	PAK	1		0.098	0.254	
Niacin mg	7.095		2	PAK	1		6.031	15.680	
Pantothenic acid mg	0.515		0	BFPN	4		0.438	1.138	
Vitamin B-6 mg	0.521		2	PAK	1		0.443	1.152	
Folate, total µg	8		0	BFPN	4		7	18	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	8		0	BFPN	4		7	18	
Folate, DFE µg	8		0	NC	4		7	18	
Choline, total mg	99.6		0	BFPN	4		84.7	220.2	
Betaine mg	13.1		0	BFPN	4		11.1	28.9	
Vitamin B-12 µg	1.73		2	PAK	1		1.47	3.81	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.48		0	BFSN	4		0.41	1.06	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.3		0	BFFN	4		0.3	0.7	
Vitamin D IU	12		0	BFFN	4		10	27	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	3.5	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13912

Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	7.264		0	NC	4		6.175	16.054	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.046		0	BFFN	4		0.039	0.101	
12:0....g	0.042		0	BFFN	4		0.036	0.093	
13:0....g									
14:0....g	0.561		0	BFFN	4		0.477	1.240	
15:0....g									
16:0....g	4.386		0	BFFN	4		3.728	9.693	
17:0....g									
18:0....g	2.229		0	BFFN	4		1.895	4.927	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.688		0	NC	4		6.535	16.991	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.695		0	BFFN	4		0.590	1.535	
17:1....g									
18:1 undifferentiated....g	6.967		0	BFFN	4		5.922	15.396	
20:1....g	0.027		0	BFFN	4		0.023	0.059	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.683		0	NC	4		0.581	1.510	
18:2 undifferentiated....g	0.477		0	BFFN	4		0.406	1.054	
18:3 undifferentiated....g	0.164		0	BFFN	4		0.139	0.363	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.042		0	BFFN	4		0.036	0.093	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	97		0	BFFN	4		82	214	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.172		0	PAK	1		0.146	0.380	
Threonine....g	1.045		0	PAK	1		0.888	2.310	
Isoleucine....g	1.190		0	PAK	1		1.012	2.630	
Leucine....g	2.081		0	PAK	1		1.769	4.599	
Lysine....g	2.211		0	PAK	1		1.879	4.886	
Methionine....g	0.681		0	PAK	1		0.579	1.506	
Cystine....g	0.338		0	PAK	1		0.287	0.746	
Phenylalanine....g	1.033		0	PAK	1		0.878	2.284	
Tyrosine....g	0.834		0	PAK	1		0.709	1.842	
Valine....g	1.298		0	PAK	1		1.103	2.868	
Arginine....g	1.692		0	PAK	1		1.438	3.739	
Histidine....g	0.835		0	PAK	1		0.710	1.845	
Alanine....g	1.590		0	PAK	1		1.352	3.515	
Aspartic acid....g	2.383		0	PAK	1		2.026	5.266	
Glutamic acid....g	3.927		0	PAK	1		3.338	8.680	
Glycine....g	1.593		0	PAK	1		1.354	3.520	
Proline....g	1.247		0	PAK	1		1.060	2.756	
Serine....g	1.031		0	PAK	1		0.876	2.277	
Hydroxyproline....g	0.275		0	BFPN	4		0.234	0.607	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13912

Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 221g: 1 steak (yield from 270 g raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13915

Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, prime, raw

Club Steak, Kansas City Strip, New York Strip

Refuse: 6% Connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	58.42		0	PAE	4		49.66	132.61	
Energy kcal	281		0	NC	4		239	638	
Energy kJ	1176		0		4		999	2669	
Protein (N x 6.25) g	19.00		0	PAE	4		16.15	43.13	
Total lipid (fat) g	22.17		0	PAE	4		18.84	50.33	
Ash g	0.77		0	PAE	4		0.65	1.75	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	6		0	PAE	4		5	14	
Iron, Fe mg	1.58		0	PAE	4		1.34	3.59	
Magnesium, Mg mg	18		0	PAE	4		15	41	
Phosphorus, P mg	163		0	PAE	4		139	370	
Potassium, K mg	295		0	PAE	4		251	670	
Sodium, Na mg	53		0	PAE	4		45	120	
Zinc, Zn mg	3.14		0	PAE	4		2.67	7.13	
Copper, Cu mg	0.069		0	PAE	4		0.059	0.157	
Manganese, Mn mg	0.012		0	PAE	4		0.010	0.027	
Selenium, Se µg	17.3		0	BFNN	4		14.7	39.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.090		0	PAE	4		0.077	0.204	
Riboflavin mg	0.140		0	PAE	4		0.119	0.318	
Niacin mg	3.880		0	PAE	4		3.298	8.808	
Pantothenic acid mg	0.320		0	PAE	4		0.272	0.726	
Vitamin B-6 mg	0.390		0	PAE	4		0.332	0.885	
Folate, total µg	6		0	PAE	4		5	14	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	6		0	PAE	4		5	14	
Folate, DFE µg	6		0	NC	4		5	14	
Choline, total mg	79.4		0	BFPN	4		67.5	180.1	
Betaine mg	11.7		0	BFPN	4		9.9	26.5	
Vitamin B-12 µg	2.75		0	PAE	4		2.34	6.24	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg									
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	PAE	4		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13915

Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, prime, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	9.080		0	PAE	4		7.718	20.612	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.060		0	PAE	4		0.051	0.136	
12:0....g	0.050		0	PAE	4		0.043	0.114	
13:0....g									
14:0....g	0.710		0	PAE	4		0.604	1.612	
15:0....g									
16:0....g	5.430		0	PAE	4		4.616	12.326	
17:0....g									
18:0....g	2.670		0	PAE	4		2.270	6.061	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	9.780		0	PAE	4		8.313	22.201	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.050		0	PAE	4		0.893	2.384	
17:1....g									
18:1 undifferentiated....g	8.520		0	PAE	4		7.242	19.340	
20:1....g	0.030		0	PAE	4		0.026	0.068	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.800		0	PAE	4		0.680	1.816	
18:2 undifferentiated....g	0.530		0	PAE	4		0.451	1.203	
18:3 undifferentiated....g	0.220		0	PAE	4		0.187	0.499	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.040		0	PAE	4		0.034	0.091	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	67		0	PAE	4		57	152	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.213		0	PAE	4		0.181	0.484	
Threonine....g	0.830		0	PAE	4		0.706	1.884	
Isoleucine....g	0.854		0	PAE	4		0.726	1.939	
Leucine....g	1.502		0	PAE	4		1.277	3.410	
Lysine....g	1.581		0	PAE	4		1.344	3.589	
Methionine....g	0.486		0	PAE	4		0.413	1.103	
Cystine....g	0.213		0	PAE	4		0.181	0.484	
Phenylalanine....g	0.742		0	PAE	4		0.631	1.684	
Tyrosine....g	0.638		0	PAE	4		0.542	1.448	
Valine....g	0.924		0	PAE	4		0.785	2.097	
Arginine....g	1.201		0	PAE	4		1.021	2.726	
Histidine....g	0.650		0	PAE	4		0.553	1.476	
Alanine....g	1.146		0	PAE	4		0.974	2.601	
Aspartic acid....g	1.736		0	PAE	4		1.476	3.941	
Glutamic acid....g	2.854		0	PAE	4		2.426	6.479	
Glycine....g	1.037		0	PAE	4		0.881	2.354	
Proline....g	0.839		0	PAE	4		0.713	1.905	
Serine....g	0.726		0	PAE	4		0.617	1.648	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13915

Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, prime, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 227g: 1 steak, excluding refuse (yield from 1 raw steak, with refuse, weighing 242 g)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23606

Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled

Boneless Strip Steak, Club Steak, Kansas City Strip, New York Strip

Refuse: 25% Bone and connective tissue, 11.91%, separable fat, 13.48%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	63.32	0.518	20	A	1		17.95	287.21	
Energy kcal	189		0	NC	4		54	858	
Energy kJ	791		0	NC	4		224	3588	
Protein (N x 6.25) g	29.30	0.230	20	A	1		8.31	132.90	
Total lipid (fat) g	7.09	0.394	20	A	1		2.01	32.16	
Ash g	1.14	0.019	20	A	1		0.32	5.15	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	19	2.097	5	A	1		5	86	
Iron, Fe mg	1.85	0.082	5	A	1		0.53	8.41	
Magnesium, Mg mg	25	0.465	5	A	1		7	113	
Phosphorus, P mg	231	4.447	5	A	1		66	1048	
Potassium, K mg	372	6.301	5	A	1		106	1689	
Sodium, Na mg	61	1.435	5	A	1		17	275	
Zinc, Zn mg	5.41	0.084	5	A	1		1.53	24.54	
Copper, Cu mg	0.086	0.005	5	A	1		0.024	0.391	
Manganese, Mn mg	0.011	0.001	5	A	1		0.003	0.049	
Selenium, Se µg	33.9	4.867	5	A	1		9.6	153.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.080	0.004	5	A	1		0.023	0.363	
Riboflavin mg	0.148	0.013	5	A	1		0.042	0.673	
Niacin mg	8.384	0.467	5	A	1		2.377	38.032	
Pantothenic acid mg	0.576		0	BFPN	4		0.163	2.615	
Vitamin B-6 mg	0.629	0.030	5	A	1		0.178	2.852	
Folate, total µg	10		0	BFPN	4		3	44	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	10		0	BFPN	4		3	44	
Folate, DFE µg	10		0	NC	4		3	44	
Choline, total mg	111.6		0	BFPN	4		31.6	506.2	
Betaine mg	14.7		0	BFPN	4		4.2	66.5	
Vitamin B-12 µg	1.68	0.110	4	A	1		0.48	7.60	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.39		0	BFSN	4		0.11	1.77	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.0	0.5	
Vitamin D IU	5		0	BFFN	4		1	21	
Vitamin K (phylloquinone) µg	1.4		0	BFSN	4		0.4	6.3	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23606

Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.700		0	NC	4		0.765	12.247	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.003		0	BFFN	4		0.001	0.012	
12:0....g	0.008		0	BFFN	4		0.002	0.036	
13:0....g									
14:0....g	0.192		0	BFFN	4		0.054	0.870	
15:0....g									
16:0....g	1.573		0	BFFN	4		0.446	7.134	
17:0....g									
18:0....g	0.925		0	BFFN	4		0.262	4.195	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.831		0	NC	4		0.803	12.840	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.213		0	BFFN	4		0.060	0.967	
17:1....g									
18:1 undifferentiated....g	2.615		0	BFFN	4		0.741	11.861	
20:1....g	0.003		0	BFFN	4		0.001	0.012	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.272		0	NC	4		0.077	1.234	
18:2 undifferentiated....g	0.203		0	BFFN	4		0.057	0.919	
18:3 undifferentiated....g	0.019		0	BFFN	4		0.005	0.084	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.032		0	BFFN	4		0.009	0.145	
20:5 n-3 (EPA)....g	0.003		18	AR	1		0.001	0.014	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.015		18	AR	1		0.004	0.068	
22:6 n-3 (DHA)....g	0.001		18	AR	1		0.000	0.005	
Fatty acids, total trans....g									
Cholesterol....mg	81		0	BFSN	4		23	369	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.193		0	A	1		0.055	0.873	
Threonine....g	1.170		0	A	1		0.332	5.309	
Isoleucine....g	1.333		0	A	1		0.378	6.047	
Leucine....g	2.331		0	A	1		0.661	10.572	
Lysine....g	2.476		0	A	1		0.702	11.232	
Methionine....g	0.763		0	A	1		0.216	3.461	
Cystine....g	0.378		0	A	1		0.107	1.715	
Phenylalanine....g	1.157		0	A	1		0.328	5.250	
Tyrosine....g	0.934		0	A	1		0.265	4.235	
Valine....g	1.454		0	A	1		0.412	6.594	
Arginine....g	1.895		0	A	1		0.537	8.594	
Histidine....g	0.935		0	A	1		0.265	4.242	
Alanine....g	1.781		0	A	1		0.505	8.080	
Aspartic acid....g	2.669		0	A	1		0.757	12.106	
Glutamic acid....g	4.399		0	A	1		1.247	19.952	
Glycine....g	1.784		0	A	1		0.506	8.093	
Proline....g	1.397		0	A	1		0.396	6.336	
Serine....g	1.154		0	A	1		0.327	5.235	
Hydroxyproline....g	0.308		0	BFPN	4		0.087	1.396	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 23606

Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23630

Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled

Boneless Strip Steak, Club Steak, Kansas City Strip, New York Strip, URMIS # 2219

Refuse: 26% Bone and connective tissue 12%, sep fat 14%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	61.99	0.583	10	A	1		17.57	281.16	
Energy kcal	201		0	NC	4		57	911	
Energy kJ	840		0	NC	4		238	3810	
Protein (N x 6.25) g	29.16	0.311	10	A	1		8.27	132.28	
Total lipid (fat) g	8.45	0.388	10	A	1		2.40	38.32	
Ash g	1.13	0.031	10	A	1		0.32	5.14	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	16	1.549	3	A	1		5	74	
Iron, Fe mg	1.97	0.133	3	A	1		0.56	8.95	
Magnesium, Mg mg	25	0.852	3	A	1		7	112	
Phosphorus, P mg	226	5.525	3	A	1		64	1024	
Potassium, K mg	362	6.496	3	A	1		103	1641	
Sodium, Na mg	60	2.602	3	A	1		17	273	
Zinc, Zn mg	5.47	0.162	3	A	1		1.55	24.80	
Copper, Cu mg	0.092	0.007	3	A	1		0.026	0.417	
Manganese, Mn mg	0.011	0.001	3	A	1		0.003	0.049	
Selenium, Se µg	33.4	7.755	3	A	1		9.5	151.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.077	0.006	3	A	1		0.022	0.351	
Riboflavin mg	0.149	0.021	3	A	1		0.042	0.677	
Niacin mg	8.604	0.635	3	A	1		2.439	39.026	
Pantothenic acid mg	0.573		0	BFPN	4		0.162	2.598	
Vitamin B-6 mg	0.607	0.035	3	A	1		0.172	2.753	
Folate, total µg	10		0	BFPN	4		3	44	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	10		0	BFPN	4		3	44	
Folate, DFE µg	10		0	NC	4		3	44	
Choline, total mg	111.1		0	BFPN	4		31.5	503.8	
Betaine mg	14.6		0	BFPN	4		4.1	66.2	
Vitamin B-12 µg	1.82	0.049	3	A	1		0.52	8.25	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.41		0	BFSN	4		0.11	1.84	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.4		0	BFSN	4		0.4	6.5	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23630

Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.217		0	NC	4		0.912	14.594	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.003		0	BFFN	4		0.001	0.014	
12:0....g	0.010		0	BFFN	4		0.003	0.043	
13:0....g									
14:0....g	0.229		0	BFFN	4		0.065	1.037	
15:0....g									
16:0....g	1.874		0	BFFN	4		0.531	8.500	
17:0....g									
18:0....g	1.102		0	BFFN	4		0.312	4.999	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.373		0	NC	4		0.956	15.300	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.254		0	BFFN	4		0.072	1.153	
17:1....g									
18:1 undifferentiated....g	3.116		0	BFFN	4		0.883	14.134	
20:1....g	0.003		0	BFFN	4		0.001	0.014	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.302		0	NC	4		0.086	1.368	
18:2 undifferentiated....g	0.241		0	BFFN	4		0.068	1.095	
18:3 undifferentiated....g	0.022		0	BFFN	4		0.006	0.101	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.038		0	BFFN	4		0.011	0.173	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	84		0	BFSN	4		24	382	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.192		0	A	1		0.054	0.869	
Threonine....g	1.165		0	A	1		0.330	5.284	
Isoleucine....g	1.327		0	A	1		0.376	6.018	
Leucine....g	2.320		0	A	1		0.658	10.522	
Lysine....g	2.465		0	A	1		0.699	11.179	
Methionine....g	0.759		0	A	1		0.215	3.445	
Cystine....g	0.376		0	A	1		0.107	1.707	
Phenylalanine....g	1.152		0	A	1		0.327	5.225	
Tyrosine....g	0.929		0	A	1		0.263	4.215	
Valine....g	1.447		0	A	1		0.410	6.562	
Arginine....g	1.886		0	A	1		0.535	8.554	
Histidine....g	0.931		0	A	1		0.264	4.222	
Alanine....g	1.773		0	A	1		0.503	8.042	
Aspartic acid....g	2.656		0	A	1		0.753	12.049	
Glutamic acid....g	4.378		0	A	1		1.241	19.858	
Glycine....g	1.776		0	A	1		0.503	8.055	
Proline....g	1.390		0	A	1		0.394	6.306	
Serine....g	1.149		0	A	1		0.326	5.211	
Hydroxyproline....g	0.306		0	BFPN	4		0.087	1.390	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 23630

Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23627

Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, raw

Boneless Strip Steak, Club Steak, Kansas City Strip, New York Strip, URMIS # 2219

Refuse: 23% Bone and connective tissue 10%, separable fat 13%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	70.30	0.469	10	A	1		59.75	318.88	
Energy kcal	155		0	NC	4		132	704	
Energy kJ	650		0	NC	4		553	2948	
Protein (N x 6.25) g	22.78	0.213	10	A	1		19.36	103.31	
Total lipid (fat) g	6.43	0.533	10	A	1		5.47	29.18	
Ash g	1.04	0.029	10	A	1		0.89	4.73	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	29	7.905	3	A	1		25	131	
Iron, Fe mg	1.66	0.088	3	A	1		1.41	7.54	
Magnesium, Mg mg	24	0.462	3	A	1		20	108	
Phosphorus, P mg	208	2.603	3	A	1		177	945	
Potassium, K mg	348	6.660	3	A	1		296	1578	
Sodium, Na mg	58	1.877	3	A	1		49	263	
Zinc, Zn mg	4.22	0.125	3	A	1		3.58	19.13	
Copper, Cu mg	0.074	0.001	3	A	1		0.063	0.335	
Manganese, Mn mg	0.015	0.002	3	A	1		0.012	0.066	
Selenium, Se µg	26.0	5.065	3	A	1		22.1	117.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.063	0.006	3	A	1		0.054	0.286	
Riboflavin mg	0.112	0.016	3	A	1		0.095	0.506	
Niacin mg	7.713	0.371	3	A	1		6.556	34.984	
Pantothenic acid mg	0.678		0	BFPN	4		0.576	3.076	
Vitamin B-6 mg	0.625	0.042	3	A	1		0.531	2.835	
Folate, total µg	13		0	BFPN	4		11	61	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	13		0	BFPN	4		11	61	
Folate, DFE µg	13		0	NC	4		11	61	
Choline, total mg	95.1		0	BFPN	4		80.9	431.5	
Betaine mg	14.0		0	BFPN	4		11.9	63.5	
Vitamin B-12 µg	1.24	0.046	3	A	1		1.05	5.60	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.41		0	BFSN	4		0.34	1.84	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.6		0	BFSN	4		1.4	7.3	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23627

Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.378		0	NC	4		2.021	10.788	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.000		0	BFFN	4		0.000	0.000	
13:0....g									
14:0....g	0.163		0	BFFN	4		0.138	0.738	
15:0....g									
16:0....g	1.428		0	BFFN	4		1.214	6.476	
17:0....g									
18:0....g	0.788		0	BFFN	4		0.670	3.574	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.588		0	NC	4		2.200	11.739	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.199		0	BFFN	4		0.169	0.902	
17:1....g									
18:1 undifferentiated....g	2.386		0	BFFN	4		2.028	10.821	
20:1....g	0.004		0	BFFN	4		0.003	0.016	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.278		0	NC	4		0.236	1.262	
18:2 undifferentiated....g	0.224		0	BFFN	4		0.190	1.017	
18:3 undifferentiated....g	0.014		0	BFFN	4		0.012	0.065	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.040		0	BFFN	4		0.034	0.180	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	66		0	BFSN	4		56	299	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.150		0	A	1		0.127	0.679	
Threonine....g	0.910		0	A	1		0.773	4.127	
Isoleucine....g	1.036		0	A	1		0.881	4.700	
Leucine....g	1.812		0	A	1		1.540	8.218	
Lysine....g	1.925		0	A	1		1.636	8.731	
Methionine....g	0.593		0	A	1		0.504	2.690	
Cystine....g	0.294		0	A	1		0.250	1.333	
Phenylalanine....g	0.900		0	A	1		0.765	4.081	
Tyrosine....g	0.726		0	A	1		0.617	3.292	
Valine....g	1.130		0	A	1		0.960	5.125	
Arginine....g	1.473		0	A	1		1.252	6.680	
Histidine....g	0.727		0	A	1		0.618	3.297	
Alanine....g	1.385		0	A	1		1.177	6.281	
Aspartic acid....g	2.075		0	A	1		1.763	9.410	
Glutamic acid....g	3.419		0	A	1		2.906	15.509	
Glycine....g	1.387		0	A	1		1.179	6.291	
Proline....g	1.086		0	A	1		0.923	4.925	
Serine....g	0.897		0	A	1		0.763	4.070	
Hydroxyproline....g	0.239		0	A	1		0.203	1.085	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 23627

Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23589

Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled

Boneless Strip Steak, Club Steak, Kansas City Strip, New York Strip, URMIS # 1404

Refuse: 25% Bone and connective tissue 12%, sep fat 13%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	64.65	0.632	10	A	1		18.33	293.27	
Energy kcal	177		0	NC	4		50	805	
Energy kJ	742		0	NC	4		210	3367	
Protein (N x 6.25) g	29.44	0.351	10	A	1		8.35	133.53	
Total lipid (fat) g	5.73	0.306	10	A	1		1.63	26.00	
Ash g	1.14	0.026	10	A	1		0.32	5.16	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	21	2.801	3	A	1		6	96	
Iron, Fe mg	1.81	0.089	3	A	1		0.51	8.20	
Magnesium, Mg mg	25	0.203	3	A	1		7	115	
Phosphorus, P mg	239	0.882	3	A	1		68	1083	
Potassium, K mg	386	6.009	3	A	1		110	1752	
Sodium, Na mg	62	1.050	3	A	1		18	282	
Zinc, Zn mg	5.38	0.145	3	A	1		1.53	24.41	
Copper, Cu mg	0.080	0.003	3	A	1		0.023	0.363	
Manganese, Mn mg	0.011	0.000	3	A	1		0.003	0.048	
Selenium, Se µg	36.7	5.477	3	A	1		10.4	166.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.084	0.005	3	A	1		0.024	0.381	
Riboflavin mg	0.156	0.018	3	A	1		0.044	0.707	
Niacin mg	8.603	0.775	3	A	1		2.439	39.024	
Pantothenic acid mg	0.580		0	BFPN	4		0.164	2.631	
Vitamin B-6 mg	0.650	0.035	3	A	1		0.184	2.950	
Folate, total µg	10		0	BFPN	4		3	45	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	10		0	BFPN	4		3	45	
Folate, DFE µg	10		0	NC	4		3	45	
Choline, total mg	112.1		0	BFPN	4		31.8	508.6	
Betaine mg	14.7		0	BFPN	4		4.2	66.8	
Vitamin B-12 µg	1.41	0.080	3	A	1		0.40	6.38	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		1	A	1		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.38		0	BFSN	4		0.11	1.71	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma mg	0.00		1	A	1		0.00	0.00	
Tocopherol, delta mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.3		0	BFSN	4		0.4	6.1	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23589

Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.183		0	NC	4		0.619	9.900	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.002		0	BFFN	4		0.001	0.010	
12:0....g	0.006		0	BFFN	4		0.002	0.029	
13:0....g									
14:0....g	0.155		0	BFFN	4		0.044	0.704	
15:0....g									
16:0....g	1.271		0	BFFN	4		0.360	5.767	
17:0....g									
18:0....g	0.748		0	BFFN	4		0.212	3.392	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.288		0	NC	4		0.649	10.380	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.172		0	BFFN	4		0.049	0.782	
17:1....g									
18:1 undifferentiated....g	2.114		0	BFFN	4		0.599	9.589	
20:1....g	0.002		0	BFFN	4		0.001	0.010	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.205		0	NC	4		0.058	0.928	
18:2 undifferentiated....g	0.164		0	BFFN	4		0.046	0.743	
18:3 undifferentiated....g	0.015		0	BFFN	4		0.004	0.068	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.026		0	BFFN	4		0.007	0.117	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	78		0	BFSN	4		22	355	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.193		0	A	1		0.055	0.878	
Threonine....g	1.176		0	A	1		0.333	5.334	
Isoleucine....g	1.339		0	A	1		0.380	6.075	
Leucine....g	2.342		0	A	1		0.664	10.622	
Lysine....g	2.488		0	A	1		0.705	11.285	
Methionine....g	0.767		0	A	1		0.217	3.477	
Cystine....g	0.380		0	A	1		0.108	1.723	
Phenylalanine....g	1.163		0	A	1		0.330	5.274	
Tyrosine....g	0.938		0	A	1		0.266	4.255	
Valine....g	1.460		0	A	1		0.414	6.624	
Arginine....g	1.904		0	A	1		0.540	8.634	
Histidine....g	0.939		0	A	1		0.266	4.261	
Alanine....g	1.790		0	A	1		0.507	8.118	
Aspartic acid....g	2.681		0	A	1		0.760	12.163	
Glutamic acid....g	4.419		0	A	1		1.253	20.046	
Glycine....g	1.792		0	A	1		0.508	8.131	
Proline....g	1.403		0	A	1		0.398	6.366	
Serine....g	1.160		0	A	1		0.329	5.260	
Hydroxyproline....g	0.309		0	BFPN	4		0.088	1.403	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 23589

Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23585

Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, raw

Boneless Strip Steak, Club Steak, Kansas City Strip, New York Strip, URMIS # 1404

Refuse: 24% Bone and connective tissue 9%, sep fat 15%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	72.68	0.410	10	A	1		61.78	329.66	
Energy kcal	133		0	NC	4		113	605	
Energy kJ	558		0	NC	4		474	2531	
Protein (N x 6.25) g	23.07	0.276	10	A	1		19.61	104.66	
Total lipid (fat) g	3.88	0.244	10	A	1		3.29	17.58	
Ash g	0.99	0.031	10	A	1		0.84	4.50	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	23	8.731	3	A	1		19	103	
Iron, Fe mg	1.63	0.127	3	A	1		1.39	7.41	
Magnesium, Mg mg	24	0.136	3	A	1		20	108	
Phosphorus, P mg	214	0.441	3	A	1		182	970	
Potassium, K mg	361	7.371	3	A	1		307	1637	
Sodium, Na mg	57	1.158	3	A	1		48	256	
Zinc, Zn mg	4.05	0.224	3	A	1		3.44	18.37	
Copper, Cu mg	0.078	0.007	3	A	1		0.066	0.352	
Manganese, Mn mg	0.011	0.000	3	A	1		0.010	0.051	
Selenium, Se µg	31.2	5.664	3	A	1		26.5	141.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.078	0.013	3	A	1		0.066	0.352	
Riboflavin mg	0.124	0.023	3	A	1		0.105	0.562	
Niacin mg	6.703	0.392	3	A	1		5.698	30.406	
Pantothenic acid mg	0.678		0	BFPN	4		0.576	3.074	
Vitamin B-6 mg	0.651	0.026	3	A	1		0.553	2.952	
Folate, total µg	13		0	BFPN	4		11	61	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	13		0	BFPN	4		11	61	
Folate, DFE µg	13		0	NC	4		11	61	
Choline, total mg	96.4		0	BFPN	4		81.9	437.2	
Betaine mg	14.2		0	BFPN	4		12.0	64.3	
Vitamin B-12 µg	0.98	0.106	3	A	1		0.83	4.43	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.29		0	BFSN	4		0.25	1.32	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.2		0	BFSN	4		1.0	5.3	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23585

Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.432		0	NC	4		1.217	6.497	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.000		0	BFFN	4		0.000	0.000	
13:0....g									
14:0....g	0.098		0	BFFN	4		0.083	0.444	
15:0....g									
16:0....g	0.860		0	BFFN	4		0.731	3.901	
17:0....g									
18:0....g	0.475		0	BFFN	4		0.403	2.152	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.559		0	NC	4		1.325	7.069	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.120		0	BFFN	4		0.102	0.543	
17:1....g									
18:1 undifferentiated....g	1.437		0	BFFN	4		1.221	6.517	
20:1....g	0.002		0	BFFN	4		0.002	0.010	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.168		0	NC	4		0.142	0.760	
18:2 undifferentiated....g	0.135		0	BFFN	4		0.115	0.612	
18:3 undifferentiated....g	0.009		0	BFFN	4		0.007	0.039	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.024		0	BFFN	4		0.020	0.108	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	40		0	BFFN	4		34	180	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.152		0	A	1		0.129	0.688	
Threonine....g	0.922		0	A	1		0.783	4.181	
Isoleucine....g	1.050		0	A	1		0.892	4.762	
Leucine....g	1.835		0	A	1		1.560	8.326	
Lysine....g	1.950		0	A	1		1.658	8.845	
Methionine....g	0.601		0	A	1		0.511	2.726	
Cystine....g	0.298		0	A	1		0.253	1.351	
Phenylalanine....g	0.911		0	A	1		0.775	4.134	
Tyrosine....g	0.735		0	A	1		0.625	3.335	
Valine....g	1.145		0	A	1		0.973	5.192	
Arginine....g	1.492		0	A	1		1.268	6.768	
Histidine....g	0.736		0	A	1		0.626	3.340	
Alanine....g	1.403		0	A	1		1.192	6.363	
Aspartic acid....g	2.102		0	A	1		1.786	9.533	
Glutamic acid....g	3.464		0	A	1		2.944	15.712	
Glycine....g	1.405		0	A	1		1.194	6.373	
Proline....g	1.100		0	A	1		0.935	4.990	
Serine....g	0.909		0	A	1		0.773	4.123	
Hydroxyproline....g	0.242		0	A	1		0.206	1.100	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 23585

Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23000

Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw

URMIS #1132, URMIS #1133

Refuse: 6% Connective tissue 6%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	72.58	0.441	70	AR	1		61.70	267.83	841.23
Energy kcal	130		0	NC	4		111	481	1510
Energy kJ	545		0	NC	4		463	2011	6317
Protein (N x 6.25) g	21.39	0.131	70	AR	1		18.18	78.93	247.90
Total lipid (fat) g	4.97	0.423	70	AR	1		4.23	18.36	57.65
Ash g	1.13	0.150	70	AR	1		0.96	4.15	13.04
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	0.00
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total g	0.00		0	Z	7		0.00	0.00	0.00
Starch g									
Minerals:									
Calcium, Ca mg	12	0.275	6	AR	1		10	43	134
Iron, Fe mg	2.62	0.020	6	AR	1		2.23	9.67	30.36
Magnesium, Mg mg	25	0.435	6	AR	1		21	92	288
Phosphorus, P mg	234	2.030	6	AR	1		199	862	2707
Potassium, K mg	395	9.003	6	AR	1		335	1456	4574
Sodium, Na mg	72	1.611	6	AR	1		62	267	840
Zinc, Zn mg	6.78	0.076	6	AR	1		5.77	25.03	78.63
Copper, Cu mg	0.073	0.002	6	AR	1		0.062	0.269	0.844
Manganese, Mn mg	0.013	0.000	6	AR	1		0.011	0.048	0.152
Selenium, Se µg	23.8	1.365	6	AR	1		20.3	87.9	276.2
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.090		2	AR	1		0.076	0.331	1.038
Riboflavin mg	0.209	0.004	6	AR	1		0.177	0.770	2.419
Niacin mg	4.577	0.100	6	AR	1		3.890	16.889	53.047
Pantothenic acid mg	0.786		2	AR	1		0.668	2.900	9.108
Vitamin B-6 mg	0.577	0.034	6	AR	1		0.490	2.128	6.683
Folate, total µg	3		0	BFPN	4		3	13	40
Folic acid µg	0		0	BFPN	4		0	0	0
Folate, food µg	3		0	BFPN	4		3	13	40
Folate, DFE µg	3		0	NC	4		3	13	40
Choline, total mg	72.5		2	AR	1		61.6	267.6	840.4
Betaine mg	14.2		2	AR	1		12.0	52.2	164.0
Vitamin B-12 µg	2.73	0.099	6	AR	1		2.32	10.06	31.61
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	3		0	NC	4		3	12	38
Retinol µg	3		0	BFSN	4		3	12	38
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	11		0	NC	4		9	41	128
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.18	0.002	6	AR	1		0.15	0.66	2.09
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	AS	1		0.0	0.1	0.4
Vitamin D IU	1	0.479	6	AR	1		1	6	17
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	5.6	17.5
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23000

Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.033		0	NC	4		1.728	7.502	23.565
4:0....g	0.000		0	Z	7		0.000	0.000	0.000
6:0....g	0.000		0	Z	7		0.000	0.000	0.000
8:0....g	0.000		0	Z	7		0.000	0.000	0.000
10:0....g	0.000		0	Z	7		0.000	0.000	0.000
12:0....g	0.000		0	Z	7		0.000	0.000	0.000
13:0....g									
14:0....g	0.133	0.009	6	AR	1		0.113	0.492	1.545
15:0....g									
16:0....g	1.132	0.081	6	AR	1		0.962	4.176	13.115
17:0....g	0.059	0.003	6	AR	1		0.050	0.219	0.687
18:0....g	0.701	0.043	6	AR	1		0.596	2.586	8.122
20:0....g	0.001	0.000	6	AR	1		0.001	0.002	0.008
22:0....g									
24:0....g	0.007	0.000	6	AR	1		0.006	0.028	0.087
Fatty acids, total monounsaturated....g	2.497		0	NC	4		2.123	9.215	28.943
14:1....g	0.030	0.002	6	AR	1		0.025	0.110	0.346
15:1....g									
16:1 undifferentiated....g	0.171		0	AS	1		0.145	0.629	1.977
16:1 c....g	0.171	0.009	6	AR	1		0.145	0.629	1.977
16:1 t....g									
17:1....g	0.047	0.002	6	AR	1		0.040	0.172	0.540
18:1 undifferentiated....g	2.247		0	AS	1		1.910	8.291	26.043
18:1 c....g	1.991	0.117	6	AR	1		1.693	7.347	23.078
18:1 t....g	0.256	0.016	6	AR	1		0.217	0.944	2.965
18:1-11 t (18:1t n-7)....g	0.136	0.005	6	AR	1		0.116	0.502	1.576
20:1....g	0.003	0.000	6	AR	1		0.003	0.012	0.037
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.326		0	NC	4		0.277	1.202	3.775
18:2 undifferentiated....g	0.272		0	AS	1		0.231	1.002	3.148
18:2 n-6 c,c....g	0.253	0.012	6	AR	1		0.215	0.935	2.937
18:2 CLAs....g	0.018	0.001	6	AR	1		0.015	0.067	0.211
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.003		0	AS	1		0.002	0.010	0.031
18:3 n-3 c,c,c (ALA)....g	0.003	0.000	6	AR	1		0.002	0.010	0.031
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000	0.000	6	AR	1		0.000	0.001	0.004
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.049	0.003	6	AR	1		0.042	0.183	0.574
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001	0.000	6	AR	1		0.001	0.004	0.011
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	6	AR	1		0.000	0.001	0.004
22:6 n-3 (DHA)....g	0.000	0.000	6	AR	1		0.000	0.001	0.002
Fatty acids, total trans....g	0.256		0	NC	4		0.217	0.944	2.965
Fatty acids, total trans-monoenoic....g	0.256		0	NC	4		0.217	0.944	2.965
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	66	2.723	6	AR	1		56	242	759
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.241		0	AR	1		0.205	0.889	2.792
Threonine....g	0.941		0	AR	1		0.800	3.473	10.907
Isoleucine....g	0.910		0	AR	1		0.773	3.356	10.542
Leucine....g	1.721		0	AR	1		1.462	6.349	19.941

NDB No. 23000

Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lysine....g	1.870		0	AR	1		1.590	6.901	21.675
Methionine....g	0.607		0	AR	1		0.516	2.242	7.041
Cystine....g	0.225		0	AR	1		0.191	0.828	2.602
Phenylalanine....g	0.814		0	AR	1		0.692	3.004	9.434
Tyrosine....g	0.738		0	AR	1		0.627	2.722	8.548
Valine....g	0.967		0	AR	1		0.822	3.567	11.203
Arginine....g	1.408		0	AR	1		1.197	5.196	16.321
Histidine....g	0.693		0	AR	1		0.589	2.557	8.031
Alanine....g	1.220		0	AR	1		1.037	4.502	14.140
Aspartic acid....g	1.918		0	AR	1		1.630	7.078	22.232
Glutamic acid....g	3.383		0	AR	1		2.875	12.482	39.206
Glycine....g	0.976		0	AR	1		0.829	3.600	11.309
Proline....g	0.879		0	AR	1		0.747	3.243	10.187
Serine....g	0.822		0	AR	1		0.698	3.032	9.522
Hydroxyproline....g	0.146		0	BFPN	4		0.124	0.539	1.694
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 369g: 1 steak

Measure 3 = 1159g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23111

Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw

URMIS #1132, URMIS #1133

Refuse: 6% Connective tissue 6%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	72.30	0.460	46	AR	1		61.45	261.00	848.07
Energy kcal	133		0	NC	4		113	480	1559
Energy kJ	556		0	NC	4		473	2007	6522
Protein (N x 6.25) g	21.17	0.164	46	AR	1		17.99	76.42	248.32
Total lipid (fat) g	5.33	0.448	46	AR	1		4.53	19.24	62.50
Ash g	1.13	0.151	46	AR	1		0.96	4.09	13.28
Carbohydrate, by difference g	0.07		0	NC	4		0.06	0.25	0.83
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total g	0.00		0	Z	7		0.00	0.00	0.00
Starch g									
Minerals:									
Calcium, Ca mg	12	0.342	4	AR	1		10	42	136
Iron, Fe mg	2.66	0.025	4	AR	1		2.26	9.61	31.23
Magnesium, Mg mg	24	0.541	4	AR	1		21	88	285
Phosphorus, P mg	234	2.521	4	AR	1		199	845	2747
Potassium, K mg	403	11.184	4	AR	1		342	1453	4722
Sodium, Na mg	74	2.002	4	AR	1		63	267	868
Zinc, Zn mg	6.72	0.095	4	AR	1		5.71	24.27	78.85
Copper, Cu mg	0.071	0.002	4	AR	1		0.060	0.255	0.827
Manganese, Mn mg	0.013	0.000	4	AR	1		0.011	0.048	0.157
Selenium, Se µg	23.8	1.695	4	AR	1		20.2	85.9	279.1
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.090		1	AR	1		0.076	0.323	1.051
Riboflavin mg	0.206	0.005	4	AR	1		0.175	0.745	2.421
Niacin mg	4.549	0.124	4	AR	1		3.866	16.421	53.357
Pantothenic acid mg	0.760		1	AR	1		0.646	2.743	8.912
Vitamin B-6 mg	0.564	0.043	4	AR	1		0.479	2.036	6.617
Folate, total µg	3		0	BFPN	4		3	12	40
Folic acid µg	0		0	BFPN	4		0	0	0
Folate, food µg	3		0	BFPN	4		3	12	40
Folate, DFE µg	3		0	NC	4		3	12	40
Choline, total mg	68.3		1	AR	1		58.0	246.4	800.7
Betaine mg	14.6		1	AR	1		12.4	52.8	171.4
Vitamin B-12 µg	2.66	0.123	4	AR	1		2.26	9.59	31.16
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	3		0	NC	4		3	12	38
Retinol µg	3		0	BFSN	4		3	12	38
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	11		0	NC	4		9	39	126
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.19	0.003	4	AR	1		0.17	0.70	2.28
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	AS	1		0.0	0.2	0.5
Vitamin D IU	2	0.594	4	AR	1		2	7	21
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	5.5	17.7
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23111

Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.124		0	NC	4		1.805	7.668	24.915
4:0....g	0.000		0	Z	7		0.000	0.000	0.000
6:0....g	0.000		0	Z	7		0.000	0.000	0.000
8:0....g	0.000		0	Z	7		0.000	0.000	0.000
10:0....g	0.000		0	Z	7		0.000	0.000	0.000
12:0....g	0.000		0	Z	7		0.000	0.000	0.000
13:0....g									
14:0....g	0.136	0.012	4	AR	1		0.116	0.492	1.599
15:0....g									
16:0....g	1.178	0.101	4	AR	1		1.001	4.251	13.812
17:0....g	0.060	0.004	4	AR	1		0.051	0.216	0.701
18:0....g	0.742	0.053	4	AR	1		0.630	2.677	8.698
20:0....g	0.001	0.000	4	AR	1		0.001	0.003	0.009
22:0....g									
24:0....g	0.008	0.001	4	AR	1		0.007	0.030	0.096
Fatty acids, total monounsaturated....g	2.648		0	NC	4		2.251	9.559	31.061
14:1....g	0.032	0.002	4	AR	1		0.027	0.116	0.376
15:1....g									
16:1 undifferentiated....g	0.182		0	AS	1		0.155	0.657	2.134
16:1 c....g	0.182	0.011	4	AR	1		0.155	0.657	2.134
16:1 t....g									
17:1....g	0.049	0.003	4	AR	1		0.042	0.177	0.575
18:1 undifferentiated....g	2.381		0	AS	1		2.024	8.596	27.930
18:1 c....g	2.134	0.146	4	AR	1		1.814	7.704	25.034
18:1 t....g	0.247	0.020	4	AR	1		0.210	0.891	2.896
18:1-11 t (18:1t n-7)....g	0.124	0.007	4	AR	1		0.105	0.448	1.456
20:1....g	0.004	0.001	4	AR	1		0.003	0.014	0.046
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.329		0	NC	4		0.280	1.189	3.862
18:2 undifferentiated....g	0.270		0	AS	1		0.230	0.975	3.168
18:2 n-6 c,c....g	0.253	0.015	4	AR	1		0.215	0.913	2.965
18:2 CLAs....g	0.017	0.001	4	AR	1		0.015	0.062	0.203
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.003		0	AS	1		0.003	0.012	0.040
18:3 n-3 c,c,c (ALA)....g	0.003	0.001	4	AR	1		0.003	0.012	0.040
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000	0.000	4	AR	1		0.000	0.001	0.005
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.053	0.003	4	AR	1		0.045	0.191	0.621
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002	0.000	4	AR	1		0.001	0.006	0.020
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	4	AR	1		0.000	0.001	0.005
22:6 n-3 (DHA)....g	0.000	0.000	4	AR	1		0.000	0.001	0.005
Fatty acids, total trans....g	0.247		0	NC	4		0.210	0.891	2.896
Fatty acids, total trans-monoenoic....g	0.247		0	NC	4		0.210	0.891	2.896
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	64	3.383	4	AR	1		54	231	751
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.238		0	AR	1		0.203	0.861	2.797
Threonine....g	0.931		0	AR	1		0.792	3.362	10.925
Isoleucine....g	0.900		0	AR	1		0.765	3.250	10.560
Leucine....g	1.703		0	AR	1		1.447	6.147	19.974

NDB No. 23111

Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	1.851		0	AR	1		1.573	6.682	21.711
Methionine....g	0.601		0	AR	1		0.511	2.171	7.053
Cystine....g	0.222		0	AR	1		0.189	0.802	2.607
Phenylalanine....g	0.806		0	AR	1		0.685	2.908	9.450
Tyrosine....g	0.730		0	AR	1		0.620	2.635	8.563
Valine....g	0.957		0	AR	1		0.813	3.454	11.222
Arginine....g	1.394		0	AR	1		1.185	5.031	16.349
Histidine....g	0.686		0	AR	1		0.583	2.476	8.045
Alanine....g	1.207		0	AR	1		1.026	4.359	14.163
Aspartic acid....g	1.898		0	AR	1		1.614	6.853	22.269
Glutamic acid....g	3.348		0	AR	1		2.846	12.086	39.272
Glycine....g	0.966		0	AR	1		0.821	3.486	11.328
Proline....g	0.870		0	AR	1		0.739	3.141	10.205
Serine....g	0.813		0	AR	1		0.691	2.935	9.538
Hydroxyproline....g	0.145		0	BFPN	4		0.123	0.522	1.697
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 361g: 1 steak

Measure 3 = 1173g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23112

Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw

URMIS #1132, URMIS #1133

Refuse: 6% Connective tissue 6%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	73.01	0.498	24	AR	1		62.06	278.16	831.56
Energy kcal	127		0	NC	4		108	483	1445
Energy kJ	531		0	NC	4		451	2023	6048
Protein (N x 6.25) g	21.72	0.217	24	AR	1		18.46	82.75	247.38
Total lipid (fat) g	4.44	0.496	24	AR	1		3.78	16.93	50.60
Ash g	1.11	0.154	24	AR	1		0.95	4.25	12.69
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	0.00
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total g	0.00		0	Z	7		0.00	0.00	0.00
Starch g									
Minerals:									
Calcium, Ca mg	12		2	AR	1		10	44	132
Iron, Fe mg	2.56		2	AR	1		2.17	9.74	29.11
Magnesium, Mg mg	26		2	AR	1		22	98	292
Phosphorus, P mg	233		2	AR	1		198	886	2650
Potassium, K mg	383		2	AR	1		325	1458	4360
Sodium, Na mg	70		2	AR	1		60	268	800
Zinc, Zn mg	6.88		2	AR	1		5.85	26.21	78.34
Copper, Cu mg	0.076		2	AR	1		0.065	0.291	0.869
Manganese, Mn mg	0.013		2	AR	1		0.011	0.048	0.144
Selenium, Se µg	23.9		2	AR	1		20.3	91.0	272.0
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.090		1	AR	1		0.076	0.342	1.022
Riboflavin mg	0.212		2	AR	1		0.180	0.808	2.417
Niacin mg	4.619		2	AR	1		3.926	17.599	52.614
Pantothenic acid mg	0.812		1	AR	1		0.690	3.094	9.250
Vitamin B-6 mg	0.595		2	AR	1		0.506	2.268	6.781
Folate, total µg	3		0	BFPN	4		3	13	40
Folic acid µg	0		0	BFPN	4		0	0	0
Folate, food µg	3		0	BFPN	4		3	13	40
Folate, DFE µg	3		0	NC	4		3	13	40
Choline, total mg	76.8		1	AR	1		65.2	292.5	874.3
Betaine mg	13.7		1	AR	1		11.6	52.2	156.0
Vitamin B-12 µg	2.83		2	AR	1		2.41	10.80	32.27
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	3		0	NC	4		3	13	39
Retinol µg	3		0	BFSN	4		3	13	39
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	12		0	NC	4		10	44	131
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.16		2	AR	1		0.13	0.61	1.81
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	AS	1		0.0	0.1	0.3
Vitamin D IU	1		2	AR	1		1	4	11
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	5.8	17.2
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23112

Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated g	1.897		0	NC	4		1.612	7.226	21.603
4:0 g	0.000		0	Z	7		0.000	0.000	0.000
6:0 g	0.000		0	Z	7		0.000	0.000	0.000
8:0 g	0.000		0	Z	7		0.000	0.000	0.000
10:0 g	0.000		0	Z	7		0.000	0.000	0.000
12:0 g	0.000		0	Z	7		0.000	0.000	0.000
13:0 g									
14:0 g	0.129		2	AR	1		0.109	0.491	1.467
15:0 g									
16:0 g	1.063		2	AR	1		0.903	4.049	12.104
17:0 g	0.058		2	AR	1		0.050	0.223	0.666
18:0 g	0.640		2	AR	1		0.544	2.437	7.286
20:0 g	0.001		2	AR	1		0.000	0.002	0.006
22:0 g									
24:0 g	0.006		2	AR	1		0.005	0.024	0.073
Fatty acids, total monounsaturated g	2.271		0	NC	4		1.931	8.654	25.871
14:1 g	0.027		2	AR	1		0.023	0.101	0.303
15:1 g									
16:1 undifferentiated g	0.154		0	AS	1		0.131	0.586	1.752
16:1 c g	0.154		2	AR	1		0.131	0.586	1.752
16:1 t g									
17:1 g	0.043		2	AR	1		0.037	0.164	0.490
18:1 undifferentiated g	2.046		0	AS	1		1.739	7.794	23.301
18:1 c g	1.777		2	AR	1		1.510	6.769	20.235
18:1 t g	0.269		2	AR	1		0.229	1.025	3.065
18:1-11 t (18:1t n-7) g	0.154		2	AR	1		0.131	0.586	1.753
20:1 g	0.002		2	AR	1		0.002	0.009	0.026
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.320		0	NC	4		0.272	1.221	3.650
18:2 undifferentiated g	0.274		0	AS	1		0.233	1.044	3.120
18:2 n-6 c,c g	0.254		2	AR	1		0.216	0.969	2.896
18:2 CLAs g	0.020		2	AR	1		0.017	0.075	0.223
18:2 t,t g									
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.002		0	AS	1		0.001	0.006	0.019
18:3 n-3 c,c,c (ALA) g	0.002		2	AR	1		0.001	0.006	0.019
18:3 n-6 c,c,c g									
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c g	0.000		2	AR	1		0.000	0.001	0.003
20:3 undifferentiated g									
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.044		2	AR	1		0.038	0.169	0.505
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		2	AR	1		0.000	0.000	0.000
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		2	AR	1		0.000	0.001	0.003
22:6 n-3 (DHA) g	0.000		2	AR	1		0.000	0.000	0.000
Fatty acids, total trans g	0.269		0	NC	4		0.229	1.025	3.065
Fatty acids, total trans-monoenoic g	0.269		0	NC	4		0.229	1.025	3.065
Fatty acids, total trans-polyenoic g									
Cholesterol mg	68		2	AR	1		58	259	774
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.245		0	AR	1		0.208	0.932	2.786
Threonine g	0.956		0	AR	1		0.812	3.641	10.884
Isoleucine g	0.924		0	AR	1		0.785	3.519	10.520
Leucine g	1.747		0	AR	1		1.485	6.656	19.899

NDB No. 23112

Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	1.899		0	AR	1		1.614	7.235	21.629
Methionine....g	0.617		0	AR	1		0.524	2.350	7.026
Cystine....g	0.228		0	AR	1		0.194	0.869	2.597
Phenylalanine....g	0.827		0	AR	1		0.703	3.149	9.415
Tyrosine....g	0.749		0	AR	1		0.637	2.853	8.530
Valine....g	0.982		0	AR	1		0.834	3.740	11.180
Arginine....g	1.430		0	AR	1		1.215	5.448	16.287
Histidine....g	0.704		0	AR	1		0.598	2.681	8.014
Alanine....g	1.239		0	AR	1		1.053	4.720	14.110
Aspartic acid....g	1.948		0	AR	1		1.656	7.421	22.185
Glutamic acid....g	3.435		0	AR	1		2.920	13.087	39.124
Glycine....g	0.991		0	AR	1		0.842	3.775	11.285
Proline....g	0.893		0	AR	1		0.759	3.401	10.166
Serine....g	0.834		0	AR	1		0.709	3.178	9.502
Hydroxyproline....g	0.148		0	BFPN	4		0.126	0.565	1.690
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 381g: 1 steak

Measure 3 = 1139g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13647

Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw

Beef, Chuck, Clod (Shoulder) Roast or Steak, URMIS #1132, URMIS #1133

Refuse: 7% Connective tissue 6%, seam fat 1%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	73.17	0.380	72	AR	1		62.20	751.47	962.93
Energy kcal	123		0	NC	4		105	1267	1624
Energy kJ	516		0	NC	4		439	5301	6793
Protein (N x 6.25) g	21.64	0.125	72	AR	1		18.39	222.23	284.76
Total lipid (fat) g	4.09	0.240	72	AR	1		3.48	42.01	53.83
Ash g	1.13	0.152	72	AR	1		0.96	11.63	14.90
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	0.00
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total g	0.00		0	Z	7		0.00	0.00	0.00
Starch g									
Minerals:									
Calcium, Ca mg	12		2	AR	1		10	119	152
Iron, Fe mg	2.64		2	AR	1		2.25	27.15	34.79
Magnesium, Mg mg	25		2	AR	1		21	259	331
Phosphorus, P mg	236		2	AR	1		201	2427	3110
Potassium, K mg	399		2	AR	1		339	4099	5252
Sodium, Na mg	73		2	AR	1		62	749	960
Zinc, Zn mg	6.86		2	AR	1		5.83	70.49	90.33
Copper, Cu mg	0.074		2	AR	1		0.063	0.756	0.969
Manganese, Mn mg	0.013		2	AR	1		0.011	0.136	0.175
Selenium, Se µg	24.1		2	AR	1		20.5	248.0	317.7
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.090		2	AR	1		0.077	0.924	1.184
Riboflavin mg	0.212		2	AR	1		0.180	2.177	2.790
Niacin mg	4.618		2	AR	1		3.925	47.427	60.773
Pantothenic acid mg	0.795		2	AR	1		0.676	8.165	10.462
Vitamin B-6 mg	0.583		2	AR	1		0.495	5.983	7.667
Folate, total µg	3		0	BFPN	4		3	36	46
Folic acid µg	0		0	BFPN	4		0	0	0
Folate, food µg	3		0	BFPN	4		3	36	46
Folate, DFE µg	3		0	NC	4		3	36	46
Choline, total mg	73.5		2	AR	1		62.5	754.7	967.1
Betaine mg	14.3		2	AR	1		12.1	146.4	187.7
Vitamin B-12 µg	2.76		2	AR	1		2.34	28.30	36.27
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	2		0	NC	4		2	19	24
Retinol µg	2		0	BFSN	4		2	19	24
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	6		0	NC	4		5	63	80
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.18		2	AR	1		0.15	1.87	2.39
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		2	AS	1		0.0	0.4	0.5
Vitamin D IU	1		2	AR	1		1	14	18
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	15.5	19.9
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13647

Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.653		0	NC	4		1.405	16.981	21.759
4:0....g	0.000		0	Z	7		0.000	0.000	0.000
6:0....g	0.000		0	Z	7		0.000	0.000	0.000
8:0....g	0.000		0	Z	7		0.000	0.000	0.000
10:0....g	0.000		0	Z	7		0.000	0.000	0.000
12:0....g	0.000		0	Z	7		0.000	0.000	0.000
13:0....g									
14:0....g	0.104	0.005	6	AR	1		0.089	1.070	1.371
15:0....g									
16:0....g	0.933	0.061	6	AR	1		0.793	9.583	12.279
17:0....g	0.048	0.002	6	AR	1		0.041	0.497	0.637
18:0....g	0.560	0.024	6	AR	1		0.476	5.754	7.373
20:0....g	0.000	0.000	6	AR	1		0.000	0.000	0.000
22:0....g									
24:0....g	0.007	0.000	6	AR	1		0.006	0.077	0.099
Fatty acids, total monounsaturated....g	2.086		0	NC	4		1.773	21.422	27.450
14:1....g	0.024	0.001	6	AR	1		0.021	0.250	0.321
15:1....g									
16:1 undifferentiated....g	0.146	0.006	6	AR	1		0.124	1.501	1.924
17:1....g	0.040	0.001	6	AR	1		0.034	0.415	0.532
18:1 undifferentiated....g	1.874		0	AS	1		1.593	19.249	24.666
18:1 c....g	1.683	0.079	6	AR	1		1.431	17.286	22.151
18:1 t....g	0.191	0.007	6	AR	1		0.162	1.963	2.515
18:1-11 t (18:1t n-7)....g	0.127	0.004	6	AR	1		0.108	1.301	1.667
20:1....g	0.001	0.000	6	AR	1		0.001	0.006	0.008
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.296		0	NC	4		0.252	3.045	3.901
18:2 undifferentiated....g	0.245		0	AS	1		0.208	2.514	3.221
18:2 n-6 c,c....g	0.231	0.010	6	AR	1		0.197	2.377	3.046
18:2 CLAs....g	0.013	0.000	6	AR	1		0.011	0.136	0.175
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.001		0	AS	1		0.001	0.007	0.009
18:3 n-3 c,c,c (ALA)....g	0.001	0.000	6	AR	1		0.001	0.007	0.009
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000	0.000	6	AR	1		0.000	0.000	0.000
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.050	0.003	6	AR	1		0.042	0.511	0.655
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001	0.000	6	AR	1		0.001	0.010	0.013
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	6	AR	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000	0.000	6	AR	1		0.000	0.002	0.003
Fatty acids, total trans....g	0.191		0	NC	4		0.162	1.963	2.515
Fatty acids, total trans-monoenoic....g	0.191		0	NC	4		0.162	1.963	2.515
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	65	2.781	6	AR	1		56	672	861
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.248		0	AR	1		0.211	2.549	3.266
Threonine....g	0.980		0	AR	1		0.833	10.063	12.894
Isoleucine....g	0.947		0	AR	1		0.805	9.730	12.468
Leucine....g	1.791		0	AR	1		1.522	18.393	23.569
Lysine....g	1.947		0	AR	1		1.655	19.993	25.619
Methionine....g	0.631		0	AR	1		0.536	6.481	8.305

NDB No. 13647

Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine....g	0.230		0	AR	1		0.196	2.365	3.031
Phenylalanine....g	0.844		0	AR	1		0.717	8.663	11.101
Tyrosine....g	0.767		0	AR	1		0.652	7.880	10.098
Valine....g	1.001		0	AR	1		0.851	10.279	13.172
Arginine....g	1.455		0	AR	1		1.237	14.945	19.150
Histidine....g	0.714		0	AR	1		0.607	7.330	9.393
Alanine....g	1.251		0	AR	1		1.063	12.845	16.460
Aspartic acid....g	1.992		0	AR	1		1.693	20.460	26.217
Glutamic acid....g	3.524		0	AR	1		2.995	36.190	46.373
Glycine....g	0.964		0	AR	1		0.819	9.897	12.682
Proline....g	0.891		0	AR	1		0.757	9.146	11.719
Serine....g	0.850		0	AR	1		0.723	8.730	11.186
Hydroxyproline....g	0.109		0	AR	1		0.093	1.122	1.438
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 1027g: 1 steak

Measure 3 = 1316g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13648

Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw

Beef, Chuck, Clod (Shoulder) Roast or Steak, URMIS #1132, Urmis #1133

Refuse: 7% Connective tissue 6%, seam fat 1%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	72.95	0.393	48	AR	1		62.01		
Energy kcal	125		0	NC	4		107		
Energy kJ	525		0	NC	4		446		
Protein (N x 6.25) g	21.45	0.156	48	AR	1		18.23		
Total lipid (fat) g	4.35	0.253	48	AR	1		3.70		
Ash g	1.14	0.153	48	AR	1		0.97		
Carbohydrate, by difference g	0.11		0	NC	4		0.10		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	12	0.347	4	AR	1		10		
Iron, Fe mg	2.69	0.026	4	AR	1		2.29		
Magnesium, Mg mg	25	0.575	4	AR	1		21		
Phosphorus, P mg	237	2.539	4	AR	1		202		
Potassium, K mg	408	10.918	4	AR	1		346		
Sodium, Na mg	74	1.963	4	AR	1		63		
Zinc, Zn mg	6.81	0.087	4	AR	1		5.79		
Copper, Cu mg	0.071	0.002	4	AR	1		0.061		
Manganese, Mn mg	0.014	0.000	4	AR	1		0.012		
Selenium, Se µg	24.1	1.751	4	AR	1		20.5		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.090		1	AR	1		0.077		
Riboflavin mg	0.210	0.005	4	AR	1		0.178		
Niacin mg	4.593	0.123	4	AR	1		3.904		
Pantothenic acid mg	0.770		1	AR	1		0.654		
Vitamin B-6 mg	0.570	0.042	4	AR	1		0.485		
Folate, total µg	4		0	BFPN	4		3		
Folic acid µg	0		0	BFPN	4		0		
Folate, food µg	4		0	BFPN	4		3		
Folate, DFE µg	4		0	NC	4		3		
Choline, total mg	69.3		1	AR	1		58.9		
Betaine mg	14.7		1	AR	1		12.5		
Vitamin B-12 µg	2.69	0.125	4	AR	1		2.28		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	2		0	NC	4		1		
Retinol µg	2		0	BFSN	4		1		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	5		0	NC	4		5		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.20	0.003	4	AR	1		0.17		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		4	AS	1		0.0		
Vitamin D IU	2	0.596	4	AR	1		1		
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13648

Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.709		0	NC	4		1.452		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g	0.000		0	Z	7		0.000		
12:0....g	0.000		0	Z	7		0.000		
13:0....g									
14:0....g	0.104	0.007	4	AR	1		0.089		
15:0....g									
16:0....g	0.960	0.076	4	AR	1		0.816		
17:0....g	0.048	0.002	4	AR	1		0.041		
18:0....g	0.588	0.030	4	AR	1		0.500		
20:0....g	0.000	0.000	4	AR	1		0.000		
22:0....g									
24:0....g	0.008	0.001	4	AR	1		0.007		
Fatty acids, total monounsaturated....g	2.199		0	NC	4		1.869		
14:1....g	0.026	0.001	4	AR	1		0.022		
15:1....g									
16:1 undifferentiated....g	0.155	0.007	4	AR	1		0.132		
17:1....g	0.042	0.002	4	AR	1		0.036		
18:1 undifferentiated....g	1.974		0	AS	1		1.678		
18:1 c....g	1.798	0.099	4	AR	1		1.529		
18:1 t....g	0.176	0.009	4	AR	1		0.149		
18:1-11 t (18:1t n-7)....g	0.114	0.005	4	AR	1		0.097		
20:1....g	0.001	0.000	4	AR	1		0.001		
22:1 undifferentiated....g	0.000		0	Z	7		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.297		0	NC	4		0.253		
18:2 undifferentiated....g	0.241		0	AS	1		0.205		
18:2 n-6 c,c....g	0.229	0.012	4	AR	1		0.194		
18:2 CLAs....g	0.012	0.001	4	AR	1		0.010		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.001		0	AS	1		0.001		
18:3 n-3 c,c,c (ALA)....g	0.001	0.000	4	AR	1		0.001		
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g	0.000	0.000	4	AR	1		0.000		
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.053	0.003	4	AR	1		0.045		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002	0.000	4	AR	1		0.001		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	4	AR	1		0.000		
22:6 n-3 (DHA)....g	0.000	0.000	4	AR	1		0.000		
Fatty acids, total trans....g	0.176		0	NC	4		0.149		
Fatty acids, total trans-monoenoic....g	0.176		0	NC	4		0.149		
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	64	3.455	4	AR	1		54		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.251		0	AR	1		0.214		
Threonine....g	0.993		0	AR	1		0.844		
Isoleucine....g	0.960		0	AR	1		0.816		
Leucine....g	1.815		0	AR	1		1.543		
Lysine....g	1.973		0	AR	1		1.677		
Methionine....g	0.639		0	AR	1		0.544		

NDB No. 13648

Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine....g	0.233		0	AR	1		0.198		
Phenylalanine....g	0.855		0	AR	1		0.727		
Tyrosine....g	0.778		0	AR	1		0.661		
Valine....g	1.014		0	AR	1		0.862		
Arginine....g	1.475		0	AR	1		1.253		
Histidine....g	0.723		0	AR	1		0.615		
Alanine....g	1.267		0	AR	1		1.077		
Aspartic acid....g	2.019		0	AR	1		1.716		
Glutamic acid....g	3.571		0	AR	1		3.035		
Glycine....g	0.977		0	AR	1		0.830		
Proline....g	0.902		0	AR	1		0.767		
Serine....g	0.861		0	AR	1		0.732		
Hydroxyproline....g	0.111		0	AR	1		0.094		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13649

Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw

Beef, Chuck, Clod (Shoulder) Roast or Steak, URMIS #1132, URMIS #1133

Refuse: 7% Connective tissue 6%, seam fat 1%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	73.51	0.418	24	AR	1		62.48	812.97	970.27
Energy kcal	121		0	NC	4		103	1338	1597
Energy kJ	506		0	NC	4		430	5598	6681
Protein (N x 6.25) g	21.93	0.206	24	AR	1		18.64	242.51	289.44
Total lipid (fat) g	3.70	0.279	24	AR	1		3.14	40.87	48.78
Ash g	1.12	0.156	24	AR	1		0.95	12.42	14.82
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	0.00
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total g	0.00		0	Z	7		0.00	0.00	0.00
Starch g									
Minerals:									
Calcium, Ca mg	12	0.466	6	AR	1		10	128	153
Iron, Fe mg	2.57	0.034	6	AR	1		2.19	28.47	33.98
Magnesium, Mg mg	26	0.771	6	AR	1		22	287	342
Phosphorus, P mg	235	3.407	6	AR	1		200	2600	3103
Potassium, K mg	386	14.649	6	AR	1		328	4274	5101
Sodium, Na mg	71	2.634	6	AR	1		60	781	932
Zinc, Zn mg	6.95	0.117	6	AR	1		5.91	76.84	91.71
Copper, Cu mg	0.077	0.003	6	AR	1		0.065	0.852	1.017
Manganese, Mn mg	0.013	0.000	6	AR	1		0.011	0.141	0.169
Selenium, Se µg	24.1	2.349	6	AR	1		20.5	267.1	318.8
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.090		1	AR	1		0.077	0.995	1.188
Riboflavin mg	0.215	0.006	6	AR	1		0.183	2.378	2.838
Niacin mg	4.655	0.165	6	AR	1		3.957	51.484	61.446
Pantothenic acid mg	0.820		1	AR	1		0.697	9.069	10.824
Vitamin B-6 mg	0.601	0.057	6	AR	1		0.511	6.647	7.933
Folate, total µg	4		0	BFPN	4		3	39	46
Folic acid µg	0		0	BFPN	4		0	0	0
Folate, food µg	4		0	BFPN	4		3	39	46
Folate, DFE µg	4		0	NC	4		3	39	46
Choline, total mg	77.6		1	AR	1		66.0	858.7	1024.8
Betaine mg	13.8		1	AR	1		11.7	152.3	181.8
Vitamin B-12 µg	2.86	0.168	6	AR	1		2.43	31.63	37.75
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	2		0	NC	4		2	23	27
Retinol µg	2		0	BFSN	4		2	23	27
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	7		0	NC	4		6	76	90
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.16	0.004	6	AR	1		0.14	1.77	2.11
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		6	AS	1		0.0	0.3	0.3
Vitamin D IU	1	0.800	6	AR	1		1	10	12
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	16.7	20.0
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13649

Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.530		0	NR	4		1.301	16.922	20.196
4:0....g	0.000		0	Z	7		0.000	0.000	0.000
6:0....g	0.000		0	Z	7		0.000	0.000	0.000
8:0....g	0.000		0	Z	7		0.000	0.000	0.000
10:0....g	0.000		0	Z	7		0.000	0.000	0.000
12:0....g	0.000		0	Z	7		0.000	0.000	0.000
13:0....g									
14:0....g	0.101		2	AR	1		0.086	1.120	1.336
15:0....g									
16:0....g	0.869		2	AR	1		0.739	9.613	11.473
17:0....g	0.048		2	AR	1		0.041	0.529	0.631
18:0....g	0.506		2	AR	1		0.430	5.591	6.673
20:0....g	0.000		2	AR	1		0.000	0.000	0.000
22:0....g									
24:0....g	0.006		2	AR	1		0.005	0.069	0.082
Fatty acids, total monounsaturated....g	1.850		0	NR	4		1.573	20.461	24.420
14:1....g	0.021		2	AR	1		0.018	0.235	0.280
15:1....g									
16:1 undifferentiated....g	0.128		2	AR	1		0.109	1.420	1.695
17:1....g	0.037		2	AR	1		0.031	0.406	0.484
18:1 undifferentiated....g	1.665		0	AS	1		1.415	18.415	21.978
18:1 c....g	1.457		2	AR	1		1.239	16.120	19.238
18:1 t....g	0.207		2	AR	1		0.176	2.284	2.727
18:1-11 t (18:1t n-7)....g	0.146		2	AR	1		0.124	1.618	1.931
20:1....g	0.000		2	AR	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.280		0	NR	4		0.238	3.097	3.696
18:2 undifferentiated....g	0.238		0	AS	1		0.202	2.630	3.139
18:2 n-6 c,c....g	0.223		2	AR	1		0.190	2.469	2.947
18:2 CLAs....g	0.015		2	AR	1		0.012	0.161	0.193
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.000		0	AS	1		0.000	0.000	0.000
18:3 n-3 c,c,c (ALA)....g	0.000		2	AR	1		0.000	0.000	0.000
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000		2	AR	1		0.000	0.000	0.000
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.042		2	AR	1		0.036	0.466	0.557
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		2	AR	1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		2	AR	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		2	AR	1		0.000	0.000	0.000
Fatty acids, total trans....g	0.207		0	NR	4		0.176	2.289	2.732
Fatty acids, total trans-monoenoic....g	0.207		0	NR	4		0.176	2.289	2.732
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	68		2	AR	1		58	749	894
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.251		0	AR	1		0.214	2.781	3.319
Threonine....g	0.993		0	AR	1		0.844	10.981	13.106
Isoleucine....g	0.960		0	AR	1		0.816	10.618	12.673
Leucine....g	1.815		0	AR	1		1.543	20.073	23.957
Lysine....g	1.973		0	AR	1		1.677	21.818	26.040
Methionine....g	0.639		0	AR	1		0.544	7.073	8.441

NDB No. 13649

Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine g	0.233		0	AR	1		0.198	2.581	3.081
Phenylalanine g	0.855		0	AR	1		0.727	9.454	11.283
Tyrosine g	0.778		0	AR	1		0.661	8.600	10.264
Valine g	1.014		0	AR	1		0.862	11.218	13.388
Arginine g	1.475		0	AR	1		1.253	16.309	19.465
Histidine g	0.723		0	AR	1		0.615	8.000	9.548
Alanine g	1.267		0	AR	1		1.077	14.018	16.730
Aspartic acid g	2.019		0	AR	1		1.716	22.327	26.647
Glutamic acid g	3.571		0	AR	1		3.035	39.493	47.135
Glycine g	0.977		0	AR	1		0.830	10.800	12.890
Proline g	0.902		0	AR	1		0.767	9.981	11.912
Serine g	0.861		0	AR	1		0.732	9.527	11.370
Hydroxyproline g	0.111		0	AR	1		0.094	1.225	1.462
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 1106g: 1 steak

Measure 3 = 1320g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23131

Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised

Beef, Chuck, Clod (Shoulder) Roast, URMIS #1132

Refuse: 8% Connective tissue 8%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	59.76	0.656	72	AR	1		50.79	470.29	
Energy kcal	204		0	NC	4		174	1608	
Energy kJ	855		0	NC	4		727	6729	
Protein (N x 6.25) g	31.03	0.287	72	AR	1		26.38	244.21	
Total lipid (fat) g	8.92	0.680	72	AR	1		7.58	70.18	
Ash g	1.38	0.240	72	AR	1		1.17	10.87	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	13	0.295	6	AR	1		11	100	
Iron, Fe mg	3.53	0.114	6	AR	1		3.00	27.80	
Magnesium, Mg mg	25	0.525	6	AR	1		21	197	
Phosphorus, P mg	230	2.379	6	AR	1		195	1807	
Potassium, K mg	352	6.599	6	AR	1		299	2773	
Sodium, Na mg	61	0.733	6	AR	1		52	480	
Zinc, Zn mg	9.24	0.235	6	AR	1		7.85	72.73	
Copper, Cu mg	0.129	0.003	6	AR	1		0.110	1.014	
Manganese, Mn mg	0.014	0.000	6	AR	1		0.012	0.113	
Selenium, Se µg	37.5	2.341	6	AR	1		31.9	295.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.079		2	AR	1		0.067	0.624	
Riboflavin mg	0.271	0.003	6	AR	1		0.230	2.129	
Niacin mg	4.662	0.117	6	AR	1		3.963	36.693	
Pantothenic acid mg	0.810		2	AR	1		0.688	6.371	
Vitamin B-6 mg	0.535	0.024	6	AR	1		0.455	4.210	
Folate, total µg	8		0	BFPN	4		6	59	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	8		0	BFPN	4		6	59	
Folate, DFE µg	8		0	NC	4		6	59	
Choline, total mg	99.5		2	AR	1		84.5	782.7	
Betaine mg	10.7		2	AR	1		9.1	84.2	
Vitamin B-12 µg	3.35	0.159	6	AR	1		2.85	26.36	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	7		0	NC	4		6	53	
Retinol µg	7		0	BFSN	4		6	53	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	22		0	NC	4		19	176	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.11	0.004	6	AR	1		0.09	0.86	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	1.1	
Vitamin D IU	6	1.160	6	AR	1		5	43	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	12.4	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23131

Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated g	3.112		0	NC	4		2.645	24.489	
4:0 g	0.000		0	Z	7		0.000	0.000	
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.000		0	Z	7		0.000	0.000	
12:0 g	0.000		0	Z	7		0.000	0.000	
13:0 g									
14:0 g	0.198	0.012	6	AR	1		0.168	1.555	
15:0 g									
16:0 g	1.742	0.143	6	AR	1		1.481	13.711	
17:0 g	0.095	0.004	6	AR	1		0.080	0.744	
18:0 g	1.065	0.059	6	AR	1		0.905	8.380	
20:0 g	0.001	0.000	6	AR	1		0.001	0.009	
22:0 g									
24:0 g	0.011	0.001	6	AR	1		0.010	0.090	
Fatty acids, total monounsaturated g	3.887		0	NC	4		3.304	30.594	
14:1 g	0.047	0.002	6	AR	1		0.040	0.368	
15:1 g									
16:1 undifferentiated g	0.264		0	AS	1		0.225	2.081	
16:1 c g	0.264	0.013	6	AR	1		0.225	2.081	
16:1 t g									
17:1 g	0.074	0.004	6	AR	1		0.063	0.581	
18:1 undifferentiated g	3.495		0	AS	1		2.971	27.505	
18:1 c g	3.108	0.200	6	AR	1		2.642	24.462	
18:1 t g	0.387	0.020	6	AR	1		0.329	3.043	
18:1-11 t (18:1t n-7) g	0.219	0.011	6	AR	1		0.186	1.720	
20:1 g	0.008	0.001	6	AR	1		0.006	0.060	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.513		0	NC	4		0.436	4.037	
18:2 undifferentiated g	0.420		0	AS	1		0.357	3.304	
18:2 n-6 c,c g	0.396	0.024	6	AR	1		0.337	3.118	
18:2 CLAs g	0.024	0.002	6	AR	1		0.020	0.186	
18:2 t,t g									
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.011		0	AS	1		0.009	0.086	
18:3 n-3 c,c,c (ALA) g	0.011	0.001	6	AR	1		0.009	0.086	
18:3 n-6 c,c,c g									
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.001	0.000	6	AR	1		0.001	0.005	
20:3 undifferentiated g									
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.074	0.006	6	AR	1		0.063	0.583	
20:4 n-6 g									
20:5 n-3 (EPA) g	0.006	0.001	6	AR	1		0.005	0.047	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.001	0.000	6	AR	1		0.000	0.004	
22:6 n-3 (DHA) g	0.001	0.000	6	AR	1		0.001	0.008	
Fatty acids, total trans g	0.387		0	NC	4		0.329	3.043	
Fatty acids, total trans-monoenoic g	0.387		0	NC	4		0.329	3.043	
Fatty acids, total trans-polyenoic g									
Cholesterol mg	98	2.522	6	AR	1		83	770	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.350		0	AR	1		0.297	2.751	
Threonine g	1.365		0	AR	1		1.160	10.744	
Isoleucine g	1.320		0	AR	1		1.122	10.385	
Leucine g	2.496		0	AR	1		2.122	19.644	

NDB No. 23131

Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.713		0	AR	1		2.306	21.352	
Methionine g	0.881		0	AR	1		0.749	6.936	
Cystine g	0.326		0	AR	1		0.277	2.563	
Phenylalanine g	1.181		0	AR	1		1.004	9.294	
Tyrosine g	1.070		0	AR	1		0.910	8.421	
Valine g	1.402		0	AR	1		1.192	11.036	
Arginine g	2.043		0	AR	1		1.736	16.078	
Histidine g	1.005		0	AR	1		0.855	7.912	
Alanine g	1.770		0	AR	1		1.504	13.929	
Aspartic acid g	2.783		0	AR	1		2.365	21.901	
Glutamic acid g	4.907		0	AR	1		4.171	38.622	
Glycine g	1.416		0	AR	1		1.203	11.140	
Proline g	1.275		0	AR	1		1.084	10.036	
Serine g	1.192		0	AR	1		1.013	9.380	
Hydroxyproline g	0.212		0	BFPN	4		0.180	1.669	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 787g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23132

Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised

Beef, Chuck, Clod (Shoulder) Roast, URMIS #1132

Refuse: 8% Connective tissue 8%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	59.49	0.690	48	AR	1		50.57	471.77	
Energy kcal	207		0	NC	4		176	1642	
Energy kJ	866		0	NC	4		736	6867	
Protein (N x 6.25) g	30.93	0.333	48	AR	1		26.29	245.30	
Total lipid (fat) g	9.25	0.709	48	AR	1		7.87	73.38	
Ash g	1.40	0.246	48	AR	1		1.19	11.14	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	13	0.367	4	AR	1		11	100	
Iron, Fe mg	3.70	0.142	4	AR	1		3.14	29.31	
Magnesium, Mg mg	24	0.652	4	AR	1		21	193	
Phosphorus, P mg	230	2.955	4	AR	1		196	1827	
Potassium, K mg	353	8.198	4	AR	1		300	2797	
Sodium, Na mg	60	0.911	4	AR	1		51	476	
Zinc, Zn mg	9.22	0.291	4	AR	1		7.83	73.07	
Copper, Cu mg	0.138	0.004	4	AR	1		0.117	1.092	
Manganese, Mn mg	0.015	0.000	4	AR	1		0.013	0.118	
Selenium, Se µg	38.1	2.908	4	AR	1		32.4	302.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.079		1	AR	1		0.067	0.630	
Riboflavin mg	0.278	0.004	4	AR	1		0.236	2.202	
Niacin mg	4.873	0.146	4	AR	1		4.142	38.642	
Pantothenic acid mg	0.821		1	AR	1		0.698	6.513	
Vitamin B-6 mg	0.506	0.030	4	AR	1		0.430	4.014	
Folate, total µg	8		0	BFPN	4		6	60	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	8		0	BFPN	4		6	60	
Folate, DFE µg	8		0	NC	4		6	60	
Choline, total mg	99.2		1	AR	1		84.3	786.7	
Betaine mg	11.0		1	AR	1		9.4	87.3	
Vitamin B-12 µg	3.34	0.198	4	AR	1		2.84	26.51	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	6		0	NC	4		6	51	
Retinol µg	6		0	BFSN	4		6	51	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	22		0	NC	4		18	171	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.13	0.005	4	AR	1		0.11	1.01	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	1.1	
Vitamin D IU	6	1.440	4	AR	1		5	45	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	12.5	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23132

Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.264		0	NC	4		2.774	25.880	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	Z	7		0.000	0.000	
12:0....g	0.000		0	Z	7		0.000	0.000	
13:0....g									
14:0....g	0.207	0.015	4	AR	1		0.176	1.638	
15:0....g									
16:0....g	1.840	0.177	4	AR	1		1.564	14.590	
17:0....g	0.099	0.005	4	AR	1		0.084	0.787	
18:0....g	1.105	0.073	4	AR	1		0.939	8.760	
20:0....g	0.001	0.000	4	AR	1		0.001	0.008	
22:0....g									
24:0....g	0.012	0.001	4	AR	1		0.010	0.096	
Fatty acids, total monounsaturated....g	4.203		0	NC	4		3.572	33.328	
14:1....g	0.051	0.003	4	AR	1		0.043	0.405	
15:1....g									
16:1 undifferentiated....g	0.289		0	AS	1		0.246	2.295	
16:1 c....g	0.289	0.017	4	AR	1		0.246	2.295	
16:1 t....g									
17:1....g	0.081	0.004	4	AR	1		0.069	0.640	
18:1 undifferentiated....g	3.772		0	AS	1		3.206	29.912	
18:1 c....g	3.391	0.248	4	AR	1		2.882	26.887	
18:1 t....g	0.382	0.025	4	AR	1		0.324	3.025	
18:1-11 t (18:1t n-7)....g	0.217	0.014	4	AR	1		0.184	1.718	
20:1....g	0.010	0.001	4	AR	1		0.008	0.076	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.502		0	NC	4		0.427	3.983	
18:2 undifferentiated....g	0.409		0	AS	1		0.347	3.239	
18:2 n-6 c,c....g	0.377	0.030	4	AR	1		0.320	2.990	
18:2 CLAs....g	0.032	0.002	4	AR	1		0.027	0.250	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.012		0	AS	1		0.010	0.092	
18:3 n-3 c,c,c (ALA)....g	0.012	0.001	4	AR	1		0.010	0.092	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.001	0.000	4	AR	1		0.000	0.004	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.074	0.007	4	AR	1		0.063	0.590	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.006	0.001	4	AR	1		0.005	0.048	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	4	AR	1		0.000	0.002	
22:6 n-3 (DHA)....g	0.001	0.000	4	AR	1		0.001	0.008	
Fatty acids, total trans....g	0.382		0	NC	4		0.324	3.025	
Fatty acids, total trans-monoenoic....g	0.382		0	NC	4		0.324	3.025	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	98	3.133	4	AR	1		83	775	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.348		0	AR	1		0.296	2.763	
Threonine....g	1.361		0	AR	1		1.157	10.793	
Isoleucine....g	1.315		0	AR	1		1.118	10.431	
Leucine....g	2.488		0	AR	1		2.115	19.732	

NDB No. 23132

Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	2.705		0	AR	1		2.299	21.448	
Methionine....g	0.879		0	AR	1		0.747	6.967	
Cystine....g	0.325		0	AR	1		0.276	2.575	
Phenylalanine....g	1.177		0	AR	1		1.001	9.335	
Tyrosine....g	1.067		0	AR	1		0.907	8.459	
Valine....g	1.398		0	AR	1		1.188	11.086	
Arginine....g	2.037		0	AR	1		1.731	16.150	
Histidine....g	1.002		0	AR	1		0.852	7.947	
Alanine....g	1.764		0	AR	1		1.500	13.991	
Aspartic acid....g	2.774		0	AR	1		2.358	21.999	
Glutamic acid....g	4.892		0	AR	1		4.158	38.795	
Glycine....g	1.411		0	AR	1		1.199	11.190	
Proline....g	1.271		0	AR	1		1.081	10.081	
Serine....g	1.188		0	AR	1		1.010	9.422	
Hydroxyproline....g	0.211		0	BFPN	4		0.180	1.676	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 793g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23133

Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised

Beef, Chuck, Clod (Shoulder) Roast, URMIS #1132

Refuse: 7% Connective tissue 7%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	60.15	0.756	24	AR	1		51.13	468.60	
Energy kcal	200		0	NC	4		170	1561	
Energy kJ	839		0	NC	4		713	6536	
Protein (N x 6.25) g	31.18	0.413	24	AR	1		26.50	242.86	
Total lipid (fat) g	8.41	0.764	24	AR	1		7.15	65.53	
Ash g	1.35	0.257	24	AR	1		1.14	10.48	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	13		2	AR	1		11	100	
Iron, Fe mg	3.29		2	AR	1		2.79	25.60	
Magnesium, Mg mg	26		2	AR	1		22	204	
Phosphorus, P mg	228		2	AR	1		194	1779	
Potassium, K mg	352		2	AR	1		299	2741	
Sodium, Na mg	62		2	AR	1		53	485	
Zinc, Zn mg	9.28		2	AR	1		7.89	72.29	
Copper, Cu mg	0.116		2	AR	1		0.098	0.901	
Manganese, Mn mg	0.014		2	AR	1		0.012	0.107	
Selenium, Se µg	36.6		2	AR	1		31.1	285.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.079		1	AR	1		0.067	0.615	
Riboflavin mg	0.260		2	AR	1		0.221	2.023	
Niacin mg	4.347		2	AR	1		3.695	33.862	
Pantothenic acid mg	0.798		1	AR	1		0.678	6.216	
Vitamin B-6 mg	0.578		2	AR	1		0.491	4.504	
Folate, total µg	8		0	BFPN	4		6	59	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	8		0	BFPN	4		6	59	
Folate, DFE µg	8		0	NC	4		6	59	
Choline, total mg	99.7		1	AR	1		84.8	776.8	
Betaine mg	10.4		1	AR	1		8.8	80.9	
Vitamin B-12 µg	3.36		2	AR	1		2.86	26.17	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	7		0	NC	4		6	55	
Retinol µg	7		0	BFSN	4		6	55	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	24		0	NC	4		20	184	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.08		2	AR	1		0.07	0.63	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	1.0	
Vitamin D IU	5		2	AR	1		4	41	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	12.2	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23133

Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.884		0	NC	4		2.451	22.467	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	Z	7		0.000	0.000	
12:0....g	0.000		0	Z	7		0.000	0.000	
13:0....g									
14:0....g	0.184		2	AR	1		0.157	1.436	
15:0....g									
16:0....g	1.596		2	AR	1		1.357	12.432	
17:0....g	0.087		2	AR	1		0.074	0.681	
18:0....g	1.005		2	AR	1		0.854	7.826	
20:0....g	0.002		2	AR	1		0.001	0.012	
22:0....g									
24:0....g	0.010		2	AR	1		0.009	0.081	
Fatty acids, total monounsaturated....g	3.414		0	NC	4		2.902	26.596	
14:1....g	0.040		2	AR	1		0.034	0.311	
15:1....g									
16:1 undifferentiated....g	0.227		0	AS	1		0.193	1.768	
16:1 c....g	0.227		2	AR	1		0.193	1.768	
16:1 t....g									
17:1....g	0.064		2	AR	1		0.054	0.495	
18:1 undifferentiated....g	3.079		0	AS	1		2.617	23.988	
18:1 c....g	2.685		2	AR	1		2.282	20.915	
18:1 t....g	0.394		2	AR	1		0.335	3.072	
18:1-11 t (18:1t n-7)....g	0.221		2	AR	1		0.188	1.725	
20:1....g	0.004		2	AR	1		0.004	0.034	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.528		0	NC	4		0.449	4.116	
18:2 undifferentiated....g	0.437		0	AS	1		0.371	3.402	
18:2 n-6 c,c....g	0.425		2	AR	1		0.361	3.311	
18:2 CLAs....g	0.012		2	AR	1		0.010	0.091	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.010		0	AS	1		0.008	0.076	
18:3 n-3 c,c,c (ALA)....g	0.010		2	AR	1		0.008	0.076	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.001		2	AR	1		0.001	0.005	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.074		2	AR	1		0.063	0.575	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.006		2	AR	1		0.005	0.048	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.001		2	AR	1		0.001	0.005	
22:6 n-3 (DHA)....g	0.001		2	AR	1		0.001	0.005	
Fatty acids, total trans....g	0.394		0	NC	4		0.335	3.072	
Fatty acids, total trans-monoenoic....g	0.394		0	NC	4		0.335	3.072	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	98		2	AR	1		83	765	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.351		0	AR	1		0.298	2.736	
Threonine....g	1.372		0	AR	1		1.166	10.685	
Isoleucine....g	1.326		0	AR	1		1.127	10.328	
Leucine....g	2.508		0	AR	1		2.132	19.535	

NDB No. 23133

Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.726		0	AR	1		2.317	21.234	
Methionine g	0.885		0	AR	1		0.753	6.898	
Cystine g	0.327		0	AR	1		0.278	2.549	
Phenylalanine g	1.186		0	AR	1		1.008	9.243	
Tyrosine g	1.075		0	AR	1		0.914	8.375	
Valine g	1.409		0	AR	1		1.198	10.975	
Arginine g	2.053		0	AR	1		1.745	15.989	
Histidine g	1.010		0	AR	1		0.859	7.868	
Alanine g	1.778		0	AR	1		1.511	13.852	
Aspartic acid g	2.796		0	AR	1		2.376	21.780	
Glutamic acid g	4.931		0	AR	1		4.191	38.409	
Glycine g	1.422		0	AR	1		1.209	11.079	
Proline g	1.281		0	AR	1		1.089	9.980	
Serine g	1.197		0	AR	1		1.018	9.328	
Hydroxyproline g	0.213		0	BFPN	4		0.181	1.659	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 779g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23083

Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised

Beef, Chuck, Clod (Shoulder) Roast, URMIS #1132

Refuse: 10% Connective tissue 8%, seam fat 2%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	60.41	0.545	72	AR	1		51.35	475.45	
Energy kcal	196		0	NC	4		167	1542	
Energy kJ	820		0	NC	4		697	6453	
Protein (N x 6.25) g	31.48	0.272	72	AR	1		26.76	247.73	
Total lipid (fat) g	7.78	0.491	72	AR	1		6.62	61.27	
Ash g	1.40	0.246	72	AR	1		1.19	11.04	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	13	0.301	6	AR	1		11	100	
Iron, Fe mg	3.60	0.113	6	AR	1		3.06	28.32	
Magnesium, Mg mg	25	0.562	6	AR	1		22	200	
Phosphorus, P mg	234	2.581	6	AR	1		199	1842	
Potassium, K mg	359	7.426	6	AR	1		305	2823	
Sodium, Na mg	61	0.724	6	AR	1		52	481	
Zinc, Zn mg	9.44	0.232	6	AR	1		8.03	74.32	
Copper, Cu mg	0.131	0.003	6	AR	1		0.112	1.033	
Manganese, Mn mg	0.015	0.000	6	AR	1		0.013	0.117	
Selenium, Se µg	38.1	2.312	6	AR	1		32.4	299.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.080		2	AR	1		0.068	0.630	
Riboflavin mg	0.275	0.003	6	AR	1		0.234	2.164	
Niacin mg	4.716	0.121	6	AR	1		4.009	37.115	
Pantothenic acid mg	0.820		2	AR	1		0.697	6.453	
Vitamin B-6 mg	0.543	0.025	6	AR	1		0.462	4.276	
Folate, total µg	8		0	BFPN	4		7	60	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	8		0	BFPN	4		7	60	
Folate, DFE µg	8		0	NC	4		7	60	
Choline, total mg	101.2		2	AR	1		86.0	796.5	
Betaine mg	10.8		2	AR	1		9.1	84.7	
Vitamin B-12 µg	3.39	0.160	6	AR	1		2.88	26.69	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		1	14	
Retinol µg	2		0	BFSN	4		1	14	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	6		0	NC	4		5	46	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.11	0.004	6	AR	1		0.09	0.87	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		6	AS	1		0.1	1.1	
Vitamin D IU	5	1.177	6	AR	1		5	43	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	12.4	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23083

Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.596		0	NC	4		2.207	20.433	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	Z	7		0.000	0.000	
12:0....g	0.000		0	Z	7		0.000	0.000	
13:0....g									
14:0....g	0.159	0.012	6	AR	1		0.135	1.252	
15:0....g									
16:0....g	1.470	0.142	6	AR	1		1.249	11.566	
17:0....g	0.080	0.004	6	AR	1		0.068	0.627	
18:0....g	0.877	0.056	6	AR	1		0.745	6.899	
20:0....g	0.000	0.000	6	AR	1		0.000	0.000	
22:0....g									
24:0....g	0.011	0.001	6	AR	1		0.010	0.089	
Fatty acids, total monounsaturated....g	3.346		0	NC	4		2.845	26.337	
14:1....g	0.039	0.002	6	AR	1		0.033	0.309	
15:1....g									
16:1 undifferentiated....g	0.233	0.014	6	AR	1		0.198	1.832	
17:1....g	0.066	0.004	6	AR	1		0.056	0.519	
18:1 undifferentiated....g	3.005		0	AS	1		2.554	23.646	
18:1 c....g	2.707	0.200	6	AR	1		2.301	21.302	
18:1 t....g	0.298	0.018	6	AR	1		0.253	2.344	
18:1-11 t (18:1t n-7)....g	0.205	0.012	6	AR	1		0.174	1.609	
20:1....g	0.004	0.000	6	AR	1		0.003	0.031	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.474		0	NC	4		0.403	3.730	
18:2 undifferentiated....g	0.383		0	AS	1		0.326	3.018	
18:2 n-6 c,c....g	0.368	0.024	6	AR	1		0.313	2.893	
18:2 CLAs....g	0.016	0.001	6	AR	1		0.013	0.124	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.008		0	AS	1		0.007	0.066	
18:3 n-3 c,c,c (ALA)....g	0.008	0.001	6	AR	1		0.007	0.066	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000	0.000	6	AR	1		0.000	0.000	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.075	0.006	6	AR	1		0.064	0.589	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.006	0.001	6	AR	1		0.005	0.049	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	6	AR	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.001	0.000	6	AR	1		0.001	0.008	
Fatty acids, total trans....g	0.298		0	NC	4		0.253	2.344	
Fatty acids, total trans-monoenoic....g	0.298		0	NC	4		0.253	2.344	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	98	2.525	6	AR	1		84	774	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.361		0	AR	1		0.307	2.841	
Threonine....g	1.425		0	AR	1		1.212	11.218	
Isoleucine....g	1.378		0	AR	1		1.171	10.847	
Leucine....g	2.605		0	AR	1		2.215	20.505	
Lysine....g	2.832		0	AR	1		2.407	22.288	
Methionine....g	0.918		0	AR	1		0.780	7.225	

NDB No. 23083

Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine....g	0.335		0	AR	1		0.285	2.637	
Phenylalanine....g	1.227		0	AR	1		1.043	9.657	
Tyrosine....g	1.116		0	AR	1		0.949	8.785	
Valine....g	1.456		0	AR	1		1.238	11.459	
Arginine....g	2.117		0	AR	1		1.799	16.660	
Histidine....g	1.038		0	AR	1		0.883	8.172	
Alanine....g	1.819		0	AR	1		1.547	14.319	
Aspartic acid....g	2.898		0	AR	1		2.463	22.808	
Glutamic acid....g	5.126		0	AR	1		4.357	40.343	
Glycine....g	1.402		0	AR	1		1.192	11.033	
Proline....g	1.295		0	AR	1		1.101	10.196	
Serine....g	1.237		0	AR	1		1.051	9.732	
Hydroxyproline....g	0.159		0	AR	1		0.135	1.251	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 787g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23081

Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised

Beef, Chuck, Clod (Shoulder) Roast, URMIS #1132

Refuse: 10% Connective tissue 8%, seam fat 2%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	60.05	0.575	48	AR	1		51.04	476.20	
Energy kcal	200		0	NC	4		170	1586	
Energy kJ	837		0	NC	4		711	6634	
Protein (N x 6.25) g	31.32	0.322	48	AR	1		26.62	248.40	
Total lipid (fat) g	8.30	0.515	48	AR	1		7.05	65.78	
Ash g	1.42	0.252	48	AR	1		1.21	11.26	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	13		2	AR	1		11	100	
Iron, Fe mg	3.76		2	AR	1		3.19	29.79	
Magnesium, Mg mg	25		2	AR	1		21	195	
Phosphorus, P mg	234		2	AR	1		199	1857	
Potassium, K mg	358		2	AR	1		304	2839	
Sodium, Na mg	60		2	AR	1		51	478	
Zinc, Zn mg	9.39		2	AR	1		7.98	74.43	
Copper, Cu mg	0.140		2	AR	1		0.119	1.109	
Manganese, Mn mg	0.015		2	AR	1		0.013	0.121	
Selenium, Se µg	38.6		2	AR	1		32.8	306.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.080		1	AR	1		0.068	0.634	
Riboflavin mg	0.282		2	AR	1		0.239	2.234	
Niacin mg	4.923		2	AR	1		4.185	39.042	
Pantothenic acid mg	0.830		1	AR	1		0.705	6.582	
Vitamin B-6 mg	0.512		2	AR	1		0.436	4.064	
Folate, total µg	8		0	BFPN	4		6	60	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	8		0	BFPN	4		6	60	
Folate, DFE µg	8		0	NC	4		6	60	
Choline, total mg	100.6		1	AR	1		85.5	797.9	
Betaine mg	11.1		1	AR	1		9.4	87.8	
Vitamin B-12 µg	3.38		2	AR	1		2.87	26.79	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	1		0	NC	4		1	12	
Retinol µg	1		0	BFSN	4		1	12	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	5		0	NC	4		4	38	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.13		2	AR	1		0.11	1.03	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		2	AS	1		0.1	1.1	
Vitamin D IU	6		2	AR	1		5	45	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	12.5	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23081

Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.835		0	NC	4		2.410	22.480	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	Z	7		0.000	0.000	
12:0....g	0.000		0	Z	7		0.000	0.000	
13:0....g									
14:0....g	0.175	0.014	4	AR	1		0.148	1.384	
15:0....g									
16:0....g	1.613	0.176	4	AR	1		1.371	12.793	
17:0....g	0.087	0.005	4	AR	1		0.074	0.690	
18:0....g	0.948	0.070	4	AR	1		0.806	7.517	
20:0....g	0.000	0.000	4	AR	1		0.000	0.000	
22:0....g									
24:0....g	0.012	0.001	4	AR	1		0.010	0.096	
Fatty acids, total monounsaturated....g	3.757		0	NC	4		3.193	29.790	
14:1....g	0.045	0.003	4	AR	1		0.038	0.357	
15:1....g									
16:1 undifferentiated....g	0.264	0.017	4	AR	1		0.224	2.090	
17:1....g	0.074	0.004	4	AR	1		0.063	0.588	
18:1 undifferentiated....g	3.367		0	AS	1		2.862	26.703	
18:1 c....g	3.060	0.248	4	AR	1		2.601	24.269	
18:1 t....g	0.307	0.022	4	AR	1		0.261	2.434	
18:1-11 t (18:1t n-7)....g	0.205	0.014	4	AR	1		0.174	1.625	
20:1....g	0.007	0.001	4	AR	1		0.006	0.052	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.470		0	NC	4		0.399	3.724	
18:2 undifferentiated....g	0.378		0	AS	1		0.321	2.996	
18:2 n-6 c,c....g	0.353	0.030	4	AR	1		0.300	2.796	
18:2 CLAs....g	0.025	0.002	4	AR	1		0.021	0.200	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.010		0	AS	1		0.008	0.076	
18:3 n-3 c,c,c (ALA)....g	0.010	0.001	4	AR	1		0.008	0.076	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000	0.000	4	AR	1		0.000	0.000	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.075	0.008	4	AR	1		0.064	0.595	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.006	0.001	4	AR	1		0.005	0.048	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	4	AR	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.001	0.000	4	AR	1		0.001	0.009	
Fatty acids, total trans....g	0.307		0	NC	4		0.261	2.434	
Fatty acids, total trans-monoenoic....g	0.307		0	NC	4		0.261	2.434	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	97	3.137	4	AR	1		83	771	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.359		0	AR	1		0.305	2.849	
Threonine....g	1.418		0	AR	1		1.206	11.248	
Isoleucine....g	1.371		0	AR	1		1.166	10.876	
Leucine....g	2.593		0	AR	1		2.204	20.560	
Lysine....g	2.818		0	AR	1		2.395	22.347	
Methionine....g	0.914		0	AR	1		0.776	7.244	

NDB No. 23081

Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine g	0.333		0	AR	1		0.283	2.644	
Phenylalanine g	1.221		0	AR	1		1.038	9.683	
Tyrosine g	1.111		0	AR	1		0.944	8.808	
Valine g	1.449		0	AR	1		1.232	11.490	
Arginine g	2.106		0	AR	1		1.791	16.705	
Histidine g	1.033		0	AR	1		0.878	8.194	
Alanine g	1.811		0	AR	1		1.539	14.358	
Aspartic acid g	2.884		0	AR	1		2.451	22.869	
Glutamic acid g	5.101		0	AR	1		4.336	40.451	
Glycine g	1.395		0	AR	1		1.186	11.062	
Proline g	1.289		0	AR	1		1.096	10.223	
Serine g	1.230		0	AR	1		1.046	9.758	
Hydroxyproline g	0.158		0	AR	1		0.134	1.254	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 793g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23082

Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised

Beef, Chuck, Clod (Shoulder) Roast, URMIS #1132

Refuse: 10% Connective tissue 7%, seam fat 3%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	60.96	0.633	24	AR	1		51.81	474.85	
Energy kcal	190		0	NC	4		162	1480	
Energy kJ	795		0	NC	4		676	6193	
Protein (N x 6.25) g	31.71	0.408	24	AR	1		26.95	247.02	
Total lipid (fat) g	7.02	0.560	24	AR	1		5.97	54.67	
Ash g	1.38	0.263	24	AR	1		1.17	10.73	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	13	0.502	4	AR	1		11	100	
Iron, Fe mg	3.36	0.188	4	AR	1		2.86	26.19	
Magnesium, Mg mg	27	0.937	4	AR	1		23	208	
Phosphorus, P mg	234	4.302	4	AR	1		199	1822	
Potassium, K mg	360	12.377	4	AR	1		306	2802	
Sodium, Na mg	63	1.206	4	AR	1		53	487	
Zinc, Zn mg	9.53	0.387	4	AR	1		8.10	74.24	
Copper, Cu mg	0.118	0.006	4	AR	1		0.101	0.921	
Manganese, Mn mg	0.014	0.000	4	AR	1		0.012	0.111	
Selenium, Se µg	37.3	3.854	4	AR	1		31.7	290.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.080		1	AR	1		0.068	0.623	
Riboflavin mg	0.265	0.005	4	AR	1		0.225	2.064	
Niacin mg	4.405	0.201	4	AR	1		3.744	34.315	
Pantothenic acid mg	0.810		1	AR	1		0.689	6.310	
Vitamin B-6 mg	0.590	0.042	4	AR	1		0.501	4.592	
Folate, total µg	8		0	BFPN	4		7	60	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	8		0	BFPN	4		7	60	
Folate, DFE µg	8		0	NC	4		7	60	
Choline, total mg	101.8		1	AR	1		86.5	792.9	
Betaine mg	10.5		1	AR	1		8.9	81.4	
Vitamin B-12 µg	3.41	0.267	4	AR	1		2.90	26.56	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		2	17	
Retinol µg	2		0	BFSN	4		2	17	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	7		0	NC	4		6	57	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.08	0.007	4	AR	1		0.07	0.63	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		4	AS	1		0.1	1.0	
Vitamin D IU	5	1.962	4	AR	1		4	40	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	12.2	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23082

Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.239		0	NC	4		1.903	17.440	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	Z	7		0.000	0.000	
12:0....g	0.000		0	Z	7		0.000	0.000	
13:0....g									
14:0....g	0.136		2	AR	1		0.116	1.059	
15:0....g									
16:0....g	1.254		2	AR	1		1.066	9.769	
17:0....g	0.069		2	AR	1		0.058	0.536	
18:0....g	0.770		2	AR	1		0.654	5.996	
20:0....g	0.000		2	AR	1		0.000	0.000	
22:0....g									
24:0....g	0.010		2	AR	1		0.009	0.079	
Fatty acids, total monounsaturated....g	2.731		0	NC	4		2.322	21.278	
14:1....g	0.031		2	AR	1		0.026	0.238	
15:1....g									
16:1 undifferentiated....g	0.187		2	AR	1		0.159	1.454	
17:1....g	0.054		2	AR	1		0.045	0.417	
18:1 undifferentiated....g	2.461		0	AS	1		2.092	19.169	
18:1 c....g	2.176		2	AR	1		1.850	16.953	
18:1 t....g	0.285		2	AR	1		0.242	2.216	
18:1-11 t (18:1t n-7)....g	0.204		2	AR	1		0.173	1.590	
20:1....g	0.000		2	AR	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.480		0	NC	4		0.408	3.742	
18:2 undifferentiated....g	0.392		0	AS	1		0.333	3.054	
18:2 n-6 c,c....g	0.390		2	AR	1		0.332	3.040	
18:2 CLAs....g	0.002		2	AR	1		0.002	0.014	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.007		0	AS	1		0.006	0.052	
18:3 n-3 c,c,c (ALA)....g	0.007		2	AR	1		0.006	0.052	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000		2	AR	1		0.000	0.000	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.075		2	AR	1		0.063	0.582	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.006		2	AR	1		0.005	0.049	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		2	AR	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.001		2	AR	1		0.001	0.005	
Fatty acids, total trans....g	0.285		0	NC	4		0.242	2.216	
Fatty acids, total trans-monoenoic....g	0.285		0	NC	4		0.242	2.216	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	99		2	AR	1		84	768	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.364		0	AR	1		0.309	2.833	
Threonine....g	1.436		0	AR	1		1.221	11.186	
Isoleucine....g	1.388		0	AR	1		1.180	10.815	
Leucine....g	2.625		0	AR	1		2.231	20.446	
Lysine....g	2.853		0	AR	1		2.425	22.224	
Methionine....g	0.925		0	AR	1		0.786	7.204	

NDB No. 23082

Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine g	0.338		0	AR	1		0.287	2.629	
Phenylalanine g	1.236		0	AR	1		1.051	9.630	
Tyrosine g	1.124		0	AR	1		0.956	8.760	
Valine g	1.467		0	AR	1		1.247	11.426	
Arginine g	2.132		0	AR	1		1.813	16.612	
Histidine g	1.046		0	AR	1		0.889	8.148	
Alanine g	1.833		0	AR	1		1.558	14.278	
Aspartic acid g	2.919		0	AR	1		2.482	22.742	
Glutamic acid g	5.164		0	AR	1		4.389	40.228	
Glycine g	1.412		0	AR	1		1.200	11.001	
Proline g	1.305		0	AR	1		1.109	10.166	
Serine g	1.246		0	AR	1		1.059	9.704	
Hydroxyproline g	0.160		0	AR	1		0.136	1.247	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 779g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23554

Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled

URMIS #1133

Refuse: 6% Connective tissue 6%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	64.02	0.700	72	AR	1		54.42	183.75	
Energy kcal	182		0	NC	4		155	523	
Energy kJ	762		0	NC	4		648	2187	
Protein (N x 6.25) g	28.29	0.218	72	AR	1		24.05	81.20	
Total lipid (fat) g	6.80	0.473	72	AR	1		5.78	19.53	
Ash g	1.22	0.119	72	AR	1		1.04	3.50	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	12	0.221	6	AR	1		10	35	
Iron, Fe mg	2.90	0.101	6	AR	1		2.46	8.31	
Magnesium, Mg mg	25	0.359	6	AR	1		22	73	
Phosphorus, P mg	245	3.230	6	AR	1		208	704	
Potassium, K mg	366	6.657	6	AR	1		311	1051	
Sodium, Na mg	67	1.125	6	AR	1		57	193	
Zinc, Zn mg	8.04	0.185	6	AR	1		6.84	23.09	
Copper, Cu mg	0.104	0.003	6	AR	1		0.088	0.298	
Manganese, Mn mg	0.013	0.000	6	AR	1		0.011	0.037	
Selenium, Se µg	31.7	1.176	6	AR	1		26.9	90.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.089		2	AR	1		0.076	0.256	
Riboflavin mg	0.222	0.007	6	AR	1		0.189	0.638	
Niacin mg	5.481	0.121	6	AR	1		4.659	15.732	
Pantothenic acid mg	0.782		2	AR	1		0.664	2.243	
Vitamin B-6 mg	0.669	0.011	6	AR	1		0.569	1.921	
Folate, total µg	7		0	BFPN	4		6	20	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	7		0	BFPN	4		6	20	
Folate, DFE µg	7		0	NC	4		6	20	
Choline, total mg	87.5		2	AR	1		74.4	251.1	
Betaine mg	14.1		2	AR	1		12.0	40.6	
Vitamin B-12 µg	3.39	0.156	6	AR	1		2.88	9.72	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	6		0	NC	4		5	17	
Retinol µg	6		0	BFSN	4		5	17	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	20		0	NC	4		17	58	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.10	0.003	6	AR	1		0.08	0.28	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.3	
Vitamin D IU	4		0	BFSN	4		4	13	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	4.5	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23554

Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated g	2.911		0	NC	4		2.474	8.354	
4:0 g	0.000		0	Z	7		0.000	0.000	
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.000		0	Z	7		0.000	0.000	
12:0 g	0.000		0	Z	7		0.000	0.000	
13:0 g									
14:0 g	0.192	0.019	6	AR	1		0.163	0.552	
15:0 g									
16:0 g	1.605	0.192	6	AR	1		1.364	4.606	
17:0 g	0.084	0.008	6	AR	1		0.071	0.240	
18:0 g	1.020	0.101	6	AR	1		0.867	2.929	
20:0 g	0.002	0.000	6	AR	1		0.001	0.005	
22:0 g									
24:0 g	0.008	0.001	6	AR	1		0.007	0.023	
Fatty acids, total monounsaturated g	3.503		0	NC	4		2.978	10.055	
14:1 g	0.043	0.004	6	AR	1		0.036	0.122	
15:1 g									
16:1 undifferentiated g	0.234		0	AS	1		0.199	0.672	
16:1 c g	0.234	0.020	6	AR	1		0.199	0.672	
16:1 t g									
17:1 g	0.063	0.005	6	AR	1		0.053	0.179	
18:1 undifferentiated g	3.159		0	AS	1		2.686	9.068	
18:1 c g	2.769	0.275	6	AR	1		2.354	7.947	
18:1 t g	0.390	0.043	6	AR	1		0.332	1.120	
18:1-11 t (18:1t n-7) g	0.224	0.023	6	AR	1		0.190	0.643	
20:1 g	0.005	0.001	6	AR	1		0.004	0.014	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.409		0	NC	4		0.348	1.174	
18:2 undifferentiated g	0.335		0	AS	1		0.285	0.963	
18:2 n-6 c,c g	0.307	0.030	6	AR	1		0.261	0.881	
18:2 CLAs g	0.028	0.003	6	AR	1		0.024	0.082	
18:2 t,t g									
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.013		0	AS	1		0.011	0.038	
18:3 n-3 c,c,c (ALA) g	0.013	0.001	6	AR	1		0.011	0.038	
18:3 n-6 c,c,c g									
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.000	0.000	6	AR	1		0.000	0.001	
20:3 undifferentiated g									
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.054	0.006	6	AR	1		0.046	0.156	
20:4 n-6 g									
20:5 n-3 (EPA) g	0.004	0.001	6	AR	1		0.004	0.013	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000	0.000	6	AR	1		0.000	0.001	
22:6 n-3 (DHA) g	0.001	0.000	6	AR	1		0.001	0.002	
Fatty acids, total trans g	0.390		0	NC	4		0.332	1.120	
Fatty acids, total trans-monoenoic g	0.390		0	NC	4		0.332	1.120	
Fatty acids, total trans-polyenoic g									
Cholesterol mg	81	2.427	6	AR	1		69	234	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.319		0	AR	1		0.271	0.915	
Threonine g	1.245		0	AR	1		1.058	3.573	
Isoleucine g	1.203		0	AR	1		1.023	3.453	
Leucine g	2.276		0	AR	1		1.935	6.532	

NDB No. 23554

Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	2.474		0	AR	1		2.103	7.100	
Methionine....g	0.804		0	AR	1		0.683	2.306	
Cystine....g	0.297		0	AR	1		0.252	0.852	
Phenylalanine....g	1.077		0	AR	1		0.915	3.090	
Tyrosine....g	0.976		0	AR	1		0.829	2.800	
Valine....g	1.279		0	AR	1		1.087	3.670	
Arginine....g	1.863		0	AR	1		1.583	5.346	
Histidine....g	0.917		0	AR	1		0.779	2.631	
Alanine....g	1.614		0	AR	1		1.372	4.632	
Aspartic acid....g	2.537		0	AR	1		2.157	7.282	
Glutamic acid....g	4.475		0	AR	1		3.804	12.843	
Glycine....g	1.291		0	AR	1		1.097	3.704	
Proline....g	1.163		0	AR	1		0.988	3.337	
Serine....g	1.087		0	AR	1		0.924	3.119	
Hydroxyproline....g	0.193		0	BFPN	4		0.164	0.555	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 287g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23533

Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

URMIS #1133

Refuse: 6% Connective tissue 6%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	63.61	0.720	48	AR	1				
Energy kcal	186		0	NC	4				
Energy kJ	778		0	NC	4				
Protein (N x 6.25) g	28.22	0.269	48	AR	1				
Total lipid (fat) g	7.25	0.502	48	AR	1				
Ash g	1.21	0.121	48	AR	1				
Carbohydrate, by difference g	0.00		0	NC	4				
Fiber, total dietary g	0.0		0	Z	7				
Sugars, total g	0.00		0	Z	7				
Starch g									
Minerals:									
Calcium, Ca mg	12	0.274	4	AR	1				
Iron, Fe mg	2.90	0.126	4	AR	1				
Magnesium, Mg mg	26	0.446	4	AR	1				
Phosphorus, P mg	245	4.012	4	AR	1				
Potassium, K mg	367	8.270	4	AR	1				
Sodium, Na mg	67	1.398	4	AR	1				
Zinc, Zn mg	7.89	0.230	4	AR	1				
Copper, Cu mg	0.106	0.004	4	AR	1				
Manganese, Mn mg	0.013	0.001	4	AR	1				
Selenium, Se µg	32.2	1.460	4	AR	1				
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7				
Thiamin mg	0.079		1	AR	1				
Riboflavin mg	0.216	0.008	4	AR	1				
Niacin mg	5.553	0.151	4	AR	1				
Pantothenic acid mg	0.732		1	AR	1				
Vitamin B-6 mg	0.673	0.014	4	AR	1				
Folate, total µg	7		0	BFPN	4				
Folic acid µg	0		0	BFPN	4				
Folate, food µg	7		0	BFPN	4				
Folate, DFE µg	7		0	NC	4				
Choline, total mg	84.8		1	AR	1				
Betaine mg	14.6		1	AR	1				
Vitamin B-12 µg	3.27	0.193	4	AR	1				
Vitamin B-12, added µg	0.00		0	Z	7				
Vitamin A, RAE µg	6		0	NC	4				
Retinol µg	6		0	BFSN	4				
Carotene, beta µg	0		0	Z	7				
Carotene, alpha µg	0		0	Z	7				
Cryptoxanthin, beta µg	0		0	Z	7				
Vitamin A, IU IU	19		0	NC	4				
Lycopene µg	0		0	Z	7				
Lutein + zeaxanthin µg	0		0	Z	7				
Vitamin E (alpha-tocopherol) mg	0.11	0.004	4	AR	1				
Vitamin E, added mg	0.00		0	Z	7				
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1				
Vitamin D IU	5		0	BFSN	4				
Vitamin K (phylloquinone) µg	1.6		12	A	1				
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23533

Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.090		0	NC	4				
4:0....g	0.000		0	Z	7				
6:0....g	0.000		0	Z	7				
8:0....g	0.000		0	Z	7				
10:0....g	0.000		0	Z	7				
12:0....g	0.000		0	Z	7				
13:0....g									
14:0....g	0.199	0.024	4	AR	1				
15:0....g									
16:0....g	1.731	0.238	4	AR	1				
17:0....g	0.087	0.010	4	AR	1				
18:0....g	1.063	0.126	4	AR	1				
20:0....g	0.001	0.000	4	AR	1				
22:0....g									
24:0....g	0.010	0.001	4	AR	1				
Fatty acids, total monounsaturated....g	3.785		0	NC	4				
14:1....g	0.047	0.005	4	AR	1				
15:1....g									
16:1 undifferentiated....g	0.260		0	AS	1				
16:1 c....g	0.260	0.024	4	AR	1				
16:1 t....g									
17:1....g	0.069	0.006	4	AR	1				
18:1 undifferentiated....g	3.406		0	AS	1				
18:1 c....g	3.038	0.341	4	AR	1				
18:1 t....g	0.368	0.053	4	AR	1				
18:1-11 t (18:1t n-7)....g	0.207	0.028	4	AR	1				
20:1....g	0.003	0.001	4	AR	1				
22:1 undifferentiated....g	0.000		0	Z	7				
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.453		0	NC	4				
18:2 undifferentiated....g	0.363		0	AS	1				
18:2 n-6 c,c....g	0.333	0.037	4	AR	1				
18:2 CLAs....g	0.029	0.004	4	AR	1				
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.014		0	AS	1				
18:3 n-3 c,c,c (ALA)....g	0.014	0.002	4	AR	1				
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7				
20:2 n-6 c,c....g	0.000	0.000	4	AR	1				
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.069	0.007	4	AR	1				
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.005	0.001	4	AR	1				
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	4	AR	1				
22:6 n-3 (DHA)....g	0.000	0.000	4	AR	1				
Fatty acids, total trans....g	0.368		0	NC	4				
Fatty acids, total trans-monoenoic....g	0.368		0	NC	4				
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	81	3.015	4	AR	1				
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.318		0	AR	1				
Threonine....g	1.241		0	AR	1				
Isoleucine....g	1.200		0	AR	1				
Leucine....g	2.270		0	AR	1				

NDB No. 23533

Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	2.467		0	AR	1				
Methionine....g	0.801		0	AR	1				
Cystine....g	0.296		0	AR	1				
Phenylalanine....g	1.074		0	AR	1				
Tyrosine....g	0.973		0	AR	1				
Valine....g	1.275		0	AR	1				
Arginine....g	1.858		0	AR	1				
Histidine....g	0.914		0	AR	1				
Alanine....g	1.609		0	AR	1				
Aspartic acid....g	2.531		0	AR	1				
Glutamic acid....g	4.463		0	AR	1				
Glycine....g	1.287		0	AR	1				
Proline....g	1.160		0	AR	1				
Serine....g	1.084		0	AR	1				
Hydroxyproline....g	0.193		0	BFPN	4				
Others:									
Alcohol, ethyl....g	0.0		0	Z	7				
Caffeine....mg	0		0	Z	7				
Theobromine....mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23536

Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

URMIS #1133

Refuse: 6% Connective tissue 6%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	64.65	0.759	24	AR	1		54.96	192.02	
Energy kcal	177		0	NC	4		150	525	
Energy kJ	739		0	NC	4		628	2195	
Protein (N x 6.25) g	28.41	0.352	24	AR	1		24.15	84.38	
Total lipid (fat) g	6.14	0.557	24	AR	1		5.21	18.22	
Ash g	1.24	0.124	24	AR	1		1.05	3.67	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	12		2	AR	1		11	37	
Iron, Fe mg	2.89		2	AR	1		2.46	8.58	
Magnesium, Mg mg	24		2	AR	1		21	72	
Phosphorus, P mg	245		2	AR	1		208	728	
Potassium, K mg	366		2	AR	1		311	1086	
Sodium, Na mg	67		2	AR	1		57	200	
Zinc, Zn mg	8.27		2	AR	1		7.03	24.56	
Copper, Cu mg	0.101		2	AR	1		0.086	0.301	
Manganese, Mn mg	0.013		2	AR	1		0.011	0.039	
Selenium, Se µg	30.9		2	AR	1		26.2	91.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.099		1	AR	1		0.084	0.294	
Riboflavin mg	0.232		2	AR	1		0.197	0.688	
Niacin mg	5.375		2	AR	1		4.568	15.963	
Pantothenic acid mg	0.831		1	AR	1		0.706	2.468	
Vitamin B-6 mg	0.664		2	AR	1		0.565	1.974	
Folate, total µg	7		0	BFPN	4		6	20	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	7		0	BFPN	4		6	20	
Folate, DFE µg	7		0	NC	4		6	20	
Choline, total mg	90.2		1	AR	1		76.7	268.0	
Betaine mg	13.6		1	AR	1		11.6	40.4	
Vitamin B-12 µg	3.57		2	AR	1		3.04	10.61	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	6		0	NC	4		5	19	
Retinol µg	6		0	BFSN	4		5	19	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	21		0	NC	4		18	62	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.07		2	AR	1		0.06	0.21	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.3	
Vitamin D IU	4		0	BFSN	4		3	11	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	4.7	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23536

Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated g	2.642		0	NC	4		2.246	7.847	
4:0 g	0.000		0	Z	7		0.000	0.000	
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.000		0	Z	7		0.000	0.000	
12:0 g	0.000		0	Z	7		0.000	0.000	
13:0 g									
14:0 g	0.183		2	AR	1		0.156	0.544	
15:0 g									
16:0 g	1.416		2	AR	1		1.204	4.206	
17:0 g	0.078		2	AR	1		0.066	0.231	
18:0 g	0.957		2	AR	1		0.813	2.841	
20:0 g	0.003		2	AR	1		0.002	0.009	
22:0 g									
24:0 g	0.005		2	AR	1		0.004	0.016	
Fatty acids, total monounsaturated g	3.081		0	NC	4		2.619	9.151	
14:1 g	0.036		2	AR	1		0.031	0.107	
15:1 g									
16:1 undifferentiated g	0.195		0	AS	1		0.166	0.580	
16:1 c g	0.195		2	AR	1		0.166	0.580	
16:1 t g									
17:1 g	0.053		2	AR	1		0.045	0.157	
18:1 undifferentiated g	2.790		0	AS	1		2.371	8.286	
18:1 c g	2.366		2	AR	1		2.011	7.026	
18:1 t g	0.424		2	AR	1		0.361	1.260	
18:1-11 t (18:1t n-7) g	0.250		2	AR	1		0.212	0.742	
20:1 g	0.007		2	AR	1		0.006	0.022	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.343		0	NC	4		0.292	1.019	
18:2 undifferentiated g	0.295		0	AS	1		0.250	0.875	
18:2 n-6 c,c g	0.267		2	AR	1		0.227	0.794	
18:2 CLAs g	0.027		2	AR	1		0.023	0.081	
18:2 t,t g									
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.012		0	AS	1		0.010	0.034	
18:3 n-3 c,c,c (ALA) g	0.012		2	AR	1		0.010	0.034	
18:3 n-6 c,c,c g									
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.000		2	AR	1		0.000	0.001	
20:3 undifferentiated g									
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.032		2	AR	1		0.027	0.095	
20:4 n-6 g									
20:5 n-3 (EPA) g	0.003		2	AR	1		0.003	0.009	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		2	AR	1		0.000	0.001	
22:6 n-3 (DHA) g	0.001		2	AR	1		0.001	0.002	
Fatty acids, total trans g	0.424		0	NC	4		0.361	1.260	
Fatty acids, total trans-monoenoic g	0.424		0	NC	4		0.361	1.260	
Fatty acids, total trans-polyenoic g									
Cholesterol mg	83		2	AR	1		70	246	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.320		0	AR	1		0.272	0.950	
Threonine g	1.250		0	AR	1		1.062	3.712	
Isoleucine g	1.208		0	AR	1		1.027	3.588	
Leucine g	2.285		0	AR	1		1.943	6.787	

NDB No. 23536

Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.484		0	AR	1		2.111	7.378	
Methionine g	0.807		0	AR	1		0.686	2.397	
Cystine g	0.298		0	AR	1		0.253	0.886	
Phenylalanine g	1.081		0	AR	1		0.919	3.211	
Tyrosine g	0.980		0	AR	1		0.833	2.910	
Valine g	1.284		0	AR	1		1.091	3.813	
Arginine g	1.870		0	AR	1		1.590	5.555	
Histidine g	0.920		0	AR	1		0.782	2.734	
Alanine g	1.620		0	AR	1		1.377	4.813	
Aspartic acid g	2.548		0	AR	1		2.166	7.567	
Glutamic acid g	4.493		0	AR	1		3.819	13.345	
Glycine g	1.296		0	AR	1		1.102	3.849	
Proline g	1.168		0	AR	1		0.992	3.468	
Serine g	1.091		0	AR	1		0.928	3.241	
Hydroxyproline g	0.194		0	BFPN	4		0.165	0.577	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 297g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23516

Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled

URMIS #1133

Refuse: 8% Connective tissue 6%, seam fat 2%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	64.62	0.504	72	AR	1		54.93		
Energy kcal	175		0	NC	4		148		
Energy kJ	731		0	NC	4		621		
Protein (N x 6.25) g	28.60	0.291	72	AR	1		24.31		
Total lipid (fat) g	5.82	0.498	72	AR	1		4.94		
Ash g	1.23	0.116	72	AR	1		1.05		
Carbohydrate, by difference g	0.00		0	NC	4		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	12	0.226	6	AR	1		10		
Iron, Fe mg	2.94	0.113	6	AR	1		2.50		
Magnesium, Mg mg	26	0.381	6	AR	1		22		
Phosphorus, P mg	249	4.103	6	AR	1		212		
Potassium, K mg	372	7.301	6	AR	1		316		
Sodium, Na mg	68	1.136	6	AR	1		57		
Zinc, Zn mg	8.19	0.201	6	AR	1		6.96		
Copper, Cu mg	0.105	0.003	6	AR	1		0.090		
Manganese, Mn mg	0.013	0.000	6	AR	1		0.011		
Selenium, Se µg	32.0	1.243	6	AR	1		27.2		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.090		2	AR	1		0.077		
Riboflavin mg	0.225	0.008	6	AR	1		0.191		
Niacin mg	5.542	0.112	6	AR	1		4.711		
Pantothenic acid mg	0.790		2	AR	1		0.672		
Vitamin B-6 mg	0.678	0.010	6	AR	1		0.577		
Folate, total µg	7		0	BFPN	4		6		
Folic acid µg	0		0	BFPN	4		0		
Folate, food µg	7		0	BFPN	4		6		
Folate, DFE µg	7		0	NC	4		6		
Choline, total mg	88.7		2	AR	1		75.4		
Betaine mg	14.3		2	AR	1		12.1		
Vitamin B-12 µg	3.43	0.169	6	AR	1		2.91		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	2		0	NC	4		1		
Retinol µg	2		0	BFSN	4		1		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	5		0	NC	4		4		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.10	0.003	6	AR	1		0.08		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1		
Vitamin D IU	5		0	BFSN	4		4		
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23516

Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.430		0	NR	4		2.066		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.157	0.015	6	AR	1		0.134		
15:0....g									
16:0....g	1.348	0.162	6	AR	1		1.146		
17:0....g	0.070	0.006	6	AR	1		0.059		
18:0....g	0.847	0.080	6	AR	1		0.720		
20:0....g	0.001	0.000	6	AR	1		0.001		
22:0....g									
24:0....g	0.008	0.001	6	AR	1		0.006		
Fatty acids, total monounsaturated....g	2.980		0	NR	4		2.533		
14:1....g	0.035	0.003	6	AR	1		0.030		
15:1....g									
16:1 undifferentiated....g	0.203	0.016	6	AR	1		0.172		
17:1....g	0.055	0.004	6	AR	1		0.046		
18:1 undifferentiated....g	2.686		0	AS	1		2.283		
18:1 c....g	2.376	0.232	6	AR	1		2.019		
18:1 t....g	0.310	0.032	6	AR	1		0.263		
18:1-11 t (18:1t n-7)....g	0.213	0.022	6	AR	1		0.181		
20:1....g	0.002	0.000	6	AR	1		0.002		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.360		0	NR	4		0.306		
18:2 undifferentiated....g	0.292		0	AS	1		0.248		
18:2 n-6 c,c....g	0.271	0.027	6	AR	1		0.230		
18:2 CLAs....g	0.021	0.002	6	AR	1		0.018		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.011		0	AS	1		0.009		
18:3 n-3 c,c,c (ALA)....g	0.011	0.001	6	AR	1		0.009		
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g	0.000	0.000	6	AR	1		0.000		
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.052	0.006	6	AR	1		0.044		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.004	0.001	6	AR	1		0.004		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	6	AR	1		0.000		
22:6 n-3 (DHA)....g	0.001	0.000	6	AR	1		0.000		
Fatty acids, total trans....g	0.310		0	NR	4		0.264		
Fatty acids, total trans-monoenoic....g	0.310		0	NR	4		0.264		
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	82		6	AR	1		69		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.328		0	AR	1		0.279		
Threonine....g	1.295		0	AR	1		1.101		
Isoleucine....g	1.252		0	AR	1		1.065		
Leucine....g	2.368		0	AR	1		2.012		
Lysine....g	2.573		0	AR	1		2.187		
Methionine....g	0.834		0	AR	1		0.709		

NDB No. 23516

Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine g	0.304		0	AR	1		0.259		
Phenylalanine g	1.115		0	AR	1		0.948		
Tyrosine g	1.014		0	AR	1		0.862		
Valine g	1.323		0	AR	1		1.125		
Arginine g	1.924		0	AR	1		1.635		
Histidine g	0.944		0	AR	1		0.802		
Alanine g	1.653		0	AR	1		1.405		
Aspartic acid g	2.633		0	AR	1		2.238		
Glutamic acid g	4.658		0	AR	1		3.959		
Glycine g	1.274		0	AR	1		1.083		
Proline g	1.177		0	AR	1		1.001		
Serine g	1.124		0	AR	1		0.955		
Hydroxyproline g	0.144		0	BFPN	4		0.123		
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13943

Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled

URMIS #1133

Refuse: 8% Connective tissue 6%, seam fat 2%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	64.21	0.534	48	AR	1		54.58		
Energy kcal	178		0	NC	4		152		
Energy kJ	746		0	NC	4		634		
Protein (N x 6.25) g	28.54	0.327	48	AR	1		24.25		
Total lipid (fat) g	6.25	0.519	48	AR	1		5.31		
Ash g	1.22	0.118	48	AR	1		1.04		
Carbohydrate, by difference g	0.00		0	Z	7		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	12	0.280	4	AR	1		10		
Iron, Fe mg	2.95	0.141	4	AR	1		2.50		
Magnesium, Mg mg	26	0.474	4	AR	1		22		
Phosphorus, P mg	249	5.097	4	AR	1		212		
Potassium, K mg	372	9.070	4	AR	1		316		
Sodium, Na mg	68	1.411	4	AR	1		57		
Zinc, Zn mg	8.03	0.250	4	AR	1		6.82		
Copper, Cu mg	0.107	0.004	4	AR	1		0.091		
Manganese, Mn mg	0.013	0.000	4	AR	1		0.011		
Selenium, Se µg	32.6	1.544	4	AR	1		27.7		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.080		1	AR	1		0.068		
Riboflavin mg	0.218	0.009	4	AR	1		0.186		
Niacin mg	5.613	0.139	4	AR	1		4.771		
Pantothenic acid mg	0.740		1	AR	1		0.629		
Vitamin B-6 mg	0.681	0.013	4	AR	1		0.579		
Folate, total µg	7		0	BFPN	4		6		
Folic acid µg	0		0	BFPN	4		0		
Folate, food µg	7		0	BFPN	4		6		
Folate, DFE µg	7		0	NC	4		6		
Choline, total mg	86.0		1	AR	1		73.1		
Betaine mg	14.8		1	AR	1		12.6		
Vitamin B-12 µg	3.30	0.210	4	AR	1		2.80		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	1		0	NC	4		1		
Retinol µg	1		0	BFSN	4		1		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	4		0	NC	4		4		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.12	0.003	4	AR	1		0.10		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1		
Vitamin D IU	5		0	BFSN	4		4		
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13943

Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.596		0	NR	4		2.207		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g									
12:0....g	0.000	0.000	4	A	1		0.000		
13:0....g									
14:0....g	0.163	0.019	4	AR	1		0.138		
15:0....g									
16:0....g	1.466	0.201	4	AR	1		1.246		
17:0....g	0.073	0.007	4	AR	1		0.062		
18:0....g	0.885	0.100	4	AR	1		0.752		
20:0....g	0.000	0.000	4	AR	1		0.000		
22:0....g									
24:0....g	0.009	0.001	4	AR	1		0.008		
Fatty acids, total monounsaturated....g	3.249		0	NR	4		2.761		
14:1....g	0.040	0.004	4	AR	1		0.034		
15:1....g									
16:1 undifferentiated....g	0.228	0.020	4	AR	1		0.194		
17:1....g	0.061	0.005	4	AR	1		0.052		
18:1 undifferentiated....g	2.920		0	AS	1		2.482		
18:1 c....g	2.632	0.288	4	AR	1		2.238		
18:1 t....g	0.288	0.040	4	AR	1		0.245		
18:1-11 t (18:1t n-7)....g	0.196	0.027	4	AR	1		0.166		
20:1....g	0.000	0.000	4	AR	1		0.000		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.407		0	NR	4		0.346		
18:2 undifferentiated....g	0.322		0	AS	1		0.274		
18:2 n-6 c,c....g	0.300	0.033	4	AR	1		0.255		
18:2 CLAs....g	0.022	0.002	4	AR	1		0.019		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.012		0	AS	1		0.010		
18:3 n-3 c,c,c (ALA)....g	0.012	0.001	4	AR	1		0.010		
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g	0.000	0.000	4	AR	1		0.000		
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.067	0.007	4	AR	1		0.057		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.005	0.001	4	AR	1		0.005		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	4	AR	1		0.000		
22:6 n-3 (DHA)....g	0.000	0.000	4	AR	1		0.000		
Fatty acids, total trans....g	0.288		0	NC	4		0.245		
Fatty acids, total trans-monoenoic....g	0.288		0	NC	4		0.245		
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	81	1.486	3	AR	1		68		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.327		0	AR	1		0.278		
Threonine....g	1.292		0	AR	1		1.098		
Isoleucine....g	1.249		0	AR	1		1.062		
Leucine....g	2.362		0	AR	1		2.008		
Lysine....g	2.567		0	AR	1		2.182		
Methionine....g	0.832		0	AR	1		0.707		

NDB No. 13943

Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine g	0.304		0	AR	1		0.258		
Phenylalanine g	1.112		0	AR	1		0.946		
Tyrosine g	1.012		0	AR	1		0.860		
Valine g	1.320		0	AR	1		1.122		
Arginine g	1.919		0	AR	1		1.631		
Histidine g	0.941		0	AR	1		0.800		
Alanine g	1.649		0	AR	1		1.402		
Aspartic acid g	2.627		0	AR	1		2.233		
Glutamic acid g	4.647		0	AR	1		3.950		
Glycine g	1.271		0	AR	1		1.080		
Proline g	1.174		0	AR	1		0.998		
Serine g	1.121		0	AR	1		0.953		
Hydroxyproline g	0.144		0	BFPN	4		0.122		
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz (1 serving)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13946

Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled

URMIS #1133

Refuse: 8% Connective tissue 6%, seam fat 2%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	65.24	0.592	24	AR	1		55.46		
Energy kcal	169		0	NC	4		144		
Energy kJ	708		0	NC	4		602		
Protein (N x 6.25) g	28.71	0.392	24	AR	1		24.40		
Total lipid (fat) g	5.17	0.559	24	AR	1		4.39		
Ash g	1.25	0.121	24	AR	1		1.06		
Carbohydrate, by difference g	0.00		0	Z	7		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	12		2	AR	1		11		
Iron, Fe mg	2.94		2	AR	1		2.50		
Magnesium, Mg mg	25		2	AR	1		21		
Phosphorus, P mg	249		2	AR	1		212		
Potassium, K mg	371		2	AR	1		316		
Sodium, Na mg	68		2	AR	1		58		
Zinc, Zn mg	8.43		2	AR	1		7.16		
Copper, Cu mg	0.103		2	AR	1		0.087		
Manganese, Mn mg	0.014		2	AR	1		0.012		
Selenium, Se µg	31.2		2	AR	1		26.5		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.100		1	AR	1		0.085		
Riboflavin mg	0.235		2	AR	1		0.200		
Niacin mg	5.435		2	AR	1		4.620		
Pantothenic acid mg	0.840		1	AR	1		0.714		
Vitamin B-6 mg	0.674		2	AR	1		0.573		
Folate, total µg	7		0	BFPN	4		6		
Folic acid µg	0		0	BFPN	4		0		
Folate, food µg	7		0	BFPN	4		6		
Folate, DFE µg	7		0	NC	4		6		
Choline, total mg	91.5		1	AR	1		77.7		
Betaine mg	13.7		1	AR	1		11.7		
Vitamin B-12 µg	3.62		2	AR	1		3.07		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	2		0	NC	4		2		
Retinol µg	2		0	BFSN	4		2		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	6		0	NC	4		5		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.07		2	AR	1		0.06		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1		
Vitamin D IU	4		0	BFSN	4		3		
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13946

Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.192		0	NC	4		1.863		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g									
12:0....g	0.000	0.000	3	A	1		0.000		
13:0....g									
14:0....g	0.150		2	AR	1		0.127		
15:0....g									
16:0....g	1.177		2	AR	1		1.000		
17:0....g	0.065		2	AR	1		0.055		
18:0....g	0.793		2	AR	1		0.674		
20:0....g	0.002		2	AR	1		0.002		
22:0....g									
24:0....g	0.005		2	AR	1		0.004		
Fatty acids, total monounsaturated....g	2.603		0	NC	4		2.213		
14:1....g	0.029		2	AR	1		0.025		
15:1....g									
16:1 undifferentiated....g	0.167		2	AR	1		0.142		
17:1....g	0.045		2	AR	1		0.039		
18:1 undifferentiated....g	2.357		0	AS	1		2.003		
18:1 c....g	2.008		2	AR	1		1.707		
18:1 t....g	0.349		2	AR	1		0.296		
18:1-11 t (18:1t n-7)....g	0.239		2	AR	1		0.203		
20:1....g	0.004		2	AR	1		0.004		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.306		0	NC	4		0.260		
18:2 undifferentiated....g	0.261		0	AS	1		0.222		
18:2 n-6 c,c....g	0.240		2	AR	1		0.204		
18:2 CLAs....g	0.021		2	AR	1		0.018		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.009		0	AS	1		0.008		
18:3 n-3 c,c,c (ALA)....g	0.009		2	AR	1		0.008		
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g	0.000		2	AR	1		0.000		
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.032		2	AR	1		0.027		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003		2	AR	1		0.003		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		2	AR	1		0.000		
22:6 n-3 (DHA)....g	0.001		2	AR	1		0.001		
Fatty acids, total trans....g	0.349		0	NC	4		0.296		
Fatty acids, total trans-monoenoic....g	0.349		0	NC	4		0.296		
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	83		2	AR	1		71		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.329		0	AR	1		0.280		
Threonine....g	1.300		0	AR	1		1.105		
Isoleucine....g	1.257		0	AR	1		1.068		
Leucine....g	2.376		0	AR	1		2.020		
Lysine....g	2.583		0	AR	1		2.195		
Methionine....g	0.837		0	AR	1		0.712		

NDB No. 13946

Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine....g	0.306		0	AR	1		0.260		
Phenylalanine....g	1.119		0	AR	1		0.951		
Tyrosine....g	1.018		0	AR	1		0.865		
Valine....g	1.328		0	AR	1		1.129		
Arginine....g	1.931		0	AR	1		1.641		
Histidine....g	0.947		0	AR	1		0.805		
Alanine....g	1.659		0	AR	1		1.410		
Aspartic acid....g	2.643		0	AR	1		2.247		
Glutamic acid....g	4.675		0	AR	1		3.974		
Glycine....g	1.279		0	AR	1		1.087		
Proline....g	1.181		0	AR	1		1.004		
Serine....g	1.128		0	AR	1		0.959		
Hydroxyproline....g	0.140		0	BFPN	4		0.119		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13598

Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled

URMIS #1144

Refuse: 15% Connective tissue 15%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	61.04	1.859	35	AR	1		51.89	113.54	
Energy kcal	210		0	NC	4		179	391	
Energy kJ	879		0	NC	4		747	1635	
Protein (N x 6.25) g	27.59	1.072	35	AR	1		23.45	51.31	
Total lipid (fat) g	11.07	0.527	35	AR	1		9.41	20.60	
Ash g	1.11	0.038	35	AR	1		0.95	2.07	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	14		3	AR	1		12	26	
Iron, Fe mg	3.04		3	AR	1		2.59	5.66	
Magnesium, Mg mg	23		3	AR	1		19	42	
Phosphorus, P mg	217		3	AR	1		185	404	
Potassium, K mg	379		3	AR	1		322	705	
Sodium, Na mg	85		3	AR	1		72	159	
Zinc, Zn mg	9.48		3	AR	1		8.05	17.62	
Copper, Cu mg	0.123		3	AR	1		0.104	0.228	
Manganese, Mn mg	0.015		3	AR	1		0.013	0.028	
Selenium, Se µg	30.7		3	AR	1		26.1	57.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.089		2	AR	1		0.075	0.165	
Riboflavin mg	0.305		3	AR	1		0.259	0.566	
Niacin mg	4.268		3	AR	1		3.628	7.938	
Pantothenic acid mg	1.005		2	AR	1		0.854	1.869	
Vitamin B-6 mg	0.397		3	AR	1		0.337	0.738	
Folate, total µg	7		0	BFPN	4		6	12	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	7		0	BFPN	4		6	12	
Folate, DFE µg	7		0	NC	4		6	12	
Choline, total mg	102.8		2	AR	1		87.4	191.2	
Betaine mg	19.5		2	AR	1		16.5	36.2	
Vitamin B-12 µg	5.04		3	AR	1		4.29	9.38	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	7		0	NC	4		6	12	
Retinol µg	7		0	BFSN	4		6	12	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	22		0	NC	4		18	40	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.13		3	AR	1		0.11	0.25	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.2	
Vitamin D IU	5		0	BFSN	4		4	9	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	2.9	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13598

Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated g	4.528		0	NC	4		3.849	8.422	
4:0 g	0.000		0	Z	7		0.000	0.000	
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.000		0	Z	7		0.000	0.000	
12:0 g	0.000		0	Z	7		0.000	0.000	
13:0 g									
14:0 g	0.286	0.030	6	AR	1		0.243	0.532	
15:0 g									
16:0 g	2.480	0.229	6	AR	1		2.108	4.612	
17:0 g	0.134	0.012	6	AR	1		0.114	0.249	
18:0 g	1.612	0.154	6	AR	1		1.371	2.999	
20:0 g	0.002	0.001	6	AR	1		0.002	0.004	
22:0 g									
24:0 g	0.014	0.001	6	AR	1		0.012	0.026	
Fatty acids, total monounsaturated g	5.298		0	NC	4		4.503	9.855	
14:1 g	0.059	0.006	6	AR	1		0.050	0.110	
15:1 g									
16:1 undifferentiated g	0.332		0	AS	1		0.283	0.618	
16:1 c g	0.332	0.027	6	AR	1		0.283	0.618	
16:1 t g									
17:1 g	0.095	0.007	6	AR	1		0.081	0.176	
18:1 undifferentiated g	4.800		0	AS	1		4.080	8.929	
18:1 c g	4.294	0.403	6	AR	1		3.650	7.987	
18:1 t g	0.506	0.061	6	AR	1		0.430	0.941	
18:1-11 t (18:1t n-7) g	0.269	0.019	6	AR	1		0.228	0.500	
20:1 g	0.011	0.002	6	AR	1		0.010	0.021	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.580		0	NC	4		0.493	1.078	
18:2 undifferentiated g	0.494		0	AS	1		0.420	0.919	
18:2 n-6 c,c g	0.454	0.038	6	AR	1		0.386	0.845	
18:2 CLAs g	0.040	0.042	6	AR	1		0.034	0.074	
18:2 t,t g									
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.014		0	AS	1		0.012	0.027	
18:3 n-3 c,c,c (ALA) g	0.014	0.002	6	AR	1		0.012	0.027	
18:3 n-6 c,c,c g									
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.001	0.000	6	AR	1		0.001	0.002	
20:3 undifferentiated g									
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.068	0.005	6	AR	1		0.058	0.126	
20:4 n-6 g									
20:5 n-3 (EPA) g	0.001	0.000	6	AR	1		0.001	0.001	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.001	0.000	6	AR	1		0.001	0.001	
22:6 n-3 (DHA) g	0.001	0.000	6	AR	1		0.001	0.001	
Fatty acids, total trans g	0.506		0	NC	4		0.430	0.941	
Fatty acids, total trans-monoenoic g	0.506		0	NC	4		0.430	0.941	
Fatty acids, total trans-polyenoic g									
Cholesterol mg	95	1.951	6	AR	1		80	176	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.311		0	AR	1		0.264	0.578	
Threonine g	1.214		0	AR	1		1.032	2.258	
Isoleucine g	1.173		0	AR	1		0.997	2.182	
Leucine g	2.219		0	AR	1		1.886	4.128	

NDB No. 13598

Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.412		0	AR	1		2.050	4.487	
Methionine g	0.784		0	AR	1		0.666	1.457	
Cystine g	0.290		0	AR	1		0.246	0.539	
Phenylalanine g	1.050		0	AR	1		0.892	1.953	
Tyrosine g	0.951		0	AR	1		0.809	1.769	
Valine g	1.247		0	AR	1		1.060	2.319	
Arginine g	1.816		0	AR	1		1.544	3.378	
Histidine g	0.894		0	AR	1		0.760	1.662	
Alanine g	1.574		0	AR	1		1.337	2.927	
Aspartic acid g	2.474		0	AR	1		2.103	4.602	
Glutamic acid g	4.363		0	AR	1		3.709	8.115	
Glycine g	1.259		0	AR	1		1.070	2.341	
Proline g	1.134		0	AR	1		0.964	2.109	
Serine g	1.060		0	AR	1		0.901	1.971	
Hydroxyproline g	0.189		0	BFPN	4		0.160	0.351	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 186g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13863

Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw

URMIS #1144

Refuse: 15% Connective tissue 14%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	71.89	0.499	36	AR	1		61.10	171.81	
Energy kcal	146		0	NC	4		124	349	
Energy kJ	610		0	NC	4		519	1458	
Protein (N x 6.25) g	20.16	0.343	36	AR	1		17.13	48.17	
Total lipid (fat) g	7.25	0.263	36	AR	1		6.16	17.32	
Ash g	1.09	0.211	36	AR	1		0.92	2.60	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	12		3	AR	1		10	29	
Iron, Fe mg	2.49		3	AR	1		2.12	5.95	
Magnesium, Mg mg	19		3	AR	1		16	46	
Phosphorus, P mg	201		3	AR	1		171	480	
Potassium, K mg	335		3	AR	1		285	801	
Sodium, Na mg	82		3	AR	1		70	197	
Zinc, Zn mg	7.55		3	AR	1		6.41	18.04	
Copper, Cu mg	0.095		3	AR	1		0.081	0.228	
Manganese, Mn mg	0.010		3	AR	1		0.009	0.025	
Selenium, Se µg	22.6		3	AR	1		19.2	54.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.095		2	AR	1		0.080	0.226	
Riboflavin mg	0.256		3	AR	1		0.218	0.613	
Niacin mg	3.865		3	AR	1		3.285	9.237	
Pantothenic acid mg	0.936		2	AR	1		0.796	2.237	
Vitamin B-6 mg	0.404		3	AR	1		0.344	0.966	
Folate, total µg	3		0	BFPN	4		3	8	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	3		0	BFPN	4		3	8	
Folate, DFE µg	3		0	NC	4		3	8	
Choline, total mg	74.2		2	AR	1		63.1	177.4	
Betaine mg	17.9		2	AR	1		15.2	42.7	
Vitamin B-12 µg	4.33		3	AR	1		3.68	10.34	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	3		0	NC	4		3	8	
Retinol µg	3		0	BFSN	4		3	8	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	11		0	NC	4		10	27	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.17		3	AR	1		0.15	0.42	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.2	
Vitamin D IU	4		0	BFSN	4		3	9	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	3.6	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13863

Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.153		0	NC	4		2.680	7.536	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	Z	7		0.000	0.000	
12:0....g	0.000		0	Z	7		0.000	0.000	
13:0....g									
14:0....g	0.199	0.021	6	AR	1		0.169	0.476	
15:0....g									
16:0....g	1.757	0.176	6	AR	1		1.494	4.199	
17:0....g	0.094	0.009	6	AR	1		0.080	0.224	
18:0....g	1.092	0.112	6	AR	1		0.928	2.609	
20:0....g	0.001	0.000	6	AR	1		0.001	0.002	
22:0....g									
24:0....g	0.011	0.001	6	AR	1		0.009	0.026	
Fatty acids, total monounsaturated....g	3.771		0	NC	4		3.206	9.013	
14:1....g	0.040	0.004	6	AR	1		0.034	0.096	
15:1....g									
16:1 undifferentiated....g	0.244		0	AS	1		0.208	0.584	
16:1 c....g	0.244	0.022	6	AR	1		0.208	0.584	
16:1 t....g									
17:1....g	0.070	0.007	6	AR	1		0.059	0.167	
18:1 undifferentiated....g	3.411		0	AS	1		2.900	8.153	
18:1 c....g	3.081	0.328	6	AR	1		2.619	7.363	
18:1 t....g	0.331	0.035	6	AR	1		0.281	0.790	
18:1-11 t (18:1t n-7)....g	0.190	0.019	6	AR	1		0.162	0.455	
20:1....g	0.005	0.001	6	AR	1		0.005	0.013	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.415		0	NC	4		0.352	0.991	
18:2 undifferentiated....g	0.347		0	AS	1		0.295	0.830	
18:2 n-6 c,c....g	0.323	0.035	6	AR	1		0.275	0.773	
18:2 CLAs....g	0.024	0.003	6	AR	1		0.020	0.057	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.010		0	AS	1		0.009	0.025	
18:3 n-3 c,c,c (ALA)....g	0.010	0.001	6	AR	1		0.009	0.025	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.001	0.000	6	AR	1		0.001	0.002	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.054	0.007	6	AR	1		0.046	0.130	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	6	AR	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	6	AR	1		0.000	0.001	
22:6 n-3 (DHA)....g	0.001	0.000	6	AR	1		0.001	0.002	
Fatty acids, total trans....g	0.331		0	NC	4		0.281	0.790	
Fatty acids, total trans-monoenoic....g	0.331		0	NC	4		0.281	0.790	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	69	1.296	6	AR	1		59	165	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.227		0	AR	1		0.193	0.543	
Threonine....g	0.887		0	AR	1		0.754	2.119	
Isoleucine....g	0.857		0	AR	1		0.729	2.049	
Leucine....g	1.621		0	AR	1		1.378	3.875	

NDB No. 13863

Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	1.762		0	AR	1		1.498	4.212	
Methionine g	0.572		0	AR	1		0.487	1.368	
Cystine g	0.212		0	AR	1		0.180	0.506	
Phenylalanine g	0.767		0	AR	1		0.652	1.833	
Tyrosine g	0.695		0	AR	1		0.591	1.661	
Valine g	0.911		0	AR	1		0.774	2.177	
Arginine g	1.327		0	AR	1		1.128	3.172	
Histidine g	0.653		0	AR	1		0.555	1.561	
Alanine g	1.150		0	AR	1		0.977	2.748	
Aspartic acid g	1.808		0	AR	1		1.536	4.320	
Glutamic acid g	3.188		0	AR	1		2.710	7.619	
Glycine g	0.919		0	AR	1		0.782	2.198	
Proline g	0.828		0	AR	1		0.704	1.980	
Serine g	0.774		0	AR	1		0.658	1.850	
Hydroxyproline g	0.138		0	BFPN	4		0.117	0.329	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 239g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13650

Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

URMIS #1144

Refuse: 14% Connective tissue 14%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	60.31	1.891	24	AR	1		51.26	106.75	
Energy kcal	220		0	NC	4		187	390	
Energy kJ	922		0	NC	4		784	1632	
Protein (N x 6.25) g	27.51	1.102	24	AR	1		23.38	48.69	
Total lipid (fat) g	12.26	0.647	24	AR	1		10.42	21.70	
Ash g	1.02	0.044	24	AR	1		0.87	1.81	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	14		2	AR	1		12	24	
Iron, Fe mg	3.11		2	AR	1		2.64	5.50	
Magnesium, Mg mg	22		2	AR	1		19	40	
Phosphorus, P mg	217		2	AR	1		184	384	
Potassium, K mg	374		2	AR	1		318	662	
Sodium, Na mg	84		2	AR	1		71	148	
Zinc, Zn mg	9.40		2	AR	1		7.99	16.64	
Copper, Cu mg	0.130		2	AR	1		0.110	0.230	
Manganese, Mn mg	0.015		2	AR	1		0.013	0.026	
Selenium, Se µg	30.3		2	AR	1		25.8	53.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.079		1	AR	1		0.067	0.139	
Riboflavin mg	0.305		2	AR	1		0.259	0.540	
Niacin mg	4.194		2	AR	1		3.565	7.424	
Pantothenic acid mg	0.952		1	AR	1		0.809	1.685	
Vitamin B-6 mg	0.380		2	AR	1		0.323	0.672	
Folate, total µg	7		0	BFPN	4		6	12	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	7		0	BFPN	4		6	12	
Folate, DFE µg	7		0	NC	4		6	12	
Choline, total mg	101.8		1	AR	1		86.5	180.2	
Betaine mg	20.2		1	AR	1		17.2	35.7	
Vitamin B-12 µg	4.94		2	AR	1		4.20	8.75	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	6		0	NC	4		5	11	
Retinol µg	6		0	BFSN	4		5	11	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	21		0	NC	4		18	37	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.14		2	AR	1		0.12	0.24	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.2	
Vitamin D IU	5		0	BFSN	4		4	9	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	2.8	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13650

Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.968		0	NC	4		4.223	8.793	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	Z	7		0.000	0.000	
12:0....g	0.000		0	Z	7		0.000	0.000	
13:0....g									
14:0....g	0.314	0.037	4	AR	1		0.267	0.556	
15:0....g									
16:0....g	2.733	0.285	4	AR	1		2.323	4.837	
17:0....g	0.146	0.014	4	AR	1		0.124	0.259	
18:0....g	1.757	0.191	4	AR	1		1.494	3.110	
20:0....g	0.002	0.001	4	AR	1		0.002	0.004	
22:0....g									
24:0....g	0.015	0.001	4	AR	1		0.013	0.026	
Fatty acids, total monounsaturated....g	6.036		0	NC	4		5.130	10.684	
14:1....g	0.068	0.007	4	AR	1		0.058	0.121	
15:1....g									
16:1 undifferentiated....g	0.382		0	AS	1		0.325	0.676	
16:1 c....g	0.382	0.033	4	AR	1		0.325	0.676	
16:1 t....g									
17:1....g	0.108	0.009	4	AR	1		0.092	0.191	
18:1 undifferentiated....g	5.461		0	AS	1		4.642	9.666	
18:1 c....g	4.925	0.501	4	AR	1		4.187	8.718	
18:1 t....g	0.536	0.076	4	AR	1		0.455	0.948	
18:1-11 t (18:1t n-7)....g	0.262	0.023	4	AR	1		0.223	0.464	
20:1....g	0.017	0.002	4	AR	1		0.014	0.030	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.001		0	NC	4		0.851	1.772	
18:2 undifferentiated....g	0.481		0	AS	1		0.409	0.852	
18:2 n-6 c,c....g	0.438	0.047	4	AR	1		0.372	0.775	
18:2 CLAs....g	0.044	0.006	4	AR	1		0.037	0.077	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.013		0	AS	1		0.011	0.024	
18:3 n-3 c,c,c (ALA)....g	0.013	0.002	4	AR	1		0.011	0.024	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.001	0.000	4	AR	1		0.001	0.002	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.066	0.006	4	AR	1		0.056	0.117	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	4	AR	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.001	0.000	4	AR	1		0.001	0.002	
22:6 n-3 (DHA)....g	0.000	0.000	4	AR	1		0.000	0.000	
Fatty acids, total trans....g	0.536		0	NC	4		0.455	0.948	
Fatty acids, total trans-monoenoic....g	0.536		0	NC	4		0.455	0.948	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	92	2.423	4	AR	1		78	163	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.310		0	AR	1		0.263	0.548	
Threonine....g	1.210		0	AR	1		1.029	2.142	
Isoleucine....g	1.170		0	AR	1		0.994	2.071	
Leucine....g	2.213		0	AR	1		1.881	3.917	

NDB No. 13650

Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.405		0	AR	1		2.044	4.257	
Methionine g	0.781		0	AR	1		0.664	1.383	
Cystine g	0.289		0	AR	1		0.245	0.511	
Phenylalanine g	1.047		0	AR	1		0.890	1.853	
Tyrosine g	0.949		0	AR	1		0.806	1.679	
Valine g	1.243		0	AR	1		1.057	2.200	
Arginine g	1.811		0	AR	1		1.539	3.206	
Histidine g	0.891		0	AR	1		0.758	1.577	
Alanine g	1.569		0	AR	1		1.334	2.777	
Aspartic acid g	2.467		0	AR	1		2.097	4.367	
Glutamic acid g	4.351		0	AR	1		3.698	7.701	
Glycine g	1.255		0	AR	1		1.067	2.221	
Proline g	1.130		0	AR	1		0.961	2.001	
Serine g	1.057		0	AR	1		0.898	1.870	
Hydroxyproline g	0.188		0	BFPN	4		0.160	0.333	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 177g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13889

Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw

URMIS #1144

Refuse: 15% Connective tissue 15%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	71.12	0.551	24	AR	1		60.45	164.28	
Energy kcal	152		0	NC	4		129	351	
Energy kJ	635		0	NC	4		540	1467	
Protein (N x 6.25) g	20.07	0.381	24	AR	1		17.06	46.37	
Total lipid (fat) g	7.94	0.329	24	AR	1		6.75	18.34	
Ash g	0.99	0.214	24	AR	1		0.84	2.28	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	12		2	AR	1		10	28	
Iron, Fe mg	2.50		2	AR	1		2.12	5.77	
Magnesium, Mg mg	19		2	AR	1		16	44	
Phosphorus, P mg	199		2	AR	1		169	460	
Potassium, K mg	336		2	AR	1		286	776	
Sodium, Na mg	81		2	AR	1		69	187	
Zinc, Zn mg	7.53		2	AR	1		6.40	17.40	
Copper, Cu mg	0.093		2	AR	1		0.079	0.215	
Manganese, Mn mg	0.010		2	AR	1		0.009	0.023	
Selenium, Se µg	22.2		2	AR	1		18.8	51.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.080		1	AR	1		0.068	0.184	
Riboflavin mg	0.245		2	AR	1		0.209	0.567	
Niacin mg	3.793		2	AR	1		3.224	8.763	
Pantothenic acid mg	0.869		1	AR	1		0.739	2.008	
Vitamin B-6 mg	0.414		2	AR	1		0.352	0.957	
Folate, total µg	3		0	BFPN	4		3	7	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	3		0	BFPN	4		3	7	
Folate, DFE µg	3		0	NC	4		3	7	
Choline, total mg	70.4		1	AR	1		59.9	162.7	
Betaine mg	19.7		1	AR	1		16.7	45.4	
Vitamin B-12 µg	4.29		2	AR	1		3.64	9.90	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	3		0	NC	4		3	8	
Retinol µg	3		0	BFSN	4		3	8	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	11		0	NC	4		10	26	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.16		2	AR	1		0.14	0.38	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.2	
Vitamin D IU	4		0	BFSN	4		3	9	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	3.5	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13889

Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.462		0	NC	4		2.943	7.997	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	Z	7		0.000	0.000	
12:0....g	0.000		0	Z	7		0.000	0.000	
13:0....g									
14:0....g	0.219	0.026	4	AR	1		0.186	0.507	
15:0....g									
16:0....g	1.929	0.219	4	AR	1		1.640	4.457	
17:0....g	0.101	0.011	4	AR	1		0.086	0.233	
18:0....g	1.199	0.139	4	AR	1		1.019	2.770	
20:0....g	0.001	0.000	4	AR	1		0.001	0.002	
22:0....g									
24:0....g	0.012	0.002	4	AR	1		0.011	0.029	
Fatty acids, total monounsaturated....g	4.207		0	NC	4		3.576	9.718	
14:1....g	0.048	0.005	4	AR	1		0.041	0.111	
15:1....g									
16:1 undifferentiated....g	0.272		0	AS	1		0.231	0.628	
16:1 c....g	0.272	0.028	4	AR	1		0.231	0.628	
16:1 t....g									
17:1....g	0.076	0.008	4	AR	1		0.064	0.175	
18:1 undifferentiated....g	3.803		0	AS	1		3.233	8.786	
18:1 c....g	3.456	0.408	4	AR	1		2.938	7.984	
18:1 t....g	0.347	0.044	4	AR	1		0.295	0.802	
18:1-11 t (18:1t n-7)....g	0.189	0.024	4	AR	1		0.161	0.437	
20:1....g	0.008	0.001	4	AR	1		0.007	0.018	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.430		0	NC	4		0.366	0.993	
18:2 undifferentiated....g	0.358		0	AS	1		0.304	0.827	
18:2 n-6 c,c....g	0.332	0.044	4	AR	1		0.283	0.768	
18:2 CLAs....g	0.026	0.003	4	AR	1		0.022	0.060	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.011		0	AS	1		0.009	0.025	
18:3 n-3 c,c,c (ALA)....g	0.011	0.001	4	AR	1		0.009	0.025	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.001	0.000	4	AR	1		0.001	0.003	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.058	0.008	4	AR	1		0.049	0.134	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	4	AR	1		0.000	0.001	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	4	AR	1		0.000	0.001	
22:6 n-3 (DHA)....g	0.001	0.000	4	AR	1		0.001	0.003	
Fatty acids, total trans....g	0.347		0	NC	4		0.295	0.802	
Fatty acids, total trans-monoenoic....g	0.347		0	NC	4		0.295	0.802	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	68	1.610	4	AR	1		58	156	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.226		0	AR	1		0.192	0.522	
Threonine....g	0.883		0	AR	1		0.751	2.040	
Isoleucine....g	0.854		0	AR	1		0.726	1.972	
Leucine....g	1.615		0	AR	1		1.373	3.730	

NDB No. 13889

Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	1.755		0	AR	1		1.492	4.054	
Methionine g	0.570		0	AR	1		0.485	1.317	
Cystine g	0.211		0	AR	1		0.179	0.487	
Phenylalanine g	0.764		0	AR	1		0.649	1.765	
Tyrosine g	0.692		0	AR	1		0.588	1.599	
Valine g	0.907		0	AR	1		0.771	2.096	
Arginine g	1.322		0	AR	1		1.123	3.053	
Histidine g	0.650		0	AR	1		0.553	1.502	
Alanine g	1.145		0	AR	1		0.973	2.645	
Aspartic acid g	1.800		0	AR	1		1.530	4.159	
Glutamic acid g	3.175		0	AR	1		2.699	7.334	
Glycine g	0.916		0	AR	1		0.778	2.115	
Proline g	0.825		0	AR	1		0.701	1.906	
Serine g	0.771		0	AR	1		0.655	1.781	
Hydroxyproline g	0.137		0	BFPN	4		0.117	0.317	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 231g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13862

Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

URMIS #1144

Refuse: 17% Connective tissue 17%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	62.15	1.971	11	AR	1		52.83	123.67	
Energy kcal	194		0	NC	4		165	387	
Energy kJ	813		0	NC	4		691	1618	
Protein (N x 6.25) g	27.70	1.178	11	AR	1		23.55	55.13	
Total lipid (fat) g	9.29	0.896	11	AR	1		7.90	18.49	
Ash g	1.25	0.057	11	AR	1		1.07	2.49	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	14		1	AR	1		12	28	
Iron, Fe mg	3.02		1	AR	1		2.57	6.01	
Magnesium, Mg mg	24		1	AR	1		20	48	
Phosphorus, P mg	224		1	AR	1		191	446	
Potassium, K mg	388		1	AR	1		330	772	
Sodium, Na mg	88		1	AR	1		75	176	
Zinc, Zn mg	9.71		1	AR	1		8.26	19.33	
Copper, Cu mg	0.111		1	AR	1		0.095	0.221	
Manganese, Mn mg	0.015		1	AR	1		0.013	0.031	
Selenium, Se µg	31.9		1	AR	1		27.1	63.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.099		1	AR	1		0.084	0.197	
Riboflavin mg	0.306		1	AR	1		0.260	0.609	
Niacin mg	4.471		1	AR	1		3.800	8.897	
Pantothenic acid mg	1.058		1	AR	1		0.899	2.104	
Vitamin B-6 mg	0.395		1	AR	1		0.336	0.787	
Folate, total µg	7		0	BFPN	4		6	13	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	7		0	BFPN	4		6	13	
Folate, DFE µg	7		0	NC	4		6	13	
Choline, total mg	103.8		1	AR	1		88.3	206.7	
Betaine mg	18.7		1	AR	1		15.9	37.3	
Vitamin B-12 µg	5.28		1	AR	1		4.49	10.51	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	7		0	NC	4		6	13	
Retinol µg	7		0	BFSN	4		6	13	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	22		0	NC	4		19	45	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.12		1	AR	1		0.10	0.24	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.2	
Vitamin D IU	4		0	BFSN	4		4	8	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	3.1	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13862

Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated g	3.868		0	NC	4		3.288	7.698	
4:0 g	0.000		0	Z	7		0.000	0.000	
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	Z	7		0.000	0.000	
10:0 g	0.000		0	Z	7		0.000	0.000	
12:0 g	0.000		0	Z	7		0.000	0.000	
13:0 g									
14:0 g	0.244		2	AR	1		0.207	0.485	
15:0 g									
16:0 g	2.100		2	AR	1		1.785	4.179	
17:0 g	0.115		2	AR	1		0.098	0.229	
18:0 g	1.395		2	AR	1		1.186	2.777	
20:0 g	0.001		2	AR	1		0.001	0.002	
22:0 g									
24:0 g	0.013		2	AR	1		0.011	0.026	
Fatty acids, total monounsaturated g	4.191		0	NC	4		3.563	8.341	
14:1 g	0.046		2	AR	1		0.039	0.092	
15:1 g									
16:1 undifferentiated g	0.258		0	AS	1		0.219	0.514	
16:1 c g	0.258		2	AR	1		0.219	0.514	
16:1 t g									
17:1 g	0.075		2	AR	1		0.064	0.149	
18:1 undifferentiated g	3.809		0	AS	1		3.238	7.580	
18:1 c g	3.348		2	AR	1		2.846	6.662	
18:1 t g	0.461		2	AR	1		0.392	0.918	
18:1-11 t (18:1t n-7) g	0.279		2	AR	1		0.237	0.555	
20:1 g	0.003		2	AR	1		0.003	0.006	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.604		0	NC	4		0.513	1.202	
18:2 undifferentiated g	0.513		0	AS	1		0.436	1.021	
18:2 n-6 c,c g	0.479		2	AR	1		0.407	0.953	
18:2 CLAs g	0.035		2	AR	1		0.029	0.069	
18:2 t,t g									
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.016		0	AS	1		0.014	0.032	
18:3 n-3 c,c,c (ALA) g	0.016		2	AR	1		0.014	0.032	
18:3 n-6 c,c,c g									
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.001		2	AR	1		0.000	0.001	
20:3 undifferentiated g									
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.070		2	AR	1		0.060	0.140	
20:4 n-6 g									
20:5 n-3 (EPA) g	0.001		2	AR	1		0.001	0.003	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		2	AR	1		0.000	0.001	
22:6 n-3 (DHA) g	0.002		2	AR	1		0.002	0.004	
Fatty acids, total trans g	0.461		0	NC	4		0.392	0.918	
Fatty acids, total trans-monoenoic g	0.461		0	NC	4		0.392	0.918	
Fatty acids, total trans-polyenoic g									
Cholesterol mg	98		2	AR	1		83	195	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.312		0	AR	1		0.265	0.621	
Threonine g	1.219		0	AR	1		1.036	2.426	
Isoleucine g	1.178		0	AR	1		1.001	2.345	
Leucine g	2.229		0	AR	1		1.894	4.435	

NDB No. 13862

Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	2.422		0	AR	1		2.059	4.821	
Methionine g	0.787		0	AR	1		0.669	1.566	
Cystine g	0.291		0	AR	1		0.247	0.579	
Phenylalanine g	1.054		0	AR	1		0.896	2.098	
Tyrosine g	0.955		0	AR	1		0.812	1.901	
Valine g	1.252		0	AR	1		1.064	2.492	
Arginine g	1.824		0	AR	1		1.550	3.630	
Histidine g	0.898		0	AR	1		0.763	1.786	
Alanine g	1.580		0	AR	1		1.343	3.145	
Aspartic acid g	2.485		0	AR	1		2.112	4.944	
Glutamic acid g	4.382		0	AR	1		3.724	8.719	
Glycine g	1.264		0	AR	1		1.074	2.515	
Proline g	1.139		0	AR	1		0.968	2.266	
Serine g	1.064		0	AR	1		0.905	2.118	
Hydroxyproline g	0.189		0	AR	1		0.161	0.377	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 199g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13903

Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw

URMIS #1144

Refuse: 14% Conncective tissue 14%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	73.04	0.644	12	AR	1		62.09	184.07	
Energy kcal	137		0	NC	4		116	345	
Energy kJ	573		0	NC	4		487	1444	
Protein (N x 6.25) g	20.28	0.450	12	AR	1		17.24	51.10	
Total lipid (fat) g	6.21	0.436	12	AR	1		5.28	15.65	
Ash g	1.24	0.221	12	AR	1		1.05	3.12	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	12		1	AR	1		10	31	
Iron, Fe mg	2.49		1	AR	1		2.12	6.28	
Magnesium, Mg mg	20		1	AR	1		17	50	
Phosphorus, P mg	210		1	AR	1		178	528	
Potassium, K mg	344		1	AR	1		292	866	
Sodium, Na mg	86		1	AR	1		73	218	
Zinc, Zn mg	7.84		1	AR	1		6.67	19.76	
Copper, Cu mg	0.098		1	AR	1		0.083	0.247	
Manganese, Mn mg	0.011		1	AR	1		0.009	0.027	
Selenium, Se µg	23.6		1	AR	1		20.1	59.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.110		1	AR	1		0.093	0.276	
Riboflavin mg	0.277		1	AR	1		0.236	0.699	
Niacin mg	4.130		1	AR	1		3.511	10.409	
Pantothenic acid mg	1.003		1	AR	1		0.852	2.526	
Vitamin B-6 mg	0.390		1	AR	1		0.332	0.984	
Folate, total µg	3		0	BFPN	4		3	8	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	3		0	BFPN	4		3	8	
Folate, DFE µg	3		0	NC	4		3	8	
Choline, total mg	78.0		1	AR	1		66.3	196.7	
Betaine mg	16.1		1	AR	1		13.6	40.5	
Vitamin B-12 µg	4.39		1	AR	1		3.73	11.05	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	3		0	NC	4		3	9	
Retinol µg	3		0	BFSN	4		3	9	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	12		0	NC	4		10	29	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.20		1	AR	1		0.17	0.50	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.2	
Vitamin D IU	3		0	BFSN	4		3	8	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	3.8	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13903

Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.690		0	NC	4		2.286	6.778	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	Z	7		0.000	0.000	
12:0....g	0.000		0	Z	7		0.000	0.000	
13:0....g									
14:0....g	0.169		2	AR	1		0.143	0.425	
15:0....g									
16:0....g	1.498		2	AR	1		1.274	3.776	
17:0....g	0.083		2	AR	1		0.071	0.209	
18:0....g	0.931		2	AR	1		0.791	2.346	
20:0....g	0.000		2	AR	1		0.000	0.001	
22:0....g									
24:0....g	0.008		2	AR	1		0.007	0.021	
Fatty acids, total monounsaturated....g	3.118		0	NC	4		2.650	7.856	
14:1....g	0.029		2	AR	1		0.024	0.072	
15:1....g									
16:1 undifferentiated....g	0.203		0	AS	1		0.173	0.512	
16:1 c....g	0.203		2	AR	1		0.173	0.512	
16:1 t....g									
17:1....g	0.061		2	AR	1		0.052	0.154	
18:1 undifferentiated....g	2.823		0	AS	1		2.400	7.115	
18:1 c....g	2.517		2	AR	1		2.140	6.344	
18:1 t....g	0.306		2	AR	1		0.260	0.771	
18:1-11 t (18:1t n-7)....g	0.192		2	AR	1		0.163	0.484	
20:1....g	0.002		2	AR	1		0.001	0.004	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.391		0	NC	4		0.333	0.986	
18:2 undifferentiated....g	0.331		0	AS	1		0.281	0.834	
18:2 n-6 c,c....g	0.310		2	AR	1		0.263	0.781	
18:2 CLAs....g	0.021		2	AR	1		0.018	0.053	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.010		0	AS	1		0.008	0.024	
18:3 n-3 c,c,c (ALA)....g	0.010		2	AR	1		0.008	0.024	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000		2	AR	1		0.000	0.000	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.049		2	AR	1		0.042	0.124	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		2	AR	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		2	AR	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.001		2	AR	1		0.001	0.002	
Fatty acids, total trans....g	0.306		0	NC	4		0.260	0.771	
Fatty acids, total trans-monoenoic....g	0.306		0	NC	4		0.260	0.771	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	71		2	AR	1		60	179	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.228		0	AR	1		0.194	0.576	
Threonine....g	0.892		0	AR	1		0.758	2.248	
Isoleucine....g	0.862		0	AR	1		0.733	2.173	
Leucine....g	1.631		0	AR	1		1.387	4.111	

NDB No. 13903

Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine g	1.773		0	AR	1		1.507	4.468	
Methionine g	0.576		0	AR	1		0.490	1.451	
Cystine g	0.213		0	AR	1		0.181	0.536	
Phenylalanine g	0.772		0	AR	1		0.656	1.945	
Tyrosine g	0.699		0	AR	1		0.594	1.762	
Valine g	0.916		0	AR	1		0.779	2.310	
Arginine g	1.335		0	AR	1		1.135	3.365	
Histidine g	0.657		0	AR	1		0.558	1.656	
Alanine g	1.157		0	AR	1		0.983	2.915	
Aspartic acid g	1.819		0	AR	1		1.546	4.583	
Glutamic acid g	3.207		0	AR	1		2.726	8.082	
Glycine g	0.925		0	AR	1		0.786	2.331	
Proline g	0.833		0	AR	1		0.708	2.100	
Serine g	0.779		0	AR	1		0.662	1.963	
Hydroxyproline g	0.139		0	AR	1		0.118	0.349	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 252g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13500

Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled

Beef, Chuck, Top Blade Steak, URMIS #1144

Refuse: 18% Connective tissue 15%, seam fat 3%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	62.11	1.656	36	AR	1		52.79	115.52	
Energy kcal	196		0	NC	4		166	364	
Energy kJ	819		0	NC	4		696	1523	
Protein (N x 6.25) g	28.15	1.306	36	AR	1		23.93	52.36	
Total lipid (fat) g	9.23	1.034	36	AR	1		7.85	17.18	
Ash g	1.13	0.030	36	AR	1		0.96	2.10	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	14		3	AR	1		12	26	
Iron, Fe mg	3.14		3	AR	1		2.67	5.84	
Magnesium, Mg mg	23		3	AR	1		20	43	
Phosphorus, P mg	224		3	AR	1		191	417	
Potassium, K mg	390		3	AR	1		332	726	
Sodium, Na mg	87		3	AR	1		74	161	
Zinc, Zn mg	9.82		3	AR	1		8.35	18.26	
Copper, Cu mg	0.126		3	AR	1		0.107	0.235	
Manganese, Mn mg	0.016		3	AR	1		0.013	0.029	
Selenium, Se µg	31.4		3	AR	1		26.7	58.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.090		2	AR	1		0.077	0.167	
Riboflavin mg	0.313		3	AR	1		0.266	0.583	
Niacin mg	4.340		3	AR	1		3.689	8.072	
Pantothenic acid mg	1.025		2	AR	1		0.871	1.906	
Vitamin B-6 mg	0.404		3	AR	1		0.344	0.752	
Folate, total µg	7		0	BFPN	4		6	13	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	7		0	BFPN	4		6	13	
Folate, DFE µg	7		0	NC	4		6	13	
Choline, total mg	105.3		2	AR	1		89.5	195.9	
Betaine mg	19.9		2	AR	1		16.9	36.9	
Vitamin B-12 µg	5.18		3	AR	1		4.40	9.63	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		1	3	
Retinol µg	2		0	BFSN	4		1	3	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	6		0	NC	4		5	10	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.14		3	AR	1		0.12	0.25	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.2	
Vitamin D IU	5		0	BFSN	4		4	9	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	2.9	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13500

Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.771		0	NC	4		3.206	7.014	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	Z	7		0.000	0.000	
12:0....g	0.000		0	Z	7		0.000	0.000	
13:0....g									
14:0....g	0.228	0.012	6	AR	1		0.194	0.425	
15:0....g									
16:0....g	2.080	0.111	6	AR	1		1.768	3.868	
17:0....g	0.112	0.005	6	AR	1		0.095	0.208	
18:0....g	1.337	0.073	6	AR	1		1.137	2.487	
20:0....g	0.000	0.000	6	AR	1		0.000	0.000	
22:0....g									
24:0....g	0.014	0.001	6	AR	1		0.012	0.026	
Fatty acids, total monounsaturated....g	4.509		0	NC	4		3.833	8.387	
14:1....g	0.048	0.002	6	AR	1		0.041	0.089	
15:1....g									
16:1 undifferentiated....g	0.286	0.013	6	AR	1		0.243	0.531	
17:1....g	0.083	0.004	6	AR	1		0.071	0.155	
18:1 undifferentiated....g	4.087		0	AS	1		3.474	7.601	
18:1 c....g	3.717	0.235	6	AR	1		3.160	6.914	
18:1 t....g	0.369	0.020	6	AR	1		0.314	0.687	
18:1-11 t (18:1t n-7)....g	0.248	0.013	6	AR	1		0.211	0.462	
20:1....g	0.006	0.000	6	AR	1		0.005	0.011	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.520		0	NC	4		0.442	0.967	
18:2 undifferentiated....g	0.439		0	AS	1		0.373	0.817	
18:2 n-6 c,c....g	0.411	0.026	6	AR	1		0.349	0.764	
18:2 CLAs....g	0.028	0.001	6	AR	1		0.024	0.053	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.010		0	AS	1		0.009	0.020	
18:3 n-3 c,c,c (ALA)....g	0.010	0.001	6	AR	1		0.009	0.020	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000	0.000	6	AR	1		0.000	0.000	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.069	0.005	6	AR	1		0.058	0.128	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001	0.000	6	AR	1		0.000	0.001	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	6	AR	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.001	0.000	6	AR	1		0.001	0.001	
Fatty acids, total trans....g	0.369		0	NC	4		0.314	0.687	
Fatty acids, total trans-monoenoic....g	0.369		0	NC	4		0.314	0.687	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	95	1.901	6	AR	1		81	177	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.323		0	AR	1		0.274	0.601	
Threonine....g	1.275		0	AR	1		1.084	2.371	
Isoleucine....g	1.233		0	AR	1		1.048	2.293	
Leucine....g	2.330		0	AR	1		1.981	4.334	
Lysine....g	2.533		0	AR	1		2.153	4.711	
Methionine....g	0.821		0	AR	1		0.698	1.527	

NDB No. 13500

Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine....g	0.300		0	AR	1		0.255	0.557	
Phenylalanine....g	1.097		0	AR	1		0.933	2.041	
Tyrosine....g	0.998		0	AR	1		0.849	1.857	
Valine....g	1.302		0	AR	1		1.107	2.422	
Arginine....g	1.893		0	AR	1		1.609	3.521	
Histidine....g	0.929		0	AR	1		0.789	1.727	
Alanine....g	1.627		0	AR	1		1.383	3.027	
Aspartic acid....g	2.592		0	AR	1		2.203	4.821	
Glutamic acid....g	4.585		0	AR	1		3.897	8.527	
Glycine....g	1.254		0	AR	1		1.066	2.332	
Proline....g	1.159		0	AR	1		0.985	2.155	
Serine....g	1.106		0	AR	1		0.940	2.057	
Hydroxyproline....g	0.142		0	AR	1		0.121	0.264	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 186g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13519

Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw

Beef, Chuck, Top Blade Steak, URMIS #1144

Refuse: 16% Connective tissue 14%, seam fat 2%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	72.42	0.384	36	AR	1		61.56	1041.37	
Energy kcal	139		0	NC	4		118	2002	
Energy kJ	583		0	NC	4		495	8377	
Protein (N x 6.25) g	20.36	0.380	36	AR	1		17.31	292.82	
Total lipid (fat) g	6.42	0.301	36	AR	1		5.46	92.31	
Ash g	1.10	0.211	36	AR	1		0.93	15.76	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	12		3	AR	1		10	175	
Iron, Fe mg	2.51		3	AR	1		2.13	36.06	
Magnesium, Mg mg	20		3	AR	1		17	281	
Phosphorus, P mg	203		3	AR	1		172	2917	
Potassium, K mg	338		3	AR	1		288	4864	
Sodium, Na mg	83		3	AR	1		70	1193	
Zinc, Zn mg	7.63		3	AR	1		6.49	109.73	
Copper, Cu mg	0.096		3	AR	1		0.082	1.386	
Manganese, Mn mg	0.011		3	AR	1		0.009	0.153	
Selenium, Se µg	22.9		3	AR	1		19.4	328.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.095		2	AR	1		0.081	1.366	
Riboflavin mg	0.260		3	AR	1		0.221	3.739	
Niacin mg	3.890		3	AR	1		3.307	55.938	
Pantothenic acid mg	0.945		2	AR	1		0.803	13.589	
Vitamin B-6 mg	0.407		3	AR	1		0.346	5.853	
Folate, total µg	3		0	BFPN	4		3	47	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	3		0	BFPN	4		3	47	
Folate, DFE µg	3		0	NC	4		3	47	
Choline, total mg	75.0		2	AR	1		63.8	1078.7	
Betaine mg	18.0		2	AR	1		15.3	258.8	
Vitamin B-12 µg	4.38		3	AR	1		3.72	62.94	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		2	27	
Retinol µg	2		0	BFSN	4		2	27	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	6		0	NC	4		5	90	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.18		3	AR	1		0.15	2.54	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	1.4	
Vitamin D IU	4		0	BFSN	4		3	55	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	21.7	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13519

Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.730		0	NR	4		2.321	39.257	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	Z	7		0.000	0.000	
12:0....g	0.000		0	Z	7		0.000	0.000	
13:0....g									
14:0....g	0.168	0.018	6	AR	1		0.143	2.411	
15:0....g									
16:0....g	1.533	0.158	6	AR	1		1.303	22.048	
17:0....g	0.081	0.008	6	AR	1		0.069	1.170	
18:0....g	0.937	0.098	6	AR	1		0.797	13.477	
20:0....g	0.000	0.000	6	AR	1		0.000	0.000	
22:0....g									
24:0....g	0.010	0.001	6	AR	1		0.009	0.151	
Fatty acids, total monounsaturated....g	3.290		0	NR	4		2.797	47.310	
14:1....g	0.034	0.003	6	AR	1		0.029	0.486	
15:1....g									
16:1 undifferentiated....g	0.215	0.020	6	AR	1		0.183	3.095	
17:1....g	0.062	0.006	6	AR	1		0.053	0.888	
18:1 undifferentiated....g	2.975		0	AS	1		2.529	42.786	
18:1 c....g	2.714	0.300	6	AR	1		2.307	39.025	
18:1 t....g	0.262	0.028	6	AR	1		0.222	3.761	
18:1-11 t (18:1t n-7)....g	0.183	0.019	6	AR	1		0.155	2.624	
20:1....g	0.003	0.000	6	AR	1		0.002	0.042	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.360		0	NR	4		0.306	5.177	
18:2 undifferentiated....g	0.300		0	AS	1		0.255	4.313	
18:2 n-6 c,c....g	0.282	0.034	6	AR	1		0.240	4.053	
18:2 CLAs....g	0.018	0.002	6	AR	1		0.015	0.260	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.008		0	AS	1		0.007	0.116	
18:3 n-3 c,c,c (ALA)....g	0.008	0.001	6	AR	1		0.007	0.116	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000	0.000	6	AR	1		0.000	0.005	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.051	0.007	6	AR	1		0.043	0.732	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	6	AR	1		0.000	0.003	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	6	AR	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.001	0.000	6	AR	1		0.001	0.013	
Fatty acids, total trans....g	0.262		0	NR	4		0.223	3.768	
Fatty acids, total trans-monoenoic....g	0.262		0	NR	4		0.223	3.768	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	69	1.322	6	AR	1		59	992	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.234		0	AR	1		0.199	3.358	
Threonine....g	0.922		0	AR	1		0.784	13.259	
Isoleucine....g	0.892		0	AR	1		0.758	12.821	
Leucine....g	1.685		0	AR	1		1.433	24.236	
Lysine....g	1.832		0	AR	1		1.557	26.344	
Methionine....g	0.594		0	AR	1		0.505	8.540	

NDB No. 13519

Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine g	0.217		0	AR	1		0.184	3.117	
Phenylalanine g	0.794		0	AR	1		0.675	11.415	
Tyrosine g	0.722		0	AR	1		0.614	10.384	
Valine g	0.942		0	AR	1		0.801	13.545	
Arginine g	1.369		0	AR	1		1.164	19.692	
Histidine g	0.672		0	AR	1		0.571	9.659	
Alanine g	1.177		0	AR	1		1.000	16.925	
Aspartic acid g	1.875		0	AR	1		1.594	26.959	
Glutamic acid g	3.316		0	AR	1		2.819	47.686	
Glycine g	0.907		0	AR	1		0.771	13.041	
Proline g	0.838		0	AR	1		0.712	12.051	
Serine g	0.800		0	AR	1		0.680	11.503	
Hydroxyproline g	0.103		0	AR	1		0.087	1.479	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 1438g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13501

Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled

Beef, Chuck, Top Blade Steak, URMIS #1144

Refuse: 18% Connective tissue 14%, seam fat 4%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	61.73	1.686	24	AR	1		52.47	109.26	
Energy kcal	202		0	NC	4		171	357	
Energy kJ	844		0	NC	4		717	1493	
Protein (N x 6.25) g	28.28	1.327	24	AR	1		24.04	50.06	
Total lipid (fat) g	9.83	1.069	24	AR	1		8.36	17.40	
Ash g	1.04	0.037	24	AR	1		0.88	1.84	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	14		2	AR	1		12	25	
Iron, Fe mg	3.23		2	AR	1		2.75	5.72	
Magnesium, Mg mg	23		2	AR	1		20	41	
Phosphorus, P mg	226		2	AR	1		192	399	
Potassium, K mg	389		2	AR	1		330	688	
Sodium, Na mg	85		2	AR	1		72	151	
Zinc, Zn mg	9.85		2	AR	1		8.37	17.43	
Copper, Cu mg	0.135		2	AR	1		0.115	0.239	
Manganese, Mn mg	0.016		2	AR	1		0.013	0.028	
Selenium, Se µg	31.2		2	AR	1		26.5	55.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.080		1	AR	1		0.068	0.142	
Riboflavin mg	0.317		2	AR	1		0.269	0.561	
Niacin mg	4.287		2	AR	1		3.644	7.587	
Pantothenic acid mg	0.980		1	AR	1		0.833	1.735	
Vitamin B-6 mg	0.389		2	AR	1		0.330	0.688	
Folate, total µg	7		0	BFPN	4		6	12	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	7		0	BFPN	4		6	12	
Folate, DFE µg	7		0	NC	4		6	12	
Choline, total mg	105.4		1	AR	1		89.6	186.5	
Betaine mg	20.8		1	AR	1		17.7	36.8	
Vitamin B-12 µg	5.11		2	AR	1		4.35	9.05	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	1		0	NC	4		1	2	
Retinol µg	1		0	BFSN	4		1	2	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	5		0	NC	4		4	8	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.14		2	AR	1		0.12	0.25	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.2	
Vitamin D IU	5		0	BFSN	4		5	10	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	2.8	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13501

Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.984		0	NC	4		3.387	7.052	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	Z	7		0.000	0.000	
12:0....g	0.000		0	Z	7		0.000	0.000	
13:0....g									
14:0....g	0.239	0.015	4	AR	1		0.203	0.424	
15:0....g									
16:0....g	2.213	0.138	4	AR	1		1.881	3.918	
17:0....g	0.118	0.006	4	AR	1		0.100	0.209	
18:0....g	1.399	0.090	4	AR	1		1.189	2.476	
20:0....g	0.000	0.000	4	AR	1		0.000	0.000	
22:0....g									
24:0....g	0.015	0.001	4	AR	1		0.013	0.026	
Fatty acids, total monounsaturated....g	5.018		0	NC	4		4.265	8.882	
14:1....g	0.053	0.003	4	AR	1		0.045	0.095	
15:1....g									
16:1 undifferentiated....g	0.322	0.016	4	AR	1		0.273	0.569	
17:1....g	0.093	0.005	4	AR	1		0.079	0.165	
18:1 undifferentiated....g	4.540		0	AS	1		3.859	8.036	
18:1 c....g	4.183	0.292	4	AR	1		3.556	7.405	
18:1 t....g	0.357	0.025	4	AR	1		0.303	0.631	
18:1-11 t (18:1t n-7)....g	0.235	0.016	4	AR	1		0.199	0.415	
20:1....g	0.010	0.000	4	AR	1		0.008	0.017	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.484		0	NC	4		0.411	0.857	
18:2 undifferentiated....g	0.408		0	AS	1		0.347	0.723	
18:2 n-6 c,c....g	0.380	0.032	4	AR	1		0.323	0.673	
18:2 CLAs....g	0.029	0.002	4	AR	1		0.024	0.050	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.008		0	AS	1		0.007	0.014	
18:3 n-3 c,c,c (ALA)....g	0.008	0.001	4	AR	1		0.007	0.014	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000	0.000	4	AR	1		0.000	0.000	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.067	0.007	4	AR	1		0.057	0.119	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	4	AR	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	4	AR	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000	0.000	4	AR	1		0.000	0.000	
Fatty acids, total trans....g	0.357		0	NC	4		0.303	0.631	
Fatty acids, total trans-monoenoic....g	0.357		0	NC	4		0.303	0.631	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	93	2.362	4	AR	1		79	164	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.324		0	AR	1		0.276	0.574	
Threonine....g	1.281		0	AR	1		1.089	2.267	
Isoleucine....g	1.238		0	AR	1		1.053	2.192	
Leucine....g	2.341		0	AR	1		1.990	4.144	
Lysine....g	2.545		0	AR	1		2.163	4.504	
Methionine....g	0.825		0	AR	1		0.701	1.460	

NDB No. 13501

Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine g	0.301		0	AR	1		0.256	0.533	
Phenylalanine g	1.103		0	AR	1		0.937	1.952	
Tyrosine g	1.003		0	AR	1		0.853	1.775	
Valine g	1.308		0	AR	1		1.112	2.316	
Arginine g	1.902		0	AR	1		1.617	3.367	
Histidine g	0.933		0	AR	1		0.793	1.651	
Alanine g	1.635		0	AR	1		1.390	2.894	
Aspartic acid g	2.604		0	AR	1		2.213	4.609	
Glutamic acid g	4.606		0	AR	1		3.915	8.153	
Glycine g	1.260		0	AR	1		1.071	2.230	
Proline g	1.164		0	AR	1		0.989	2.060	
Serine g	1.111		0	AR	1		0.944	1.967	
Hydroxyproline g	0.143		0	AR	1		0.121	0.253	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 177g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13520

Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, raw

Beef, Chuck, Top Blade Steak, URMIS #1144

Refuse: 17% Connective tissue 15%, seam fat 2%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	71.79	0.438	24	AR	1		61.03	1028.10	
Energy kcal	143		0	NC	4		122	2052	
Energy kJ	599		0	NC	4		510	8584	
Protein (N x 6.25) g	20.35	0.414	24	AR	1		17.29	291.34	
Total lipid (fat) g	6.88	0.349	24	AR	1		5.84	98.47	
Ash g	1.00	0.214	24	AR	1		0.85	14.26	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	12		2	AR	1		10	174	
Iron, Fe mg	2.52		2	AR	1		2.15	36.14	
Magnesium, Mg mg	19		2	AR	1		17	279	
Phosphorus, P mg	202		2	AR	1		171	2887	
Potassium, K mg	340		2	AR	1		289	4870	
Sodium, Na mg	82		2	AR	1		69	1171	
Zinc, Zn mg	7.65		2	AR	1		6.50	109.50	
Copper, Cu mg	0.095		2	AR	1		0.080	1.354	
Manganese, Mn mg	0.010		2	AR	1		0.009	0.148	
Selenium, Se µg	22.5		2	AR	1		19.1	322.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.080		1	AR	1		0.068	1.145	
Riboflavin mg	0.250		2	AR	1		0.213	3.580	
Niacin mg	3.827		2	AR	1		3.253	54.798	
Pantothenic acid mg	0.880		1	AR	1		0.748	12.601	
Vitamin B-6 mg	0.418		2	AR	1		0.356	5.990	
Folate, total µg	3		0	BFPN	4		3	47	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	3		0	BFPN	4		3	47	
Folate, DFE µg	3		0	NC	4		3	47	
Choline, total mg	71.4		1	AR	1		60.7	1022.1	
Betaine mg	19.9		1	AR	1		16.9	284.4	
Vitamin B-12 µg	4.35		2	AR	1		3.70	62.34	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		1	25	
Retinol µg	2		0	BFSN	4		1	25	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	6		0	NC	4		5	84	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.17		2	AR	1		0.14	2.37	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	1.5	
Vitamin D IU	4		0	BFSN	4		4	59	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	21.7	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13520

Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.900		0	NR	4		2.465	41.528	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	Z	7		0.000	0.000	
12:0....g	0.000		0	Z	7		0.000	0.000	
13:0....g									
14:0....g	0.178	0.022	4	AR	1		0.151	2.550	
15:0....g									
16:0....g	1.631	0.196	4	AR	1		1.386	23.354	
17:0....g	0.085	0.010	4	AR	1		0.072	1.210	
18:0....g	0.995	0.121	4	AR	1		0.845	14.243	
20:0....g	0.000	0.000	4	AR	1		0.000	0.000	
22:0....g									
24:0....g	0.012	0.002	4	AR	1		0.010	0.170	
Fatty acids, total monounsaturated....g	3.570		0	NR	4		3.035	51.122	
14:1....g	0.040	0.004	4	AR	1		0.034	0.571	
15:1....g									
16:1 undifferentiated....g	0.233	0.025	4	AR	1		0.198	3.330	
17:1....g	0.065	0.007	4	AR	1		0.056	0.938	
18:1 undifferentiated....g	3.227		0	AS	1		2.743	46.207	
18:1 c....g	2.968	0.373	4	AR	1		2.523	42.497	
18:1 t....g	0.259	0.035	4	AR	1		0.220	3.710	
18:1-11 t (18:1t n-7)....g	0.180	0.024	4	AR	1		0.153	2.572	
20:1....g	0.005	0.000	4	AR	1		0.004	0.068	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.370		0	NR	4		0.315	5.298	
18:2 undifferentiated....g	0.306		0	AS	1		0.260	4.382	
18:2 n-6 c,c....g	0.287	0.042	4	AR	1		0.244	4.112	
18:2 CLAs....g	0.019	0.002	4	AR	1		0.016	0.271	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.008		0	AS	1		0.007	0.117	
18:3 n-3 c,c,c (ALA)....g	0.008	0.001	4	AR	1		0.007	0.117	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.001	0.000	4	AR	1		0.001	0.009	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.054	0.009	4	AR	1		0.046	0.780	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	4	AR	1		0.000	0.004	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	4	AR	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.001	0.000	4	AR	1		0.001	0.015	
Fatty acids, total trans....g	0.259		0	NR	4		0.220	3.709	
Fatty acids, total trans-monoenoic....g	0.259		0	NR	4		0.220	3.709	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	68	1.643	4	AR	1		58	969	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.233		0	AR	1		0.198	3.341	
Threonine....g	0.921		0	AR	1		0.783	13.193	
Isoleucine....g	0.891		0	AR	1		0.757	12.756	
Leucine....g	1.684		0	AR	1		1.431	24.114	
Lysine....g	1.830		0	AR	1		1.556	26.211	
Methionine....g	0.593		0	AR	1		0.504	8.497	

NDB No. 13520

Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine....g	0.217		0	AR	1		0.184	3.101	
Phenylalanine....g	0.793		0	AR	1		0.674	11.357	
Tyrosine....g	0.721		0	AR	1		0.613	10.331	
Valine....g	0.941		0	AR	1		0.800	13.476	
Arginine....g	1.368		0	AR	1		1.163	19.593	
Histidine....g	0.671		0	AR	1		0.570	9.610	
Alanine....g	1.176		0	AR	1		1.000	16.840	
Aspartic acid....g	1.873		0	AR	1		1.592	26.823	
Glutamic acid....g	3.313		0	AR	1		2.816	47.445	
Glycine....g	0.906		0	AR	1		0.770	12.975	
Proline....g	0.837		0	AR	1		0.712	11.990	
Serine....g	0.799		0	AR	1		0.679	11.445	
Hydroxyproline....g	0.103		0	AR	1		0.087	1.471	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 1432g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13502

Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled

Beef, Chuck, Top Blade Steak, URMIS #1144

Refuse: 19% Connective tissue 17%, seam fat 2%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	62.67	1.745	12	AR	1		53.27	124.72	
Energy kcal	187		0	NC	4		159	372	
Energy kJ	782		0	NC	4		665	1556	
Protein (N x 6.25) g	27.96	1.369	12	AR	1		23.76	55.63	
Total lipid (fat) g	8.34	1.137	12	AR	1		7.09	16.59	
Ash g	1.27	0.049	12	AR	1		1.08	2.53	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	14		1	AR	1		12	28	
Iron, Fe mg	3.07		1	AR	1		2.61	6.10	
Magnesium, Mg mg	24		1	AR	1		21	49	
Phosphorus, P mg	228		1	AR	1		193	453	
Potassium, K mg	394		1	AR	1		335	784	
Sodium, Na mg	89		1	AR	1		76	177	
Zinc, Zn mg	9.88		1	AR	1		8.40	19.67	
Copper, Cu mg	0.113		1	AR	1		0.096	0.225	
Manganese, Mn mg	0.016		1	AR	1		0.013	0.031	
Selenium, Se µg	32.3		1	AR	1		27.5	64.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.100		1	AR	1		0.085	0.199	
Riboflavin mg	0.310		1	AR	1		0.264	0.617	
Niacin mg	4.510		1	AR	1		3.834	8.975	
Pantothenic acid mg	1.070		1	AR	1		0.910	2.129	
Vitamin B-6 mg	0.399		1	AR	1		0.339	0.794	
Folate, total µg	7		0	BFPN	4		6	14	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	7		0	BFPN	4		6	14	
Folate, DFE µg	7		0	NC	4		6	14	
Choline, total mg	105.2		1	AR	1		89.5	209.4	
Betaine mg	18.9		1	AR	1		16.1	37.7	
Vitamin B-12 µg	5.35		1	AR	1		4.55	10.65	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		2	4	
Retinol µg	2		0	BFSN	4		2	4	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	7		0	NC	4		6	14	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.12		1	AR	1		0.11	0.25	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.2	
Vitamin D IU	4		0	BFSN	4		3	8	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	3.1	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13502

Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.451		0	NC	4		2.934	6.868	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	Z	7		0.000	0.000	
12:0....g	0.000		0	Z	7		0.000	0.000	
13:0....g									
14:0....g	0.212		2	AR	1		0.180	0.422	
15:0....g									
16:0....g	1.879		2	AR	1		1.597	3.739	
17:0....g	0.103		2	AR	1		0.087	0.205	
18:0....g	1.244		2	AR	1		1.058	2.476	
20:0....g	0.000		2	AR	1		0.000	0.000	
22:0....g									
24:0....g	0.013		2	AR	1		0.011	0.026	
Fatty acids, total monounsaturated....g	3.746		0	NC	4		3.184	7.454	
14:1....g	0.040		2	AR	1		0.034	0.079	
15:1....g									
16:1 undifferentiated....g	0.231		2	AR	1		0.197	0.461	
17:1....g	0.068		2	AR	1		0.058	0.136	
18:1 undifferentiated....g	3.406		0	AS	1		2.895	6.778	
18:1 c....g	3.018		2	AR	1		2.565	6.005	
18:1 t....g	0.388		2	AR	1		0.330	0.773	
18:1-11 t (18:1t n-7)....g	0.269		2	AR	1		0.228	0.534	
20:1....g	0.000		2	AR	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.573		0	NC	4		0.487	1.141	
18:2 undifferentiated....g	0.485		0	AS	1		0.412	0.965	
18:2 n-6 c,c....g	0.457		2	AR	1		0.388	0.909	
18:2 CLAs....g	0.028		2	AR	1		0.024	0.056	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.014		0	AS	1		0.012	0.028	
18:3 n-3 c,c,c (ALA)....g	0.014		2	AR	1		0.012	0.028	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000		2	AR	1		0.000	0.000	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.071		2	AR	1		0.060	0.141	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001		2	AR	1		0.001	0.003	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		2	AR	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.002		2	AR	1		0.002	0.004	
Fatty acids, total trans....g	0.388		0	NC	4		0.330	0.773	
Fatty acids, total trans-monoenoic....g	0.388		0	NC	4		0.330	0.773	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	98		2	AR	1		83	195	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.321		0	AR	1		0.273	0.638	
Threonine....g	1.266		0	AR	1		1.076	2.519	
Isoleucine....g	1.224		0	AR	1		1.040	2.436	
Leucine....g	2.314		0	AR	1		1.967	4.605	
Lysine....g	2.515		0	AR	1		2.138	5.005	
Methionine....g	0.815		0	AR	1		0.693	1.622	

NDB No. 13502

Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine g	0.298		0	AR	1		0.253	0.592	
Phenylalanine g	1.090		0	AR	1		0.926	2.169	
Tyrosine g	0.991		0	AR	1		0.843	1.973	
Valine g	1.293		0	AR	1		1.099	2.573	
Arginine g	1.880		0	AR	1		1.598	3.741	
Histidine g	0.922		0	AR	1		0.784	1.835	
Alanine g	1.616		0	AR	1		1.374	3.216	
Aspartic acid g	2.574		0	AR	1		2.188	5.122	
Glutamic acid g	4.553		0	AR	1		3.870	9.060	
Glycine g	1.245		0	AR	1		1.058	2.478	
Proline g	1.151		0	AR	1		0.978	2.290	
Serine g	1.098		0	AR	1		0.933	2.185	
Hydroxyproline g	0.141		0	AR	1		0.120	0.281	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 199g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13523

Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw

Beef, Chuck, Top Blade Steak, URMIS #1144

Refuse: 15% Connective tissue 14%, seam fat 1%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	73.35	0.534	12	AR	1		62.35	1060.69	
Energy kcal	133		0	NC	4		113	1926	
Energy kJ	557		0	NC	4		474	8057	
Protein (N x 6.25) g	20.39	0.476	12	AR	1		17.33	294.83	
Total lipid (fat) g	5.73	0.432	12	AR	1		4.87	82.93	
Ash g	1.25	0.221	12	AR	1		1.06	18.03	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	12		1	AR	1		10	176	
Iron, Fe mg	2.51		1	AR	1		2.13	36.23	
Magnesium, Mg mg	20		1	AR	1		17	291	
Phosphorus, P mg	211		1	AR	1		179	3052	
Potassium, K mg	346		1	AR	1		294	4998	
Sodium, Na mg	87		1	AR	1		74	1255	
Zinc, Zn mg	7.90		1	AR	1		6.72	114.25	
Copper, Cu mg	0.099		1	AR	1		0.084	1.426	
Manganese, Mn mg	0.011		1	AR	1		0.009	0.159	
Selenium, Se µg	23.8		1	AR	1		20.2	344.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.110		1	AR	1		0.093	1.590	
Riboflavin mg	0.280		1	AR	1		0.238	4.049	
Niacin mg	4.150		1	AR	1		3.528	60.009	
Pantothenic acid mg	1.010		1	AR	1		0.858	14.604	
Vitamin B-6 mg	0.392		1	AR	1		0.333	5.668	
Folate, total µg	3		0	BFPN	4		3	47	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	3		0	BFPN	4		3	47	
Folate, DFE µg	3		0	NC	4		3	47	
Choline, total mg	78.7		1	AR	1		66.9	1137.4	
Betaine mg	16.1		1	AR	1		13.7	233.4	
Vitamin B-12 µg	4.42		1	AR	1		3.76	63.91	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		2	30	
Retinol µg	2		0	BFSN	4		2	30	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	7		0	NC	4		6	100	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.20		1	AR	1		0.17	2.91	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	1.2	
Vitamin D IU	3		0	BFSN	4		3	48	
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	21.9	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13523

Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.472		0	NC	4		2.101	35.742	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	Z	7		0.000	0.000	
12:0....g	0.000		0	Z	7		0.000	0.000	
13:0....g									
14:0....g	0.152		2	AR	1		0.129	2.194	
15:0....g									
16:0....g	1.385		2	AR	1		1.177	20.023	
17:0....g	0.077		2	AR	1		0.065	1.112	
18:0....g	0.850		2	AR	1		0.723	12.294	
20:0....g	0.000		2	AR	1		0.000	0.000	
22:0....g									
24:0....g	0.008		2	AR	1		0.007	0.120	
Fatty acids, total monounsaturated....g	2.880		0	NC	4		2.448	41.644	
14:1....g	0.025		2	AR	1		0.021	0.366	
15:1....g									
16:1 undifferentiated....g	0.189		2	AR	1		0.161	2.733	
17:1....g	0.057		2	AR	1		0.049	0.830	
18:1 undifferentiated....g	2.608		0	AS	1		2.217	37.716	
18:1 c....g	2.340		2	AR	1		1.989	33.835	
18:1 t....g	0.268		2	AR	1		0.228	3.881	
18:1-11 t (18:1t n-7)....g	0.187		2	AR	1		0.159	2.704	
20:1....g	0.000		2	AR	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.375		0	NC	4		0.318	5.417	
18:2 undifferentiated....g	0.316		0	AS	1		0.268	4.566	
18:2 n-6 c,c....g	0.297		2	AR	1		0.253	4.300	
18:2 CLAs....g	0.018		2	AR	1		0.016	0.266	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.009		0	AS	1		0.007	0.124	
18:3 n-3 c,c,c (ALA)....g	0.009		2	AR	1		0.007	0.124	
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000		2	AR	1		0.000	0.000	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.049		2	AR	1		0.042	0.716	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		2	AR	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		2	AR	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.001		2	AR	1		0.001	0.011	
Fatty acids, total trans....g	0.268		0	NC	4		0.228	3.881	
Fatty acids, total trans-monoenoic....g	0.268		0	NC	4		0.228	3.881	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	71		2	AR	1		60	1025	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.234		0	AR	1		0.199	3.381	
Threonine....g	0.923		0	AR	1		0.785	13.351	
Isoleucine....g	0.893		0	AR	1		0.759	12.909	
Leucine....g	1.688		0	AR	1		1.434	24.403	
Lysine....g	1.834		0	AR	1		1.559	26.525	
Methionine....g	0.595		0	AR	1		0.505	8.598	

NDB No. 13523

Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine g	0.217		0	AR	1		0.184	3.138	
Phenylalanine g	0.795		0	AR	1		0.676	11.493	
Tyrosine g	0.723		0	AR	1		0.615	10.455	
Valine g	0.943		0	AR	1		0.802	13.638	
Arginine g	1.371		0	AR	1		1.166	19.828	
Histidine g	0.673		0	AR	1		0.572	9.726	
Alanine g	1.179		0	AR	1		1.002	17.042	
Aspartic acid g	1.877		0	AR	1		1.596	27.144	
Glutamic acid g	3.320		0	AR	1		2.822	48.014	
Glycine g	0.908		0	AR	1		0.772	13.131	
Proline g	0.839		0	AR	1		0.713	12.134	
Serine g	0.801		0	AR	1		0.681	11.582	
Hydroxyproline g	0.103		0	AR	1		0.088	1.489	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 1446g: 1 steak

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13919

Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted

Beef Medallions, Filet Mignon

Refuse: 2% Connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	48.37		0	PAE	4		41.11	159.62	
Energy kcal	324		0	NC	4		275	1069	
Energy kJ	1356		0		4		1152	4474	
Protein (N x 6.25) g	23.90		0	PAE	4		20.32	78.87	
Total lipid (fat) g	24.60		0	PAE	4		20.91	81.18	
Ash g	1.18		0	PAE	4		1.00	3.89	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	9		0	PAE	4		8	30	
Iron, Fe mg	3.11		0	PAE	4		2.64	10.26	
Magnesium, Mg mg	22		0	PAE	4		19	73	
Phosphorus, P mg	203		0	PAE	4		173	670	
Potassium, K mg	331		0	PAE	4		281	1092	
Sodium, Na mg	57		0	PAE	4		48	188	
Zinc, Zn mg	4.03		0	PAE	4		3.43	13.30	
Copper, Cu mg	0.123		0	PAE	4		0.105	0.406	
Manganese, Mn mg	0.014		0	PAE	4		0.012	0.046	
Selenium, Se µg	22.9		0	BFYN	4		19.5	75.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.090		0	PAE	4		0.077	0.297	
Riboflavin mg	0.260		0	PAE	4		0.221	0.858	
Niacin mg	3.000		0	PAE	4		2.550	9.900	
Pantothenic acid mg	0.250		0	PAE	4		0.213	0.825	
Vitamin B-6 mg	0.250		0	PAE	4		0.213	0.825	
Folate, total µg	8		0	PAE	4		7	26	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	8		0	PAE	4		7	26	
Folate, DFE µg	8		0	NC	4		7	26	
Choline, total mg	91.0		0	BFPN	4		77.4	300.4	
Betaine mg	12.0		0	BFPN	4		10.2	39.5	
Vitamin B-12 µg	2.46		0	PAE	4		2.09	8.12	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg									
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	PAE	4		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13919

Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	9.720		0	PAE	4		8.262	32.076	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.060		0	PAE	4		0.051	0.198	
12:0....g	0.060		0	PAE	4		0.051	0.198	
13:0....g									
14:0....g	0.750		0	PAE	4		0.638	2.475	
15:0....g									
16:0....g	5.930		0	PAE	4		5.041	19.569	
17:0....g									
18:0....g	2.920		0	PAE	4		2.482	9.636	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	10.270		0	PAE	4		8.730	33.891	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.970		0	PAE	4		0.825	3.201	
17:1....g									
18:1 undifferentiated....g	9.270		0	PAE	4		7.880	30.591	
20:1....g	0.040		0	PAE	4		0.034	0.132	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.000		0	PAE	4		0.850	3.300	
18:2 undifferentiated....g	0.680		0	PAE	4		0.578	2.244	
18:3 undifferentiated....g	0.270		0	PAE	4		0.230	0.891	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.050		0	PAE	4		0.043	0.165	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	85		0	PAE	4		72	281	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.268		0	PAE	4		0.228	0.884	
Threonine....g	1.044		0	PAE	4		0.887	3.445	
Isoleucine....g	1.075		0	PAE	4		0.914	3.548	
Leucine....g	1.889		0	PAE	4		1.606	6.234	
Lysine....g	1.989		0	PAE	4		1.691	6.564	
Methionine....g	0.612		0	PAE	4		0.520	2.020	
Cystine....g	0.268		0	PAE	4		0.228	0.884	
Phenylalanine....g	0.933		0	PAE	4		0.793	3.079	
Tyrosine....g	0.803		0	PAE	4		0.683	2.650	
Valine....g	1.163		0	PAE	4		0.989	3.838	
Arginine....g	1.511		0	PAE	4		1.284	4.986	
Histidine....g	0.818		0	PAE	4		0.695	2.699	
Alanine....g	1.442		0	PAE	4		1.226	4.759	
Aspartic acid....g	2.184		0	PAE	4		1.856	7.207	
Glutamic acid....g	3.591		0	PAE	4		3.052	11.850	
Glycine....g	1.304		0	PAE	4		1.108	4.303	
Proline....g	1.056		0	PAE	4		0.898	3.485	
Serine....g	0.914		0	PAE	4		0.777	3.016	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13919

Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 330g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13922

Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Beef Medallions, Filet Mignon, URMIS #1386

Refuse: 2% Connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	47.99		0	PAE	4		40.79	157.89	
Energy kcal	331		0	NC	4		281	1089	
Energy kJ	1385		0	NC	4		1177	4557	
Protein (N x 6.25) g	23.90		0	PAE	4		20.32	78.63	
Total lipid (fat) g	25.39		0	PAE	4		21.58	83.53	
Ash g	1.18		0	PAE	4		1.00	3.88	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	9		0	PAE	4		8	30	
Iron, Fe mg	3.11		0	PAE	4		2.64	10.23	
Magnesium, Mg mg	26		0	PAE	4		22	86	
Phosphorus, P mg	236		0	PAE	4		201	776	
Potassium, K mg	407		0	PAE	4		346	1339	
Sodium, Na mg	65		0	PAE	4		55	214	
Zinc, Zn mg	4.03		0	PAE	4		3.43	13.26	
Copper, Cu mg	0.123		0	PAE	4		0.105	0.405	
Manganese, Mn mg	0.016		0	PAE	4		0.014	0.053	
Selenium, Se µg	22.8		0	BFYN	4		19.4	75.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.150		0	PAE	4		0.128	0.494	
Riboflavin mg	0.270		0	PAE	4		0.230	0.888	
Niacin mg	3.880		0	PAE	4		3.298	12.765	
Pantothenic acid mg	0.400		0	PAE	4		0.340	1.316	
Vitamin B-6 mg	0.480		0	PAE	4		0.408	1.579	
Folate, total µg	8		0	PAE	4		7	26	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	8		0	PAE	4		7	26	
Folate, DFE µg	8		0	NC	4		7	26	
Choline, total mg	91.0		0	BFPN	4		77.4	299.5	
Betaine mg	12.0		0	BFPN	4		10.2	39.3	
Vitamin B-12 µg	3.37		0	PAE	4		2.86	11.09	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg									
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	PAE	4		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13922

Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	10.020		0	PAE	4		8.517	32.966	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.070		0	PAE	4		0.060	0.230	
12:0....g	0.070		0	PAE	4		0.060	0.230	
13:0....g									
14:0....g	0.780		0	PAE	4		0.663	2.566	
15:0....g									
16:0....g	6.070		0	PAE	4		5.160	19.970	
17:0....g									
18:0....g	3.020		0	PAE	4		2.567	9.936	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	10.500		0	PAE	4		8.925	34.545	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.980		0	PAE	4		0.833	3.224	
17:1....g									
18:1 undifferentiated....g	9.480		0	PAE	4		8.058	31.189	
20:1....g	0.040		0	PAE	4		0.034	0.132	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.960		0	PAE	4		0.816	3.158	
18:2 undifferentiated....g	0.650		0	PAE	4		0.553	2.139	
18:3 undifferentiated....g	0.270		0	PAE	4		0.230	0.888	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.040		0	PAE	4		0.034	0.132	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	85		0	PAE	4		72	280	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.268		0	PAE	4		0.228	0.882	
Threonine....g	1.044		0	PAE	4		0.887	3.435	
Isoleucine....g	1.075		0	PAE	4		0.914	3.537	
Leucine....g	1.889		0	PAE	4		1.606	6.215	
Lysine....g	1.989		0	PAE	4		1.691	6.544	
Methionine....g	0.612		0	PAE	4		0.520	2.013	
Cystine....g	0.268		0	PAE	4		0.228	0.882	
Phenylalanine....g	0.933		0	PAE	4		0.793	3.070	
Tyrosine....g	0.803		0	PAE	4		0.683	2.642	
Valine....g	1.163		0	PAE	4		0.989	3.826	
Arginine....g	1.511		0	PAE	4		1.284	4.971	
Histidine....g	0.818		0	PAE	4		0.695	2.691	
Alanine....g	1.442		0	PAE	4		1.226	4.744	
Aspartic acid....g	2.184		0	PAE	4		1.856	7.185	
Glutamic acid....g	3.591		0	PAE	4		3.052	11.814	
Glycine....g	1.304		0	PAE	4		1.108	4.290	
Proline....g	1.056		0	PAE	4		0.898	3.474	
Serine....g	0.914		0	PAE	4		0.777	3.007	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13922

Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 329g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13928

Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted

Beef Medallions, Filet Mignon, URMIS #1386

Refuse: 3% Connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	48.28		0	PAE	4		41.04	157.39	
Energy kcal	343		0	NC	4		292	1118	
Energy kJ	1435		0		4		1220	4678	
Protein (N x 6.25) g	24.04		0	PAE	4		20.43	78.37	
Total lipid (fat) g	26.67		0	PAE	4		22.67	86.94	
Ash g	1.01		0	PAE	4		0.86	3.29	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	8		0	PAE	4		7	26	
Iron, Fe mg	3.12		0	PAE	4		2.65	10.17	
Magnesium, Mg mg	23		0	PAE	4		20	75	
Phosphorus, P mg	203		0	PAE	4		173	662	
Potassium, K mg	336		0	PAE	4		286	1095	
Sodium, Na mg	55		0	PAE	4		47	179	
Zinc, Zn mg	4.39		0	PAE	4		3.73	14.31	
Copper, Cu mg	0.142		0	PAE	4		0.121	0.463	
Manganese, Mn mg	0.014		0	PAE	4		0.012	0.046	
Selenium, Se µg	23.1		0	BFYN	4		19.6	75.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.090		0	PAE	4		0.077	0.293	
Riboflavin mg	0.270		0	PAE	4		0.230	0.880	
Niacin mg	3.010		0	PAE	4		2.559	9.813	
Pantothenic acid mg	0.390		0	PAE	4		0.332	1.271	
Vitamin B-6 mg	0.330		0	PAE	4		0.281	1.076	
Folate, total µg	7		0	PAE	4		6	23	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	7		0	PAE	4		6	23	
Folate, DFE µg	7		0	NC	4		6	23	
Choline, total mg	91.6		0	BFPN	4		77.8	298.5	
Betaine mg									
Vitamin B-12 µg	2.53		0	PAE	4		2.15	8.25	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	BFSN	4		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	PAE	4		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.55		0	BFSN	4		0.47	1.80	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.4		0	AS	1		0.4	1.4	
Vitamin D IU	17		0	BFFN	4		15	57	
Vitamin K (phylloquinone) µg	2.0		0	BFSN	4		1.7	6.4	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13928

Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	10.630		0	PAE	4		9.036	34.654	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.060		0	PAE	4		0.051	0.196	
12:0....g	0.060		0	PAE	4		0.051	0.196	
13:0....g									
14:0....g	0.800		0	PAE	4		0.680	2.608	
15:0....g									
16:0....g	6.270		0	PAE	4		5.330	20.440	
17:0....g									
18:0....g	3.210		0	PAE	4		2.729	10.465	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	11.010		0	PAE	4		9.359	35.893	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.980		0	PAE	4		0.833	3.195	
17:1....g									
18:1 undifferentiated....g	9.850		0	PAE	4		8.373	32.111	
20:1....g	0.040		0	PAE	4		0.034	0.130	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.030		0	PAE	4		0.876	3.358	
18:2 undifferentiated....g	0.710		0	PAE	4		0.604	2.315	
18:3 undifferentiated....g	0.250		0	PAE	4		0.213	0.815	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.060		0	PAE	4		0.051	0.196	
20:5 n-3 (EPA)....g	0.003		18	AR	1		0.003	0.010	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.016		18	AR	1		0.014	0.052	
22:6 n-3 (DHA)....g	0.001		18	AR	1		0.001	0.003	
Fatty acids, total trans....g									
Cholesterol....mg	88		0	PAE	4		75	287	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.269		0	PAE	4		0.229	0.877	
Threonine....g	1.050		0	PAE	4		0.893	3.423	
Isoleucine....g	1.081		0	PAE	4		0.919	3.524	
Leucine....g	1.900		0	PAE	4		1.615	6.194	
Lysine....g	2.000		0	PAE	4		1.700	6.520	
Methionine....g	0.615		0	PAE	4		0.523	2.005	
Cystine....g	0.269		0	PAE	4		0.229	0.877	
Phenylalanine....g	0.939		0	PAE	4		0.798	3.061	
Tyrosine....g	0.808		0	PAE	4		0.687	2.634	
Valine....g	1.169		0	PAE	4		0.994	3.811	
Arginine....g	1.519		0	PAE	4		1.291	4.952	
Histidine....g	0.823		0	PAE	4		0.700	2.683	
Alanine....g	1.450		0	PAE	4		1.233	4.727	
Aspartic acid....g	2.196		0	PAE	4		1.867	7.159	
Glutamic acid....g	3.612		0	PAE	4		3.070	11.775	
Glycine....g	1.312		0	PAE	4		1.115	4.277	
Proline....g	1.062		0	PAE	4		0.903	3.462	
Serine....g	0.919		0	PAE	4		0.781	2.996	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13928

Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 326g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13925

Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted

Beef Medallions, Filet Mignon, URMIS #1386

Refuse: 2% Connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	48.86		0	PAE	4		41.53	160.75	
Energy kcal	316		0	NC	4		269	1040	
Energy kJ	1322		0		4		1124	4350	
Protein (N x 6.25) g	23.90		0	PAE	4		20.32	78.63	
Total lipid (fat) g	23.70		0	PAE	4		20.15	77.97	
Ash g	1.18		0	PAE	4		1.00	3.88	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	9		0	PAE	4		8	30	
Iron, Fe mg	3.11		0	PAE	4		2.64	10.23	
Magnesium, Mg mg	22		0	PAE	4		19	72	
Phosphorus, P mg	203		0	PAE	4		173	668	
Potassium, K mg	331		0	PAE	4		281	1089	
Sodium, Na mg	57		0	PAE	4		48	188	
Zinc, Zn mg	4.03		0	PAE	4		3.43	13.26	
Copper, Cu mg	0.123		0	PAE	4		0.105	0.405	
Manganese, Mn mg	0.014		0	PAE	4		0.012	0.046	
Selenium, Se µg	22.9		0	BFYN	4		19.5	75.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.090		0	PAE	4		0.077	0.296	
Riboflavin mg	0.260		0	PAE	4		0.221	0.855	
Niacin mg	3.000		0	PAE	4		2.550	9.870	
Pantothenic acid mg	0.250		0	PAE	4		0.213	0.823	
Vitamin B-6 mg	0.250		0	PAE	4		0.213	0.823	
Folate, total µg	8		0	PAE	4		7	26	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	8		0	PAE	4		7	26	
Folate, DFE µg	8		0	NC	4		7	26	
Choline, total mg	91.0		0	BFPN	4		77.4	299.5	
Betaine mg	12.0		0	BFPN	4		10.2	39.3	
Vitamin B-12 µg	2.46		0	PAE	4		2.09	8.09	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg									
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	PAE	4		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13925

Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	9.380		0	PAE	4		7.973	30.860	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.060		0	PAE	4		0.051	0.197	
12:0....g	0.060		0	PAE	4		0.051	0.197	
13:0....g									
14:0....g	0.730		0	PAE	4		0.621	2.402	
15:0....g									
16:0....g	5.730		0	PAE	4		4.871	18.852	
17:0....g									
18:0....g	2.800		0	PAE	4		2.380	9.212	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	9.920		0	PAE	4		8.432	32.637	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.940		0	PAE	4		0.799	3.093	
17:1....g									
18:1 undifferentiated....g	8.940		0	PAE	4		7.599	29.413	
20:1....g	0.040		0	PAE	4		0.034	0.132	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.960		0	PAE	4		0.816	3.158	
18:2 undifferentiated....g	0.650		0	PAE	4		0.553	2.139	
18:3 undifferentiated....g	0.260		0	PAE	4		0.221	0.855	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.050		0	PAE	4		0.043	0.165	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	85		0	PAE	4		72	280	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.268		0	PAE	4		0.228	0.882	
Threonine....g	1.044		0	PAE	4		0.887	3.435	
Isoleucine....g	1.075		0	PAE	4		0.914	3.537	
Leucine....g	1.889		0	PAE	4		1.606	6.215	
Lysine....g	1.989		0	PAE	4		1.691	6.544	
Methionine....g	0.612		0	PAE	4		0.520	2.013	
Cystine....g	0.268		0	PAE	4		0.228	0.882	
Phenylalanine....g	0.933		0	PAE	4		0.793	3.070	
Tyrosine....g	0.803		0	PAE	4		0.683	2.642	
Valine....g	1.163		0	PAE	4		0.989	3.826	
Arginine....g	1.511		0	PAE	4		1.284	4.971	
Histidine....g	0.818		0	PAE	4		0.695	2.691	
Alanine....g	1.442		0	PAE	4		1.226	4.744	
Aspartic acid....g	2.184		0	PAE	4		1.856	7.185	
Glutamic acid....g	3.591		0	PAE	4		3.052	11.814	
Glycine....g	1.304		0	PAE	4		1.108	4.290	
Proline....g	1.056		0	PAE	4		0.898	3.474	
Serine....g	0.914		0	PAE	4		0.777	3.007	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13925

Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 329g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13926

Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, prime, raw

Beef Medallions, Filet Mignon

Refuse: 3% Connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	59.52		0	PAE	4		16.87	269.98	
Energy kcal	274		0	NC	4		78	1243	
Energy kJ	1146		0		4		325	5200	
Protein (N x 6.25) g	18.15		0	PAE	4		5.15	82.33	
Total lipid (fat) g	21.83		0	PAE	4		6.19	99.02	
Ash g	0.88		0	PAE	4		0.25	3.99	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	7		0	PAE	4		2	32	
Iron, Fe mg	2.35		0	PAE	4		0.67	10.66	
Magnesium, Mg mg	20		0	PAE	4		6	91	
Phosphorus, P mg	181		0	PAE	4		51	821	
Potassium, K mg	304		0	PAE	4		86	1379	
Sodium, Na mg	49		0	PAE	4		14	222	
Zinc, Zn mg	3.05		0	PAE	4		0.86	13.83	
Copper, Cu mg	0.093		0	PAE	4		0.026	0.422	
Manganese, Mn mg	0.012		0	PAE	4		0.003	0.054	
Selenium, Se µg	17.1		0	BFNN	4		4.8	77.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.120		0	PAE	4		0.034	0.544	
Riboflavin mg	0.210		0	PAE	4		0.060	0.953	
Niacin mg	2.990		0	PAE	4		0.848	13.563	
Pantothenic acid mg	0.300		0	PAE	4		0.085	1.361	
Vitamin B-6 mg	0.380		0	PAE	4		0.108	1.724	
Folate, total µg	6		0	PAE	4		2	27	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	6		0	PAE	4		2	27	
Folate, DFE µg	6		0	NC	4		2	27	
Choline, total mg	75.8		0	BFPN	4		21.5	343.9	
Betaine mg	11.1		0	BFPN	4		3.2	50.6	
Vitamin B-12 µg	2.60		0	PAE	4		0.74	11.79	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg									
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	PAE	4		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13926

Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, prime, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	8.960		0	PAE	4		2.540	40.643	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.060		0	PAE	4		0.017	0.272	
12:0....g	0.040		0	PAE	4		0.011	0.181	
13:0....g									
14:0....g	0.670		0	PAE	4		0.190	3.039	
15:0....g									
16:0....g	5.230		0	PAE	4		1.483	23.723	
17:0....g									
18:0....g	2.770		0	PAE	4		0.785	12.565	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	9.260		0	PAE	4		2.625	42.003	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.000		0	PAE	4		0.284	4.536	
17:1....g									
18:1 undifferentiated....g	8.140		0	PAE	4		2.308	36.923	
20:1....g	0.030		0	PAE	4		0.009	0.136	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.870		0	PAE	4		0.247	3.946	
18:2 undifferentiated....g	0.560		0	PAE	4		0.159	2.540	
18:3 undifferentiated....g	0.250		0	PAE	4		0.071	1.134	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.040		0	PAE	4		0.011	0.181	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	70		0	PAE	4		20	318	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.203		0	PAE	4		0.058	0.921	
Threonine....g	0.793		0	PAE	4		0.225	3.597	
Isoleucine....g	0.816		0	PAE	4		0.231	3.701	
Leucine....g	1.435		0	PAE	4		0.407	6.509	
Lysine....g	1.510		0	PAE	4		0.428	6.849	
Methionine....g	0.465		0	PAE	4		0.132	2.109	
Cystine....g	0.203		0	PAE	4		0.058	0.921	
Phenylalanine....g	0.709		0	PAE	4		0.201	3.216	
Tyrosine....g	0.610		0	PAE	4		0.173	2.767	
Valine....g	0.883		0	PAE	4		0.250	4.005	
Arginine....g	1.147		0	PAE	4		0.325	5.203	
Histidine....g	0.622		0	PAE	4		0.176	2.821	
Alanine....g	1.095		0	PAE	4		0.310	4.967	
Aspartic acid....g	1.658		0	PAE	4		0.470	7.521	
Glutamic acid....g	2.727		0	PAE	4		0.773	12.370	
Glycine....g	0.990		0	PAE	4		0.281	4.491	
Proline....g	0.802		0	PAE	4		0.227	3.638	
Serine....g	0.694		0	PAE	4		0.197	3.148	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13926

Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, prime, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13918

Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled

Beef Medallions, Filet Mignon

Refuse: 4% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	56.04	0.573	19	PAK	1		47.64	58.28	
Energy kcal	267		0	NC	4		227	278	
Energy kJ	1119		0	NC	4		951	1164	
Protein (N x 6.25) g	26.46	0.326	19	PAK	1		22.49	27.51	
Total lipid (fat) g	17.12	0.664	19	PAK	1		14.55	17.81	
Ash g	1.06	0.030	19	PAK	1		0.90	1.10	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	19		0	BFNN	4		16	20	
Iron, Fe mg	1.69		0	BFNN	4		1.44	1.76	
Magnesium, Mg mg	22		0	BFNN	4		19	23	
Phosphorus, P mg	205		0	BFNN	4		174	213	
Potassium, K mg	329		0	BFNN	4		280	342	
Sodium, Na mg	54		0	BFNN	4		46	57	
Zinc, Zn mg	4.76		0	BFNN	4		4.05	4.96	
Copper, Cu mg	0.079		0	BFNN	4		0.067	0.082	
Manganese, Mn mg	0.009		0	BFNN	4		0.008	0.010	
Selenium, Se µg	28.6		0	BFNN	4		24.3	29.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.072		0	BFPN	4		0.061	0.074	
Riboflavin mg	0.128		0	BFPN	4		0.108	0.133	
Niacin mg	7.041		0	BFPN	4		5.985	7.323	
Pantothenic acid mg	0.522		0	BFPN	4		0.443	0.542	
Vitamin B-6 mg	0.554		0	BFPN	4		0.471	0.576	
Folate, total µg	8		0	BFPN	4		7	9	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	8		0	BFPN	4		7	9	
Folate, DFE µg	8		0	NC	4		7	9	
Choline, total mg	100.8		0	BFPN	4		85.6	104.8	
Betaine mg	13.2		0	BFPN	4		11.3	13.8	
Vitamin B-12 µg	1.56		0	BFPN	4		1.32	1.62	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.47		0	BFSN	4		0.40	0.49	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.3		0	AS	1		0.2	0.3	
Vitamin D IU	11		0	BFFN	4		10	12	
Vitamin K (phylloquinone) µg	1.7		0	BFSN	4		1.4	1.7	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13918

Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	6.743		0	NC	4		5.731	7.012	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.043		0	BFFN	4		0.036	0.044	
12:0....g	0.039		0	BFFN	4		0.033	0.040	
13:0....g									
14:0....g	0.521		0	BFFN	4		0.443	0.542	
15:0....g									
16:0....g	4.071		0	BFFN	4		3.461	4.234	
17:0....g									
18:0....g	2.069		0	BFFN	4		1.759	2.152	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.136		0	NC	4		6.066	7.422	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.645		0	BFFN	4		0.548	0.671	
17:1....g									
18:1 undifferentiated....g	6.467		0	BFFN	4		5.497	6.725	
20:1....g	0.025		0	BFFN	4		0.021	0.026	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.654		0	NC	4		0.556	0.680	
18:2 undifferentiated....g	0.443		0	BFFN	4		0.376	0.461	
18:3 undifferentiated....g	0.152		0	BFFN	4		0.129	0.158	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.039		0	BFFN	4		0.033	0.040	
20:5 n-3 (EPA)....g	0.003		18	AR	1		0.003	0.003	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.016		18	AR	1		0.014	0.017	
22:6 n-3 (DHA)....g	0.001		18	AR	1		0.001	0.001	
Fatty acids, total trans....g									
Cholesterol....mg	97		0	BFSN	4		83	101	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.174		0	PAK	1		0.148	0.181	
Threonine....g	1.057		0	PAK	1		0.898	1.099	
Isoleucine....g	1.204		0	PAK	1		1.023	1.252	
Leucine....g	2.105		0	PAK	1		1.789	2.189	
Lysine....g	2.236		0	PAK	1		1.900	2.325	
Methionine....g	0.689		0	PAK	1		0.586	0.717	
Cystine....g	0.341		0	PAK	1		0.290	0.355	
Phenylalanine....g	1.045		0	PAK	1		0.888	1.087	
Tyrosine....g	0.843		0	PAK	1		0.717	0.877	
Valine....g	1.313		0	PAK	1		1.116	1.365	
Arginine....g	1.711		0	PAK	1		1.454	1.779	
Histidine....g	0.844		0	PAK	1		0.718	0.878	
Alanine....g	1.608		0	PAK	1		1.367	1.673	
Aspartic acid....g	2.410		0	PAK	1		2.048	2.506	
Glutamic acid....g	3.972		0	PAK	1		3.376	4.131	
Glycine....g	1.611		0	PAK	1		1.369	1.675	
Proline....g	1.261		0	PAK	1		1.072	1.312	
Serine....g	1.042		0	PAK	1		0.886	1.084	
Hydroxyproline....g	0.269		0	BFPN	4		0.229	0.280	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13918

Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 104g: 1 steak, excluding refuse (yield from 1 raw steak, with refuse, weighing 154 g)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13917

Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Beef Medallions, Filet Mignon

Refuse: 2% Bone and connective tissue 2%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	61.52	0.831	21	PAK	1		52.29	100.89	
Energy kcal	247		0	NC	4		210	406	
Energy kJ	1036		0	NC	4		881	1699	
Protein (N x 6.25) g	19.61	0.267	21	PAK	1		16.67	32.15	
Total lipid (fat) g	18.16	1.007	21	PAK	1		15.43	29.78	
Ash g	0.92	0.017	21	PAK	1		0.78	1.51	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	23		0	BFNN	4		20	38	
Iron, Fe mg	1.42		0	BFNN	4		1.21	2.33	
Magnesium, Mg mg	20		0	BFNN	4		17	33	
Phosphorus, P mg	180		0	BFNN	4		153	294	
Potassium, K mg	302		0	BFNN	4		257	495	
Sodium, Na mg	50		0	BFNN	4		42	82	
Zinc, Zn mg	3.41		0	BFNN	4		2.90	5.59	
Copper, Cu mg	0.067		0	BFNN	4		0.057	0.109	
Manganese, Mn mg	0.011		0	BFNN	4		0.009	0.018	
Selenium, Se µg	22.0		0	BFNN	4		18.7	36.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.061		0	BFPN	4		0.052	0.100	
Riboflavin mg	0.095		0	BFPN	4		0.080	0.155	
Niacin mg	5.782		0	BFPN	4		4.914	9.482	
Pantothenic acid mg	0.560		0	BFPN	4		0.476	0.919	
Vitamin B-6 mg	0.535		0	BFPN	4		0.454	0.877	
Folate, total µg	11		0	BFPN	4		9	17	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	11		0	BFPN	4		9	17	
Folate, DFE µg	11		0	NC	4		9	17	
Choline, total mg	81.9		0	BFPN	4		69.6	134.3	
Betaine mg	12.0		0	BFPN	4		10.2	19.7	
Vitamin B-12 µg	1.01		0	BFPN	4		0.86	1.66	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.41		0	BFSN	4		0.35	0.67	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.6		0	BFSN	4		1.4	2.7	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13917

Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	8.410		0	NR	4		7.149	13.792	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.067		0	BFFN	4		0.057	0.110	
12:0....g	0.045		0	BFFN	4		0.038	0.073	
13:0....g									
14:0....g	0.659		0	BFFN	4		0.560	1.081	
15:0....g									
16:0....g	5.063		0	BFFN	4		4.304	8.304	
17:0....g									
18:0....g	2.576		0	BFFN	4		2.190	4.225	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.930		0	NR	4		7.591	14.645	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.017		0	BFFN	4		0.864	1.667	
17:1....g									
18:1 undifferentiated....g	7.883		0	BFFN	4		6.701	12.928	
20:1....g	0.030		0	BFFN	4		0.025	0.049	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.790		0	NR	4		0.672	1.296	
18:2 undifferentiated....g	0.508		0	BFFN	4		0.432	0.833	
18:3 undifferentiated....g	0.249		0	BFFN	4		0.211	0.408	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.033		0	BFFN	4		0.028	0.055	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	85		0	BFSN	4		73	140	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.129		0	PAK	1		0.110	0.211	
Threonine....g	0.783		0	PAK	1		0.666	1.285	
Isoleucine....g	0.892		0	PAK	1		0.758	1.463	
Leucine....g	1.560		0	PAK	1		1.326	2.558	
Lysine....g	1.657		0	PAK	1		1.408	2.717	
Methionine....g	0.511		0	PAK	1		0.434	0.837	
Cystine....g	0.253		0	PAK	1		0.215	0.415	
Phenylalanine....g	0.774		0	PAK	1		0.658	1.270	
Tyrosine....g	0.625		0	PAK	1		0.531	1.025	
Valine....g	0.973		0	PAK	1		0.827	1.595	
Arginine....g	1.268		0	PAK	1		1.078	2.079	
Histidine....g	0.626		0	PAK	1		0.532	1.026	
Alanine....g	1.192		0	PAK	1		1.013	1.955	
Aspartic acid....g	1.786		0	PAK	1		1.518	2.929	
Glutamic acid....g	2.943		0	PAK	1		2.502	4.827	
Glycine....g	1.194		0	PAK	1		1.015	1.958	
Proline....g	0.935		0	PAK	1		0.794	1.533	
Serine....g	0.772		0	PAK	1		0.656	1.267	
Hydroxyproline....g	0.189		0	BFPN	4		0.161	0.311	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13917

Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 164g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13921

Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Beef Medallions, Filet Mignon, URMIS #1388

Refuse: 4% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	55.53	0.570	9	PAK	1		77.75	47.20	
Energy kcal	273		0	NC	4		382	232	
Energy kJ	1143		0	NC	4		1600	972	
Protein (N x 6.25) g	26.43	0.562	9	PAK	1		37.01	22.47	
Total lipid (fat) g	17.78	0.754	9	PAK	1		24.89	15.11	
Ash g	1.01	0.048	9	PAK	1		1.42	0.86	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	17		0	BFNN	4		24	15	
Iron, Fe mg	1.76		0	BFNN	4		2.46	1.49	
Magnesium, Mg mg	21		0	BFNN	4		30	18	
Phosphorus, P mg	196		0	BFNN	4		274	166	
Potassium, K mg	318		0	BFNN	4		445	270	
Sodium, Na mg	52		0	BFNN	4		73	44	
Zinc, Zn mg	4.67		0	BFNN	4		6.54	3.97	
Copper, Cu mg	0.085		0	BFNN	4		0.120	0.073	
Manganese, Mn mg	0.009		0	BFNN	4		0.013	0.008	
Selenium, Se µg	28.2		0	BFNN	4		39.5	24.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.066		0	BFPN	4		0.092	0.056	
Riboflavin mg	0.116		0	BFPN	4		0.163	0.099	
Niacin mg	7.169		0	BFPN	4		10.036	6.093	
Pantothenic acid mg	0.520		0	BFPN	4		0.729	0.442	
Vitamin B-6 mg	0.527		0	BFPN	4		0.737	0.448	
Folate, total µg	8		0	BFPN	4		12	7	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	8		0	BFPN	4		12	7	
Folate, DFE µg	8		0	NC	4		12	7	
Choline, total mg	100.7		0	BFPN	4		140.9	85.6	
Betaine mg	13.2		0	BFPN	4		18.5	11.2	
Vitamin B-12 µg	1.74		0	BFPN	4		2.44	1.48	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.47		0	BFSN	4		0.66	0.40	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.7		0	BFSN	4		2.4	1.4	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13921

Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	7.001		0	NC	4		9.801	5.951	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.044		0	BFFN	4		0.062	0.037	
12:0....g	0.040		0	BFFN	4		0.057	0.034	
13:0....g									
14:0....g	0.541		0	BFFN	4		0.757	0.460	
15:0....g									
16:0....g	4.227		0	BFFN	4		5.918	3.593	
17:0....g									
18:0....g	2.148		0	BFFN	4		3.008	1.826	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.409		0	NC	4		10.373	6.298	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.670		0	BFFN	4		0.937	0.569	
17:1....g									
18:1 undifferentiated....g	6.714		0	BFFN	4		9.399	5.707	
20:1....g	0.026		0	BFFN	4		0.036	0.022	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.658		0	NC	4		0.922	0.560	
18:2 undifferentiated....g	0.460		0	BFFN	4		0.644	0.391	
18:3 undifferentiated....g	0.158		0	BFFN	4		0.221	0.134	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.040		0	BFFN	4		0.057	0.034	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	99		0	BFSN	4		138	84	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.174		0	PAK	1		0.243	0.148	
Threonine....g	1.056		0	PAK	1		1.478	0.898	
Isoleucine....g	1.203		0	PAK	1		1.684	1.022	
Leucine....g	2.103		0	PAK	1		2.944	1.787	
Lysine....g	2.234		0	PAK	1		3.127	1.899	
Methionine....g	0.688		0	PAK	1		0.964	0.585	
Cystine....g	0.341		0	PAK	1		0.478	0.290	
Phenylalanine....g	1.044		0	PAK	1		1.462	0.887	
Tyrosine....g	0.842		0	PAK	1		1.179	0.716	
Valine....g	1.311		0	PAK	1		1.836	1.115	
Arginine....g	1.709		0	PAK	1		2.393	1.453	
Histidine....g	0.844		0	PAK	1		1.181	0.717	
Alanine....g	1.607		0	PAK	1		2.250	1.366	
Aspartic acid....g	2.408		0	PAK	1		3.371	2.047	
Glutamic acid....g	3.968		0	PAK	1		5.556	3.373	
Glycine....g	1.610		0	PAK	1		2.253	1.368	
Proline....g	1.260		0	PAK	1		1.764	1.071	
Serine....g	1.041		0	PAK	1		1.458	0.885	
Hydroxyproline....g	0.278		0	BFPN	4		0.389	0.236	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13921

Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 140g: 1 steak (yield from 181 g raw meat)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13920

Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw

Beef Medallions, Filet Mignon, URMIS #1388

Refuse: 3% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	61.69	0.983	11	PAK	1		52.43	109.18	
Energy kcal	246		0	NC	4		209	435	
Energy kJ	1029		0	NC	4		874	1821	
Protein (N x 6.25) g	19.82	0.411	11	PAK	1		16.85	35.08	
Total lipid (fat) g	17.88	1.317	11	PAK	1		15.20	31.64	
Ash g	0.94	0.026	11	PAK	1		0.80	1.66	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	25		0	BFNN	4		21	44	
Iron, Fe mg	1.43		0	BFNN	4		1.21	2.52	
Magnesium, Mg mg	20		0	BFNN	4		17	35	
Phosphorus, P mg	177		0	BFNN	4		151	314	
Potassium, K mg	303		0	BFNN	4		258	536	
Sodium, Na mg	50		0	BFNN	4		42	88	
Zinc, Zn mg	3.50		0	BFNN	4		2.97	6.19	
Copper, Cu mg	0.065		0	BFNN	4		0.055	0.115	
Manganese, Mn mg	0.012		0	BFNN	4		0.010	0.022	
Selenium, Se µg	21.4		0	BFNN	4		18.2	37.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.052		0	BFPN	4		0.045	0.093	
Riboflavin mg	0.084		0	BFPN	4		0.071	0.148	
Niacin mg	6.392		0	BFPN	4		5.433	11.314	
Pantothenic acid mg	0.579		0	BFPN	4		0.492	1.024	
Vitamin B-6 mg	0.534		0	BFPN	4		0.454	0.945	
Folate, total µg	11		0	BFPN	4		9	19	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	11		0	BFPN	4		9	19	
Folate, DFE µg	11		0	NC	4		9	19	
Choline, total mg	82.8		0	BFPN	4		70.4	146.5	
Betaine mg	12.2		0	BFPN	4		10.3	21.5	
Vitamin B-12 µg	1.10		0	BFPN	4		0.94	1.95	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.41		0	BFSN	4		0.35	0.72	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.6		0	BFSN	4		1.4	2.9	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13920

Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	7.214		0	NC	4		6.132	12.769	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.057		0	BFFN	4		0.049	0.102	
12:0....g	0.038		0	BFFN	4		0.033	0.068	
13:0....g									
14:0....g	0.565		0	BFFN	4		0.480	1.000	
15:0....g									
16:0....g	4.343		0	BFFN	4		3.692	7.687	
17:0....g									
18:0....g	2.210		0	BFFN	4		1.878	3.912	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.655		0	NC	4		6.507	13.549	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.872		0	BFFN	4		0.741	1.543	
17:1....g									
18:1 undifferentiated....g	6.758		0	BFFN	4		5.744	11.961	
20:1....g	0.026		0	BFFN	4		0.022	0.045	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.680		0	NC	4		0.578	1.204	
18:2 undifferentiated....g	0.438		0	BFFN	4		0.372	0.774	
18:3 undifferentiated....g	0.214		0	BFFN	4		0.182	0.379	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.029		0	BFFN	4		0.024	0.051	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	85		0	BFSN	4		72	150	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.130		0	PAK	1		0.111	0.231	
Threonine....g	0.792		0	PAK	1		0.673	1.401	
Isoleucine....g	0.902		0	PAK	1		0.766	1.596	
Leucine....g	1.577		0	PAK	1		1.340	2.791	
Lysine....g	1.675		0	PAK	1		1.424	2.965	
Methionine....g	0.516		0	PAK	1		0.439	0.914	
Cystine....g	0.256		0	PAK	1		0.217	0.453	
Phenylalanine....g	0.783		0	PAK	1		0.665	1.386	
Tyrosine....g	0.632		0	PAK	1		0.537	1.118	
Valine....g	0.983		0	PAK	1		0.836	1.740	
Arginine....g	1.282		0	PAK	1		1.089	2.269	
Histidine....g	0.633		0	PAK	1		0.538	1.120	
Alanine....g	1.205		0	PAK	1		1.024	2.133	
Aspartic acid....g	1.805		0	PAK	1		1.535	3.196	
Glutamic acid....g	2.976		0	PAK	1		2.529	5.267	
Glycine....g	1.207		0	PAK	1		1.026	2.136	
Proline....g	0.945		0	PAK	1		0.803	1.672	
Serine....g	0.781		0	PAK	1		0.664	1.382	
Hydroxyproline....g	0.208		0	BFPN	4		0.177	0.369	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13920

Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 177g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13927

Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled

Beef Medallions, Filet Mignon, URMIS #1388

Refuse: 3% Connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	51.84		0	PAE	4		44.06	54.95	
Energy kcal	308		0	NC	4		262	326	
Energy kJ	1289		0		4		1095	1366	
Protein (N x 6.25) g	25.26		0	PAE	4		21.47	26.78	
Total lipid (fat) g	22.21		0	PAE	4		18.88	23.54	
Ash g	1.16		0	PAE	4		0.99	1.23	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	8		0	PAE	4		7	8	
Iron, Fe mg	3.15		0	PAE	4		2.68	3.34	
Magnesium, Mg mg	26		0	PAE	4		22	28	
Phosphorus, P mg	210		0	PAE	4		179	223	
Potassium, K mg	368		0	PAE	4		313	390	
Sodium, Na mg	59		0	PAE	4		50	63	
Zinc, Zn mg	4.88		0	PAE	4		4.15	5.17	
Copper, Cu mg	0.156		0	PAE	4		0.133	0.165	
Manganese, Mn mg	0.015		0	PAE	4		0.013	0.016	
Selenium, Se µg	24.4		0	BFYN	4		20.7	25.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.110		0	PAE	4		0.094	0.117	
Riboflavin mg	0.260		0	PAE	4		0.221	0.276	
Niacin mg	3.520		0	PAE	4		2.992	3.731	
Pantothenic acid mg	0.340		0	PAE	4		0.289	0.360	
Vitamin B-6 mg	0.390		0	PAE	4		0.332	0.413	
Folate, total µg	6		0	PAE	4		5	6	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	6		0	PAE	4		5	6	
Folate, DFE µg	6		0	NC	4		5	6	
Choline, total mg	96.2		0	BFPN	4		81.8	102.0	
Betaine mg	12.6		0	BFPN	4		10.7	13.4	
Vitamin B-12 µg	2.41		0	PAE	4		2.05	2.55	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg									
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	PAE	4		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13927

Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	8.850		0	PAE	4		7.523	9.381	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.050		0	PAE	4		0.043	0.053	
12:0....g	0.050		0	PAE	4		0.043	0.053	
13:0....g									
14:0....g	0.670		0	PAE	4		0.570	0.710	
15:0....g									
16:0....g	5.220		0	PAE	4		4.437	5.533	
17:0....g									
18:0....g	2.680		0	PAE	4		2.278	2.841	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	9.170		0	PAE	4		7.795	9.720	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.810		0	PAE	4		0.689	0.859	
17:1....g									
18:1 undifferentiated....g	8.210		0	PAE	4		6.979	8.703	
20:1....g	0.030		0	PAE	4		0.026	0.032	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.860		0	PAE	4		0.731	0.912	
18:2 undifferentiated....g	0.590		0	PAE	4		0.502	0.625	
18:3 undifferentiated....g	0.200		0	PAE	4		0.170	0.212	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.050		0	PAE	4		0.043	0.053	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	86		0	PAE	4		73	91	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.283		0	PAE	4		0.241	0.300	
Threonine....g	1.103		0	PAE	4		0.938	1.169	
Isoleucine....g	1.136		0	PAE	4		0.966	1.204	
Leucine....g	1.996		0	PAE	4		1.697	2.116	
Lysine....g	2.101		0	PAE	4		1.786	2.227	
Methionine....g	0.647		0	PAE	4		0.550	0.686	
Cystine....g	0.283		0	PAE	4		0.241	0.300	
Phenylalanine....g	0.986		0	PAE	4		0.838	1.045	
Tyrosine....g	0.849		0	PAE	4		0.722	0.900	
Valine....g	1.229		0	PAE	4		1.045	1.303	
Arginine....g	1.596		0	PAE	4		1.357	1.692	
Histidine....g	0.865		0	PAE	4		0.735	0.917	
Alanine....g	1.524		0	PAE	4		1.295	1.615	
Aspartic acid....g	2.308		0	PAE	4		1.962	2.446	
Glutamic acid....g	3.795		0	PAE	4		3.226	4.023	
Glycine....g	1.378		0	PAE	4		1.171	1.461	
Proline....g	1.115		0	PAE	4		0.948	1.182	
Serine....g	0.966		0	PAE	4		0.821	1.024	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13927

Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 106g: 1 steak, excluding refuse (yield from 1 raw steak, with refuse, weighing 154 g)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13924

Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

Beef Medallions, Filet Mignon, URMIS #1388

Refuse: 4% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	56.50	0.968	10	PAK	1		67.24	48.03	58.76
Energy kcal	262		0	NC	4		312	223	273
Energy kJ	1097		0	NC	4		1305	932	1141
Protein (N x 6.25) g	26.48	0.389	10	PAK	1		31.51	22.51	27.54
Total lipid (fat) g	16.53	1.066	10	PAK	1		19.67	14.05	17.19
Ash g	1.09	0.035	10	PAK	1		1.30	0.93	1.14
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total g	0.00		0	Z	7		0.00	0.00	0.00
Starch g									
Minerals:									
Calcium, Ca mg	22		0	BFNN	4		26	18	22
Iron, Fe mg	1.63		0	BFNN	4		1.94	1.39	1.70
Magnesium, Mg mg	23		0	BFNN	4		27	19	24
Phosphorus, P mg	214		0	BFNN	4		254	182	222
Potassium, K mg	340		0	BFNN	4		405	289	354
Sodium, Na mg	57		0	BFNN	4		67	48	59
Zinc, Zn mg	4.85		0	BFNN	4		5.77	4.12	5.05
Copper, Cu mg	0.073		0	BFNN	4		0.087	0.062	0.076
Manganese, Mn mg	0.009		0	BFNN	4		0.011	0.008	0.010
Selenium, Se µg	28.9		0	BFNN	4		34.4	24.5	30.0
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.077		0	BFPN	4		0.092	0.065	0.080
Riboflavin mg	0.139		0	BFPN	4		0.165	0.118	0.144
Niacin mg	6.916		0	BFPN	4		8.230	5.879	7.193
Pantothenic acid mg	0.523		0	BFPN	4		0.622	0.444	0.543
Vitamin B-6 mg	0.580		0	BFPN	4		0.690	0.493	0.603
Folate, total µg	8		0	BFPN	4		10	7	9
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	8		0	BFPN	4		10	7	9
Folate, DFE µg	8		0	NC	4		10	7	9
Choline, total mg	100.8		0	BFPN	4		120.0	85.7	104.9
Betaine mg	13.2		0	BFPN	4		15.8	11.3	13.8
Vitamin B-12 µg	1.37		0	BFPN	4		1.63	1.17	1.43
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	0		0	AS	1		0	0	0
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	0		0	AS	1		0	0	0
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.46		0	BFSN	4		0.55	0.39	0.48
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	0.00
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.7		0	BFSN	4		2.0	1.4	1.7
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13924

Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	6.511		0	NC	4		7.748	5.534	6.771
4:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
6:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
8:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
10:0....g	0.041		0	BFFN	4		0.049	0.035	0.043
12:0....g	0.038		0	BFFN	4		0.045	0.032	0.039
13:0....g									
14:0....g	0.503		0	BFFN	4		0.598	0.427	0.523
15:0....g									
16:0....g	3.931		0	BFFN	4		4.678	3.341	4.088
17:0....g									
18:0....g	1.998		0	BFFN	4		2.378	1.698	2.078
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.890		0	NC	4		8.200	5.857	7.166
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.623		0	BFFN	4		0.741	0.529	0.648
17:1....g									
18:1 undifferentiated....g	6.244		0	BFFN	4		7.430	5.307	6.494
20:1....g	0.024		0	BFFN	4		0.028	0.020	0.025
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.612		0	NC	4		0.729	0.520	0.637
18:2 undifferentiated....g	0.428		0	BFFN	4		0.509	0.363	0.445
18:3 undifferentiated....g	0.147		0	BFFN	4		0.175	0.125	0.153
18:4....g	0.000		0	BFFN	4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.038		0	BFFN	4		0.045	0.032	0.039
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	96		0	BFSN	4		115	82	100
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.169		0	NR	4		0.202	0.144	0.176
Threonine....g	1.030		0	NR	4		1.226	0.876	1.071
Isoleucine....g	1.173		0	NR	4		1.396	0.997	1.220
Leucine....g	2.052		0	NR	4		2.441	1.744	2.134
Lysine....g	2.180		0	NR	4		2.594	1.853	2.267
Methionine....g	0.672		0	NR	4		0.799	0.571	0.698
Cystine....g	0.333		0	NR	4		0.396	0.283	0.346
Phenylalanine....g	1.019		0	NR	4		1.212	0.866	1.059
Tyrosine....g	0.822		0	NR	4		0.978	0.699	0.855
Valine....g	1.279		0	NR	4		1.523	1.088	1.331
Arginine....g	1.668		0	NR	4		1.985	1.418	1.734
Histidine....g	0.823		0	NR	4		0.979	0.700	0.856
Alanine....g	1.568		0	NR	4		1.866	1.333	1.631
Aspartic acid....g	2.349		0	NR	4		2.795	1.997	2.443
Glutamic acid....g	3.872		0	NR	4		4.607	3.291	4.027
Glycine....g	1.570		0	NR	4		1.869	1.335	1.633
Proline....g	1.229		0	NR	4		1.463	1.045	1.279
Serine....g	1.016		0	NR	4		1.209	0.864	1.057
Hydroxyproline....g	0.271		0	BFPN	4		0.322	0.230	0.282
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 13924

Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 119g: 1 steak (yield from 1 raw steak weighing 151g)

Measure 2 = 85g: 3 oz

Measure 3 = 104g: 1 steak, excluding refuse (yield from 1 raw steak, with refuse, weighing 154 g)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13923

Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw

Beef Medallions, Filet Mignon, URMIS #1388

Refuse: 2% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	61.33	1.427	10	PAK	1		91.38	17.39	278.20
Energy kcal	249		0	NC	4		371	71	1131
Energy kJ	1043		0	NC	4		1554	296	4731
Protein (N x 6.25) g	19.37	0.340	10	PAK	1		28.86	5.49	87.87
Total lipid (fat) g	18.46	1.610	10	PAK	1		27.51	5.23	83.75
Ash g	0.90	0.020	10	PAK	1		1.34	0.25	4.08
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total g	0.00		0	Z	7		0.00	0.00	0.00
Starch g									
Minerals:									
Calcium, Ca mg	22		0	BFNN	4		33	6	100
Iron, Fe mg	1.42		0	BFNN	4		2.11	0.40	6.42
Magnesium, Mg mg	20		0	BFNN	4		30	6	91
Phosphorus, P mg	182		0	BFNN	4		270	51	823
Potassium, K mg	300		0	BFNN	4		448	85	1363
Sodium, Na mg	50		0	BFNN	4		74	14	226
Zinc, Zn mg	3.32		0	BFNN	4		4.94	0.94	15.04
Copper, Cu mg	0.068		0	BFNN	4		0.101	0.019	0.308
Manganese, Mn mg	0.009		0	BFNN	4		0.014	0.003	0.041
Selenium, Se µg	22.6		0	BFNN	4		33.6	6.4	102.4
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.069		0	BFPN	4		0.103	0.020	0.314
Riboflavin mg	0.105		0	BFPN	4		0.157	0.030	0.477
Niacin mg	5.176		0	BFPN	4		7.712	1.467	23.479
Pantothenic acid mg	0.549		0	BFPN	4		0.818	0.156	2.489
Vitamin B-6 mg	0.535		0	BFPN	4		0.797	0.152	2.427
Folate, total µg	10		0	BFPN	4		15	3	46
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	10		0	BFPN	4		15	3	46
Folate, DFE µg	10		0	NC	4		15	3	46
Choline, total mg	80.9		0	BFPN	4		120.6	22.9	367.0
Betaine mg	11.9		0	BFPN	4		17.7	3.4	54.0
Vitamin B-12 µg	0.92		0	BFPN	4		1.37	0.26	4.17
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	0		0	AS	1		0	0	0
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	0		0	AS	1		0	0	0
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.41		0	BFSN	4		0.61	0.12	1.87
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	0.00
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.6		0	BFSN	4		2.5	0.5	7.5
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13923

Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	7.451		0	NC	4		11.102	2.112	33.796
4:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
6:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
8:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
10:0....g	0.059		0	BFFN	4		0.088	0.017	0.269
12:0....g	0.040		0	BFFN	4		0.059	0.011	0.179
13:0....g									
14:0....g	0.584		0	BFFN	4		0.870	0.166	2.648
15:0....g									
16:0....g	4.486		0	BFFN	4		6.684	1.272	20.347
17:0....g									
18:0....g	2.282		0	BFFN	4		3.401	0.647	10.353
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.906		0	NC	4		11.780	2.241	35.862
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.900		0	BFFN	4		1.342	0.255	4.084
17:1....g									
18:1 undifferentiated....g	6.979		0	BFFN	4		10.399	1.979	31.658
20:1....g	0.026		0	BFFN	4		0.039	0.007	0.119
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.702		0	NC	4		1.046	0.199	3.186
18:2 undifferentiated....g	0.452		0	BFFN	4		0.673	0.128	2.049
18:3 undifferentiated....g	0.221		0	BFFN	4		0.329	0.063	1.002
18:4....g	0.000		0	BFFN	4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.030		0	BFFN	4		0.044	0.008	0.134
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	86		0	BFSN	4		128	24	389
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.127		0	PAK	1		0.190	0.036	0.577
Threonine....g	0.774		0	PAK	1		1.153	0.219	3.510
Isoleucine....g	0.881		0	PAK	1		1.313	0.250	3.998
Leucine....g	1.541		0	PAK	1		2.296	0.437	6.989
Lysine....g	1.637		0	PAK	1		2.439	0.464	7.426
Methionine....g	0.504		0	PAK	1		0.752	0.143	2.288
Cystine....g	0.250		0	PAK	1		0.372	0.071	1.134
Phenylalanine....g	0.765		0	PAK	1		1.140	0.217	3.471
Tyrosine....g	0.617		0	PAK	1		0.920	0.175	2.800
Valine....g	0.961		0	PAK	1		1.432	0.272	4.359
Arginine....g	1.253		0	PAK	1		1.866	0.355	5.682
Histidine....g	0.618		0	PAK	1		0.921	0.175	2.804
Alanine....g	1.178		0	PAK	1		1.755	0.334	5.342
Aspartic acid....g	1.764		0	PAK	1		2.629	0.500	8.003
Glutamic acid....g	2.908		0	PAK	1		4.333	0.824	13.191
Glycine....g	1.179		0	PAK	1		1.757	0.334	5.350
Proline....g	0.923		0	PAK	1		1.376	0.262	4.189
Serine....g	0.763		0	PAK	1		1.137	0.216	3.461
Hydroxyproline....g	0.204		0	BFPN	4		0.303	0.058	0.923
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 13923

Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 149g: 1 steak (yield from 1 raw steak weighing149g)

Measure 2 = 28.35g: 1 oz

Measure 3 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate**3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23600

Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled

Beef Medallions, Filet Mignon

Refuse: 18% Bone and connective tissue, 4.20%, separable fat, 13.37%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	62.93	0.545	19	A	1		17.84	285.44	
Energy kcal	200		0	NC	4		57	906	
Energy kJ	835		0	NC	4		237	3788	
Protein (N x 6.25) g	29.04	0.296	19	A	1		8.23	131.72	
Total lipid (fat) g	8.39	0.426	19	A	1		2.38	38.06	
Ash g	1.13	0.033	19	A	1		0.32	5.10	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	19		0	BFNN	4		5	85	
Iron, Fe mg	1.84		0	BFNN	4		0.52	8.36	
Magnesium, Mg mg	25		0	BFNN	4		7	112	
Phosphorus, P mg	230		0	BFNN	4		65	1042	
Potassium, K mg	370		0	BFNN	4		105	1679	
Sodium, Na mg	60		0	BFNN	4		17	273	
Zinc, Zn mg	5.38		0	BFNN	4		1.52	24.39	
Copper, Cu mg	0.086		0	BFNN	4		0.024	0.388	
Manganese, Mn mg	0.011		0	BFNN	4		0.003	0.049	
Selenium, Se µg	33.7		0	BFNN	4		9.6	152.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.079		0	BFPN	4		0.022	0.359	
Riboflavin mg	0.147		0	BFPN	4		0.042	0.667	
Niacin mg	8.310		0	BFPN	4		2.356	37.694	
Pantothenic acid mg	0.582		0	BFPN	4		0.165	2.639	
Vitamin B-6 mg	0.623		0	BFPN	4		0.177	2.827	
Folate, total µg	10		0	BFPN	4		3	44	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	10		0	BFPN	4		3	44	
Folate, DFE µg	10		0	NC	4		3	44	
Choline, total mg	110.6		0	BFPN	4		31.4	501.7	
Betaine mg	14.5		0	BFPN	4		4.1	65.9	
Vitamin B-12 µg	1.66		0	BFPN	4		0.47	7.53	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.40		0	BFSN	4		0.11	1.79	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.0	0.6	
Vitamin D IU	5		0	BFFN	4		2	25	
Vitamin K (phylloquinone) µg	1.4		0	BFSN	4		0.4	6.4	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23600

Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.195		0	NC	4		0.906	14.492	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.003		0	BFFN	4		0.001	0.014	
12:0....g	0.009		0	BFFN	4		0.003	0.043	
13:0....g									
14:0....g	0.227		0	BFFN	4		0.064	1.030	
15:0....g									
16:0....g	1.861		0	BFFN	4		0.528	8.441	
17:0....g									
18:0....g	1.094		0	BFFN	4		0.310	4.964	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.350		0	NC	4		0.950	15.194	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.252		0	BFFN	4		0.072	1.144	
17:1....g									
18:1 undifferentiated....g	3.094		0	BFFN	4		0.877	14.035	
20:1....g	0.003		0	BFFN	4		0.001	0.014	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.319		0	NC	4		0.090	1.445	
18:2 undifferentiated....g	0.240		0	BFFN	4		0.068	1.087	
18:3 undifferentiated....g	0.022		0	BFFN	4		0.006	0.100	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.038		0	BFFN	4		0.011	0.171	
20:5 n-3 (EPA)....g	0.003		18	AR	1		0.001	0.014	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.015		18	AR	1		0.004	0.068	
22:6 n-3 (DHA)....g	0.001		18	AR	1		0.000	0.005	
Fatty acids, total trans....g									
Cholesterol....mg	82		0	BFSN	4		23	373	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.191		0	A	1		0.054	0.866	
Threonine....g	1.160		0	A	1		0.329	5.262	
Isoleucine....g	1.321		0	A	1		0.375	5.993	
Leucine....g	2.310		0	A	1		0.655	10.478	
Lysine....g	2.454		0	A	1		0.696	11.132	
Methionine....g	0.756		0	A	1		0.214	3.430	
Cystine....g	0.375		0	A	1		0.106	1.700	
Phenylalanine....g	1.147		0	A	1		0.325	5.203	
Tyrosine....g	0.925		0	A	1		0.262	4.197	
Valine....g	1.441		0	A	1		0.408	6.535	
Arginine....g	1.878		0	A	1		0.532	8.518	
Histidine....g	0.927		0	A	1		0.263	4.204	
Alanine....g	1.765		0	A	1		0.501	8.008	
Aspartic acid....g	2.645		0	A	1		0.750	11.998	
Glutamic acid....g	4.360		0	A	1		1.236	19.775	
Glycine....g	1.768		0	A	1		0.501	8.021	
Proline....g	1.384		0	A	1		0.392	6.280	
Serine....g	1.144		0	A	1		0.324	5.189	
Hydroxyproline....g	0.305		0	BFPN	4		0.086	1.384	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 23600

Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23601

Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw

Beef Medallions, Filet Mignon

Refuse: 20% Bone and connective tissue 2%, sep fat 18%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	70.62	0.356	21	A	1		20.02	320.31	
Energy kcal	153		0	NC	4		43	695	
Energy kJ	641		0	NC	4		182	2909	
Protein (N x 6.25) g	22.12	0.189	21	A	1		6.27	100.32	
Total lipid (fat) g	6.52	0.335	21	A	1		1.85	29.59	
Ash g	1.06	0.019	21	A	1		0.30	4.82	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	24		0	BFNN	4		7	111	
Iron, Fe mg	1.60		0	BFNN	4		0.45	7.26	
Magnesium, Mg mg	23		0	BFNN	4		7	105	
Phosphorus, P mg	206		0	BFNN	4		58	935	
Potassium, K mg	347		0	BFNN	4		98	1572	
Sodium, Na mg	56		0	BFNN	4		16	253	
Zinc, Zn mg	4.01		0	BFNN	4		1.14	18.19	
Copper, Cu mg	0.074		0	BFNN	4		0.021	0.337	
Manganese, Mn mg	0.013		0	BFNN	4		0.004	0.058	
Selenium, Se µg	26.9		0	BFNN	4		7.6	122.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.068		0	BFPN	4		0.019	0.308	
Riboflavin mg	0.111		0	BFPN	4		0.032	0.504	
Niacin mg	6.851		0	BFPN	4		1.942	31.076	
Pantothenic acid mg	0.654		0	BFPN	4		0.185	2.966	
Vitamin B-6 mg	0.619		0	BFPN	4		0.176	2.809	
Folate, total µg	13		0	BFPN	4		4	59	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	13		0	BFPN	4		4	59	
Folate, DFE µg	13		0	NC	4		4	59	
Choline, total mg	92.4		0	BFPN	4		26.2	419.0	
Betaine mg	13.6		0	BFPN	4		3.9	61.6	
Vitamin B-12 µg	1.09		0	BFPN	4		0.31	4.93	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.32		0	BFSN	4		0.09	1.45	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.3		0	BFSN	4		0.4	5.8	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23601

Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.412		0	NC	4		0.684	10.939	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.000		0	BFFN	4		0.000	0.000	
13:0....g									
14:0....g	0.165		0	BFFN	4		0.047	0.748	
15:0....g									
16:0....g	1.448		0	BFFN	4		0.410	6.567	
17:0....g									
18:0....g	0.799		0	BFFN	4		0.227	3.624	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.624		0	NC	4		0.744	11.904	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.202		0	BFFN	4		0.057	0.914	
17:1....g									
18:1 undifferentiated....g	2.419		0	BFFN	4		0.686	10.973	
20:1....g	0.004		0	BFFN	4		0.001	0.017	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.282		0	NC	4		0.080	1.281	
18:2 undifferentiated....g	0.227		0	BFFN	4		0.064	1.031	
18:3 undifferentiated....g	0.015		0	BFFN	4		0.004	0.067	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.040		0	BFFN	4		0.011	0.183	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	65		0	BFSN	4		18	296	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.145		0	A	1		0.041	0.659	
Threonine....g	0.884		0	A	1		0.250	4.008	
Isoleucine....g	1.006		0	A	1		0.285	4.564	
Leucine....g	1.759		0	A	1		0.499	7.980	
Lysine....g	1.869		0	A	1		0.530	8.478	
Methionine....g	0.576		0	A	1		0.163	2.612	
Cystine....g	0.285		0	A	1		0.081	1.295	
Phenylalanine....g	0.874		0	A	1		0.248	3.963	
Tyrosine....g	0.705		0	A	1		0.200	3.197	
Valine....g	1.097		0	A	1		0.311	4.977	
Arginine....g	1.430		0	A	1		0.405	6.487	
Histidine....g	0.706		0	A	1		0.200	3.202	
Alanine....g	1.345		0	A	1		0.381	6.099	
Aspartic acid....g	2.015		0	A	1		0.571	9.138	
Glutamic acid....g	3.320		0	A	1		0.941	15.060	
Glycine....g	1.347		0	A	1		0.382	6.109	
Proline....g	1.054		0	A	1		0.299	4.783	
Serine....g	0.871		0	A	1		0.247	3.952	
Hydroxyproline....g	0.232		0	BFPN	4		0.066	1.054	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 23601

Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23628

Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled

Beef Medallions, Filet Mignon, URMIS #1388

Refuse: 18% Bone and connective tissue 5%, sep fat 13%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	61.68	0.872	9	A	1		17.49	279.78	
Energy kcal	206		0	NC	4		58	934	
Energy kJ	862		0	NC	4		244	3909	
Protein (N x 6.25) g	29.01	0.514	9	A	1		8.22	131.59	
Total lipid (fat) g	9.10	0.643	9	A	1		2.58	41.27	
Ash g	1.10	0.050	9	A	1		0.31	4.99	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	16		0	BFNN	4		5	73	
Iron, Fe mg	1.95		0	BFNN	4		0.55	8.85	
Magnesium, Mg mg	24		0	BFNN	4		7	111	
Phosphorus, P mg	223		0	BFNN	4		63	1012	
Potassium, K mg	358		0	BFNN	4		101	1622	
Sodium, Na mg	59		0	BFNN	4		17	270	
Zinc, Zn mg	5.40		0	BFNN	4		1.53	24.51	
Copper, Cu mg	0.091		0	BFNN	4		0.026	0.412	
Manganese, Mn mg	0.011		0	BFNN	4		0.003	0.049	
Selenium, Se µg	33.0		0	BFNN	4		9.4	149.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.077		0	BFPN	4		0.022	0.349	
Riboflavin mg	0.149		0	BFPN	4		0.042	0.674	
Niacin mg	8.559		0	BFPN	4		2.426	38.823	
Pantothenic acid mg	0.570		0	BFPN	4		0.162	2.585	
Vitamin B-6 mg	0.604		0	BFPN	4		0.171	2.739	
Folate, total µg	10		0	BFPN	4		3	44	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	10		0	BFPN	4		3	44	
Folate, DFE µg	10		0	NC	4		3	44	
Choline, total mg	110.5		0	BFPN	4		31.3	501.2	
Betaine mg	14.5		0	BFPN	4		4.1	65.8	
Vitamin B-12 µg	1.81		0	BFPN	4		0.51	8.21	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.41		0	BFSN	4		0.12	1.87	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.5		0	BFSN	4		0.4	6.7	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23628

Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.465		0	NC	4		0.982	15.718	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.003		0	BFFN	4		0.001	0.015	
12:0....g	0.010		0	BFFN	4		0.003	0.047	
13:0....g									
14:0....g	0.246		0	BFFN	4		0.070	1.117	
15:0....g									
16:0....g	2.018		0	BFFN	4		0.572	9.155	
17:0....g									
18:0....g	1.187		0	BFFN	4		0.337	5.384	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.633		0	NC	4		1.030	16.478	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.274		0	BFFN	4		0.078	1.242	
17:1....g									
18:1 undifferentiated....g	3.356		0	BFFN	4		0.951	15.221	
20:1....g	0.003		0	BFFN	4		0.001	0.015	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.325		0	NC	4		0.092	1.474	
18:2 undifferentiated....g	0.260		0	BFFN	4		0.074	1.179	
18:3 undifferentiated....g	0.024		0	BFFN	4		0.007	0.108	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.041		0	BFFN	4		0.012	0.186	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	85		0	BFSN	4		24	385	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.191		0	A	1		0.054	0.865	
Threonine....g	1.159		0	A	1		0.329	5.257	
Isoleucine....g	1.320		0	A	1		0.374	5.987	
Leucine....g	2.308		0	A	1		0.654	10.468	
Lysine....g	2.452		0	A	1		0.695	11.121	
Methionine....g	0.755		0	A	1		0.214	3.427	
Cystine....g	0.374		0	A	1		0.106	1.698	
Phenylalanine....g	1.146		0	A	1		0.325	5.198	
Tyrosine....g	0.924		0	A	1		0.262	4.193	
Valine....g	1.439		0	A	1		0.408	6.528	
Arginine....g	1.876		0	A	1		0.532	8.509	
Histidine....g	0.926		0	A	1		0.262	4.200	
Alanine....g	1.764		0	A	1		0.500	8.000	
Aspartic acid....g	2.642		0	A	1		0.749	11.986	
Glutamic acid....g	4.355		0	A	1		1.235	19.755	
Glycine....g	1.766		0	A	1		0.501	8.013	
Proline....g	1.383		0	A	1		0.392	6.273	
Serine....g	1.143		0	A	1		0.324	5.184	
Hydroxyproline....g	0.305		0	BFPN	4		0.086	1.382	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 23628

Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23624

Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw

Beef Medallions, Filet Mignon, URMIS #1388

Refuse: 19% Bone and connective tissue 3%, sep fat 16%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	70.17	0.509	11	A	1		19.89	318.29	
Energy kcal	158		0	NC	4		45	719	
Energy kJ	663		0	NC	4		188	3007	
Protein (N x 6.25) g	22.17	0.304	11	A	1		6.29	100.57	
Total lipid (fat) g	7.07	0.507	11	A	1		2.00	32.05	
Ash g	1.08	0.031	11	A	1		0.30	4.88	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	28		0	BFNN	4		8	128	
Iron, Fe mg	1.63		0	BFNN	4		0.46	7.37	
Magnesium, Mg mg	23		0	BFNN	4		7	106	
Phosphorus, P mg	204		0	BFNN	4		58	925	
Potassium, K mg	340		0	BFNN	4		96	1544	
Sodium, Na mg	57		0	BFNN	4		16	257	
Zinc, Zn mg	4.13		0	BFNN	4		1.17	18.71	
Copper, Cu mg	0.072		0	BFNN	4		0.020	0.328	
Manganese, Mn mg	0.014		0	BFNN	4		0.004	0.064	
Selenium, Se µg	25.4		0	BFNN	4		7.2	115.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.061		0	BFPN	4		0.017	0.278	
Riboflavin mg	0.108		0	BFPN	4		0.031	0.492	
Niacin mg	7.491		0	BFPN	4		2.124	33.981	
Pantothenic acid mg	0.659		0	BFPN	4		0.187	2.987	
Vitamin B-6 mg	0.607		0	BFPN	4		0.172	2.754	
Folate, total µg	13		0	BFPN	4		4	59	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	13		0	BFPN	4		4	59	
Folate, DFE µg	13		0	NC	4		4	59	
Choline, total mg	92.6		0	BFPN	4		26.3	420.1	
Betaine mg	13.6		0	BFPN	4		3.9	61.8	
Vitamin B-12 µg	1.20		0	BFPN	4		0.34	5.44	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.33		0	BFSN	4		0.09	1.51	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.3		0	BFSN	4		0.4	6.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23624

Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.612		0	NC	4		0.741	11.848	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.000		0	BFFN	4		0.000	0.000	
13:0....g									
14:0....g	0.179		0	BFFN	4		0.051	0.810	
15:0....g									
16:0....g	1.568		0	BFFN	4		0.445	7.113	
17:0....g									
18:0....g	0.865		0	BFFN	4		0.245	3.925	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.842		0	NC	4		0.806	12.893	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.218		0	BFFN	4		0.062	0.990	
17:1....g									
18:1 undifferentiated....g	2.620		0	BFFN	4		0.743	11.885	
20:1....g	0.004		0	BFFN	4		0.001	0.018	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.306		0	NC	4		0.087	1.387	
18:2 undifferentiated....g	0.246		0	BFFN	4		0.070	1.116	
18:3 undifferentiated....g	0.016		0	BFFN	4		0.005	0.072	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.044		0	BFFN	4		0.012	0.198	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	66		0	BFSN	4		19	300	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.145		0	A	1		0.041	0.660	
Threonine....g	0.884		0	A	1		0.251	4.009	
Isoleucine....g	1.006		0	A	1		0.285	4.565	
Leucine....g	1.760		0	A	1		0.499	7.982	
Lysine....g	1.870		0	A	1		0.530	8.481	
Methionine....g	0.576		0	A	1		0.163	2.613	
Cystine....g	0.285		0	A	1		0.081	1.295	
Phenylalanine....g	0.874		0	A	1		0.248	3.964	
Tyrosine....g	0.705		0	A	1		0.200	3.198	
Valine....g	1.098		0	A	1		0.311	4.978	
Arginine....g	1.431		0	A	1		0.406	6.489	
Histidine....g	0.706		0	A	1		0.200	3.203	
Alanine....g	1.345		0	A	1		0.381	6.101	
Aspartic acid....g	2.015		0	A	1		0.571	9.140	
Glutamic acid....g	3.321		0	A	1		0.942	15.065	
Glycine....g	1.347		0	A	1		0.382	6.110	
Proline....g	1.055		0	A	1		0.299	4.784	
Serine....g	0.871		0	A	1		0.247	3.953	
Hydroxyproline....g	0.232		0	BFPN	4		0.066	1.054	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 23624

Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23587

Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled

URMIS #1388

Refuse: 17% Bone and connective tissue 4%, sep fat 13%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	62.67	0.684	10	A	1		17.77	284.27	
Energy kcal	194		0	NC	4		55	880	
Energy kJ	812		0	NC	4		230	3683	
Protein (N x 6.25) g	29.07	0.350	10	A	1		8.24	131.84	
Total lipid (fat) g	7.76	0.513	10	A	1		2.20	35.18	
Ash g	1.20	0.039	10	A	1		0.34	5.43	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	21		0	BFNN	4		6	96	
Iron, Fe mg	1.81		0	BFNN	4		0.51	8.19	
Magnesium, Mg mg	25		0	BFNN	4		7	115	
Phosphorus, P mg	238		0	BFNN	4		68	1081	
Potassium, K mg	386		0	BFNN	4		109	1750	
Sodium, Na mg	62		0	BFNN	4		18	282	
Zinc, Zn mg	5.37		0	BFNN	4		1.52	24.37	
Copper, Cu mg	0.080		0	BFNN	4		0.023	0.362	
Manganese, Mn mg	0.011		0	BFNN	4		0.003	0.048	
Selenium, Se µg	36.6		0	BFNN	4		10.4	166.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.083		0	BFPN	4		0.024	0.376	
Riboflavin mg	0.154		0	BFPN	4		0.044	0.698	
Niacin mg	8.494		0	BFPN	4		2.408	38.531	
Pantothenic acid mg	0.573		0	BFPN	4		0.162	2.598	
Vitamin B-6 mg	0.642		0	BFPN	4		0.182	2.913	
Folate, total µg	10		0	BFPN	4		3	44	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	10		0	BFPN	4		3	44	
Folate, DFE µg	10		0	NC	4		3	44	
Choline, total mg	110.7		0	BFPN	4		31.4	502.2	
Betaine mg	14.5		0	BFPN	4		4.1	66.0	
Vitamin B-12 µg	1.39		0	BFPN	4		0.39	6.30	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.40		0	BFSN	4		0.11	1.80	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.4		0	BFSN	4		0.4	6.4	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23587

Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.953		0	NC	4		0.837	13.395	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.003		0	BFFN	4		0.001	0.013	
12:0....g	0.009		0	BFFN	4		0.002	0.039	
13:0....g									
14:0....g	0.210		0	BFFN	4		0.060	0.952	
15:0....g									
16:0....g	1.720		0	BFFN	4		0.488	7.802	
17:0....g									
18:0....g	1.012		0	BFFN	4		0.287	4.589	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.096		0	NC	4		0.878	14.044	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.233		0	BFFN	4		0.066	1.058	
17:1....g									
18:1 undifferentiated....g	2.860		0	BFFN	4		0.811	12.973	
20:1....g	0.003		0	BFFN	4		0.001	0.013	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.277		0	NC	4		0.078	1.256	
18:2 undifferentiated....g	0.222		0	BFFN	4		0.063	1.005	
18:3 undifferentiated....g	0.020		0	BFFN	4		0.006	0.093	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.035		0	BFFN	4		0.010	0.158	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	83		0	BFSN	4		23	375	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.191		0	A	1		0.054	0.867	
Threonine....g	1.161		0	A	1		0.329	5.267	
Isoleucine....g	1.322		0	A	1		0.375	5.998	
Leucine....g	2.312		0	A	1		0.655	10.488	
Lysine....g	2.456		0	A	1		0.696	11.142	
Methionine....g	0.757		0	A	1		0.215	3.433	
Cystine....g	0.375		0	A	1		0.106	1.701	
Phenylalanine....g	1.148		0	A	1		0.325	5.208	
Tyrosine....g	0.926		0	A	1		0.263	4.201	
Valine....g	1.442		0	A	1		0.409	6.541	
Arginine....g	1.879		0	A	1		0.533	8.525	
Histidine....g	0.928		0	A	1		0.263	4.208	
Alanine....g	1.767		0	A	1		0.501	8.015	
Aspartic acid....g	2.648		0	A	1		0.751	12.009	
Glutamic acid....g	4.363		0	A	1		1.237	19.793	
Glycine....g	1.770		0	A	1		0.502	8.028	
Proline....g	1.386		0	A	1		0.393	6.285	
Serine....g	1.145		0	A	1		0.325	5.193	
Hydroxyproline....g	0.305		0	BFPN	4		0.087	1.385	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 23587

Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23583

Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, raw

Beef Medallions, Filet Mignon, URMIS #1388

Refuse: 21% Bone and connective tissue 2%, sep fat 19%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	71.11	0.472	10	A	1		20.16	322.54	
Energy kcal	148		0	NC	4		42	670	
Energy kJ	618		0	NC	4		175	2802	
Protein (N x 6.25) g	22.06	0.228	10	A	1		6.25	100.05	
Total lipid (fat) g	5.93	0.368	10	A	1		1.68	26.89	
Ash g	1.05	0.023	10	A	1		0.30	4.76	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	22		0	BFNN	4		6	101	
Iron, Fe mg	1.60		0	BFNN	4		0.45	7.25	
Magnesium, Mg mg	23		0	BFNN	4		7	105	
Phosphorus, P mg	209		0	BFNN	4		59	950	
Potassium, K mg	354		0	BFNN	4		100	1604	
Sodium, Na mg	55		0	BFNN	4		16	251	
Zinc, Zn mg	3.97		0	BFNN	4		1.12	17.99	
Copper, Cu mg	0.076		0	BFNN	4		0.022	0.344	
Manganese, Mn mg	0.011		0	BFNN	4		0.003	0.050	
Selenium, Se µg	30.5		0	BFNN	4		8.7	138.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.074		0	BFPN	4		0.021	0.336	
Riboflavin mg	0.118		0	BFPN	4		0.034	0.537	
Niacin mg	6.408		0	BFPN	4		1.817	29.065	
Pantothenic acid mg	0.648		0	BFPN	4		0.184	2.938	
Vitamin B-6 mg	0.622		0	BFPN	4		0.176	2.822	
Folate, total µg	13		0	BFPN	4		4	58	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	13		0	BFPN	4		4	58	
Folate, DFE µg	13		0	NC	4		4	58	
Choline, total mg	92.1		0	BFPN	4		26.1	417.9	
Betaine mg	13.5		0	BFPN	4		3.8	61.4	
Vitamin B-12 µg	0.93		0	BFPN	4		0.26	4.23	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.31		0	BFSN	4		0.09	1.40	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.2		0	BFSN	4		0.3	5.6	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23583

Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.191		0	NC	4		0.621	9.939	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.000		0	BFFN	4		0.000	0.000	
13:0....g									
14:0....g	0.150		0	BFFN	4		0.042	0.679	
15:0....g									
16:0....g	1.315		0	BFFN	4		0.373	5.967	
17:0....g									
18:0....g	0.726		0	BFFN	4		0.206	3.293	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.384		0	NC	4		0.676	10.816	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.183		0	BFFN	4		0.052	0.831	
17:1....g									
18:1 undifferentiated....g	2.198		0	BFFN	4		0.623	9.970	
20:1....g	0.003		0	BFFN	4		0.001	0.015	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.256		0	NC	4		0.073	1.163	
18:2 undifferentiated....g	0.206		0	BFFN	4		0.059	0.936	
18:3 undifferentiated....g	0.013		0	BFFN	4		0.004	0.060	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.037		0	BFFN	4		0.010	0.166	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	64		0	BFSN	4		18	291	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.145		0	A	1		0.041	0.658	
Threonine....g	0.881		0	A	1		0.250	3.997	
Isoleucine....g	1.003		0	A	1		0.284	4.552	
Leucine....g	1.754		0	A	1		0.497	7.958	
Lysine....g	1.864		0	A	1		0.528	8.455	
Methionine....g	0.574		0	A	1		0.163	2.605	
Cystine....g	0.285		0	A	1		0.081	1.291	
Phenylalanine....g	0.871		0	A	1		0.247	3.952	
Tyrosine....g	0.703		0	A	1		0.199	3.188	
Valine....g	1.094		0	A	1		0.310	4.963	
Arginine....g	1.426		0	A	1		0.404	6.469	
Histidine....g	0.704		0	A	1		0.200	3.193	
Alanine....g	1.341		0	A	1		0.380	6.082	
Aspartic acid....g	2.009		0	A	1		0.570	9.113	
Glutamic acid....g	3.311		0	A	1		0.939	15.019	
Glycine....g	1.343		0	A	1		0.381	6.092	
Proline....g	1.051		0	A	1		0.298	4.769	
Serine....g	0.869		0	A	1		0.246	3.941	
Hydroxyproline....g	0.232		0	BFPN	4		0.066	1.051	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 23583

Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23284

Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled

Refuse: 10% Connective tissue 10%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	56.80	0.800	24	AR	1		76.68		
Energy kcal	239		0	NC	4		323		
Energy kJ	1000		0	NC	4		1350		
Protein (N x 6.25) g	27.40	0.300	24	AR	1		36.99		
Total lipid (fat) g	14.10	1.000	24	AR	1		19.04		
Ash g	1.10	0.000	24	AR	1		1.49		
Carbohydrate, by difference g	0.60		0	NC	4		0.81		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	7		0	BFNN	4		10		
Iron, Fe mg	3.30		0	BFNN	4		4.45		
Magnesium, Mg mg	27		0	BFNN	4		36		
Phosphorus, P mg	236		0	BFNN	4		318		
Potassium, K mg	376		0	BFNN	4		508		
Sodium, Na mg	93		0	BFNN	4		125		
Zinc, Zn mg	10.42		0	BFNN	4		14.07		
Copper, Cu mg	0.166		0	BFNN	4		0.224		
Manganese, Mn mg									
Selenium, Se µg	33.9	0.416	6	AR	1		45.8		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.078		0	BFPN	4		0.105		
Riboflavin mg	0.273		0	BFPN	4		0.369		
Niacin mg	4.127		0	BFPN	4		5.572		
Pantothenic acid mg									
Vitamin B-6 mg	0.417		0	BFPN	4		0.563		
Folate, total µg	7		0	BFPN	4		9		
Folic acid µg	0		0	BFPN	4		0		
Folate, food µg	7		0	BFPN	4		9		
Folate, DFE µg	7		0	NC	4		9		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	3.96	0.177	6	AR	1		5.34		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	7		0	NC	4		10		
Retinol µg	7		0	BFSN	4		10		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	24		0	NC	4		32		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	AS	1		0.2		
Vitamin D IU	6		0	BFSN	4		8		
Vitamin K (phylloquinone) µg	1.6		12	A	1		2.1		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23284

Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.817		0	NC	4		6.503		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g	0.010		0	BFFN	4		0.014		
12:0....g	0.011		0	BFFN	4		0.015		
13:0....g									
14:0....g	0.283	0.018	6	AR	1		0.382		
15:0....g									
16:0....g	2.668	0.181	6	AR	1		3.602		
17:0....g	0.127	0.012	6	AR	1		0.171		
18:0....g	1.726	0.114	6	AR	1		2.330		
20:0....g	0.003	0.000	6	AR	1		0.003		
22:0....g									
24:0....g	0.011	0.001	6	AR	1		0.015		
Fatty acids, total monounsaturated....g	6.354		0	NC	4		8.577		
14:1....g	0.096	0.006	6	AR	1		0.129		
15:1....g									
16:1 undifferentiated....g	0.467	0.038	6	AR	1		0.631		
17:1....g	0.135	0.011	6	AR	1		0.182		
18:1 undifferentiated....g	5.632		0	AS	1		7.604		
18:1 c....g	4.934	0.349	6	AR	1		6.661		
18:1 t....g	0.698	0.074	6	AR	1		0.943		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.024	0.002	6	AR	1		0.032		
22:1 undifferentiated....g	0.000		0	Z	7		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.476		0	NC	4		0.642		
18:2 undifferentiated....g	0.400		0	AS	1		0.540		
18:2 n-6 c,c....g	0.348	0.036	6	AR	1		0.470		
18:2 CLAs....g	0.052	0.004	6	AR	1		0.070		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.027		0	AS	1		0.036		
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.027	0.003	6	AR	1		0.036		
18:3i....g									
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g	0.000	0.000	6	AR	1		0.000		
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.046	0.005	6	AR	1		0.061		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003	0.001	6	AR	1		0.004		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.009		0	BFFN	4		0.013		
22:6 n-3 (DHA)....g	0.001	0.000	6	AR	1		0.001		
Fatty acids, total trans....g	0.698		0	NC	4		0.943		
Fatty acids, total trans-monoenoic....g	0.698		0	NC	4		0.943		
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	86	1.286	6	AR	1		116		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.307		0	AR	1		0.414		
Threonine....g	1.291		0	AR	1		1.743		
Isoleucine....g	1.276		0	AR	1		1.723		
Leucine....g	2.362		0	AR	1		3.188		
Lysine....g	2.625		0	AR	1		3.543		
Methionine....g	0.741		0	AR	1		1.001		

NDB No. 23284

Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine....g	0.279		0	AR	1		0.377		
Phenylalanine....g	1.099		0	AR	1		1.484		
Tyrosine....g	1.021		0	AR	1		1.378		
Valine....g	1.369		0	AR	1		1.849		
Arginine....g	1.866		0	AR	1		2.519		
Histidine....g	1.027		0	AR	1		1.386		
Alanine....g	1.699		0	AR	1		2.293		
Aspartic acid....g	2.670		0	AR	1		3.604		
Glutamic acid....g	4.480		0	AR	1		6.048		
Glycine....g	1.348		0	AR	1		1.820		
Proline....g	1.229		0	AR	1		1.659		
Serine....g	1.128		0	AR	1		1.523		
Hydroxyproline....g	0.187		0	BFPN	4		0.253		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 135g: 1 fillet

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23285

Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled

URMIS #2137

Refuse: 12% Connective tissue 12%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	55.60	0.900	16	AR	1		75.06		
Energy kcal	253		0	NC	4		341		
Energy kJ	1057		0	NC	4		1427		
Protein (N x 6.25) g	26.80	0.400	16	AR	1		36.18		
Total lipid (fat) g	15.90	1.200	16	AR	1		21.47		
Ash g	1.10	0.000	16	AR	1		1.49		
Carbohydrate, by difference g	0.60		0	NC	4		0.81		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	7		0	BFNN	4		10		
Iron, Fe mg	3.23		0	BFNN	4		4.36		
Magnesium, Mg mg	26		0	BFNN	4		36		
Phosphorus, P mg	231		0	BFNN	4		312		
Potassium, K mg	368		0	BFNN	4		497		
Sodium, Na mg	91		0	BFNN	4		122		
Zinc, Zn mg	10.21		0	BFNN	4		13.78		
Copper, Cu mg	0.162		0	BFNN	4		0.219		
Manganese, Mn mg									
Selenium, Se µg	34.3	0.516	4	AR	1		46.3		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.076		0	BFPN	4		0.102		
Riboflavin mg	0.267		0	BFPN	4		0.361		
Niacin mg	4.037		0	BFPN	4		5.450		
Pantothenic acid mg									
Vitamin B-6 mg	0.408		0	BFPN	4		0.551		
Folate, total µg	7		0	BFPN	4		9		
Folic acid µg	0		0	BFPN	4		0		
Folate, food µg	7		0	BFPN	4		9		
Folate, DFE µg	7		0	NC	4		9		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	3.63	0.220	4	AR	1		4.90		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	7		0	NC	4		10		
Retinol µg	7		0	BFSN	4		10		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	24		0	NC	4		32		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	AS	1		0.2		
Vitamin D IU	7		0	BFSN	4		9		
Vitamin K (phylloquinone) µg	1.6		12	A	1		2.1		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23285

Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	5.454		0	NC	4		7.363		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g	0.011		0	BFFN	4		0.015		
12:0....g	0.012		0	BFFN	4		0.016		
13:0....g									
14:0....g	0.321	0.022	4	AR	1		0.433		
15:0....g									
16:0....g	2.991	0.224	4	AR	1		4.037		
17:0....g	0.153	0.015	4	AR	1		0.207		
18:0....g	1.976	0.141	4	AR	1		2.667		
20:0....g	0.002	0.001	4	AR	1		0.003		
22:0....g									
24:0....g	0.011	0.001	4	AR	1		0.015		
Fatty acids, total monounsaturated....g	7.142		0	NC	4		9.642		
14:1....g	0.110	0.007	4	AR	1		0.148		
15:1....g									
16:1 undifferentiated....g	0.491	0.048	4	AR	1		0.662		
17:1....g	0.144	0.014	4	AR	1		0.194		
18:1 undifferentiated....g	6.373		0	AS	1		8.604		
18:1 c....g	5.597	0.433	4	AR	1		7.556		
18:1 t....g	0.776	0.092	4	AR	1		1.048		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.025	0.002	4	AR	1		0.034		
22:1 undifferentiated....g	0.000		0	Z	7		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.527		0	NC	4		0.712		
18:2 undifferentiated....g	0.450		0	AS	1		0.608		
18:2 n-6 c,c....g	0.395	0.045	4	AR	1		0.533		
18:2 CLAs....g	0.056	0.005	4	AR	1		0.075		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.024		0	AS	1		0.032		
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.024	0.003	4	AR	1		0.032		
18:3i....g									
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g	0.000	0.000	4	AR	1		0.000		
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.047	0.006	4	AR	1		0.064		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.004	0.001	4	AR	1		0.006		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.009		0	BFFN	4		0.012		
22:6 n-3 (DHA)....g	0.001	0.000	4	AR	1		0.001		
Fatty acids, total trans....g	0.776		0	NC	4		1.048		
Fatty acids, total trans-monoenoic....g	0.776		0	NC	4		1.048		
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	85	1.597	4	AR	1		115		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.301		0	AR	1		0.406		
Threonine....g	1.256		0	AR	1		1.696		
Isoleucine....g	1.245		0	AR	1		1.681		
Leucine....g	2.289		0	AR	1		3.090		
Lysine....g	2.534		0	AR	1		3.421		
Methionine....g	0.722		0	AR	1		0.975		

NDB No. 23285

Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine....g	0.270		0	AR	1		0.364		
Phenylalanine....g	1.069		0	AR	1		1.443		
Tyrosine....g	0.991		0	AR	1		1.338		
Valine....g	1.339		0	AR	1		1.807		
Arginine....g	1.809		0	AR	1		2.442		
Histidine....g	0.986		0	AR	1		1.331		
Alanine....g	1.657		0	AR	1		2.236		
Aspartic acid....g	2.588		0	AR	1		3.494		
Glutamic acid....g	4.360		0	AR	1		5.885		
Glycine....g	1.321		0	AR	1		1.784		
Proline....g	1.195		0	AR	1		1.613		
Serine....g	1.095		0	AR	1		1.478		
Hydroxyproline....g	0.183		0	BFPN	4		0.247		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 135g: 1 fillet

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23286

Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled

URMIS #1322

Refuse: 9% Connective tissue 9%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	58.60	1.300	8	AR	1		79.11		
Energy kcal	219		0	NC	4		296		
Energy kJ	917		0	NC	4		1238		
Protein (N x 6.25) g	28.30	0.600	8	AR	1		38.21		
Total lipid (fat) g	11.60	1.600	8	AR	1		15.66		
Ash g	1.10	0.100	8	AR	1		1.49		
Carbohydrate, by difference g	0.40		0	NC	4		0.54		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	6		0	BFNN	4		8		
Iron, Fe mg	3.52		0	BFNN	4		4.75		
Magnesium, Mg mg	27		0	BFNN	4		36		
Phosphorus, P mg	239		0	BFNN	4		323		
Potassium, K mg	378		0	BFNN	4		510		
Sodium, Na mg	86		0	BFNN	4		116		
Zinc, Zn mg	10.90		0	BFNN	4		14.72		
Copper, Cu mg	0.138		0	BFNN	4		0.187		
Manganese, Mn mg									
Selenium, Se µg	33.4		2	AR	1		45.1		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.088		0	BFPN	4		0.119		
Riboflavin mg	0.427		0	BFPN	4		0.577		
Niacin mg	4.542		0	BFPN	4		6.132		
Pantothenic acid mg									
Vitamin B-6 mg	0.459		0	BFPN	4		0.619		
Folate, total µg	7		0	BFPN	4		9		
Folic acid µg	0		0	BFPN	4		0		
Folate, food µg	7		0	BFPN	4		9		
Folate, DFE µg	7		0	NC	4		9		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	4.44		2	AR	1		6.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	7		0	NC	4		10		
Retinol µg	7		0	BFSN	4		10		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	25		0	NC	4		33		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.2		
Vitamin D IU	6		0	BFSN	4		7		
Vitamin K (phylloquinone) µg	1.6		12	A	1		2.1		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23286

Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.862		0	NC	4		5.214		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g	0.008		0	BFFN	4		0.011		
12:0....g	0.009		0	BFFN	4		0.013		
13:0....g									
14:0....g	0.226		2	AR	1		0.305		
15:0....g									
16:0....g	2.184		2	AR	1		2.949		
17:0....g	0.088		2	AR	1		0.118		
18:0....g	1.351		2	AR	1		1.824		
20:0....g	0.003		2	AR	1		0.004		
22:0....g									
24:0....g	0.011		2	AR	1		0.015		
Fatty acids, total monounsaturated....g	5.171		0	NC	4		6.980		
14:1....g	0.074		2	AR	1		0.100		
15:1....g									
16:1 undifferentiated....g	0.433		2	AR	1		0.584		
17:1....g	0.121		2	AR	1		0.163		
18:1 undifferentiated....g	4.521		0	AS	1		6.104		
18:1 c....g	3.940		2	AR	1		5.319		
18:1 t....g	0.581		2	AR	1		0.785		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.021		2	AR	1		0.029		
22:1 undifferentiated....g	0.000		0	Z	7		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.399		0	NC	4		0.538		
18:2 undifferentiated....g	0.324		0	AS	1		0.437		
18:2 n-6 c,c....g	0.278		2	AR	1		0.376		
18:2 CLAs....g	0.046		2	AR	1		0.062		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.031		0	AS	1		0.042		
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.031		2	AR	1		0.042		
18:3i....g									
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g	0.000		2	AR	1		0.000		
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.043		2	AR	1		0.058		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001		2	AR	1		0.002		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.010		0	BFFN	4		0.013		
22:6 n-3 (DHA)....g	0.000		2	AR	1		0.000		
Fatty acids, total trans....g	0.581		0	NC	4		0.785		
Fatty acids, total trans-monoenoic....g	0.581		0	NC	4		0.785		
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	87		2	AR	1		117		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.294		0	AR	1		0.396		
Threonine....g	1.258		0	AR	1		1.698		
Isoleucine....g	1.242		0	AR	1		1.677		
Leucine....g	2.320		0	AR	1		3.132		
Lysine....g	2.590		0	AR	1		3.496		
Methionine....g	0.724		0	AR	1		0.977		

NDB No. 23286

Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine....g	0.275		0	AR	1		0.371		
Phenylalanine....g	1.069		0	AR	1		1.443		
Tyrosine....g	1.004		0	AR	1		1.355		
Valine....g	1.328		0	AR	1		1.792		
Arginine....g	1.832		0	AR	1		2.473		
Histidine....g	1.024		0	AR	1		1.383		
Alanine....g	1.648		0	AR	1		2.225		
Aspartic acid....g	2.618		0	AR	1		3.535		
Glutamic acid....g	4.373		0	AR	1		5.903		
Glycine....g	1.296		0	AR	1		1.750		
Proline....g	1.208		0	AR	1		1.631		
Serine....g	1.110		0	AR	1		1.498		
Hydroxyproline....g	0.193		0	BFPN	4		0.261		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 135g: 1 fillet

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23247

Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled

Refuse: 19% Connective tissue 10%, Separable fat 9%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	60.67	0.407	24	AR	1		81.91		
Energy kcal	195		0	NC	4		264		
Energy kJ	817		0	NC	4		1103		
Protein (N x 6.25) g	29.33	0.131	24	AR	1		39.60		
Total lipid (fat) g	8.54	0.341	24	AR	1		11.52		
Ash g	1.16	0.039	24	AR	1		1.57		
Carbohydrate, by difference g	0.30		0	NC	4		0.40		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	17		0	BFNN	4		23		
Iron, Fe mg	2.06		0	BFNN	4		2.78		
Magnesium, Mg mg	26		0	BFNN	4		35		
Phosphorus, P mg	235		0	BFNN	4		318		
Potassium, K mg	377		0	BFNN	4		509		
Sodium, Na mg	63		0	BFNN	4		85		
Zinc, Zn mg	5.69		0	BFNN	4		7.69		
Copper, Cu mg	0.096		0	BFNN	4		0.129		
Manganese, Mn mg									
Selenium, Se µg	33.9	0.459	6	AR	1		45.7		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.078		0	BFPN	4		0.105		
Riboflavin mg	0.150		0	BFPN	4		0.203		
Niacin mg	8.654		0	BFPN	4		11.684		
Pantothenic acid mg									
Vitamin B-6 mg	0.610		0	BFPN	4		0.824		
Folate, total µg	7		0	BFPN	4		10		
Folic acid µg	0		0	BFPN	4		0		
Folate, food µg	7		0	BFPN	4		10		
Folate, DFE µg	7		0	NC	4		10		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	3.92	0.187	6	AR	1		5.30		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	2		0	NC	4		2		
Retinol µg	2		0	BFSN	4		2		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	6		0	NC	4		8		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1		
Vitamin D IU	4		0	BFSN	4		6		
Vitamin K (phylloquinone) µg	1.6		12	A	1		2.1		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23247

Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.987		0	NC	4		4.032		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g	0.004		0	BFFN	4		0.006		
12:0....g	0.005		0	BFFN	4		0.007		
13:0....g									
14:0....g	0.174	0.014	6	AR	1		0.235		
15:0....g									
16:0....g	1.696	0.071	6	AR	1		2.290		
17:0....g	0.073	0.006	6	AR	1		0.099		
18:0....g	1.029	0.032	6	AR	1		1.389		
20:0....g	0.003	0.001	6	AR	1		0.004		
22:0....g									
24:0....g	0.011	0.001	6	AR	1		0.015		
Fatty acids, total monounsaturated....g	3.628		0	NC	4		4.898		
14:1....g	0.045	0.001	6	AR	1		0.061		
15:1....g									
16:1 undifferentiated....g	0.264	0.027	6	AR	1		0.356		
17:1....g	0.061	0.008	6	AR	1		0.082		
18:1 undifferentiated....g	3.244		0	AS	1		4.380		
18:1 c....g	2.904	0.121	6	AR	1		3.920		
18:1 t....g	0.340	0.045	6	AR	1		0.460		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.014	0.002	6	AR	1		0.019		
22:1 undifferentiated....g	0.000		0	Z	7		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.293		0	NC	4		0.395		
18:2 undifferentiated....g	0.226		0	AS	1		0.305		
18:2 n-6 c,c....g	0.202	0.027	6	AR	1		0.273		
18:2 CLAs....g	0.024	0.003	6	AR	1		0.032		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.019		0	AS	1		0.026		
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.019	0.003	6	AR	1		0.026		
18:3i....g									
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g	0.000		6	AR	1		0.000		
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.043	0.006	6	AR	1		0.059		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003	0.001	6	AR	1		0.005		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.011		0	BFFN	4		0.015		
22:6 n-3 (DHA)....g	0.001	0.000	6	AR	1		0.001		
Fatty acids, total trans....g	0.340		0	NC	4		0.460		
Fatty acids, total trans-monoenoic....g	0.340		0	NC	4		0.460		
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	86	1.388	6	AR	1		116		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.360		0	AR	1		0.485		
Threonine....g	1.507		0	AR	1		2.035		
Isoleucine....g	1.495		0	AR	1		2.019		
Leucine....g	2.759		0	AR	1		3.724		
Lysine....g	3.083		0	AR	1		4.162		
Methionine....g	0.852		0	AR	1		1.150		

NDB No. 23247

Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine....g	0.322		0	AR	1		0.434		
Phenylalanine....g	1.278		0	AR	1		1.725		
Tyrosine....g	1.197		0	AR	1		1.616		
Valine....g	1.581		0	AR	1		2.134		
Arginine....g	2.151		0	AR	1		2.904		
Histidine....g	1.190		0	AR	1		1.607		
Alanine....g	1.914		0	AR	1		2.584		
Aspartic acid....g	3.097		0	AR	1		4.181		
Glutamic acid....g	5.229		0	AR	1		7.059		
Glycine....g	1.382		0	AR	1		1.865		
Proline....g	1.346		0	AR	1		1.817		
Serine....g	1.301		0	AR	1		1.757		
Hydroxyproline....g	0.148		0	BFPN	4		0.200		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 135g: 1 fillet

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23248

Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled

URMIS #2137

Refuse: 19% Connective tissue 12%, Separable fat 7%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	60.00	0.506	16	AR	1		81.00		
Energy kcal	203		0	NC	4		274		
Energy kJ	848		0	NC	4		1145		
Protein (N x 6.25) g	28.99	0.164	16	AR	1		39.14		
Total lipid (fat) g	9.48	0.425	16	AR	1		12.80		
Ash g	1.17	0.048	16	AR	1		1.58		
Carbohydrate, by difference g	0.36		0	NC	4		0.49		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	17		0	BFNN	4		23		
Iron, Fe mg	2.04		0	BFNN	4		2.75		
Magnesium, Mg mg	25		0	BFNN	4		34		
Phosphorus, P mg	233		0	BFNN	4		315		
Potassium, K mg	374		0	BFNN	4		504		
Sodium, Na mg	62		0	BFNN	4		84		
Zinc, Zn mg	5.64		0	BFNN	4		7.62		
Copper, Cu mg	0.095		0	BFNN	4		0.128		
Manganese, Mn mg									
Selenium, Se µg	34.3	0.570	4	AR	1		46.2		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.077		0	BFPN	4		0.104		
Riboflavin mg	0.148		0	BFPN	4		0.200		
Niacin mg	8.553		0	BFPN	4		11.546		
Pantothenic acid mg									
Vitamin B-6 mg	0.603		0	BFPN	4		0.814		
Folate, total µg	7		0	BFPN	4		10		
Folic acid µg	0		0	BFPN	4		0		
Folate, food µg	7		0	BFPN	4		10		
Folate, DFE µg	7		0	NC	4		10		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	3.57	0.233	4	AR	1		4.81		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	1		0	NC	4		2		
Retinol µg	1		0	BFSN	4		2		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	5		0	NC	4		6		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.2		
Vitamin D IU	5		0	BFSN	4		6		
Vitamin K (phylloquinone) µg	1.6		12	A	1		2.1		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23248

Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.361		0	NC	4		4.538		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g	0.005		0	BFFN	4		0.007		
12:0....g	0.006		0	BFFN	4		0.008		
13:0....g									
14:0....g	0.196	0.017	4	AR	1		0.265		
15:0....g									
16:0....g	1.878	0.088	4	AR	1		2.536		
17:0....g	0.092	0.007	4	AR	1		0.125		
18:0....g	1.180	0.040	4	AR	1		1.593		
20:0....g	0.003	0.001	4	AR	1		0.004		
22:0....g									
24:0....g	0.012	0.001	4	AR	1		0.016		
Fatty acids, total monounsaturated....g	4.011		0	NC	4		5.415		
14:1....g	0.052	0.001	4	AR	1		0.070		
15:1....g									
16:1 undifferentiated....g	0.253	0.033	4	AR	1		0.342		
17:1....g	0.058	0.010	4	AR	1		0.078		
18:1 undifferentiated....g	3.634		0	AS	1		4.906		
18:1 c....g	3.272	0.151	4	AR	1		4.417		
18:1 t....g	0.363	0.056	4	AR	1		0.489		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.014	0.002	4	AR	1		0.019		
22:1 undifferentiated....g	0.000		0	Z	7		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.317		0	NC	4		0.427		
18:2 undifferentiated....g	0.251		0	AS	1		0.339		
18:2 n-6 c,c....g	0.228	0.033	4	AR	1		0.307		
18:2 CLAs....g	0.023	0.004	4	AR	1		0.031		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.015		0	AS	1		0.020		
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.015	0.004	4	AR	1		0.020		
18:3i....g									
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g	0.000		4	AR	1		0.000		
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.045	0.007	4	AR	1		0.061		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.005	0.001	4	AR	1		0.006		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.010		0	BFFN	4		0.014		
22:6 n-3 (DHA)....g	0.001	0.000	4	AR	1		0.001		
Fatty acids, total trans....g	0.363		0	NC	4		0.489		
Fatty acids, total trans-monoenoic....g	0.363		0	NC	4		0.489		
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	85	1.724	4	AR	1		115		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.343		0	AR	1		0.463		
Threonine....g	1.424		0	AR	1		1.922		
Isoleucine....g	1.417		0	AR	1		1.913		
Leucine....g	2.596		0	AR	1		3.504		
Lysine....g	2.891		0	AR	1		3.902		
Methionine....g	0.804		0	AR	1		1.086		

NDB No. 23248

Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine....g	0.302		0	AR	1		0.407		
Phenylalanine....g	1.207		0	AR	1		1.629		
Tyrosine....g	1.129		0	AR	1		1.524		
Valine....g	1.499		0	AR	1		2.024		
Arginine....g	2.022		0	AR	1		2.730		
Histidine....g	1.108		0	AR	1		1.496		
Alanine....g	1.807		0	AR	1		2.440		
Aspartic acid....g	2.913		0	AR	1		3.933		
Glutamic acid....g	4.940		0	AR	1		6.669		
Glycine....g	1.302		0	AR	1		1.758		
Proline....g	1.264		0	AR	1		1.706		
Serine....g	1.225		0	AR	1		1.653		
Hydroxyproline....g	0.146		0	BFPN	4		0.198		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 135g: 1 fillet

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23249

Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled

URMIS #1322

Refuse: 20% Connective tissue 9%, Separable fat 12%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	61.68	0.677	8	AR	1		83.27		
Energy kcal	184		0	NC	4		249		
Energy kJ	771		0	NC	4		1041		
Protein (N x 6.25) g	29.85	0.219	8	AR	1		40.30		
Total lipid (fat) g	7.12	0.568	8	AR	1		9.61		
Ash g	1.15	0.064	8	AR	1		1.55		
Carbohydrate, by difference g	0.20		0	NC	4		0.27		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	22		0	BFNN	4		30		
Iron, Fe mg	1.91		0	BFNN	4		2.57		
Magnesium, Mg mg	27		0	BFNN	4		36		
Phosphorus, P mg	251		0	BFNN	4		339		
Potassium, K mg	407		0	BFNN	4		549		
Sodium, Na mg	65		0	BFNN	4		88		
Zinc, Zn mg	5.67		0	BFNN	4		7.65		
Copper, Cu mg	0.084		0	BFNN	4		0.114		
Manganese, Mn mg									
Selenium, Se µg	33.3		2	AR	1		45.0		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.085		0	BFPN	4		0.115		
Riboflavin mg	0.158		0	BFPN	4		0.213		
Niacin mg	8.724		0	BFPN	4		11.777		
Pantothenic acid mg									
Vitamin B-6 mg	0.660		0	BFPN	4		0.890		
Folate, total µg	7		0	BFPN	4		10		
Folic acid µg	0		0	BFPN	4		0		
Folate, food µg	7		0	BFPN	4		10		
Folate, DFE µg	7		0	NC	4		10		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	4.46		2	AR	1		6.02		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	2		0	NC	4		3		
Retinol µg	2		0	BFSN	4		3		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	8		0	NC	4		10		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1		
Vitamin D IU	3		0	BFSN	4		5		
Vitamin K (phylloquinone) µg	1.6		12	A	1		2.1		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23249

Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.425		0	NC	4		3.273		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g	0.004		0	BFFN	4		0.005		
12:0....g	0.005		0	BFFN	4		0.007		
13:0....g									
14:0....g	0.141		2	AR	1		0.190		
15:0....g									
16:0....g	1.423		2	AR	1		1.921		
17:0....g	0.044		2	AR	1		0.060		
18:0....g	0.803		2	AR	1		1.083		
20:0....g	0.003		2	AR	1		0.004		
22:0....g									
24:0....g	0.011		2	AR	1		0.015		
Fatty acids, total monounsaturated....g	3.054		0	NC	4		4.124		
14:1....g	0.035		2	AR	1		0.048		
15:1....g									
16:1 undifferentiated....g	0.280		2	AR	1		0.378		
17:1....g	0.066		2	AR	1		0.089		
18:1 undifferentiated....g	2.659		0	AS	1		3.590		
18:1 c....g	2.352		2	AR	1		3.176		
18:1 t....g	0.307		2	AR	1		0.415		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.014		2	AR	1		0.019		
22:1 undifferentiated....g	0.000		0	Z	7		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.257		0	NC	4		0.347		
18:2 undifferentiated....g	0.189		0	AS	1		0.255		
18:2 n-6 c,c....g	0.164		2	AR	1		0.222		
18:2 CLAs....g	0.024		2	AR	1		0.033		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.026		0	AS	1		0.035		
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.026		2	AR	1		0.035		
18:3i....g									
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g	0.000		2	AR	1		0.000		
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.041		2	AR	1		0.055		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001		2	AR	1		0.002		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.013		0	BFFN	4		0.018		
22:6 n-3 (DHA)....g	0.000		2	AR	1		0.000		
Fatty acids, total trans....g	0.307		0	NC	4		0.415		
Fatty acids, total trans-monoenoic....g	0.307		0	NC	4		0.415		
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	87		2	AR	1		117		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.389		0	AR	1		0.525		
Threonine....g	1.662		0	AR	1		2.244		
Isoleucine....g	1.647		0	AR	1		2.223		
Leucine....g	3.069		0	AR	1		4.143		
Lysine....g	3.443		0	AR	1		4.649		
Methionine....g	0.943		0	AR	1		1.273		

NDB No. 23249

Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine....g	0.359		0	AR	1		0.485		
Phenylalanine....g	1.407		0	AR	1		1.900		
Tyrosine....g	1.332		0	AR	1		1.799		
Valine....g	1.737		0	AR	1		2.345		
Arginine....g	2.395		0	AR	1		3.234		
Histidine....g	1.347		0	AR	1		1.819		
Alanine....g	2.111		0	AR	1		2.850		
Aspartic acid....g	3.443		0	AR	1		4.649		
Glutamic acid....g	5.779		0	AR	1		7.802		
Glycine....g	1.527		0	AR	1		2.062		
Proline....g	1.512		0	AR	1		2.041		
Serine....g	1.452		0	AR	1		1.961		
Hydroxyproline....g	0.151		0	BFPN	4		0.203		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 135g: 1 fillet

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23287

Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted

Longissimus dorsi

Refuse: 9% Connective tissue 9%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	58.00	0.600	24	AR	1		49.30	367.72	
Energy kcal	228		0	NC	4		194	1446	
Energy kJ	954		0	NC	4		811	6048	
Protein (N x 6.25) g	27.00	0.300	24	AR	1		22.95	171.18	
Total lipid (fat) g	12.90	0.700	24	AR	1		10.97	81.79	
Ash g	1.10	0.000	24	AR	1		0.94	6.97	
Carbohydrate, by difference g	1.00		0	NC	4		0.85	6.34	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	7		0	BFNN	4		6	46	
Iron, Fe mg	3.30		0	BFNN	4		2.80	20.91	
Magnesium, Mg mg	27		0	BFNN	4		23	170	
Phosphorus, P mg	236		0	BFNN	4		201	1496	
Potassium, K mg	376		0	BFNN	4		320	2385	
Sodium, Na mg	93		0	BFNN	4		79	587	
Zinc, Zn mg	10.42		0	BFNN	4		8.86	66.08	
Copper, Cu mg	0.166		0	BFNN	4		0.141	1.051	
Manganese, Mn mg									
Selenium, Se µg	34.3	1.908	6	AR	1		29.1	217.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.076		0	BFPN	4		0.065	0.485	
Riboflavin mg	0.269		0	BFPN	4		0.229	1.709	
Niacin mg	4.067		0	BFPN	4		3.457	25.784	
Pantothenic acid mg									
Vitamin B-6 mg	0.411		0	BFPN	4		0.349	2.606	
Folate, total µg	6		0	BFPN	4		5	41	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	6		0	BFPN	4		5	41	
Folate, DFE µg	6		0	NC	4		5	41	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	4.11	0.284	6	AR	1		3.50	26.08	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	7		0	NC	4		6	44	
Retinol µg	7		0	BFSN	4		6	44	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	23		0	NC	4		20	148	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	AS	1		0.1	1.0	
Vitamin D IU	6		0	BFSN	4		5	39	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	10.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23287

Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.361		0	NC	4		3.707	27.648	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.009		0	BFFN	4		0.007	0.055	
12:0....g	0.010		0	BFFN	4		0.008	0.063	
13:0....g									
14:0....g	0.269	0.017	6	AR	1		0.228	1.703	
15:0....g									
16:0....g	2.442	0.143	6	AR	1		2.075	15.480	
17:0....g	0.136	0.011	6	AR	1		0.116	0.863	
18:0....g	1.501	0.090	6	AR	1		1.276	9.514	
20:0....g	0.003	0.001	6	AR	1		0.002	0.017	
22:0....g									
24:0....g	0.011	0.001	6	AR	1		0.010	0.071	
Fatty acids, total monounsaturated....g	5.848		0	NC	4		4.971	37.078	
14:1....g	0.070	0.007	6	AR	1		0.059	0.443	
15:1....g									
16:1 undifferentiated....g	0.393	0.024	6	AR	1		0.334	2.495	
17:1....g	0.111	0.007	6	AR	1		0.094	0.703	
18:1 undifferentiated....g	5.252		0	AS	1		4.464	33.299	
18:1 c....g	4.552	0.336	6	AR	1		3.869	28.862	
18:1 t....g	0.700	0.037	6	AR	1		0.595	4.437	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.022	0.001	6	AR	1		0.019	0.139	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.486		0	NC	4		0.413	3.082	
18:2 undifferentiated....g	0.410		0	AS	1		0.349	2.600	
18:2 n-6 c,c....g	0.365	0.036	6	AR	1		0.310	2.315	
18:2 CLAs....g	0.045	0.003	6	AR	1		0.038	0.285	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.019		0	AS	1		0.016	0.121	
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.019	0.002	6	AR	1		0.016	0.121	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000	0.000	6	AR	1		0.000	0.001	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.056	0.001	6	AR	1		0.047	0.354	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001	0.000	6	AR	1		0.001	0.005	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.009		0	BFFN	4		0.007	0.056	
22:6 n-3 (DHA)....g	0.000	0.000	6	AR	1		0.000	0.002	
Fatty acids, total trans....g	0.700		0	NC	4		0.595	4.437	
Fatty acids, total trans-monoenoic....g	0.700		0	NC	4		0.595	4.437	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	82	2.353	6	AR	1		69	517	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.302		0	AR	1		0.257	1.915	
Threonine....g	1.272		0	AR	1		1.082	8.068	
Isoleucine....g	1.258		0	AR	1		1.069	7.974	
Leucine....g	2.327		0	AR	1		1.978	14.754	
Lysine....g	2.586		0	AR	1		2.198	16.397	
Methionine....g	0.731		0	AR	1		0.621	4.632	

NDB No. 23287

Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine g	0.275		0	AR	1		0.234	1.744	
Phenylalanine g	1.083		0	AR	1		0.920	6.865	
Tyrosine g	1.006		0	AR	1		0.855	6.378	
Valine g	1.350		0	AR	1		1.147	8.556	
Arginine g	1.839		0	AR	1		1.563	11.656	
Histidine g	1.012		0	AR	1		0.860	6.416	
Alanine g	1.674		0	AR	1		1.423	10.613	
Aspartic acid g	2.631		0	AR	1		2.236	16.678	
Glutamic acid g	4.415		0	AR	1		3.752	27.988	
Glycine g	1.328		0	AR	1		1.129	8.422	
Proline g	1.211		0	AR	1		1.030	7.680	
Serine g	1.112		0	AR	1		0.945	7.048	
Hydroxyproline g	0.184		0	BFPN	4		0.157	1.170	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 634g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23288

Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Longissimus dorsi, URMIS #2135

Refuse: 8% Connective tissue 8%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	56.90	0.700	16	AR	1		48.37	385.21	
Energy kcal	239		0	NC	4		203	1615	
Energy kJ	998		0	NC	4		848	6756	
Protein (N x 6.25) g	26.80	0.300	16	AR	1		22.78	181.44	
Total lipid (fat) g	14.10	0.900	16	AR	1		11.99	95.46	
Ash g	1.10	0.000	16	AR	1		0.94	7.45	
Carbohydrate, by difference g	1.10		0	NC	4		0.94	7.45	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	7		0	BFNN	4		6	49	
Iron, Fe mg	3.29		0	BFNN	4		2.79	22.25	
Magnesium, Mg mg	27		0	BFNN	4		23	181	
Phosphorus, P mg	235		0	BFNN	4		200	1592	
Potassium, K mg	375		0	BFNN	4		319	2538	
Sodium, Na mg	92		0	BFNN	4		78	625	
Zinc, Zn mg	10.39		0	BFNN	4		8.83	70.32	
Copper, Cu mg	0.165		0	BFNN	4		0.140	1.118	
Manganese, Mn mg									
Selenium, Se µg	34.6	2.370	4	AR	1		29.4	234.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.076		0	BFPN	4		0.065	0.514	
Riboflavin mg	0.267		0	BFPN	4		0.227	1.811	
Niacin mg	4.037		0	BFPN	4		3.431	27.329	
Pantothenic acid mg									
Vitamin B-6 mg	0.408		0	BFPN	4		0.347	2.762	
Folate, total µg	7		0	BFPN	4		6	45	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	7		0	BFPN	4		6	45	
Folate, DFE µg	7		0	NC	4		6	45	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	3.77	0.353	4	AR	1		3.21	25.55	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	7		0	NC	4		6	47	
Retinol µg	7		0	BFSN	4		6	47	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	23		0	NC	4		20	156	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	AS	1		0.1	1.1	
Vitamin D IU	7		0	BFSN	4		6	45	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	10.6	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23288

Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.824		0	NC	4		4.101	32.660	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.009		0	BFFN	4		0.008	0.064	
12:0....g	0.011		0	BFFN	4		0.009	0.073	
13:0....g									
14:0....g	0.284	0.021	4	AR	1		0.241	1.923	
15:0....g									
16:0....g	2.668	0.177	4	AR	1		2.267	18.060	
17:0....g	0.142	0.013	4	AR	1		0.121	0.962	
18:0....g	1.713	0.112	4	AR	1		1.456	11.594	
20:0....g	0.004	0.002	4	AR	1		0.004	0.029	
22:0....g									
24:0....g	0.014	0.001	4	AR	1		0.012	0.092	
Fatty acids, total monounsaturated....g	6.388		0	NC	4		5.430	43.249	
14:1....g	0.074	0.009	4	AR	1		0.063	0.501	
15:1....g									
16:1 undifferentiated....g	0.437	0.030	4	AR	1		0.371	2.957	
17:1....g	0.122	0.009	4	AR	1		0.104	0.829	
18:1 undifferentiated....g	5.731		0	AS	1		4.871	38.800	
18:1 c....g	4.974	0.418	4	AR	1		4.228	33.674	
18:1 t....g	0.757	0.046	4	AR	1		0.644	5.126	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.024	0.002	4	AR	1		0.020	0.161	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.506		0	NC	4		0.430	3.425	
18:2 undifferentiated....g	0.416		0	AS	1		0.354	2.818	
18:2 n-6 c,c....g	0.368	0.045	4	AR	1		0.313	2.489	
18:2 CLAs....g	0.048	0.004	4	AR	1		0.041	0.328	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.023		0	AS	1		0.020	0.156	
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.023	0.002	4	AR	1		0.020	0.156	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000	0.000	4	AR	1		0.000	0.001	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.066	0.002	4	AR	1		0.056	0.445	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	4	AR	1		0.000	0.002	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.009		0	BFFN	4		0.008	0.060	
22:6 n-3 (DHA)....g	0.000	0.000	4	AR	1		0.000	0.003	
Fatty acids, total trans....g	0.757		0	NC	4		0.644	5.126	
Fatty acids, total trans-monoenoic....g	0.757		0	NC	4		0.644	5.126	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	80	2.923	4	AR	1		68	539	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.301		0	AR	1		0.256	2.036	
Threonine....g	1.256		0	AR	1		1.068	8.506	
Isoleucine....g	1.245		0	AR	1		1.058	8.428	
Leucine....g	2.289		0	AR	1		1.946	15.496	
Lysine....g	2.534		0	AR	1		2.154	17.157	
Methionine....g	0.722		0	AR	1		0.614	4.889	

NDB No. 23288

Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine....g	0.270		0	AR	1		0.229	1.827	
Phenylalanine....g	1.069		0	AR	1		0.909	7.238	
Tyrosine....g	0.991		0	AR	1		0.842	6.710	
Valine....g	1.339		0	AR	1		1.138	9.062	
Arginine....g	1.809		0	AR	1		1.538	12.248	
Histidine....g	0.986		0	AR	1		0.838	6.677	
Alanine....g	1.657		0	AR	1		1.408	11.215	
Aspartic acid....g	2.588		0	AR	1		2.200	17.524	
Glutamic acid....g	4.360		0	AR	1		3.706	29.514	
Glycine....g	1.321		0	AR	1		1.123	8.946	
Proline....g	1.195		0	AR	1		1.015	8.087	
Serine....g	1.095		0	AR	1		0.931	7.412	
Hydroxyproline....g	0.183		0	BFPN	4		0.156	1.240	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 677g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23289

Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted

Longissimus dorsi, URMIS #1320

Refuse: 10% Connective tissue 10%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	59.70	1.000	8	AR	1		50.75	340.89	
Energy kcal	213		0	NC	4		181	1215	
Energy kJ	890		0	NC	4		757	5082	
Protein (N x 6.25) g	27.10	0.500	8	AR	1		23.04	154.74	
Total lipid (fat) g	11.20	1.200	8	AR	1		9.52	63.95	
Ash g	1.10	0.100	8	AR	1		0.94	6.28	
Carbohydrate, by difference g	0.90		0	NC	4		0.77	5.14	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	6		0	BFNN	4		5	35	
Iron, Fe mg	3.43		0	BFNN	4		2.92	19.61	
Magnesium, Mg mg	26		0	BFNN	4		22	149	
Phosphorus, P mg	234		0	BFNN	4		199	1335	
Potassium, K mg	369		0	BFNN	4		314	2107	
Sodium, Na mg	84		0	BFNN	4		71	478	
Zinc, Zn mg	10.65		0	BFNN	4		9.05	60.80	
Copper, Cu mg	0.135		0	BFNN	4		0.115	0.772	
Manganese, Mn mg									
Selenium, Se µg	33.8		2	AR	1		28.7	192.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.085		0	BFPN	4		0.072	0.483	
Riboflavin mg	0.409		0	BFPN	4		0.348	2.336	
Niacin mg	4.350		0	BFPN	4		3.697	24.838	
Pantothenic acid mg									
Vitamin B-6 mg	0.439		0	BFPN	4		0.373	2.508	
Folate, total µg	6		0	BFPN	4		5	35	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	6		0	BFPN	4		5	35	
Folate, DFE µg	6		0	NC	4		5	35	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	4.62		2	AR	1		3.93	26.40	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	7		0	NC	4		6	41	
Retinol µg	7		0	BFSN	4		6	41	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	24		0	NC	4		20	136	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.8	
Vitamin D IU	5		0	BFSN	4		5	31	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	9.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23289

Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.666		0	NC	4		3.116	20.932	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.008		0	BFFN	4		0.007	0.044	
12:0....g	0.009		0	BFFN	4		0.008	0.051	
13:0....g									
14:0....g	0.245		2	AR	1		0.209	1.401	
15:0....g									
16:0....g	2.103		2	AR	1		1.787	12.007	
17:0....g	0.127		2	AR	1		0.108	0.726	
18:0....g	1.183		2	AR	1		1.005	6.754	
20:0....g	0.000		2	AR	1		0.000	0.000	
22:0....g									
24:0....g	0.008		2	AR	1		0.006	0.044	
Fatty acids, total monounsaturated....g	5.038		0	NC	4		4.283	28.769	
14:1....g	0.064		2	AR	1		0.054	0.363	
15:1....g									
16:1 undifferentiated....g	0.328		2	AR	1		0.279	1.876	
17:1....g	0.094		2	AR	1		0.079	0.534	
18:1 undifferentiated....g	4.534		0	AS	1		3.854	25.888	
18:1 c....g	3.920		2	AR	1		3.332	22.382	
18:1 t....g	0.614		2	AR	1		0.522	3.506	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.019		2	AR	1		0.016	0.108	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.457		0	NC	4		0.388	2.607	
18:2 undifferentiated....g	0.401		0	AS	1		0.341	2.289	
18:2 n-6 c,c....g	0.361		2	AR	1		0.307	2.063	
18:2 CLAs....g	0.040		2	AR	1		0.034	0.226	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.013		0	AS	1		0.011	0.076	
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.013		2	AR	1		0.011	0.076	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000		2	AR	1		0.000	0.001	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.041		2	AR	1		0.035	0.234	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001		2	AR	1		0.001	0.008	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.009		0	BFFN	4		0.007	0.049	
22:6 n-3 (DHA)....g	0.000		2	AR	1		0.000	0.000	
Fatty acids, total trans....g	0.614		0	NC	4		0.522	3.506	
Fatty acids, total trans-monoenoic....g	0.614		0	NC	4		0.522	3.506	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	85		2	AR	1		72	483	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.304		0	AR	1		0.258	1.735	
Threonine....g	1.302		0	AR	1		1.106	7.432	
Isoleucine....g	1.286		0	AR	1		1.093	7.341	
Leucine....g	2.401		0	AR	1		2.041	13.708	
Lysine....g	2.680		0	AR	1		2.278	15.303	
Methionine....g	0.749		0	AR	1		0.637	4.276	

NDB No. 23289

Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine....g	0.284		0	AR	1		0.242	1.623	
Phenylalanine....g	1.106		0	AR	1		0.940	6.315	
Tyrosine....g	1.039		0	AR	1		0.883	5.932	
Valine....g	1.374		0	AR	1		1.168	7.846	
Arginine....g	1.896		0	AR	1		1.611	10.824	
Histidine....g	1.060		0	AR	1		0.901	6.054	
Alanine....g	1.705		0	AR	1		1.450	9.738	
Aspartic acid....g	2.710		0	AR	1		2.303	15.474	
Glutamic acid....g	4.526		0	AR	1		3.847	25.841	
Glycine....g	1.342		0	AR	1		1.140	7.661	
Proline....g	1.250		0	AR	1		1.063	7.140	
Serine....g	1.148		0	AR	1		0.976	6.557	
Hydroxyproline....g	0.185		0	BFPN	4		0.157	1.057	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 571g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23250

Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted

Longissimus dorsi

Refuse: 16% Connective tissue 9%, Separable fat 7%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	60.91	0.392	24	AR	1		51.78	386.18	
Energy kcal	195		0	NC	4		166	1239	
Energy kJ	818		0	NC	4		695	5186	
Protein (N x 6.25) g	28.33	0.223	24	AR	1		24.08	179.64	
Total lipid (fat) g	8.76	0.404	24	AR	1		7.45	55.54	
Ash g	1.17	0.036	24	AR	1		1.00	7.42	
Carbohydrate, by difference g	0.82		0	NC	4		0.70	5.21	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	17		0	BFNN	4		14	105	
Iron, Fe mg	2.02		0	BFNN	4		1.72	12.84	
Magnesium, Mg mg	25		0	BFNN	4		21	160	
Phosphorus, P mg	232		0	BFNN	4		197	1469	
Potassium, K mg	371		0	BFNN	4		315	2353	
Sodium, Na mg	62		0	BFNN	4		52	391	
Zinc, Zn mg	5.61		0	BFNN	4		4.77	35.55	
Copper, Cu mg	0.094		0	BFNN	4		0.080	0.598	
Manganese, Mn mg									
Selenium, Se µg	34.2	2.057	6	AR	1		29.1	217.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.075		0	BFPN	4		0.064	0.476	
Riboflavin mg	0.145		0	BFPN	4		0.123	0.920	
Niacin mg	8.359		0	BFPN	4		7.106	52.999	
Pantothenic acid mg									
Vitamin B-6 mg	0.590		0	BFPN	4		0.501	3.738	
Folate, total µg	7		0	BFPN	4		6	44	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	7		0	BFPN	4		6	44	
Folate, DFE µg	7		0	NC	4		6	44	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	4.09	0.309	6	AR	1		3.48	25.96	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		1	11	
Retinol µg	2		0	BFSN	4		1	11	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	6		0	NC	4		5	37	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.6	
Vitamin D IU	4		0	BFSN	4		3	26	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	10.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23250

Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.014		0	NC	4		2.562	19.112	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.004		0	BFFN	4		0.004	0.026	
12:0....g	0.006		0	BFFN	4		0.005	0.037	
13:0....g									
14:0....g	0.190	0.011	6	AR	1		0.161	1.202	
15:0....g									
16:0....g	1.728	0.117	6	AR	1		1.469	10.954	
17:0....g	0.098	0.008	6	AR	1		0.083	0.621	
18:0....g	0.985	0.047	6	AR	1		0.837	6.244	
20:0....g	0.003	0.002	6	AR	1		0.002	0.018	
22:0....g									
24:0....g	0.011	0.001	6	AR	1		0.010	0.072	
Fatty acids, total monounsaturated....g	3.862		0	NC	4		3.283	24.484	
14:1....g	0.032	0.005	6	AR	1		0.027	0.203	
15:1....g									
16:1 undifferentiated....g	0.243	0.015	6	AR	1		0.207	1.543	
17:1....g	0.057	0.006	6	AR	1		0.048	0.359	
18:1 undifferentiated....g	3.515		0	AS	1		2.988	22.285	
18:1 c....g	3.071	0.197	6	AR	1		2.611	19.471	
18:1 t....g	0.444	0.032	6	AR	1		0.377	2.814	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.015	0.001	6	AR	1		0.013	0.095	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.355		0	NC	4		0.302	2.254	
18:2 undifferentiated....g	0.286		0	AS	1		0.243	1.813	
18:2 n-6 c,c....g	0.262	0.040	6	AR	1		0.222	1.658	
18:2 CLAs....g	0.024	0.002	6	AR	1		0.021	0.155	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.013		0	AS	1		0.011	0.084	
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.013	0.002	6	AR	1		0.011	0.084	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000		6	AR	1		0.000	0.000	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.055	0.002	6	AR	1		0.047	0.349	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001	0.000	6	AR	1		0.001	0.005	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.011		0	BFFN	4		0.009	0.069	
22:6 n-3 (DHA)....g	0.000	0.000	6	AR	1		0.000	0.002	
Fatty acids, total trans....g	0.444		0	NC	4		0.377	2.814	
Fatty acids, total trans-monoenoic....g	0.444		0	NC	4		0.377	2.814	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	81	2.462	6	AR	1		69	516	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.347		0	AR	1		0.295	2.202	
Threonine....g	1.456		0	AR	1		1.237	9.230	
Isoleucine....g	1.444		0	AR	1		1.228	9.157	
Leucine....g	2.665		0	AR	1		2.265	16.895	
Lysine....g	2.978		0	AR	1		2.531	18.881	
Methionine....g	0.823		0	AR	1		0.699	5.216	

NDB No. 23250

Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine g	0.311		0	AR	1		0.264	1.971	
Phenylalanine g	1.234		0	AR	1		1.049	7.824	
Tyrosine g	1.156		0	AR	1		0.983	7.331	
Valine g	1.527		0	AR	1		1.298	9.679	
Arginine g	2.077		0	AR	1		1.766	13.171	
Histidine g	1.150		0	AR	1		0.977	7.288	
Alanine g	1.849		0	AR	1		1.572	11.722	
Aspartic acid g	2.992		0	AR	1		2.543	18.967	
Glutamic acid g	5.051		0	AR	1		4.293	32.022	
Glycine g	1.335		0	AR	1		1.134	8.462	
Proline g	1.300		0	AR	1		1.105	8.244	
Serine g	1.257		0	AR	1		1.068	7.970	
Hydroxyproline g	0.143		0	BFPN	4		0.122	0.907	
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 634g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23251

Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted

Longissimus dorsi, URMIS #2135

Refuse: 14% Connective tissue 8%, Separable fat 6%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	59.74	0.488	16	AR	1		50.78	404.44	
Energy kcal	206		0	NC	4		175	1395	
Energy kJ	862		0	NC	4		733	5836	
Protein (N x 6.25) g	28.24	0.278	16	AR	1		24.00	191.15	
Total lipid (fat) g	9.97	0.502	16	AR	1		8.47	67.46	
Ash g	1.18	0.045	16	AR	1		1.01	8.02	
Carbohydrate, by difference g	0.88		0	NC	4		0.74	5.93	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	17		0	BFNN	4		14	112	
Iron, Fe mg	2.02		0	BFNN	4		1.72	13.69	
Magnesium, Mg mg	25		0	BFNN	4		21	171	
Phosphorus, P mg	231		0	BFNN	4		197	1567	
Potassium, K mg	371		0	BFNN	4		315	2510	
Sodium, Na mg	62		0	BFNN	4		52	417	
Zinc, Zn mg	5.60		0	BFNN	4		4.76	37.92	
Copper, Cu mg	0.094		0	BFNN	4		0.080	0.638	
Manganese, Mn mg									
Selenium, Se µg	34.6	2.556	4	AR	1		29.4	234.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.075		0	BFPN	4		0.064	0.507	
Riboflavin mg	0.145		0	BFPN	4		0.123	0.979	
Niacin mg	8.330		0	BFPN	4		7.081	56.395	
Pantothenic acid mg									
Vitamin B-6 mg	0.588		0	BFPN	4		0.499	3.978	
Folate, total µg	7		0	BFPN	4		6	46	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	7		0	BFPN	4		6	46	
Folate, DFE µg	7		0	NC	4		6	46	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	3.72	0.384	4	AR	1		3.17	25.22	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	1		0	NC	4		1	9	
Retinol µg	1		0	BFSN	4		1	9	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	5		0	NC	4		4	31	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.8	
Vitamin D IU	5		0	BFSN	4		4	31	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	10.6	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23251

Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.498		0	NC	4		2.973	23.679	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.005		0	BFFN	4		0.004	0.033	
12:0....g	0.007		0	BFFN	4		0.006	0.044	
13:0....g									
14:0....g	0.205	0.014	4	AR	1		0.175	1.390	
15:0....g									
16:0....g	1.962	0.146	4	AR	1		1.668	13.286	
17:0....g	0.104	0.010	4	AR	1		0.088	0.704	
18:0....g	1.207	0.058	4	AR	1		1.026	8.171	
20:0....g	0.005	0.002	4	AR	1		0.004	0.032	
22:0....g									
24:0....g	0.014	0.001	4	AR	1		0.012	0.095	
Fatty acids, total monounsaturated....g	4.421		0	NC	4		3.758	29.928	
14:1....g	0.036	0.006	4	AR	1		0.031	0.244	
15:1....g									
16:1 undifferentiated....g	0.288	0.018	4	AR	1		0.245	1.950	
17:1....g	0.068	0.007	4	AR	1		0.058	0.463	
18:1 undifferentiated....g	4.011		0	AS	1		3.410	27.156	
18:1 c....g	3.509	0.244	4	AR	1		2.983	23.757	
18:1 t....g	0.502	0.040	4	AR	1		0.427	3.399	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.017	0.001	4	AR	1		0.014	0.115	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.375		0	NC	4		0.319	2.540	
18:2 undifferentiated....g	0.291		0	AS	1		0.247	1.971	
18:2 n-6 c,c....g	0.263	0.050	4	AR	1		0.224	1.781	
18:2 CLAs....g	0.028	0.002	4	AR	1		0.024	0.190	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.018		0	AS	1		0.015	0.118	
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.018	0.002	4	AR	1		0.015	0.118	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000		4	AR	1		0.000	0.000	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.066	0.002	4	AR	1		0.056	0.445	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	4	AR	1		0.000	0.002	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.011		0	BFFN	4		0.009	0.074	
22:6 n-3 (DHA)....g	0.001	0.000	4	AR	1		0.000	0.003	
Fatty acids, total trans....g	0.502		0	NC	4		0.427	3.399	
Fatty acids, total trans-monoenoic....g	0.502		0	NC	4		0.427	3.399	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	79	3.059	4	AR	1		67	536	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.334		0	AR	1		0.284	2.260	
Threonine....g	1.387		0	AR	1		1.179	9.387	
Isoleucine....g	1.380		0	AR	1		1.173	9.342	
Leucine....g	2.528		0	AR	1		2.149	17.117	
Lysine....g	2.815		0	AR	1		2.393	19.060	
Methionine....g	0.783		0	AR	1		0.666	5.304	

NDB No. 23251

Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine....g	0.294		0	AR	1		0.250	1.989	
Phenylalanine....g	1.175		0	AR	1		0.999	7.956	
Tyrosine....g	1.099		0	AR	1		0.935	7.443	
Valine....g	1.460		0	AR	1		1.241	9.884	
Arginine....g	1.970		0	AR	1		1.674	13.335	
Histidine....g	1.079		0	AR	1		0.917	7.307	
Alanine....g	1.760		0	AR	1		1.496	11.918	
Aspartic acid....g	2.838		0	AR	1		2.412	19.211	
Glutamic acid....g	4.812		0	AR	1		4.090	32.576	
Glycine....g	1.269		0	AR	1		1.078	8.588	
Proline....g	1.231		0	AR	1		1.046	8.333	
Serine....g	1.193		0	AR	1		1.014	8.076	
Hydroxyproline....g	0.143		0	BFPN	4		0.121	0.965	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 677g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23252

Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted

Longissimus dorsi, URMIS #1320

Refuse: 17% Connective tissue 10%, Separable fat 7%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	62.67	0.652	8	AR	1		53.27	357.85	
Energy kcal	179		0	NC	4		153	1025	
Energy kJ	751		0	NC	4		638	4288	
Protein (N x 6.25) g	28.48	0.372	8	AR	1		24.21	162.63	
Total lipid (fat) g	6.95	0.671	8	AR	1		5.91	39.71	
Ash g	1.15	0.061	8	AR	1		0.98	6.58	
Carbohydrate, by difference g	0.74		0	NC	4		0.63	4.23	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	22		0	BFNN	4		18	124	
Iron, Fe mg	1.85		0	BFNN	4		1.58	10.59	
Magnesium, Mg mg	26		0	BFNN	4		22	149	
Phosphorus, P mg	245		0	BFNN	4		208	1398	
Potassium, K mg	396		0	BFNN	4		337	2263	
Sodium, Na mg	64		0	BFNN	4		54	364	
Zinc, Zn mg	5.52		0	BFNN	4		4.69	31.51	
Copper, Cu mg	0.082		0	BFNN	4		0.070	0.469	
Manganese, Mn mg									
Selenium, Se µg	33.7		2	AR	1		28.6	192.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.081		0	BFPN	4		0.069	0.464	
Riboflavin mg	0.151		0	BFPN	4		0.128	0.861	
Niacin mg	8.324		0	BFPN	4		7.075	47.528	
Pantothenic acid mg									
Vitamin B-6 mg	0.629		0	BFPN	4		0.535	3.593	
Folate, total µg	7		0	BFPN	4		6	40	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	7		0	BFPN	4		6	40	
Folate, DFE µg	7		0	NC	4		6	40	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	4.65		2	AR	1		3.95	26.55	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		2	13	
Retinol µg	2		0	BFSN	4		2	13	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	8		0	NC	4		7	44	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.5	
Vitamin D IU	3		0	BFSN	4		3	19	
Vitamin K (phylloquinone) µg	1.6		12	A	1		1.3	9.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23252

Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.290		0	NC	4		1.946	13.075	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.003		0	BFFN	4		0.003	0.017	
12:0....g	0.005		0	BFFN	4		0.004	0.027	
13:0....g									
14:0....g	0.166		2	AR	1		0.141	0.948	
15:0....g									
16:0....g	1.376		2	AR	1		1.169	7.855	
17:0....g	0.089		2	AR	1		0.076	0.508	
18:0....g	0.651		2	AR	1		0.554	3.720	
20:0....g	0.000		2	AR	1		0.000	0.000	
22:0....g									
24:0....g	0.007		2	AR	1		0.006	0.043	
Fatty acids, total monounsaturated....g	3.024		0	NC	4		2.570	17.266	
14:1....g	0.026		2	AR	1		0.022	0.148	
15:1....g									
16:1 undifferentiated....g	0.176		2	AR	1		0.150	1.005	
17:1....g	0.039		2	AR	1		0.033	0.223	
18:1 undifferentiated....g	2.771		0	AS	1		2.355	15.822	
18:1 c....g	2.414		2	AR	1		2.052	13.787	
18:1 t....g	0.356		2	AR	1		0.303	2.035	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.012		2	AR	1		0.010	0.068	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.326		0	NC	4		0.277	1.861	
18:2 undifferentiated....g	0.278		0	AS	1		0.237	1.589	
18:2 n-6 c,c....g	0.259		2	AR	1		0.220	1.479	
18:2 CLAs....g	0.019		2	AR	1		0.016	0.110	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.007		0	AS	1		0.006	0.041	
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.007		2	AR	1		0.006	0.041	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000		2	AR	1		0.000	0.000	
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.039		2	AR	1		0.033	0.223	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002		2	AR	1		0.001	0.009	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.011		0	BFFN	4		0.009	0.062	
22:6 n-3 (DHA)....g	0.000		2	AR	1		0.000	0.000	
Fatty acids, total trans....g	0.356		0	NC	4		0.303	2.035	
Fatty acids, total trans-monoenoic....g	0.356		0	NC	4		0.303	2.035	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	85		2	AR	1		72	483	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.371		0	AR	1		0.316	2.121	
Threonine....g	1.586		0	AR	1		1.348	9.054	
Isoleucine....g	1.571		0	AR	1		1.336	8.973	
Leucine....g	2.929		0	AR	1		2.489	16.722	
Lysine....g	3.286		0	AR	1		2.793	18.761	
Methionine....g	0.900		0	AR	1		0.765	5.139	

NDB No. 23252

Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine....g	0.343		0	AR	1		0.291	1.958	
Phenylalanine....g	1.343		0	AR	1		1.141	7.668	
Tyrosine....g	1.271		0	AR	1		1.081	7.260	
Valine....g	1.657		0	AR	1		1.409	9.462	
Arginine....g	2.286		0	AR	1		1.943	13.051	
Histidine....g	1.286		0	AR	1		1.093	7.341	
Alanine....g	2.014		0	AR	1		1.712	11.501	
Aspartic acid....g	3.286		0	AR	1		2.793	18.761	
Glutamic acid....g	5.514		0	AR	1		4.687	31.486	
Glycine....g	1.457		0	AR	1		1.239	8.320	
Proline....g	1.443		0	AR	1		1.226	8.239	
Serine....g	1.386		0	AR	1		1.178	7.912	
Hydroxyproline....g	0.144		0	BFPN	4		0.122	0.821	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 571g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23290

Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Longissimus dorsi

Refuse: 11% Connective tissue 11%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	66.40	0.500	24	AR	1		56.44	114.87	565.73
Energy kcal	187		0	NC	4		159	324	1596
Energy kJ	784		0	NC	4		666	1356	6680
Protein (N x 6.25) g	21.10	0.200	24	AR	1		17.94	36.50	179.77
Total lipid (fat) g	11.30	0.600	24	AR	1		9.61	19.55	96.28
Ash g	0.90	0.000	24	AR	1		0.77	1.56	7.67
Carbohydrate, by difference g	0.30		0	NC	4		0.26	0.52	2.56
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total g	0.00		0	Z	7		0.00	0.00	0.00
Starch g									
Minerals:									
Calcium, Ca mg	6		0	BFNN	4		5	11	52
Iron, Fe mg	2.66		0	BFNN	4		2.26	4.61	22.69
Magnesium, Mg mg	24		0	BFNN	4		21	42	207
Phosphorus, P mg	212		0	BFNN	4		180	367	1806
Potassium, K mg	360		0	BFNN	4		306	623	3068
Sodium, Na mg	89		0	BFNN	4		76	154	757
Zinc, Zn mg	7.87		0	BFNN	4		6.69	13.61	67.01
Copper, Cu mg	0.144		0	BFNN	4		0.123	0.250	1.231
Manganese, Mn mg									
Selenium, Se µg	25.3	1.621	6	AR	1		21.5	43.7	215.4
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.089		0	BFPN	4		0.076	0.154	0.757
Riboflavin mg	0.237		0	BFPN	4		0.202	0.411	2.023
Niacin mg	3.804		0	BFPN	4		3.234	6.581	32.412
Pantothenic acid mg									
Vitamin B-6 mg	0.423		0	BFPN	4		0.359	0.731	3.600
Folate, total µg	3		0	BFPN	4		3	6	28
Folic acid µg	0		0	BFPN	4		0	0	0
Folate, food µg	3		0	BFPN	4		3	6	28
Folate, DFE µg	3		0	NC	4		3	6	28
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	2.82	0.099	6	AR	1		2.40	4.89	24.06
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	4		0	NC	4		3	7	35
Retinol µg	4		0	BFSN	4		3	7	35
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	14		0	NC	4		12	23	116
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.2	1.1
Vitamin D IU	5		0	BFSN	4		4	9	44
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	2.6	12.9
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23290

Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated g	3.547		0	NC	4		3.015	6.136	30.219
4:0 g	0.000		0	Z	7		0.000	0.000	0.000
6:0 g	0.000		0	Z	7		0.000	0.000	0.000
8:0 g	0.000		0	Z	7		0.000	0.000	0.000
10:0 g	0.009		0	BFFN	4		0.008	0.015	0.076
12:0 g	0.009		0	BFFN	4		0.007	0.015	0.072
13:0 g									
14:0 g	0.231	0.011	6	AR	1		0.197	0.400	1.972
15:0 g									
16:0 g	1.957	0.113	6	AR	1		1.664	3.386	16.675
17:0 g	0.121	0.008	6	AR	1		0.103	0.210	1.033
18:0 g	1.223	0.055	6	AR	1		1.040	2.116	10.423
20:0 g	0.005	0.001	6	AR	1		0.004	0.009	0.043
22:0 g									
24:0 g	0.009	0.001	6	AR	1		0.007	0.015	0.072
Fatty acids, total monounsaturated g	4.801		0	NC	4		4.081	8.306	40.907
14:1 g	0.082	0.006	6	AR	1		0.069	0.141	0.696
15:1 g									
16:1 undifferentiated g	0.265	0.014	6	AR	1		0.225	0.458	2.255
17:1 g	0.101	0.006	6	AR	1		0.086	0.174	0.858
18:1 undifferentiated g	4.336		0	AS	1		3.685	7.501	36.941
18:1 c g	3.733	0.218	6	AR	1		3.173	6.459	31.809
18:1 t g	0.602	0.030	6	AR	1		0.512	1.042	5.132
18:1-11 t (18:1t n-7) g									
20:1 g	0.018	0.001	6	AR	1		0.016	0.032	0.157
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.358		0	NC	4		0.305	0.620	3.054
18:2 undifferentiated g	0.302		0	AS	1		0.257	0.523	2.574
18:2 n-6 c,c g	0.258	0.010	6	AR	1		0.219	0.446	2.195
18:2 CLAs g	0.045	0.002	6	AR	1		0.038	0.077	0.379
18:2 t,t g									
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.018		0	AS	1		0.015	0.031	0.152
18:3 n-3 c,c,c (ALA) g									
18:3 n-6 c,c,c g	0.018	0.001	6	AR	1		0.015	0.031	0.152
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c g	0.000	0.000	6	AR	1		0.000	0.001	0.003
20:3 undifferentiated g									
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.037	0.001	6	AR	1		0.032	0.065	0.318
20:4 n-6 g									
20:5 n-3 (EPA) g	0.001	0.000	6	AR	1		0.000	0.001	0.005
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.007		0	BFFN	4		0.006	0.012	0.061
22:6 n-3 (DHA) g	0.000	0.000	6	AR	1		0.000	0.000	0.002
Fatty acids, total trans g	0.602		0	NC	4		0.512	1.042	5.132
Fatty acids, total trans-monoenoic g	0.602		0	NC	4		0.512	1.042	5.132
Fatty acids, total trans-polyenoic g									
Cholesterol mg	69	0.548	6	AR	1		59	120	591
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.236		0	AR	1		0.201	0.408	2.012
Threonine g	0.994		0	AR	1		0.845	1.720	8.473
Isoleucine g	0.983		0	AR	1		0.835	1.700	8.374
Leucine g	1.819		0	AR	1		1.546	3.146	15.495
Lysine g	2.021		0	AR	1		1.718	3.497	17.220
Methionine g	0.571		0	AR	1		0.485	0.988	4.864

NDB No. 23290

Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine....g	0.215		0	AR	1		0.183	0.372	1.832
Phenylalanine....g	0.846		0	AR	1		0.719	1.464	7.210
Tyrosine....g	0.786		0	AR	1		0.668	1.360	6.698
Valine....g	1.055		0	AR	1		0.896	1.824	8.985
Arginine....g	1.437		0	AR	1		1.221	2.486	12.242
Histidine....g	0.791		0	AR	1		0.672	1.368	6.738
Alanine....g	1.308		0	AR	1		1.112	2.263	11.145
Aspartic acid....g	2.056		0	AR	1		1.747	3.557	17.516
Glutamic acid....g	3.450		0	AR	1		2.932	5.968	29.393
Glycine....g	1.038		0	AR	1		0.882	1.796	8.845
Proline....g	0.947		0	AR	1		0.805	1.638	8.065
Serine....g	0.869		0	AR	1		0.738	1.503	7.402
Hydroxyproline....g	0.144		0	BFPN	4		0.123	0.249	1.228
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 173g: 1 fillet

Measure 3 = 852g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23291

Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw

Longissimus dorsi, URMIS #2135, URMIS #2137

Refuse: 13% Connective tissue 13%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	65.10	0.600	16	AR	1		55.34	115.88	549.44
Energy kcal	199		0	NC	4		169	354	1680
Energy kJ	833		0	NC	4		708	1483	7031
Protein (N x 6.25) g	20.80	0.200	16	AR	1		17.68	37.02	175.55
Total lipid (fat) g	12.60	0.700	16	AR	1		10.71	22.43	106.34
Ash g	0.90	0.000	16	AR	1		0.77	1.60	7.60
Carbohydrate, by difference g	0.60		0	NC	4		0.51	1.07	5.06
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total g	0.00		0	Z	7		0.00	0.00	0.00
Starch g									
Minerals:									
Calcium, Ca mg	6		0	BFNN	4		5	11	52
Iron, Fe mg	2.66		0	BFNN	4		2.26	4.74	22.48
Magnesium, Mg mg	24		0	BFNN	4		21	43	205
Phosphorus, P mg	212		0	BFNN	4		180	377	1789
Potassium, K mg	360		0	BFNN	4		306	641	3039
Sodium, Na mg	89		0	BFNN	4		76	158	750
Zinc, Zn mg	7.87		0	BFNN	4		6.69	14.00	66.38
Copper, Cu mg	0.144		0	BFNN	4		0.123	0.257	1.219
Manganese, Mn mg									
Selenium, Se µg	26.4	2.014	4	AR	1		22.4	46.9	222.5
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.088		0	BFPN	4		0.074	0.156	0.739
Riboflavin mg	0.234		0	BFPN	4		0.199	0.417	1.976
Niacin mg	3.750		0	BFPN	4		3.188	6.675	31.651
Pantothenic acid mg									
Vitamin B-6 mg	0.417		0	BFPN	4		0.354	0.741	3.516
Folate, total µg	3		0	BFPN	4		3	6	29
Folic acid µg	0		0	BFPN	4		0	0	0
Folate, food µg	3		0	BFPN	4		3	6	29
Folate, DFE µg	3		0	NC	4		3	6	29
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	2.85	0.123	4	AR	1		2.42	5.07	24.03
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	4		0	NC	4		3	7	34
Retinol µg	4		0	BFSN	4		3	7	34
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	14		0	NC	4		12	24	115
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.2	1.2
Vitamin D IU	5		0	BFSN	4		5	10	46
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	2.7	12.8
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23291

Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated g	4.043		0	NC	4		3.437	7.197	34.123
4:0 g	0.000		0	Z	7		0.000	0.000	0.000
6:0 g	0.000		0	Z	7		0.000	0.000	0.000
8:0 g	0.000		0	Z	7		0.000	0.000	0.000
10:0 g	0.010		0	BFFN	4		0.009	0.018	0.085
12:0 g	0.010		0	BFFN	4		0.008	0.017	0.081
13:0 g									
14:0 g	0.267	0.014	4	AR	1		0.227	0.476	2.257
15:0 g									
16:0 g	2.239	0.141	4	AR	1		1.904	3.986	18.901
17:0 g	0.145	0.010	4	AR	1		0.124	0.259	1.227
18:0 g	1.375	0.068	4	AR	1		1.169	2.447	11.604
20:0 g	0.007	0.001	4	AR	1		0.006	0.012	0.057
22:0 g									
24:0 g	0.009	0.001	4	AR	1		0.008	0.016	0.077
Fatty acids, total monounsaturated g	5.414		0	NC	4		4.602	9.638	45.697
14:1 g	0.090	0.007	4	AR	1		0.077	0.161	0.763
15:1 g									
16:1 undifferentiated g	0.301	0.018	4	AR	1		0.255	0.535	2.537
17:1 g	0.114	0.007	4	AR	1		0.097	0.202	0.960
18:1 undifferentiated g	4.889		0	AS	1		4.155	8.702	41.261
18:1 c g	4.192	0.271	4	AR	1		3.563	7.462	35.380
18:1 t g	0.697	0.037	4	AR	1		0.592	1.240	5.881
18:1-11 t (18:1t n-7) g									
20:1 g	0.021	0.001	4	AR	1		0.018	0.037	0.177
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.425		0	NC	4		0.361	0.756	3.586
18:2 undifferentiated g	0.359		0	AS	1		0.305	0.640	3.033
18:2 n-6 c,c g	0.309	0.012	4	AR	1		0.262	0.549	2.605
18:2 CLAs g	0.051	0.003	4	AR	1		0.043	0.090	0.427
18:2 t,t g									
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.019		0	AS	1		0.016	0.034	0.159
18:3 n-3 c,c,c (ALA) g									
18:3 n-6 c,c,c g	0.019	0.001	4	AR	1		0.016	0.034	0.159
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c g	0.000	0.000	4	AR	1		0.000	0.000	0.002
20:3 undifferentiated g									
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.046	0.001	4	AR	1		0.039	0.082	0.390
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000	0.000	4	AR	1		0.000	0.000	0.001
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.007		0	BFFN	4		0.006	0.013	0.062
22:6 n-3 (DHA) g	0.000	0.000	4	AR	1		0.000	0.000	0.001
Fatty acids, total trans g	0.697		0	NC	4		0.592	1.240	5.881
Fatty acids, total trans-monoenoic g	0.697		0	NC	4		0.592	1.240	5.881
Fatty acids, total trans-polyenoic g									
Cholesterol mg	65	0.680	4	AR	1		56	116	551
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.233		0	AR	1		0.198	0.415	1.970
Threonine g	0.975		0	AR	1		0.829	1.736	8.230
Isoleucine g	0.966		0	AR	1		0.821	1.720	8.155
Leucine g	1.777		0	AR	1		1.510	3.162	14.994
Lysine g	1.967		0	AR	1		1.672	3.501	16.600
Methionine g	0.560		0	AR	1		0.476	0.998	4.730

NDB No. 23291

Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine....g	0.209		0	AR	1		0.178	0.373	1.768
Phenylalanine....g	0.830		0	AR	1		0.705	1.477	7.004
Tyrosine....g	0.769		0	AR	1		0.654	1.369	6.492
Valine....g	1.039		0	AR	1		0.883	1.849	8.768
Arginine....g	1.404		0	AR	1		1.194	2.499	11.851
Histidine....g	0.765		0	AR	1		0.651	1.363	6.461
Alanine....g	1.286		0	AR	1		1.093	2.289	10.851
Aspartic acid....g	2.009		0	AR	1		1.708	3.576	16.956
Glutamic acid....g	3.384		0	AR	1		2.876	6.023	28.557
Glycine....g	1.026		0	AR	1		0.872	1.825	8.656
Proline....g	0.927		0	AR	1		0.788	1.650	7.825
Serine....g	0.850		0	AR	1		0.722	1.513	7.172
Hydroxyproline....g	0.142		0	BFPN	4		0.121	0.253	1.200
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 178g: 1 fillet

Measure 3 = 844g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23292

Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw

Longissimus dorsi, URMIS #1320, URMIS #1322

Refuse: 8% Connective tissue 8%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	68.40	0.800	8	AR	1		58.14	113.54	592.34
Energy kcal	170		0	NC	4		145	282	1473
Energy kJ	712		0	NC	4		605	1182	6166
Protein (N x 6.25) g	21.60	0.300	8	AR	1		18.36	35.86	187.06
Total lipid (fat) g	9.30	1.000	8	AR	1		7.91	15.44	80.54
Ash g	1.00	0.000	8	AR	1		0.85	1.66	8.66
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	0.00
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total g	0.00		0	Z	7		0.00	0.00	0.00
Starch g									
Minerals:									
Calcium, Ca mg	7		0	BFNN	4		6	12	62
Iron, Fe mg	2.98		0	BFNN	4		2.53	4.95	25.83
Magnesium, Mg mg	26		0	BFNN	4		22	43	222
Phosphorus, P mg	225		0	BFNN	4		192	374	1952
Potassium, K mg	369		0	BFNN	4		313	612	3194
Sodium, Na mg	85		0	BFNN	4		72	141	735
Zinc, Zn mg	8.50		0	BFNN	4		7.23	14.11	73.63
Copper, Cu mg	0.132		0	BFNN	4		0.112	0.219	1.142
Manganese, Mn mg									
Selenium, Se µg	23.7		2	AR	1		20.1	39.3	205.0
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.156		0	BFPN	4		0.133	0.259	1.351
Riboflavin mg	0.287		0	BFPN	4		0.244	0.477	2.489
Niacin mg	3.901		0	BFPN	4		3.315	6.475	33.779
Pantothenic acid mg									
Vitamin B-6 mg	0.399		0	BFPN	4		0.339	0.662	3.455
Folate, total µg	3		0	BFPN	4		3	5	28
Folic acid µg	0		0	BFPN	4		0	0	0
Folate, food µg	3		0	BFPN	4		3	5	28
Folate, DFE µg	3		0	NC	4		3	5	28
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	2.79		2	AR	1		2.37	4.63	24.16
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	4		0	NC	4		3	7	35
Retinol µg	4		0	BFSN	4		3	7	35
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	13		0	NC	4		11	22	117
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.2	1.0
Vitamin D IU	5		0	BFSN	4		4	8	40
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	2.5	13.1
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23292

Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated g	2.803		0	NC	4		2.382	4.652	24.270
4:0 g	0.000		0	Z	7		0.000	0.000	0.000
6:0 g	0.000		0	Z	7		0.000	0.000	0.000
8:0 g	0.000		0	Z	7		0.000	0.000	0.000
10:0 g	0.007		0	BFFN	4		0.006	0.012	0.063
12:0 g	0.007		0	BFFN	4		0.006	0.011	0.058
13:0 g									
14:0 g	0.177		2	AR	1		0.151	0.295	1.537
15:0 g									
16:0 g	1.534		2	AR	1		1.304	2.546	13.283
17:0 g	0.085		2	AR	1		0.072	0.141	0.735
18:0 g	0.996		2	AR	1		0.847	1.654	8.627
20:0 g	0.003		2	AR	1		0.002	0.004	0.023
22:0 g									
24:0 g	0.008		2	AR	1		0.006	0.013	0.065
Fatty acids, total monounsaturated g	3.882		0	NC	4		3.300	6.444	33.616
14:1 g	0.069		2	AR	1		0.058	0.114	0.595
15:1 g									
16:1 undifferentiated g	0.211		2	AR	1		0.179	0.350	1.826
17:1 g	0.081		2	AR	1		0.069	0.135	0.703
18:1 undifferentiated g	3.506		0	AS	1		2.980	5.821	30.366
18:1 c g	3.046		2	AR	1		2.589	5.056	26.375
18:1 t g	0.461		2	AR	1		0.392	0.765	3.990
18:1-11 t (18:1t n-7) g									
20:1 g	0.014		2	AR	1		0.012	0.024	0.125
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.259		0	NC	4		0.220	0.430	2.242
18:2 undifferentiated g	0.216		0	AS	1		0.184	0.359	1.873
18:2 n-6 c,c g	0.181		2	AR	1		0.154	0.301	1.568
18:2 CLAs g	0.035		2	AR	1		0.030	0.059	0.306
18:2 t,t g									
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.016		0	AS	1		0.014	0.027	0.141
18:3 n-3 c,c,c (ALA) g									
18:3 n-6 c,c,c g	0.016		2	AR	1		0.014	0.027	0.141
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c g	0.001		2	AR	1		0.001	0.001	0.005
20:3 undifferentiated g									
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.024		2	AR	1		0.020	0.040	0.207
20:4 n-6 g									
20:5 n-3 (EPA) g	0.001		2	AR	1		0.001	0.002	0.011
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.007		0	BFFN	4		0.006	0.011	0.057
22:6 n-3 (DHA) g	0.001		2	AR	1		0.000	0.001	0.004
Fatty acids, total trans g	0.461		0	NC	4		0.392	0.765	3.990
Fatty acids, total trans-monoenoic g	0.461		0	NC	4		0.392	0.765	3.990
Fatty acids, total trans-polyenoic g									
Cholesterol mg	76		2	AR	1		64	125	654
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.242		0	AR	1		0.206	0.402	2.097
Threonine g	1.037		0	AR	1		0.882	1.722	8.984
Isoleucine g	1.025		0	AR	1		0.871	1.701	8.874
Leucine g	1.914		0	AR	1		1.627	3.176	16.571
Lysine g	2.136		0	AR	1		1.816	3.546	18.498
Methionine g	0.597		0	AR	1		0.507	0.991	5.169

NDB No. 23292

Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine....g	0.227		0	AR	1		0.193	0.376	1.962
Phenylalanine....g	0.882		0	AR	1		0.749	1.463	7.634
Tyrosine....g	0.828		0	AR	1		0.704	1.374	7.170
Valine....g	1.095		0	AR	1		0.931	1.818	9.485
Arginine....g	1.511		0	AR	1		1.284	2.508	13.084
Histidine....g	0.845		0	AR	1		0.718	1.403	7.318
Alanine....g	1.359		0	AR	1		1.155	2.257	11.772
Aspartic acid....g	2.160		0	AR	1		1.836	3.585	18.705
Glutamic acid....g	3.607		0	AR	1		3.066	5.988	31.237
Glycine....g	1.069		0	AR	1		0.909	1.775	9.261
Proline....g	0.997		0	AR	1		0.847	1.654	8.631
Serine....g	0.915		0	AR	1		0.778	1.519	7.927
Hydroxyproline....g	0.148		0	BFPN	4		0.125	0.245	1.278
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 166g: 1 fillet

Measure 3 = 866g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

NDB No. 23253

Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw

Longissimus dorsi

Refuse: 20% Connective tissue 11%, Separable fat 9%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	70.59	0.257	24	AR	1		60.00	122.12	601.43
Energy kcal	143		0	NC	4		122	247	1219
Energy kJ	598		0	NC	4		508	1035	5095
Protein (N x 6.25) g	22.61	0.122	24	AR	1		19.22	39.12	192.64
Total lipid (fat) g	5.84	0.287	24	AR	1		4.97	10.11	49.78
Ash g	1.00	0.025	24	AR	1		0.85	1.74	8.55
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	0.00
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total g	0.00		0	Z	7		0.00	0.00	0.00
Starch g									
Minerals:									
Calcium, Ca mg	5		0	BFNN	4		4	9	44
Iron, Fe mg	2.17		0	BFNN	4		1.84	3.75	18.47
Magnesium, Mg mg	27		0	BFNN	4		23	46	227
Phosphorus, P mg	239		0	BFNN	4		203	414	2037
Potassium, K mg	407		0	BFNN	4		346	704	3470
Sodium, Na mg	60		0	BFNN	4		51	104	512
Zinc, Zn mg	5.76		0	BFNN	4		4.90	9.96	49.07
Copper, Cu mg	0.086		0	BFNN	4		0.073	0.149	0.732
Manganese, Mn mg									
Selenium, Se µg	25.5	1.830	6	AR	1		21.6	44.1	217.0
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.080		0	BFPN	4		0.068	0.138	0.678
Riboflavin mg	0.192		0	BFPN	4		0.164	0.333	1.639
Niacin mg	5.337		0	BFPN	4		4.537	9.234	45.475
Pantothenic acid mg									
Vitamin B-6 mg	0.574		0	BFPN	4		0.488	0.993	4.890
Folate, total µg	4		0	BFPN	4		3	6	31
Folic acid µg	0		0	BFPN	4		0	0	0
Folate, food µg	4		0	BFPN	4		3	6	31
Folate, DFE µg	4		0	NC	4		3	6	31
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	2.87	0.111	6	AR	1		2.44	4.96	24.42
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	2		0	NC	4		2	4	17
Retinol µg	2		0	BFSN	4		2	4	17
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	7		0	NC	4		6	12	58
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.1	0.7
Vitamin D IU	3		0	BFSN	4		3	6	28
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	2.6	12.9
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23253

Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated g	2.100		0	NC	4		1.785	3.632	17.889
4:0 g	0.000		0	Z	7		0.000	0.000	0.000
6:0 g	0.000		0	Z	7		0.000	0.000	0.000
8:0 g	0.000		0	Z	7		0.000	0.000	0.000
10:0 g	0.002		0	BFFN	4		0.002	0.004	0.018
12:0 g	0.003		0	BFFN	4		0.003	0.005	0.025
13:0 g									
14:0 g	0.132	0.007	6	AR	1		0.112	0.229	1.125
15:0 g									
16:0 g	1.171	0.079	6	AR	1		0.996	2.027	9.981
17:0 g	0.064	0.005	6	AR	1		0.055	0.111	0.547
18:0 g	0.721	0.039	6	AR	1		0.613	1.248	6.146
20:0 g	0.002	0.001	6	AR	1		0.002	0.003	0.017
22:0 g									
24:0 g	0.009	0.001	6	AR	1		0.007	0.015	0.072
Fatty acids, total monounsaturated g	2.545		0	NC	4		2.163	4.403	21.682
14:1 g	0.035	0.003	6	AR	1		0.030	0.061	0.300
15:1 g									
16:1 undifferentiated g	0.158	0.009	6	AR	1		0.135	0.274	1.349
17:1 g	0.039	0.002	6	AR	1		0.033	0.068	0.333
18:1 undifferentiated g	2.302		0	AS	1		1.957	3.982	19.613
18:1 c g	2.089	0.141	6	AR	1		1.775	3.613	17.796
18:1 t g	0.213	0.008	6	AR	1		0.181	0.369	1.817
18:1-11 t (18:1t n-7) g									
20:1 g	0.010	0.000	6	AR	1		0.009	0.018	0.088
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.208		0	NC	4		0.176	0.359	1.769
18:2 undifferentiated g	0.161		0	AS	1		0.137	0.279	1.374
18:2 n-6 c,c g	0.144	0.004	6	AR	1		0.123	0.250	1.230
18:2 CLAs g	0.017	0.001	6	AR	1		0.014	0.029	0.144
18:2 t,t g									
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.009		0	AS	1		0.008	0.016	0.078
18:3 n-3 c,c,c (ALA) g									
18:3 n-6 c,c,c g	0.009	0.001	6	AR	1		0.008	0.016	0.078
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c g	0.000	0.000	6	AR	1		0.000	0.000	0.002
20:3 undifferentiated g									
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.036	0.001	6	AR	1		0.031	0.062	0.308
20:4 n-6 g									
20:5 n-3 (EPA) g	0.001	0.000	6	AR	1		0.001	0.001	0.005
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.008		0	BFFN	4		0.007	0.015	0.072
22:6 n-3 (DHA) g	0.000	0.000	6	AR	1		0.000	0.001	0.003
Fatty acids, total trans g	0.213		0	NC	4		0.181	0.369	1.817
Fatty acids, total trans-monoenoic g	0.213		0	NC	4		0.181	0.369	1.817
Fatty acids, total trans-polyenoic g									
Cholesterol mg	69	0.605	6	AR	1		59	119	588
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.277		0	AR	1		0.236	0.480	2.362
Threonine g	1.162		0	AR	1		0.987	2.010	9.898
Isoleucine g	1.153		0	AR	1		0.980	1.994	9.820
Leucine g	2.126		0	AR	1		1.807	3.679	18.118
Lysine g	2.376		0	AR	1		2.020	4.111	20.247
Methionine g	0.657		0	AR	1		0.558	1.136	5.594

NDB No. 23253

Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine....g	0.248		0	AR	1		0.211	0.429	2.113
Phenylalanine....g	0.985		0	AR	1		0.837	1.704	8.391
Tyrosine....g	0.923		0	AR	1		0.784	1.596	7.862
Valine....g	1.218		0	AR	1		1.035	2.108	10.379
Arginine....g	1.658		0	AR	1		1.409	2.868	14.124
Histidine....g	0.917		0	AR	1		0.780	1.587	7.815
Alanine....g	1.475		0	AR	1		1.254	2.552	12.570
Aspartic acid....g	2.387		0	AR	1		2.029	4.130	20.340
Glutamic acid....g	4.030		0	AR	1		3.426	6.973	34.340
Glycine....g	1.065		0	AR	1		0.905	1.842	9.074
Proline....g	1.038		0	AR	1		0.882	1.795	8.841
Serine....g	1.003		0	AR	1		0.853	1.735	8.546
Hydroxyproline....g	0.114		0	BFPN	4		0.097	0.198	0.973
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 173g: 1 fillet

Measure 3 = 852g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23254

Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, choice, raw

Longissimus dorsi, URMIS #2135, URMIS #2137

Refuse: 20% Connective tissue 13%, Separable fat 7%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	69.79	0.320	16	AR	1		59.32	124.22	588.99
Energy kcal	149		0	NC	4		127	266	1260
Energy kJ	625		0	NC	4		531	1113	5275
Protein (N x 6.25) g	22.50	0.152	16	AR	1		19.13	40.06	189.93
Total lipid (fat) g	6.48	0.357	16	AR	1		5.51	11.54	54.72
Ash g	1.00	0.030	16	AR	1		0.85	1.78	8.46
Carbohydrate, by difference g	0.23		0	NC	4		0.19	0.40	1.91
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total g	0.00		0	Z	7		0.00	0.00	0.00
Starch g									
Minerals:									
Calcium, Ca mg	5		0	BFNN	4		4	9	42
Iron, Fe mg	2.27		0	BFNN	4		1.93	4.05	19.19
Magnesium, Mg mg	26		0	BFNN	4		22	46	218
Phosphorus, P mg	226		0	BFNN	4		192	402	1905
Potassium, K mg	402		0	BFNN	4		341	715	3389
Sodium, Na mg	66		0	BFNN	4		56	118	559
Zinc, Zn mg	5.28		0	BFNN	4		4.49	9.41	44.60
Copper, Cu mg	0.099		0	BFNN	4		0.084	0.176	0.833
Manganese, Mn mg									
Selenium, Se µg	26.7	2.273	4	AR	1		22.7	47.5	225.2
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.062		0	BFPN	4		0.053	0.111	0.527
Riboflavin mg	0.179		0	BFPN	4		0.152	0.318	1.507
Niacin mg	5.733		0	BFPN	4		4.873	10.205	48.390
Pantothenic acid mg									
Vitamin B-6 mg	0.644		0	BFPN	4		0.547	1.146	5.433
Folate, total µg	4		0	BFPN	4		3	6	30
Folic acid µg	0		0	BFPN	4		0	0	0
Folate, food µg	4		0	BFPN	4		3	6	30
Folate, DFE µg	4		0	NC	4		3	6	30
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	2.90	0.138	4	AR	1		2.46	5.16	24.45
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	2		0	NC	4		2	3	15
Retinol µg	2		0	BFSN	4		2	3	15
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	6		0	NC	4		5	11	50
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.2	0.7
Vitamin D IU	3		0	BFSN	4		3	6	29
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	2.7	12.8
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23254

Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated g	2.419		0	NC	4		2.056	4.305	20.415
4:0 g	0.000		0	Z	7		0.000	0.000	0.000
6:0 g	0.000		0	Z	7		0.000	0.000	0.000
8:0 g	0.000		0	Z	7		0.000	0.000	0.000
10:0 g	0.003		0	BFFN	4		0.002	0.005	0.024
12:0 g	0.004		0	BFFN	4		0.003	0.007	0.032
13:0 g									
14:0 g	0.156	0.008	4	AR	1		0.133	0.278	1.317
15:0 g									
16:0 g	1.359	0.098	4	AR	1		1.155	2.418	11.467
17:0 g	0.082	0.006	4	AR	1		0.070	0.146	0.690
18:0 g	0.810	0.048	4	AR	1		0.688	1.441	6.834
20:0 g	0.003	0.001	4	AR	1		0.003	0.006	0.028
22:0 g									
24:0 g	0.009	0.001	4	AR	1		0.008	0.016	0.078
Fatty acids, total monounsaturated g	2.866		0	NC	4		2.436	5.102	24.192
14:1 g	0.038	0.004	4	AR	1		0.032	0.067	0.317
15:1 g									
16:1 undifferentiated g	0.181	0.011	4	AR	1		0.154	0.322	1.528
17:1 g	0.044	0.003	4	AR	1		0.037	0.078	0.369
18:1 undifferentiated g	2.592		0	AS	1		2.203	4.614	21.878
18:1 c g	2.336	0.175	4	AR	1		1.986	4.158	19.717
18:1 t g	0.256	0.010	4	AR	1		0.218	0.456	2.161
18:1-11 t (18:1t n-7) g									
20:1 g	0.012	0.001	4	AR	1		0.010	0.021	0.100
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.257		0	NC	4		0.218	0.457	2.167
18:2 undifferentiated g	0.202		0	AS	1		0.172	0.360	1.705
18:2 n-6 c,c g	0.183	0.004	4	AR	1		0.155	0.325	1.541
18:2 CLAs g	0.019	0.001	4	AR	1		0.016	0.035	0.164
18:2 t,t g									
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.009		0	AS	1		0.008	0.016	0.075
18:3 n-3 c,c,c (ALA) g									
18:3 n-6 c,c,c g	0.009	0.001	4	AR	1		0.008	0.016	0.075
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c g	0.000	0.000	4	AR	1		0.000	0.000	0.000
20:3 undifferentiated g									
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.046	0.001	4	AR	1		0.039	0.081	0.386
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000	0.000	4	AR	1		0.000	0.000	0.001
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.008		0	BFFN	4		0.007	0.015	0.071
22:6 n-3 (DHA) g	0.000	0.000	4	AR	1		0.000	0.000	0.001
Fatty acids, total trans g	0.256		0	NC	4		0.218	0.456	2.161
Fatty acids, total trans-monoenoic g	0.256		0	NC	4		0.218	0.456	2.161
Fatty acids, total trans-polyenoic g									
Cholesterol mg	65	0.752	4	AR	1		55	115	545
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.266		0	AR	1		0.226	0.474	2.246
Threonine g	1.105		0	AR	1		0.939	1.967	9.327
Isoleucine g	1.100		0	AR	1		0.935	1.958	9.282
Leucine g	2.015		0	AR	1		1.713	3.587	17.008
Lysine g	2.244		0	AR	1		1.907	3.994	18.939
Methionine g	0.624		0	AR	1		0.531	1.112	5.270

NDB No. 23254

Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine....g	0.234		0	AR	1		0.199	0.417	1.976
Phenylalanine....g	0.937		0	AR	1		0.796	1.667	7.905
Tyrosine....g	0.876		0	AR	1		0.745	1.560	7.396
Valine....g	1.164		0	AR	1		0.989	2.071	9.821
Arginine....g	1.570		0	AR	1		1.334	2.794	13.250
Histidine....g	0.860		0	AR	1		0.731	1.531	7.261
Alanine....g	1.403		0	AR	1		1.193	2.498	11.842
Aspartic acid....g	2.262		0	AR	1		1.922	4.026	19.089
Glutamic acid....g	3.835		0	AR	1		3.260	6.827	32.368
Glycine....g	1.011		0	AR	1		0.859	1.800	8.534
Proline....g	0.981		0	AR	1		0.834	1.746	8.280
Serine....g	0.951		0	AR	1		0.808	1.692	8.024
Hydroxyproline....g	0.114		0	BFPN	4		0.097	0.202	0.959
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 178g: 1 fillet

Measure 3 = 844g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23255

Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, select, raw

Longissimus dorsi, URMIS #1320, URMIS #1322

Refuse: 19% Connective tissue 8%, Separable fat 11%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	71.80	0.427	8	AR	1		61.03	119.18	621.76
Energy kcal	135		0	NC	4		115	224	1169
Energy kJ	565		0	NC	4		480	938	4893
Protein (N x 6.25) g	22.77	0.203	8	AR	1		19.35	37.80	197.19
Total lipid (fat) g	4.88	0.477	8	AR	1		4.15	8.11	42.30
Ash g	1.01	0.041	8	AR	1		0.86	1.67	8.72
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	0.00
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total g	0.00		0	Z	7		0.00	0.00	0.00
Starch g									
Minerals:									
Calcium, Ca mg	5		0	BFNN	4		4	8	41
Iron, Fe mg	2.39		0	BFNN	4		2.03	3.96	20.68
Magnesium, Mg mg	25		0	BFNN	4		21	41	215
Phosphorus, P mg	220		0	BFNN	4		187	365	1903
Potassium, K mg	387		0	BFNN	4		329	643	3354
Sodium, Na mg	57		0	BFNN	4		49	95	497
Zinc, Zn mg	5.76		0	BFNN	4		4.90	9.56	49.88
Copper, Cu mg	0.098		0	BFNN	4		0.084	0.163	0.851
Manganese, Mn mg									
Selenium, Se µg	23.6		2	AR	1		20.1	39.3	204.8
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.083		0	BFPN	4		0.070	0.138	0.718
Riboflavin mg	0.211		0	BFPN	4		0.180	0.351	1.831
Niacin mg	5.973		0	BFPN	4		5.077	9.915	51.725
Pantothenic acid mg									
Vitamin B-6 mg	0.645		0	BFPN	4		0.548	1.071	5.585
Folate, total µg	4		0	BFPN	4		3	6	32
Folic acid µg	0		0	BFPN	4		0	0	0
Folate, food µg	4		0	BFPN	4		3	6	32
Folate, DFE µg	4		0	NC	4		3	6	32
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	2.82		2	AR	1		2.40	4.68	24.42
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	2		0	NC	4		2	4	21
Retinol µg	2		0	BFSN	4		2	4	21
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	8		0	NC	4		7	13	70
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.1	0.6
Vitamin D IU	3		0	BFSN	4		3	5	26
Vitamin K (phylloquinone) µg	1.5		12	A	1		1.3	2.5	13.1
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23255

Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.621		0	NC	4		1.378	2.691	14.039
4:0....g	0.000		0	Z	7		0.000	0.000	0.000
6:0....g	0.000		0	Z	7		0.000	0.000	0.000
8:0....g	0.000		0	Z	7		0.000	0.000	0.000
10:0....g	0.001		0	BFFN	4		0.001	0.002	0.011
12:0....g	0.002		0	BFFN	4		0.001	0.003	0.015
13:0....g									
14:0....g	0.096		2	AR	1		0.082	0.160	0.833
15:0....g									
16:0....g	0.891		2	AR	1		0.757	1.478	7.713
17:0....g	0.038		2	AR	1		0.032	0.063	0.327
18:0....g	0.589		2	AR	1		0.501	0.978	5.102
20:0....g	0.000		2	AR	1		0.000	0.000	0.000
22:0....g									
24:0....g	0.007		2	AR	1		0.006	0.012	0.065
Fatty acids, total monounsaturated....g	2.062		0	NC	4		1.753	3.424	17.861
14:1....g	0.032		2	AR	1		0.027	0.053	0.275
15:1....g									
16:1 undifferentiated....g	0.124		2	AR	1		0.106	0.206	1.076
17:1....g	0.032		2	AR	1		0.027	0.053	0.278
18:1 undifferentiated....g	1.866		0	AS	1		1.587	3.098	16.164
18:1 c....g	1.718		2	AR	1		1.460	2.851	14.874
18:1 t....g	0.149		2	AR	1		0.127	0.247	1.289
18:1-11 t (18:1t n-7)....g									
20:1....g	0.008		2	AR	1		0.007	0.013	0.068
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.134		0	NC	4		0.114	0.222	1.158
18:2 undifferentiated....g	0.100		0	AS	1		0.085	0.166	0.868
18:2 n-6 c,c....g	0.087		2	AR	1		0.074	0.144	0.753
18:2 CLAs....g	0.013		2	AR	1		0.011	0.022	0.114
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.009		0	AS	1		0.008	0.016	0.081
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.009		2	AR	1		0.008	0.016	0.081
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c....g	0.001		2	AR	1		0.000	0.001	0.004
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.022		2	AR	1		0.019	0.036	0.189
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001		2	AR	1		0.001	0.002	0.011
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.008		0	BFFN	4		0.007	0.014	0.073
22:6 n-3 (DHA)....g	0.001		2	AR	1		0.001	0.001	0.005
Fatty acids, total trans....g	0.149		0	NC	4		0.127	0.247	1.289
Fatty acids, total trans-monoenoic....g	0.149		0	NC	4		0.127	0.247	1.289
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	76		2	AR	1		64	126	656
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.297		0	AR	1		0.252	0.493	2.571
Threonine....g	1.268		0	AR	1		1.078	2.104	10.978
Isoleucine....g	1.256		0	AR	1		1.068	2.085	10.879
Leucine....g	2.341		0	AR	1		1.990	3.886	20.275
Lysine....g	2.627		0	AR	1		2.233	4.360	22.748
Methionine....g	0.719		0	AR	1		0.612	1.194	6.231

NDB No. 23255

Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine....g	0.274		0	AR	1		0.233	0.455	2.374
Phenylalanine....g	1.074		0	AR	1		0.913	1.782	9.297
Tyrosine....g	1.016		0	AR	1		0.864	1.687	8.802
Valine....g	1.325		0	AR	1		1.126	2.199	11.473
Arginine....g	1.827		0	AR	1		1.553	3.033	15.825
Histidine....g	1.028		0	AR	1		0.874	1.706	8.901
Alanine....g	1.610		0	AR	1		1.369	2.673	13.945
Aspartic acid....g	2.627		0	AR	1		2.233	4.360	22.748
Glutamic acid....g	4.408		0	AR	1		3.747	7.318	38.177
Glycine....g	1.165		0	AR	1		0.990	1.934	10.088
Proline....g	1.153		0	AR	1		0.980	1.915	9.989
Serine....g	1.108		0	AR	1		0.942	1.839	9.594
Hydroxyproline....g	0.115		0	BFPN	4		0.098	0.191	0.996
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 166g: 1 fillet

Measure 3 = 866g: 1 roast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13451

Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Sirloin steak, Sirloin strip

Refuse: 4% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	60.33	0.700	20	PAK	1		51.28	231.65	
Energy kcal	212		0	NC	4		181	816	
Energy kJ	889		0	NC	4		756	3414	
Protein (N x 6.25) g	29.33	0.398	20	PAK	1		24.93	112.64	
Total lipid (fat) g	9.67	0.586	20	PAK	1		8.22	37.14	
Ash g	1.26	0.033	20	PAK	1		1.07	4.83	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	22		0	BFFN	4		18	83	
Iron, Fe mg	1.89		0	BFFN	4		1.61	7.27	
Magnesium, Mg mg	25		0	BFFN	4		21	94	
Phosphorus, P mg	229		0	BFFN	4		194	878	
Potassium, K mg	368		0	BFFN	4		313	1414	
Sodium, Na mg	61		0	BFFN	4		52	233	
Zinc, Zn mg	5.33		0	BFFN	4		4.53	20.45	
Copper, Cu mg	0.089		0	BFFN	4		0.075	0.341	
Manganese, Mn mg	0.010		0	BFFN	4		0.009	0.040	
Selenium, Se µg	31.9		0	BFFN	4		27.1	122.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.079		0	BFPN	4		0.067	0.305	
Riboflavin mg	0.141		0	BFPN	4		0.120	0.543	
Niacin mg	7.807		0	BFPN	4		6.636	29.979	
Pantothenic acid mg	0.578		0	BFPN	4		0.491	2.220	
Vitamin B-6 mg	0.614		0	BFPN	4		0.522	2.357	
Folate, total µg	9		0	BFPN	4		8	35	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	9		0	BFPN	4		8	35	
Folate, DFE µg	9		0	NC	4		8	35	
Choline, total mg	111.7		0	BFPN	4		95.0	429.0	
Betaine mg	14.7		0	BFPN	4		12.5	56.4	
Vitamin B-12 µg	1.73		0	BFPN	4		1.47	6.63	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.42		0	BFSN	4		0.36	1.62	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	AS	1		0.1	0.6	
Vitamin D IU	7		0	PAK	1		6	25	
Vitamin K (phylloquinone) µg	1.5		0	BFSN	4		1.3	5.8	
Dihydrophylloquinone µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4 µg									

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Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.754		0	NC	4		3.190	14.413	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.014		0	BFFN	4		0.012	0.055	
12:0....g	0.017		0	BFFN	4		0.015	0.066	
13:0....g									
14:0....g	0.281		0	BFFN	4		0.239	1.079	
15:0....g									
16:0....g	2.230		0	BFFN	4		1.896	8.564	
17:0....g									
18:0....g	1.211		0	BFFN	4		1.029	4.649	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.959		0	NC	4		3.365	15.204	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.333		0	BFFN	4		0.283	1.279	
17:1....g									
18:1 undifferentiated....g	3.615		0	BFFN	4		3.073	13.881	
20:1....g	0.012		0	BFFN	4		0.010	0.044	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.359		0	NC	4		0.305	1.379	
18:2 undifferentiated....g	0.264		0	BFFN	4		0.224	1.012	
18:3 undifferentiated....g	0.061		0	BFFN	4		0.052	0.233	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.035		0	BFFN	4		0.029	0.133	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	88		0	BFSN	4		75	338	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.193		0	PAK	1		0.164	0.740	
Threonine....g	1.172		0	PAK	1		0.996	4.500	
Isoleucine....g	1.335		0	PAK	1		1.134	5.125	
Leucine....g	2.333		0	PAK	1		1.983	8.960	
Lysine....g	2.479		0	PAK	1		2.107	9.519	
Methionine....g	0.764		0	PAK	1		0.649	2.933	
Cystine....g	0.379		0	PAK	1		0.322	1.454	
Phenylalanine....g	1.159		0	PAK	1		0.985	4.449	
Tyrosine....g	0.935		0	PAK	1		0.795	3.589	
Valine....g	1.455		0	PAK	1		1.237	5.588	
Arginine....g	1.897		0	PAK	1		1.612	7.284	
Histidine....g	0.936		0	PAK	1		0.796	3.595	
Alanine....g	1.783		0	PAK	1		1.516	6.848	
Aspartic acid....g	2.672		0	PAK	1		2.271	10.260	
Glutamic acid....g	4.404		0	PAK	1		3.743	16.910	
Glycine....g	1.786		0	PAK	1		1.518	6.859	
Proline....g	1.398		0	PAK	1		1.189	5.370	
Serine....g	1.155		0	PAK	1		0.982	4.437	
Hydroxyproline....g	0.308		0	BFPN	4		0.262	1.183	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

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Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 384g: 1 steak (yield from 518 g raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

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Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled

Sirloin Steak, Sirloin strip, URMIS #2237

Refuse: 3% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	59.68	1.103	10	PAK	1		50.73	234.56	
Energy kcal	219		0	NC	4		186	861	
Energy kJ	916		0	NC	4		779	3601	
Protein (N x 6.25) g	29.02	0.379	10	PAK	1		24.67	114.05	
Total lipid (fat) g	10.54	0.962	10	PAK	1		8.96	41.42	
Ash g	1.22	0.030	10	PAK	1		1.03	4.78	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	19		0	BFFN	4		16	75	
Iron, Fe mg	1.96		0	BFFN	4		1.67	7.70	
Magnesium, Mg mg	24		0	BFFN	4		20	93	
Phosphorus, P mg	218		0	BFFN	4		185	858	
Potassium, K mg	355		0	BFFN	4		302	1394	
Sodium, Na mg	58		0	BFFN	4		49	229	
Zinc, Zn mg	5.21		0	BFFN	4		4.43	20.49	
Copper, Cu mg	0.095		0	BFFN	4		0.081	0.375	
Manganese, Mn mg	0.010		0	BFFN	4		0.009	0.040	
Selenium, Se µg	31.5		0	BFFN	4		26.8	123.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.072		0	BFPN	4		0.061	0.284	
Riboflavin mg	0.128		0	BFPN	4		0.108	0.501	
Niacin mg	7.870		0	BFPN	4		6.690	30.931	
Pantothenic acid mg	0.571		0	BFPN	4		0.486	2.246	
Vitamin B-6 mg	0.578		0	BFPN	4		0.491	2.272	
Folate, total µg	9		0	BFPN	4		8	36	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	9		0	BFPN	4		8	36	
Folate, DFE µg	9		0	NC	4		8	36	
Choline, total mg	110.5		0	BFPN	4		94.0	434.4	
Betaine mg	14.5		0	BFPN	4		12.3	57.1	
Vitamin B-12 µg	1.91		0	BFPN	4		1.63	7.53	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.43		0	BFSN	4		0.37	1.69	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.5		0	BFSN	4		1.3	6.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

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Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.090		0	NC	4		3.477	16.074	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.016		0	BFFN	4		0.013	0.062	
12:0....g	0.019		0	BFFN	4		0.016	0.074	
13:0....g									
14:0....g	0.306		0	BFFN	4		0.260	1.203	
15:0....g									
16:0....g	2.430		0	BFFN	4		2.066	9.551	
17:0....g									
18:0....g	1.319		0	BFFN	4		1.121	5.184	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.314		0	NC	4		3.667	16.956	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.363		0	BFFN	4		0.308	1.426	
17:1....g									
18:1 undifferentiated....g	3.939		0	BFFN	4		3.348	15.480	
20:1....g	0.013		0	BFFN	4		0.011	0.050	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.391		0	NC	4		0.333	1.537	
18:2 undifferentiated....g	0.287		0	BFFN	4		0.244	1.129	
18:3 undifferentiated....g	0.066		0	BFFN	4		0.056	0.260	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.038		0	BFFN	4		0.032	0.149	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	89		0	BFSN	4		76	351	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.191		0	PAK	1		0.162	0.750	
Threonine....g	1.159		0	PAK	1		0.985	4.556	
Isoleucine....g	1.320		0	PAK	1		1.122	5.189	
Leucine....g	2.308		0	PAK	1		1.962	9.072	
Lysine....g	2.453		0	PAK	1		2.085	9.638	
Methionine....g	0.756		0	PAK	1		0.642	2.970	
Cystine....g	0.375		0	PAK	1		0.318	1.472	
Phenylalanine....g	1.146		0	PAK	1		0.974	4.505	
Tyrosine....g	0.925		0	PAK	1		0.786	3.634	
Valine....g	1.440		0	PAK	1		1.224	5.658	
Arginine....g	1.877		0	PAK	1		1.595	7.375	
Histidine....g	0.926		0	PAK	1		0.787	3.640	
Alanine....g	1.764		0	PAK	1		1.500	6.934	
Aspartic acid....g	2.643		0	PAK	1		2.247	10.388	
Glutamic acid....g	4.357		0	PAK	1		3.703	17.121	
Glycine....g	1.767		0	PAK	1		1.502	6.945	
Proline....g	1.383		0	PAK	1		1.176	5.437	
Serine....g	1.143		0	PAK	1		0.972	4.493	
Hydroxyproline....g	0.305		0	BFPN	4		0.259	1.198	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

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Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 393g: 1 steak (yield from 532 g raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13453

Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled

Sirloin steak, Sirloin strip, URMIS #1422

Refuse: 4% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	60.97	0.871	10	PAK	1		51.82	228.63	
Energy kcal	206		0	NC	4		175	773	
Energy kJ	862		0	NC	4		733	3232	
Protein (N x 6.25) g	29.65	0.710	10	PAK	1		25.20	111.17	
Total lipid (fat) g	8.80	0.599	10	PAK	1		7.48	33.02	
Ash g	1.30	0.058	10	PAK	1		1.10	4.87	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	24		0	BFFN	4		21	91	
Iron, Fe mg	1.83		0	BFFN	4		1.55	6.86	
Magnesium, Mg mg	26		0	BFFN	4		22	96	
Phosphorus, P mg	239		0	BFFN	4		203	898	
Potassium, K mg	381		0	BFFN	4		324	1430	
Sodium, Na mg	63		0	BFFN	4		54	238	
Zinc, Zn mg	5.44		0	BFFN	4		4.62	20.40	
Copper, Cu mg	0.082		0	BFFN	4		0.070	0.308	
Manganese, Mn mg	0.010		0	BFFN	4		0.009	0.039	
Selenium, Se µg	32.4		0	BFFN	4		27.5	121.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.086		0	BFPN	4		0.073	0.323	
Riboflavin mg	0.155		0	BFPN	4		0.132	0.582	
Niacin mg	7.744		0	BFPN	4		6.582	29.039	
Pantothenic acid mg	0.585		0	BFPN	4		0.497	2.194	
Vitamin B-6 mg	0.650		0	BFPN	4		0.552	2.436	
Folate, total µg	9		0	BFPN	4		8	35	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	9		0	BFPN	4		8	35	
Folate, DFE µg	9		0	NC	4		8	35	
Choline, total mg	112.9		0	BFPN	4		96.0	423.4	
Betaine mg	14.8		0	BFPN	4		12.6	55.6	
Vitamin B-12 µg	1.54		0	BFPN	4		1.31	5.76	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.42		0	BFSN	4		0.35	1.56	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.5		0	BFSN	4		1.3	5.6	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

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Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.417		0	NC	4		2.904	12.813	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.013		0	BFFN	4		0.011	0.049	
12:0....g	0.016		0	BFFN	4		0.013	0.059	
13:0....g									
14:0....g	0.256		0	BFFN	4		0.217	0.959	
15:0....g									
16:0....g	2.030		0	BFFN	4		1.726	7.613	
17:0....g									
18:0....g	1.102		0	BFFN	4		0.937	4.133	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.604		0	NC	4		3.064	13.516	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.303		0	BFFN	4		0.258	1.137	
17:1....g									
18:1 undifferentiated....g	3.291		0	BFFN	4		2.797	12.340	
20:1....g	0.011		0	BFFN	4		0.009	0.039	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.327		0	NC	4		0.278	1.226	
18:2 undifferentiated....g	0.240		0	BFFN	4		0.204	0.900	
18:3 undifferentiated....g	0.055		0	BFFN	4		0.047	0.207	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.032		0	BFFN	4		0.027	0.119	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	87		0	BFSN	4		74	325	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.195		0	PAK	1		0.166	0.731	
Threonine....g	1.184		0	PAK	1		1.007	4.441	
Isoleucine....g	1.349		0	PAK	1		1.146	5.058	
Leucine....g	2.358		0	PAK	1		2.005	8.843	
Lysine....g	2.505		0	PAK	1		2.130	9.395	
Methionine....g	0.772		0	PAK	1		0.656	2.895	
Cystine....g	0.383		0	PAK	1		0.325	1.435	
Phenylalanine....g	1.171		0	PAK	1		0.995	4.391	
Tyrosine....g	0.945		0	PAK	1		0.803	3.543	
Valine....g	1.471		0	PAK	1		1.250	5.515	
Arginine....g	1.917		0	PAK	1		1.629	7.189	
Histidine....g	0.946		0	PAK	1		0.804	3.548	
Alanine....g	1.802		0	PAK	1		1.532	6.759	
Aspartic acid....g	2.700		0	PAK	1		2.295	10.126	
Glutamic acid....g	4.451		0	PAK	1		3.783	16.689	
Glycine....g	1.805		0	PAK	1		1.534	6.769	
Proline....g	1.413		0	PAK	1		1.201	5.300	
Serine....g	1.168		0	PAK	1		0.993	4.379	
Hydroxyproline....g	0.311		0	BFPN	4		0.265	1.168	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13453

Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 375g: 1 steak (yield from 505 g raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13930

Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled

Sirloin steak, Sirloin strip

Refuse: 4% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	58.36	0.645	20	PAK	1		49.61	178.59	
Energy kcal	243		0	NC	4		207	745	
Energy kJ	1019		0	NC	4		866	3118	
Protein (N x 6.25) g	26.96	0.242	20	PAK	1		22.92	82.50	
Total lipid (fat) g	14.23	0.636	20	PAK	1		12.09	43.54	
Ash g	1.11	0.020	20	PAK	1		0.94	3.38	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	20		0	BFNN	4		17	61	
Iron, Fe mg	1.73		0	BFNN	4		1.47	5.29	
Magnesium, Mg mg	22		0	BFNN	4		19	69	
Phosphorus, P mg	209		0	BFNN	4		178	640	
Potassium, K mg	336		0	BFNN	4		286	1029	
Sodium, Na mg	56		0	BFNN	4		47	170	
Zinc, Zn mg	4.87		0	BFNN	4		4.14	14.89	
Copper, Cu mg	0.081		0	BFNN	4		0.069	0.248	
Manganese, Mn mg	0.009		0	BFNN	4		0.008	0.029	
Selenium, Se µg	29.2		0	BFNN	4		24.8	89.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.073		0	BFPN	4		0.062	0.223	
Riboflavin mg	0.130		0	BFPN	4		0.110	0.397	
Niacin mg	7.176		0	BFPN	4		6.099	21.958	
Pantothenic acid mg	0.531		0	BFPN	4		0.452	1.626	
Vitamin B-6 mg	0.564		0	BFPN	4		0.480	1.726	
Folate, total µg	8		0	BFPN	4		7	26	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	8		0	BFPN	4		7	26	
Folate, DFE µg	8		0	NC	4		7	26	
Choline, total mg	102.7		0	BFPN	4		87.3	314.2	
Betaine mg	13.5		0	BFPN	4		11.5	41.3	
Vitamin B-12 µg	1.59		0	BFPN	4		1.35	4.85	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.44		0	BFSN	4		0.38	1.36	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	AS	1		0.2	0.7	
Vitamin D IU	9		0	BFFN	4		8	28	
Vitamin K (phylloquinone) µg	1.6		0	BFSN	4		1.3	4.8	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13930

Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	5.603		0	NC	4		4.763	17.145	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.035		0	BFFN	4		0.030	0.108	
12:0....g	0.032		0	BFFN	4		0.027	0.099	
13:0....g									
14:0....g	0.433		0	BFFN	4		0.368	1.324	
15:0....g									
16:0....g	3.383		0	BFFN	4		2.876	10.353	
17:0....g									
18:0....g	1.720		0	BFFN	4		1.462	5.262	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.930		0	NC	4		5.041	18.146	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.536		0	BFFN	4		0.455	1.640	
17:1....g									
18:1 undifferentiated....g	5.374		0	BFFN	4		4.568	16.443	
20:1....g	0.021		0	BFFN	4		0.018	0.063	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.547		0	NC	4		0.465	1.674	
18:2 undifferentiated....g	0.368		0	BFFN	4		0.313	1.126	
18:3 undifferentiated....g	0.127		0	BFFN	4		0.108	0.387	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.032		0	BFFN	4		0.027	0.099	
20:5 n-3 (EPA)....g	0.003		18	AR	1		0.003	0.009	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.016		18	AR	1		0.014	0.049	
22:6 n-3 (DHA)....g	0.001		18	AR	1		0.001	0.003	
Fatty acids, total trans....g									
Cholesterol....mg	92		0	BFSN	4		78	282	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.177		0	PAK	1		0.151	0.542	
Threonine....g	1.077		0	PAK	1		0.915	3.296	
Isoleucine....g	1.227		0	PAK	1		1.043	3.753	
Leucine....g	2.145		0	PAK	1		1.823	6.563	
Lysine....g	2.279		0	PAK	1		1.937	6.972	
Methionine....g	0.702		0	PAK	1		0.597	2.148	
Cystine....g	0.348		0	PAK	1		0.296	1.065	
Phenylalanine....g	1.065		0	PAK	1		0.905	3.259	
Tyrosine....g	0.859		0	PAK	1		0.730	2.629	
Valine....g	1.338		0	PAK	1		1.137	4.093	
Arginine....g	1.743		0	PAK	1		1.482	5.335	
Histidine....g	0.860		0	PAK	1		0.731	2.633	
Alanine....g	1.639		0	PAK	1		1.393	5.016	
Aspartic acid....g	2.456		0	PAK	1		2.087	7.515	
Glutamic acid....g	4.047		0	PAK	1		3.440	12.385	
Glycine....g	1.642		0	PAK	1		1.395	5.023	
Proline....g	1.285		0	PAK	1		1.093	3.933	
Serine....g	1.062		0	PAK	1		0.903	3.250	
Hydroxyproline....g	0.283		0	BFPN	4		0.241	0.867	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13930

Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 306g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13929

Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Sirloin steak, Sirloin strip

Refuse: 3% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	66.09	0.478	20	PAK	1		56.18	401.83	
Energy kcal	201		0	NC	4		171	1224	
Energy kJ	842		0	NC	4		716	5120	
Protein (N x 6.25) g	20.30	0.173	20	PAK	1		17.26	123.43	
Total lipid (fat) g	12.71	0.636	20	PAK	1		10.80	77.25	
Ash g	1.03	0.025	20	PAK	1		0.87	6.25	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	24		0	BFNN	4		21	148	
Iron, Fe mg	1.48		0	BFNN	4		1.26	9.01	
Magnesium, Mg mg	21		0	BFNN	4		18	127	
Phosphorus, P mg	187		0	BFNN	4		159	1139	
Potassium, K mg	315		0	BFNN	4		268	1914	
Sodium, Na mg	52		0	BFNN	4		44	316	
Zinc, Zn mg	3.55		0	BFNN	4		3.02	21.61	
Copper, Cu mg	0.069		0	BFNN	4		0.059	0.421	
Manganese, Mn mg	0.011		0	BFNN	4		0.009	0.067	
Selenium, Se µg	22.9		0	BFNN	4		19.5	139.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.063		0	BFPN	4		0.054	0.384	
Riboflavin mg	0.098		0	BFPN	4		0.083	0.596	
Niacin mg	5.986		0	BFPN	4		5.088	36.395	
Pantothenic acid mg	0.584		0	BFPN	4		0.496	3.549	
Vitamin B-6 mg	0.554		0	BFPN	4		0.471	3.366	
Folate, total µg	11		0	BFPN	4		9	66	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	11		0	BFPN	4		9	66	
Folate, DFE µg	11		0	NC	4		9	66	
Choline, total mg	84.8		0	BFPN	4		72.1	515.5	
Betaine mg	12.5		0	BFPN	4		10.6	75.8	
Vitamin B-12 µg	1.05		0	BFPN	4		0.89	6.36	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.36		0	BFSN	4		0.31	2.20	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.4		0	BFSN	4		1.2	8.8	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13929

Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	5.127		0	NC	4		4.358	31.172	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.041		0	BFFN	4		0.035	0.248	
12:0....g	0.027		0	BFFN	4		0.023	0.165	
13:0....g									
14:0....g	0.402		0	BFFN	4		0.341	2.442	
15:0....g									
16:0....g	3.087		0	BFFN	4		2.624	18.767	
17:0....g									
18:0....g	1.571		0	BFFN	4		1.335	9.549	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.440		0	NC	4		4.624	33.076	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.620		0	BFFN	4		0.527	3.767	
17:1....g									
18:1 undifferentiated....g	4.803		0	BFFN	4		4.082	29.199	
20:1....g	0.018		0	BFFN	4		0.015	0.110	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.483		0	NC	4		0.411	2.938	
18:2 undifferentiated....g	0.311		0	BFFN	4		0.264	1.890	
18:3 undifferentiated....g	0.152		0	BFFN	4		0.129	0.924	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.020		0	BFFN	4		0.017	0.124	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	75		0	BFSN	4		64	457	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.133		0	PAK	1		0.113	0.811	
Threonine....g	0.811		0	PAK	1		0.689	4.931	
Isoleucine....g	0.924		0	PAK	1		0.785	5.615	
Leucine....g	1.615		0	PAK	1		1.373	9.818	
Lysine....g	1.716		0	PAK	1		1.458	10.431	
Methionine....g	0.529		0	PAK	1		0.449	3.214	
Cystine....g	0.262		0	PAK	1		0.223	1.593	
Phenylalanine....g	0.802		0	PAK	1		0.682	4.875	
Tyrosine....g	0.647		0	PAK	1		0.550	3.933	
Valine....g	1.007		0	PAK	1		0.856	6.123	
Arginine....g	1.313		0	PAK	1		1.116	7.981	
Histidine....g	0.648		0	PAK	1		0.551	3.939	
Alanine....g	1.234		0	PAK	1		1.049	7.504	
Aspartic acid....g	1.849		0	PAK	1		1.572	11.242	
Glutamic acid....g	3.048		0	PAK	1		2.590	18.529	
Glycine....g	1.236		0	PAK	1		1.051	7.515	
Proline....g	0.968		0	PAK	1		0.823	5.884	
Serine....g	0.800		0	PAK	1		0.680	4.862	
Hydroxyproline....g	0.213		0	BFPN	4		0.181	1.297	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13929

Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 608g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13932

Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Sirloin steak, Sirloin strip, URMIS #2237

Refuse: 4% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	56.81	0.922	10	PAK	1		48.29	173.84	
Energy kcal	257		0	NC	4		218	785	
Energy kJ	1073		0	NC	4		912	3284	
Protein (N x 6.25) g	26.80	0.248	10	PAK	1		22.78	82.02	
Total lipid (fat) g	15.75	0.959	10	PAK	1		13.39	48.19	
Ash g	1.10	0.037	10	PAK	1		0.93	3.35	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	18		0	BFNN	4		15	54	
Iron, Fe mg	1.81		0	BFNN	4		1.53	5.53	
Magnesium, Mg mg	22		0	BFNN	4		18	66	
Phosphorus, P mg	201		0	BFNN	4		171	615	
Potassium, K mg	327		0	BFNN	4		278	1000	
Sodium, Na mg	54		0	BFNN	4		46	164	
Zinc, Zn mg	4.81		0	BFNN	4		4.08	14.70	
Copper, Cu mg	0.088		0	BFNN	4		0.075	0.269	
Manganese, Mn mg	0.009		0	BFNN	4		0.008	0.029	
Selenium, Se µg	29.0		0	BFNN	4		24.7	88.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.067		0	BFPN	4		0.057	0.204	
Riboflavin mg	0.118		0	BFPN	4		0.100	0.360	
Niacin mg	7.269		0	BFPN	4		6.179	22.244	
Pantothenic acid mg	0.528		0	BFPN	4		0.449	1.615	
Vitamin B-6 mg	0.534		0	BFPN	4		0.454	1.634	
Folate, total µg	8		0	BFPN	4		7	26	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	8		0	BFPN	4		7	26	
Folate, DFE µg	8		0	NC	4		7	26	
Choline, total mg	102.1		0	BFPN	4		86.8	312.4	
Betaine mg	13.4		0	BFPN	4		11.4	41.0	
Vitamin B-12 µg	1.77		0	BFPN	4		1.50	5.41	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.46		0	BFSN	4		0.39	1.41	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.6		0	BFSN	4		1.4	5.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

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Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	6.202		0	NC	4		5.272	18.979	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.039		0	BFFN	4		0.033	0.120	
12:0....g	0.036		0	BFFN	4		0.030	0.110	
13:0....g									
14:0....g	0.479		0	BFFN	4		0.407	1.466	
15:0....g									
16:0....g	3.745		0	BFFN	4		3.183	11.459	
17:0....g									
18:0....g	1.903		0	BFFN	4		1.618	5.824	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.564		0	NC	4		5.579	20.086	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.593		0	BFFN	4		0.504	1.815	
17:1....g									
18:1 undifferentiated....g	5.948		0	BFFN	4		5.056	18.201	
20:1....g	0.023		0	BFFN	4		0.019	0.070	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.583		0	NC	4		0.496	1.785	
18:2 undifferentiated....g	0.407		0	BFFN	4		0.346	1.247	
18:3 undifferentiated....g	0.140		0	BFFN	4		0.119	0.429	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.036		0	BFFN	4		0.030	0.110	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	96		0	BFSN	4		81	293	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.184		0	NR	4		0.156	0.563	
Threonine....g	1.119		0	NR	4		0.951	3.423	
Isoleucine....g	1.274		0	NR	4		1.083	3.898	
Leucine....g	2.227		0	NR	4		1.893	6.816	
Lysine....g	2.366		0	NR	4		2.011	7.241	
Methionine....g	0.729		0	NR	4		0.620	2.231	
Cystine....g	0.361		0	NR	4		0.307	1.106	
Phenylalanine....g	1.106		0	NR	4		0.940	3.384	
Tyrosine....g	0.892		0	NR	4		0.758	2.730	
Valine....g	1.389		0	NR	4		1.181	4.251	
Arginine....g	1.811		0	NR	4		1.539	5.540	
Histidine....g	0.894		0	NR	4		0.760	2.734	
Alanine....g	1.702		0	NR	4		1.447	5.209	
Aspartic acid....g	2.550		0	NR	4		2.168	7.804	
Glutamic acid....g	4.203		0	NR	4		3.573	12.863	
Glycine....g	1.705		0	NR	4		1.449	5.217	
Proline....g	1.335		0	NR	4		1.135	4.085	
Serine....g	1.103		0	NR	4		0.938	3.375	
Hydroxyproline....g	0.294		0	BFPN	4		0.250	0.900	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

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Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 306g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13933

Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried

Sirloin steak, Sirloin strip, URMIS #2237

Refuse: 2% Connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	49.56		0	PAE	4		42.13	152.15	
Energy kcal	313		0	NC	4		266	961	
Energy kJ	1310		0		4		1113	4020	
Protein (N x 6.25) g	28.77		0	PAE	4		24.45	88.32	
Total lipid (fat) g	21.06		0	PAE	4		17.90	64.65	
Ash g	1.28		0	PAE	4		1.09	3.93	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	12		0	PAE	4		10	37	
Iron, Fe mg	3.42		0	PAE	4		2.91	10.50	
Magnesium, Mg mg	28		0	PAE	4		24	86	
Phosphorus, P mg	235		0	PAE	4		200	721	
Potassium, K mg	406		0	PAE	4		345	1246	
Sodium, Na mg	71		0	PAE	4		60	218	
Zinc, Zn mg	5.55		0	PAE	4		4.72	17.04	
Copper, Cu mg	0.131		0	PAE	4		0.111	0.402	
Manganese, Mn mg	0.017		0	PAE	4		0.014	0.052	
Selenium, Se µg	29.8		0	BFYN	4		25.3	91.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.120		0	PAE	4		0.102	0.368	
Riboflavin mg	0.290		0	PAE	4		0.247	0.890	
Niacin mg	3.830		0	PAE	4		3.256	11.758	
Pantothenic acid mg	0.390		0	PAE	4		0.332	1.197	
Vitamin B-6 mg	0.440		0	PAE	4		0.374	1.351	
Folate, total µg	9		0	PAE	4		8	28	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	9		0	PAE	4		8	28	
Folate, DFE µg	9		0	NC	4		8	28	
Choline, total mg	109.6		0	BFPN	4		93.1	336.4	
Betaine mg									
Vitamin B-12 µg	3.34		0	PAE	4		2.84	10.25	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	BFSN	4		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	PAE	4		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.54		0	BFSN	4		0.46	1.65	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.3		0	AS	1		0.3	1.1	
Vitamin D IU	14		0	BFFN	4		12	42	
Vitamin K (phylloquinone) µg	1.9		0	BFSN	4		1.6	5.9	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

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Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	8.180		0	PAE	4		6.953	25.113	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.050		0	PAE	4		0.043	0.154	
12:0....g	0.050		0	PAE	4		0.043	0.154	
13:0....g									
14:0....g	0.600		0	PAE	4		0.510	1.842	
15:0....g									
16:0....g	4.890		0	PAE	4		4.157	15.012	
17:0....g									
18:0....g	2.440		0	PAE	4		2.074	7.491	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.860		0	PAE	4		7.531	27.200	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.780		0	PAE	4		0.663	2.395	
17:1....g									
18:1 undifferentiated....g	7.970		0	PAE	4		6.775	24.468	
20:1....g	0.040		0	PAE	4		0.034	0.123	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.710		0	PAE	4		1.454	5.250	
18:2 undifferentiated....g	1.340		0	PAE	4		1.139	4.114	
18:3 undifferentiated....g	0.300		0	PAE	4		0.255	0.921	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.050		0	PAE	4		0.043	0.154	
20:5 n-3 (EPA)....g	0.003		18	AR	1		0.003	0.009	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.016		18	AR	1		0.014	0.049	
22:6 n-3 (DHA)....g	0.001		18	AR	1		0.001	0.003	
Fatty acids, total trans....g									
Cholesterol....mg	98		0	PAE	4		83	301	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.322		0	PAE	4		0.274	0.989	
Threonine....g	1.257		0	PAE	4		1.068	3.859	
Isoleucine....g	1.293		0	PAE	4		1.099	3.970	
Leucine....g	2.274		0	PAE	4		1.933	6.981	
Lysine....g	2.394		0	PAE	4		2.035	7.350	
Methionine....g	0.736		0	PAE	4		0.626	2.260	
Cystine....g	0.322		0	PAE	4		0.274	0.989	
Phenylalanine....g	1.123		0	PAE	4		0.955	3.448	
Tyrosine....g	0.967		0	PAE	4		0.822	2.969	
Valine....g	1.399		0	PAE	4		1.189	4.295	
Arginine....g	1.818		0	PAE	4		1.545	5.581	
Histidine....g	0.985		0	PAE	4		0.837	3.024	
Alanine....g	1.735		0	PAE	4		1.475	5.326	
Aspartic acid....g	2.628		0	PAE	4		2.234	8.068	
Glutamic acid....g	4.322		0	PAE	4		3.674	13.269	
Glycine....g	1.570		0	PAE	4		1.335	4.820	
Proline....g	1.270		0	PAE	4		1.080	3.899	
Serine....g	1.100		0	PAE	4		0.935	3.377	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

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Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 307g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13931

Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw

Sirloin steak, Sirloin strip, URMIS #2237

Refuse: 3% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	64.87	0.616	10	PAK	1		18.39	294.23	
Energy kcal	214		0	NC	4		61	970	
Energy kJ	895		0	NC	4		254	4059	
Protein (N x 6.25) g	19.92	0.241	10	PAK	1		5.65	90.36	
Total lipid (fat) g	14.28	0.880	10	PAK	1		4.05	64.78	
Ash g	0.97	0.037	10	PAK	1		0.28	4.41	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	25		0	BFNN	4		7	114	
Iron, Fe mg	1.46		0	BFNN	4		0.41	6.60	
Magnesium, Mg mg	20		0	BFNN	4		6	93	
Phosphorus, P mg	181		0	BFNN	4		51	821	
Potassium, K mg	309		0	BFNN	4		88	1402	
Sodium, Na mg	51		0	BFNN	4		14	230	
Zinc, Zn mg	3.57		0	BFNN	4		1.01	16.18	
Copper, Cu mg	0.066		0	BFNN	4		0.019	0.300	
Manganese, Mn mg	0.013		0	BFNN	4		0.004	0.057	
Selenium, Se µg	21.8		0	BFNN	4		6.2	99.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.053		0	BFPN	4		0.015	0.239	
Riboflavin mg	0.084		0	BFPN	4		0.024	0.382	
Niacin mg	6.425		0	BFPN	4		1.821	29.142	
Pantothenic acid mg	0.582		0	BFPN	4		0.165	2.638	
Vitamin B-6 mg	0.536		0	BFPN	4		0.152	2.433	
Folate, total µg	11		0	BFPN	4		3	49	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	11		0	BFPN	4		3	49	
Folate, DFE µg	11		0	NC	4		3	49	
Choline, total mg	83.2		0	BFPN	4		23.6	377.4	
Betaine mg	12.2		0	BFPN	4		3.5	55.5	
Vitamin B-12 µg	1.11		0	BFPN	4		0.31	5.03	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.37		0	BFSN	4		0.11	1.70	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.5		0	BFSN	4		0.4	6.8	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13931

Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	5.763		0	NC	4		1.634	26.141	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.046		0	BFFN	4		0.013	0.208	
12:0....g	0.031		0	BFFN	4		0.009	0.139	
13:0....g									
14:0....g	0.452		0	BFFN	4		0.128	2.048	
15:0....g									
16:0....g	3.470		0	BFFN	4		0.984	15.738	
17:0....g									
18:0....g	1.765		0	BFFN	4		0.500	8.008	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.115		0	NC	4		1.734	27.739	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.696		0	BFFN	4		0.197	3.159	
17:1....g									
18:1 undifferentiated....g	5.398		0	BFFN	4		1.530	24.487	
20:1....g	0.020		0	BFFN	4		0.006	0.093	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.543		0	NC	4		0.154	2.464	
18:2 undifferentiated....g	0.350		0	BFFN	4		0.099	1.585	
18:3 undifferentiated....g	0.171		0	BFFN	4		0.048	0.775	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.023		0	BFFN	4		0.006	0.104	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	78		0	BFSN	4		22	353	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.127		0	NR	4		0.036	0.577	
Threonine....g	0.774		0	NR	4		0.219	3.510	
Isoleucine....g	0.881		0	NR	4		0.250	3.997	
Leucine....g	1.541		0	NR	4		0.437	6.989	
Lysine....g	1.637		0	NR	4		0.464	7.425	
Methionine....g	0.504		0	NR	4		0.143	2.288	
Cystine....g	0.250		0	NR	4		0.071	1.134	
Phenylalanine....g	0.765		0	NR	4		0.217	3.470	
Tyrosine....g	0.617		0	NR	4		0.175	2.800	
Valine....g	0.961		0	NR	4		0.272	4.359	
Arginine....g	1.253		0	NR	4		0.355	5.681	
Histidine....g	0.618		0	NR	4		0.175	2.804	
Alanine....g	1.178		0	NR	4		0.334	5.342	
Aspartic acid....g	1.764		0	NR	4		0.500	8.003	
Glutamic acid....g	2.908		0	NR	4		0.824	13.190	
Glycine....g	1.179		0	NR	4		0.334	5.350	
Proline....g	0.923		0	NR	4		0.262	4.189	
Serine....g	0.763		0	NR	4		0.216	3.461	
Hydroxyproline....g	0.203		0	BFPN	4		0.058	0.923	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13931

Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13935

Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

Sirloin steak, Sirloin strip, URMIS #1422

Refuse: 5% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	59.92	0.609	10	PAK	1		50.93	290.60	
Energy kcal	230		0	NC	4		196	1117	
Energy kJ	964		0	NC	4		819	4676	
Protein (N x 6.25) g	27.12	0.426	10	PAK	1		23.05	131.52	
Total lipid (fat) g	12.71	0.524	10	PAK	1		10.80	61.63	
Ash g	1.11	0.016	10	PAK	1		0.95	5.40	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	22		0	BFNN	4		19	106	
Iron, Fe mg	1.66		0	BFNN	4		1.41	8.03	
Magnesium, Mg mg	23		0	BFNN	4		20	112	
Phosphorus, P mg	217		0	BFNN	4		184	1051	
Potassium, K mg	345		0	BFNN	4		294	1676	
Sodium, Na mg	57		0	BFNN	4		49	279	
Zinc, Zn mg	4.93		0	BFNN	4		4.19	23.89	
Copper, Cu mg	0.074		0	BFNN	4		0.063	0.360	
Manganese, Mn mg	0.009		0	BFNN	4		0.008	0.045	
Selenium, Se µg	29.3		0	BFNN	4		24.9	142.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.079		0	BFPN	4		0.067	0.383	
Riboflavin mg	0.142		0	BFPN	4		0.121	0.689	
Niacin mg	7.083		0	BFPN	4		6.021	34.354	
Pantothenic acid mg	0.535		0	BFPN	4		0.455	2.596	
Vitamin B-6 mg	0.594		0	BFPN	4		0.505	2.881	
Folate, total µg	8		0	BFPN	4		7	41	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	8		0	BFPN	4		7	41	
Folate, DFE µg	8		0	NC	4		7	41	
Choline, total mg	103.3		0	BFPN	4		87.8	500.9	
Betaine mg	13.6		0	BFPN	4		11.5	65.8	
Vitamin B-12 µg	1.41		0	BFPN	4		1.19	6.81	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.43		0	BFSN	4		0.36	2.07	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.5		0	BFSN	4		1.3	7.4	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13935

Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	5.004		0	NC	4		4.253	24.270	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.032		0	BFFN	4		0.027	0.153	
12:0....g	0.029		0	BFFN	4		0.025	0.140	
13:0....g									
14:0....g	0.387		0	BFFN	4		0.329	1.875	
15:0....g									
16:0....g	3.022		0	BFFN	4		2.568	14.654	
17:0....g									
18:0....g	1.536		0	BFFN	4		1.305	7.448	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.296		0	NC	4		4.502	25.686	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.479		0	BFFN	4		0.407	2.321	
17:1....g									
18:1 undifferentiated....g	4.799		0	BFFN	4		4.079	23.276	
20:1....g	0.018		0	BFFN	4		0.016	0.089	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.471		0	NC	4		0.400	2.282	
18:2 undifferentiated....g	0.329		0	BFFN	4		0.279	1.594	
18:3 undifferentiated....g	0.113		0	BFFN	4		0.096	0.548	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.029		0	BFFN	4		0.025	0.140	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	89		0	BFSN	4		76	431	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.178		0	PAK	1		0.151	0.864	
Threonine....g	1.083		0	PAK	1		0.921	5.254	
Isoleucine....g	1.234		0	PAK	1		1.049	5.984	
Leucine....g	2.157		0	PAK	1		1.834	10.462	
Lysine....g	2.292		0	PAK	1		1.948	11.115	
Methionine....g	0.706		0	PAK	1		0.600	3.425	
Cystine....g	0.350		0	PAK	1		0.297	1.697	
Phenylalanine....g	1.071		0	PAK	1		0.910	5.195	
Tyrosine....g	0.864		0	PAK	1		0.735	4.191	
Valine....g	1.345		0	PAK	1		1.144	6.525	
Arginine....g	1.754		0	PAK	1		1.491	8.505	
Histidine....g	0.865		0	PAK	1		0.736	4.197	
Alanine....g	1.649		0	PAK	1		1.401	7.996	
Aspartic acid....g	2.470		0	PAK	1		2.100	11.980	
Glutamic acid....g	4.071		0	PAK	1		3.460	19.745	
Glycine....g	1.651		0	PAK	1		1.404	8.009	
Proline....g	1.293		0	PAK	1		1.099	6.270	
Serine....g	1.068		0	PAK	1		0.908	5.181	
Hydroxyproline....g	0.285		0	BFPN	4		0.242	1.382	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13935

Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 485g: 1 steak (yield from 1 raw steak weighing 624g)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13934

Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw

Sirloin steak, Sirloin strip, URMIS #1422

Refuse: 3% Bone and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	67.32	0.502	10	PAK	1		57.22	399.86	
Energy kcal	189		0	NC	4		160	1121	
Energy kJ	789		0	NC	4		671	4689	
Protein (N x 6.25) g	20.68	0.192	10	PAK	1		17.58	122.83	
Total lipid (fat) g	11.13	0.616	10	PAK	1		9.46	66.11	
Ash g	1.08	0.026	10	PAK	1		0.92	6.43	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	24		0	BFNN	4		20	140	
Iron, Fe mg	1.51		0	BFNN	4		1.28	8.97	
Magnesium, Mg mg	21		0	BFNN	4		18	127	
Phosphorus, P mg	194		0	BFNN	4		165	1150	
Potassium, K mg	321		0	BFNN	4		272	1904	
Sodium, Na mg	53		0	BFNN	4		45	316	
Zinc, Zn mg	3.54		0	BFNN	4		3.01	21.01	
Copper, Cu mg	0.073		0	BFNN	4		0.062	0.431	
Manganese, Mn mg	0.010		0	BFNN	4		0.008	0.058	
Selenium, Se µg	24.1		0	BFNN	4		20.5	143.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.074		0	BFPN	4		0.063	0.439	
Riboflavin mg	0.112		0	BFPN	4		0.095	0.666	
Niacin mg	5.526		0	BFPN	4		4.697	32.822	
Pantothenic acid mg	0.586		0	BFPN	4		0.498	3.480	
Vitamin B-6 mg	0.571		0	BFPN	4		0.485	3.392	
Folate, total µg	11		0	BFPN	4		9	65	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	11		0	BFPN	4		9	65	
Folate, DFE µg	11		0	NC	4		9	65	
Choline, total mg	86.4		0	BFPN	4		73.4	513.1	
Betaine mg	12.7		0	BFPN	4		10.8	75.4	
Vitamin B-12 µg	0.98		0	BFPN	4		0.83	5.83	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.35		0	BFSN	4		0.30	2.07	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.4		0	BFSN	4		1.2	8.3	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13934

Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	4.491		0	NC	4		3.817	26.675	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.036		0	BFFN	4		0.030	0.212	
12:0....g	0.024		0	BFFN	4		0.020	0.141	
13:0....g									
14:0....g	0.352		0	BFFN	4		0.299	2.090	
15:0....g									
16:0....g	2.704		0	BFFN	4		2.298	16.060	
17:0....g									
18:0....g	1.376		0	BFFN	4		1.169	8.172	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.765		0	NC	4		4.050	28.305	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.543		0	BFFN	4		0.461	3.224	
17:1....g									
18:1 undifferentiated....g	4.207		0	BFFN	4		3.576	24.987	
20:1....g	0.016		0	BFFN	4		0.014	0.094	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.423		0	NC	4		0.360	2.514	
18:2 undifferentiated....g	0.272		0	BFFN	4		0.231	1.617	
18:3 undifferentiated....g	0.133		0	BFFN	4		0.113	0.791	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.018		0	BFFN	4		0.015	0.106	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	72		0	BFSN	4		62	430	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.136		0	PAK	1		0.116	0.807	
Threonine....g	0.826		0	PAK	1		0.702	4.907	
Isoleucine....g	0.941		0	PAK	1		0.800	5.588	
Leucine....g	1.645		0	PAK	1		1.398	9.771	
Lysine....g	1.748		0	PAK	1		1.485	10.381	
Methionine....g	0.538		0	PAK	1		0.458	3.199	
Cystine....g	0.267		0	PAK	1		0.227	1.585	
Phenylalanine....g	0.817		0	PAK	1		0.694	4.852	
Tyrosine....g	0.659		0	PAK	1		0.560	3.914	
Valine....g	1.026		0	PAK	1		0.872	6.094	
Arginine....g	1.337		0	PAK	1		1.137	7.943	
Histidine....g	0.660		0	PAK	1		0.561	3.920	
Alanine....g	1.257		0	PAK	1		1.069	7.468	
Aspartic acid....g	1.884		0	PAK	1		1.601	11.188	
Glutamic acid....g	3.104		0	PAK	1		2.639	18.440	
Glycine....g	1.259		0	PAK	1		1.070	7.479	
Proline....g	0.986		0	PAK	1		0.838	5.856	
Serine....g	0.815		0	PAK	1		0.692	4.839	
Hydroxyproline....g	0.206		0	BFPN	4		0.175	1.223	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13934

Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 594g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13454

Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Sirloin steak, Sirloin strip

Refuse: 10% Bone and connective tissue, 3.8%, separable fat, 5.8%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	62.98	0.578	20	A	1		53.53	183.90	
Energy kcal	183		0	NC	4		155	533	
Energy kJ	764		0	NC	4		650	2231	
Protein (N x 6.25) g	30.55	0.426	20	A	1		25.96	89.19	
Total lipid (fat) g	5.79	0.298	20	A	1		4.92	16.90	
Ash g	1.31	0.036	20	A	1		1.11	3.83	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	20		0	BFNN	4		17	58	
Iron, Fe mg	1.96		0	BFNN	4		1.66	5.72	
Magnesium, Mg mg	26		0	BFNN	4		22	77	
Phosphorus, P mg	244		0	BFNN	4		207	712	
Potassium, K mg	393		0	BFNN	4		334	1148	
Sodium, Na mg	64		0	BFNN	4		54	187	
Zinc, Zn mg	5.71		0	BFNN	4		4.85	16.67	
Copper, Cu mg	0.091		0	BFNN	4		0.077	0.265	
Manganese, Mn mg	0.011		0	BFNN	4		0.010	0.033	
Selenium, Se µg	35.8		0	BFNN	4		30.4	104.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.083		0	BFPN	4		0.071	0.244	
Riboflavin mg	0.155		0	BFPN	4		0.131	0.452	
Niacin mg	8.741		0	BFPN	4		7.430	25.523	
Pantothenic acid mg	0.601		0	BFPN	4		0.511	1.755	
Vitamin B-6 mg	0.656		0	BFPN	4		0.557	1.914	
Folate, total µg	10		0	BFPN	4		9	30	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	10		0	BFPN	4		9	30	
Folate, DFE µg	10		0	NC	4		9	30	
Choline, total mg	116.3		0	BFPN	4		98.9	339.7	
Betaine mg	15.3		0	BFPN	4		13.0	44.6	
Vitamin B-12 µg	1.71		0	BFPN	4		1.45	4.99	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.39		0	BFSN	4		0.34	1.15	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.3	
Vitamin D IU	4		0	BFFN	4		3	11	
Vitamin K (phylloquinone) µg	1.4		0	BFSN	4		1.2	4.1	
Dihydrophylloquinone µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4 µg									

NDB No. 13454

Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.205		0	NC	4		1.874	6.438	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.002		0	BFFN	4		0.002	0.007	
12:0....g	0.007		0	BFFN	4		0.006	0.020	
13:0....g									
14:0....g	0.157		0	BFFN	4		0.133	0.458	
15:0....g									
16:0....g	1.284		0	BFFN	4		1.091	3.750	
17:0....g									
18:0....g	0.755		0	BFFN	4		0.641	2.203	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.310		0	NC	4		1.964	6.746	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.173		0	BFFN	4		0.147	0.506	
17:1....g									
18:1 undifferentiated....g	2.135		0	BFFN	4		1.814	6.233	
20:1....g	0.002		0	BFFN	4		0.002	0.007	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.213		0	NC	4		0.181	0.623	
18:2 undifferentiated....g	0.169		0	BFFN	4		0.143	0.493	
18:3 undifferentiated....g	0.016		0	BFFN	4		0.014	0.048	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.028		0	BFFN	4		0.024	0.082	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	82		0	BFSN	4		70	240	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.201		0	A	1		0.171	0.586	
Threonine....g	1.220		0	A	1		1.037	3.563	
Isoleucine....g	1.390		0	A	1		1.181	4.058	
Leucine....g	2.430		0	A	1		2.065	7.095	
Lysine....g	2.581		0	A	1		2.194	7.538	
Methionine....g	0.795		0	A	1		0.676	2.323	
Cystine....g	0.394		0	A	1		0.335	1.151	
Phenylalanine....g	1.207		0	A	1		1.026	3.523	
Tyrosine....g	0.973		0	A	1		0.827	2.842	
Valine....g	1.515		0	A	1		1.288	4.425	
Arginine....g	1.975		0	A	1		1.679	5.767	
Histidine....g	0.975		0	A	1		0.829	2.846	
Alanine....g	1.857		0	A	1		1.578	5.422	
Aspartic acid....g	2.782		0	A	1		2.365	8.124	
Glutamic acid....g	4.586		0	A	1		3.898	13.390	
Glycine....g	1.860		0	A	1		1.581	5.431	
Proline....g	1.456		0	A	1		1.238	4.252	
Serine....g	1.203		0	A	1		1.023	3.513	
Hydroxyproline....g	0.321		0	BFPN	4		0.273	0.937	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13454

Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 292g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13455

Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled

Sirloin steak, Sirloin strip, URMIS #2237

Refuse: 10% Bone and connective tissue 4%, sep fat 6%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	62.38	0.702	10	A	1		53.02	245.14	
Energy kcal	188		0	NC	4		160	741	
Energy kJ	788		0	NC	4		670	3098	
Protein (N x 6.25) g	30.29	0.518	10	A	1		25.75	119.04	
Total lipid (fat) g	6.55	0.353	10	A	1		5.57	25.74	
Ash g	1.27	0.032	10	A	1		1.08	4.99	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	17		0	BFNN	4		14	67	
Iron, Fe mg	2.07		0	BFNN	4		1.76	8.15	
Magnesium, Mg mg	26		0	BFNN	4		22	102	
Phosphorus, P mg	237		0	BFNN	4		202	933	
Potassium, K mg	380		0	BFNN	4		323	1495	
Sodium, Na mg	63		0	BFNN	4		54	248	
Zinc, Zn mg	5.75		0	BFNN	4		4.88	22.58	
Copper, Cu mg	0.097		0	BFNN	4		0.082	0.380	
Manganese, Mn mg	0.011		0	BFNN	4		0.010	0.044	
Selenium, Se µg	35.1		0	BFNN	4		29.9	138.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.080		0	BFPN	4		0.068	0.316	
Riboflavin mg	0.155		0	BFPN	4		0.132	0.609	
Niacin mg	8.937		0	BFPN	4		7.596	35.122	
Pantothenic acid mg	0.595		0	BFPN	4		0.506	2.338	
Vitamin B-6 mg	0.630		0	BFPN	4		0.536	2.477	
Folate, total µg	10		0	BFPN	4		9	40	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	10		0	BFPN	4		9	40	
Folate, DFE µg	10		0	NC	4		9	40	
Choline, total mg	115.4		0	BFPN	4		98.1	453.4	
Betaine mg	15.2		0	BFPN	4		12.9	59.6	
Vitamin B-12 µg	1.89		0	BFPN	4		1.61	7.43	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.40		0	BFSN	4		0.34	1.58	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.4		0	BFSN	4		1.2	5.6	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13455

Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.495		0	NC	4		2.121	9.805	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.003		0	BFFN	4		0.002	0.010	
12:0....g	0.008		0	BFFN	4		0.007	0.031	
13:0....g									
14:0....g	0.178		0	BFFN	4		0.151	0.698	
15:0....g									
16:0....g	1.453		0	BFFN	4		1.235	5.711	
17:0....g									
18:0....g	0.854		0	BFFN	4		0.726	3.355	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.615		0	NC	4		2.222	10.275	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.196		0	BFFN	4		0.167	0.771	
17:1....g									
18:1 undifferentiated....g	2.416		0	BFFN	4		2.053	9.494	
20:1....g	0.003		0	BFFN	4		0.002	0.010	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.241		0	NC	4		0.205	0.948	
18:2 undifferentiated....g	0.191		0	BFFN	4		0.162	0.750	
18:3 undifferentiated....g	0.019		0	BFFN	4		0.016	0.073	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.032		0	BFFN	4		0.027	0.125	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	83		0	BFSN	4		71	328	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.199		0	A	1		0.169	0.782	
Threonine....g	1.210		0	A	1		1.029	4.756	
Isoleucine....g	1.378		0	A	1		1.171	5.416	
Leucine....g	2.410		0	A	1		2.048	9.470	
Lysine....g	2.560		0	A	1		2.176	10.061	
Methionine....g	0.789		0	A	1		0.670	3.100	
Cystine....g	0.391		0	A	1		0.332	1.536	
Phenylalanine....g	1.196		0	A	1		1.017	4.702	
Tyrosine....g	0.965		0	A	1		0.820	3.793	
Valine....g	1.503		0	A	1		1.277	5.906	
Arginine....g	1.959		0	A	1		1.665	7.698	
Histidine....g	0.967		0	A	1		0.822	3.799	
Alanine....g	1.842		0	A	1		1.565	7.237	
Aspartic acid....g	2.759		0	A	1		2.345	10.843	
Glutamic acid....g	4.547		0	A	1		3.865	17.871	
Glycine....g	1.844		0	A	1		1.568	7.249	
Proline....g	1.444		0	A	1		1.227	5.675	
Serine....g	1.193		0	A	1		1.014	4.689	
Hydroxyproline....g	0.318		0	BFPN	4		0.270	1.251	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13455

Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 393g: 1 steak (yield from 532 g raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13456

Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled

Sirloin steak, Sirloin strip, URMIS #1422

Refuse: 10% Bone and connective tissue 4%, sep fat 6%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	63.58	0.915	10	A	1		54.04	238.43	
Energy kcal	177		0	NC	4		150	663	
Energy kJ	740		0	NC	4		629	2775	
Protein (N x 6.25) g	30.80	0.696	10	A	1		26.18	115.50	
Total lipid (fat) g	5.03	0.347	10	A	1		4.27	18.85	
Ash g	1.35	0.063	10	A	1		1.15	5.07	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	22		0	BFNN	4		19	84	
Iron, Fe mg	1.92		0	BFNN	4		1.63	7.19	
Magnesium, Mg mg	27		0	BFNN	4		23	101	
Phosphorus, P mg	253		0	BFNN	4		215	949	
Potassium, K mg	410		0	BFNN	4		348	1536	
Sodium, Na mg	66		0	BFNN	4		56	247	
Zinc, Zn mg	5.70		0	BFNN	4		4.85	21.39	
Copper, Cu mg	0.085		0	BFNN	4		0.072	0.318	
Manganese, Mn mg	0.011		0	BFNN	4		0.010	0.042	
Selenium, Se µg	38.9		0	BFNN	4		33.1	145.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.088		0	BFPN	4		0.075	0.330	
Riboflavin mg	0.163		0	BFPN	4		0.139	0.612	
Niacin mg	9.001		0	BFPN	4		7.651	33.753	
Pantothenic acid mg	0.607		0	BFPN	4		0.516	2.276	
Vitamin B-6 mg	0.681		0	BFPN	4		0.578	2.552	
Folate, total µg	10		0	BFPN	4		9	39	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	10		0	BFPN	4		9	39	
Folate, DFE µg	10		0	NC	4		9	39	
Choline, total mg	117.3		0	BFPN	4		99.7	439.9	
Betaine mg	15.4		0	BFPN	4		13.1	57.8	
Vitamin B-12 µg	1.47		0	BFPN	4		1.25	5.52	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.39		0	BFSN	4		0.33	1.46	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.4		0	BFSN	4		1.2	5.4	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13456

Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.915		0	NC	4		1.627	7.180	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.002		0	BFFN	4		0.002	0.008	
12:0....g	0.006		0	BFFN	4		0.005	0.023	
13:0....g									
14:0....g	0.136		0	BFFN	4		0.116	0.511	
15:0....g									
16:0....g	1.115		0	BFFN	4		0.948	4.181	
17:0....g									
18:0....g	0.655		0	BFFN	4		0.557	2.457	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.006		0	NC	4		1.705	7.523	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.151		0	BFFN	4		0.128	0.564	
17:1....g									
18:1 undifferentiated....g	1.854		0	BFFN	4		1.576	6.951	
20:1....g	0.002		0	BFFN	4		0.002	0.008	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.185		0	NC	4		0.157	0.694	
18:2 undifferentiated....g	0.147		0	BFFN	4		0.125	0.549	
18:3 undifferentiated....g	0.014		0	BFFN	4		0.012	0.053	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.024		0	BFFN	4		0.021	0.092	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	81		0	BFSN	4		69	303	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.202		0	A	1		0.172	0.759	
Threonine....g	1.230		0	A	1		1.046	4.614	
Isoleucine....g	1.401		0	A	1		1.191	5.255	
Leucine....g	2.450		0	A	1		2.082	9.187	
Lysine....g	2.603		0	A	1		2.212	9.761	
Methionine....g	0.802		0	A	1		0.682	3.008	
Cystine....g	0.397		0	A	1		0.338	1.490	
Phenylalanine....g	1.217		0	A	1		1.034	4.562	
Tyrosine....g	0.981		0	A	1		0.834	3.680	
Valine....g	1.528		0	A	1		1.299	5.730	
Arginine....g	1.992		0	A	1		1.693	7.468	
Histidine....g	0.983		0	A	1		0.835	3.686	
Alanine....g	1.872		0	A	1		1.592	7.021	
Aspartic acid....g	2.805		0	A	1		2.385	10.520	
Glutamic acid....g	4.624		0	A	1		3.930	17.339	
Glycine....g	1.875		0	A	1		1.594	7.033	
Proline....g	1.468		0	A	1		1.248	5.506	
Serine....g	1.213		0	A	1		1.031	4.550	
Hydroxyproline....g	0.324		0	BFPN	4		0.275	1.213	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13456

Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 375g: 1 steak (yield from 505 g raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23610

Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled

Refuse: 17% Bone and connective tissue, 4.34%, separable fat, 12.57%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	64.29	0.462	20	A	1		18.23	291.62	
Energy kcal	178		0	NC	4		51	809	
Energy kJ	746		0	NC	4		211	3384	
Protein (N x 6.25) g	29.42	0.296	20	A	1		8.34	133.47	
Total lipid (fat) g	5.84	0.298	20	A	1		1.66	26.49	
Ash g	1.20	0.021	20	A	1		0.34	5.44	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	19		0	BFNN	4		5	87	
Iron, Fe mg	1.87		0	BFNN	4		0.53	8.49	
Magnesium, Mg mg	25		0	BFNN	4		7	114	
Phosphorus, P mg	233		0	BFNN	4		66	1059	
Potassium, K mg	376		0	BFNN	4		107	1706	
Sodium, Na mg	61		0	BFNN	4		17	278	
Zinc, Zn mg	5.46		0	BFNN	4		1.55	24.78	
Copper, Cu mg	0.087		0	BFNN	4		0.025	0.395	
Manganese, Mn mg	0.011		0	BFNN	4		0.003	0.049	
Selenium, Se µg	34.3		0	BFNN	4		9.7	155.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.080		0	BFPN	4		0.023	0.364	
Riboflavin mg	0.149		0	BFPN	4		0.042	0.676	
Niacin mg	8.420		0	BFPN	4		2.387	38.193	
Pantothenic acid mg	0.626		0	BFPN	4		0.177	2.840	
Vitamin B-6 mg	0.631		0	BFPN	4		0.179	2.864	
Folate, total µg	11		0	BFPN	4		3	48	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	11		0	BFPN	4		3	48	
Folate, DFE µg	11		0	NC	4		3	48	
Choline, total mg	112.1		0	BFPN	4		31.8	508.3	
Betaine mg	14.7		0	BFPN	4		4.2	66.8	
Vitamin B-12 µg	1.68		0	BFPN	4		0.48	7.63	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.38		0	BFSN	4		0.11	1.74	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.0	0.4	
Vitamin D IU	4		0	BFFN	4		1	17	
Vitamin K (phylloquinone) µg	1.4		0	BFSN	4		0.4	6.2	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23610

Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.224		0	NC	4		0.630	10.087	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.002		0	BFFN	4		0.001	0.010	
12:0....g	0.007		0	BFFN	4		0.002	0.029	
13:0....g									
14:0....g	0.158		0	BFFN	4		0.045	0.717	
15:0....g									
16:0....g	1.295		0	BFFN	4		0.367	5.875	
17:0....g									
18:0....g	0.762		0	BFFN	4		0.216	3.456	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.331		0	NC	4		0.661	10.575	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.176		0	BFFN	4		0.050	0.797	
17:1....g									
18:1 undifferentiated....g	2.154		0	BFFN	4		0.611	9.769	
20:1....g	0.002		0	BFFN	4		0.001	0.010	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.227		0	NC	4		0.064	1.031	
18:2 undifferentiated....g	0.167		0	BFFN	4		0.047	0.757	
18:3 undifferentiated....g	0.015		0	BFFN	4		0.004	0.069	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.026		0	BFFN	4		0.007	0.119	
20:5 n-3 (EPA)....g	0.003		18	AR	1		0.001	0.014	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.015		18	AR	1		0.004	0.068	
22:6 n-3 (DHA)....g	0.001		18	AR	1		0.000	0.005	
Fatty acids, total trans....g									
Cholesterol....mg	79		0	BFSN	4		22	359	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.193		0	A	1		0.055	0.877	
Threonine....g	1.175		0	A	1		0.333	5.332	
Isoleucine....g	1.339		0	A	1		0.380	6.072	
Leucine....g	2.341		0	A	1		0.664	10.617	
Lysine....g	2.487		0	A	1		0.705	11.280	
Methionine....g	0.766		0	A	1		0.217	3.476	
Cystine....g	0.380		0	A	1		0.108	1.722	
Phenylalanine....g	1.162		0	A	1		0.329	5.272	
Tyrosine....g	0.938		0	A	1		0.266	4.253	
Valine....g	1.460		0	A	1		0.414	6.621	
Arginine....g	1.903		0	A	1		0.539	8.630	
Histidine....g	0.939		0	A	1		0.266	4.259	
Alanine....g	1.789		0	A	1		0.507	8.114	
Aspartic acid....g	2.680		0	A	1		0.760	12.157	
Glutamic acid....g	4.417		0	A	1		1.252	20.036	
Glycine....g	1.792		0	A	1		0.508	8.127	
Proline....g	1.403		0	A	1		0.398	6.363	
Serine....g	1.159		0	A	1		0.329	5.257	
Hydroxyproline....g	0.309		0	BFPN	4		0.088	1.402	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 23610

Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23611

Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw

Refuse: 16% Bone and connective tissue 3%, sep fat 13%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	72.91	0.270	20	A	1		20.67	330.72	
Energy kcal	131		0	NC	4		37	595	
Energy kJ	549		0	NC	4		156	2490	
Protein (N x 6.25) g	22.09	0.114	20	A	1		6.26	100.20	
Total lipid (fat) g	4.08	0.197	20	A	1		1.16	18.51	
Ash g	1.14	0.027	20	A	1		0.32	5.17	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	25		0	BFNN	4		7	111	
Iron, Fe mg	1.61		0	BFNN	4		0.46	7.31	
Magnesium, Mg mg	23		0	BFNN	4		7	106	
Phosphorus, P mg	207		0	BFNN	4		59	941	
Potassium, K mg	349		0	BFNN	4		99	1583	
Sodium, Na mg	56		0	BFNN	4		16	254	
Zinc, Zn mg	4.04		0	BFNN	4		1.14	18.31	
Copper, Cu mg	0.075		0	BFNN	4		0.021	0.340	
Manganese, Mn mg	0.013		0	BFNN	4		0.004	0.059	
Selenium, Se µg	27.1		0	BFNN	4		7.7	122.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.068		0	BFPN	4		0.019	0.308	
Riboflavin mg	0.111		0	BFPN	4		0.031	0.503	
Niacin mg	6.843		0	BFPN	4		1.940	31.038	
Pantothenic acid mg	0.653		0	BFPN	4		0.185	2.962	
Vitamin B-6 mg	0.619		0	BFPN	4		0.175	2.806	
Folate, total µg	13		0	BFPN	4		4	59	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	13		0	BFPN	4		4	59	
Folate, DFE µg	13		0	NC	4		4	59	
Choline, total mg	92.3		0	BFPN	4		26.2	418.5	
Betaine mg	13.6		0	BFPN	4		3.8	61.5	
Vitamin B-12 µg	1.09		0	BFPN	4		0.31	4.92	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.32		0	BFSN	4		0.09	1.43	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.0	0.3	
Vitamin D IU	2		0	BFFN	4		1	10	
Vitamin K (phylloquinone) µg	1.3		0	BFSN	4		0.4	5.7	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23611

Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.508		0	NC	4		0.428	6.840	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.000		0	BFFN	4		0.000	0.000	
13:0....g									
14:0....g	0.103		0	BFFN	4		0.029	0.468	
15:0....g									
16:0....g	0.905		0	BFFN	4		0.257	4.106	
17:0....g									
18:0....g	0.500		0	BFFN	4		0.142	2.266	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.641		0	NC	4		0.465	7.444	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.126		0	BFFN	4		0.036	0.572	
17:1....g									
18:1 undifferentiated....g	1.513		0	BFFN	4		0.429	6.862	
20:1....g	0.002		0	BFFN	4		0.001	0.010	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.190		0	NC	4		0.054	0.864	
18:2 undifferentiated....g	0.142		0	BFFN	4		0.040	0.645	
18:3 undifferentiated....g	0.009		0	BFFN	4		0.003	0.041	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.025		0	BFFN	4		0.007	0.114	
20:5 n-3 (EPA)....g	0.002		15	AR	1		0.001	0.009	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.011		15	AR	1		0.003	0.050	
22:6 n-3 (DHA)....g	0.001		15	AR	1		0.000	0.005	
Fatty acids, total trans....g									
Cholesterol....mg	60		0	BFSN	4		17	272	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.145		0	A	1		0.041	0.659	
Threonine....g	0.882		0	A	1		0.250	4.003	
Isoleucine....g	1.005		0	A	1		0.285	4.558	
Leucine....g	1.757		0	A	1		0.498	7.970	
Lysine....g	1.867		0	A	1		0.529	8.468	
Methionine....g	0.575		0	A	1		0.163	2.609	
Cystine....g	0.285		0	A	1		0.081	1.293	
Phenylalanine....g	0.872		0	A	1		0.247	3.958	
Tyrosine....g	0.704		0	A	1		0.200	3.193	
Valine....g	1.096		0	A	1		0.311	4.971	
Arginine....g	1.428		0	A	1		0.405	6.479	
Histidine....g	0.705		0	A	1		0.200	3.198	
Alanine....g	1.343		0	A	1		0.381	6.091	
Aspartic acid....g	2.012		0	A	1		0.570	9.127	
Glutamic acid....g	3.316		0	A	1		0.940	15.042	
Glycine....g	1.345		0	A	1		0.381	6.101	
Proline....g	1.053		0	A	1		0.299	4.777	
Serine....g	0.870		0	A	1		0.247	3.947	
Hydroxyproline....g	0.232		0	BFPN	4		0.066	1.053	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 23611

Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23629

Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled

URMIS #2237

Refuse: 17% Bone and connective tissue 4%, sep fat 13%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	63.27	0.515	10	A	1		17.94	287.00	
Energy kcal	187		0	NC	4		53	847	
Energy kJ	781		0	NC	4		221	3543	
Protein (N x 6.25) g	29.51	0.484	10	A	1		8.37	133.86	
Total lipid (fat) g	6.72	0.361	10	A	1		1.91	30.48	
Ash g	1.20	0.029	10	A	1		0.34	5.44	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	17		0	BFNN	4		5	75	
Iron, Fe mg	2.01		0	BFNN	4		0.57	9.14	
Magnesium, Mg mg	25		0	BFNN	4		7	114	
Phosphorus, P mg	231		0	BFNN	4		65	1046	
Potassium, K mg	369		0	BFNN	4		105	1675	
Sodium, Na mg	61		0	BFNN	4		17	279	
Zinc, Zn mg	5.58		0	BFNN	4		1.58	25.31	
Copper, Cu mg	0.094		0	BFNN	4		0.027	0.425	
Manganese, Mn mg	0.011		0	BFNN	4		0.003	0.050	
Selenium, Se µg	34.1		0	BFNN	4		9.7	154.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.070		0	BFPN	4		0.020	0.317	
Riboflavin mg	0.135		0	BFPN	4		0.038	0.611	
Niacin mg	7.770		0	BFPN	4		2.203	35.244	
Pantothenic acid mg	0.517		0	BFPN	4		0.147	2.346	
Vitamin B-6 mg	0.548		0	BFPN	4		0.155	2.486	
Folate, total µg	9		0	BFPN	4		2	40	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	9		0	BFPN	4		2	40	
Folate, DFE µg	9		0	NC	4		2	40	
Choline, total mg	112.4		0	BFPN	4		31.9	509.8	
Betaine mg	14.8		0	BFPN	4		4.2	67.0	
Vitamin B-12 µg	1.64		0	BFPN	4		0.47	7.45	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.39		0	BFSN	4		0.11	1.77	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.0	0.5	
Vitamin D IU	4		0	BFFN	4		1	20	
Vitamin K (phylloquinone) µg	1.4		0	BFSN	4		0.4	6.3	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23629

Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.560		0	NC	4		0.726	11.614	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.003		0	BFFN	4		0.001	0.011	
12:0....g	0.008		0	BFFN	4		0.002	0.034	
13:0....g									
14:0....g	0.182		0	BFFN	4		0.052	0.826	
15:0....g									
16:0....g	1.491		0	BFFN	4		0.423	6.764	
17:0....g									
18:0....g	0.877		0	BFFN	4		0.249	3.978	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.684		0	NC	4		0.761	12.176	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.202		0	BFFN	4		0.057	0.918	
17:1....g									
18:1 undifferentiated....g	2.479		0	BFFN	4		0.703	11.247	
20:1....g	0.003		0	BFFN	4		0.001	0.011	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.259		0	NC	4		0.073	1.175	
18:2 undifferentiated....g	0.192		0	BFFN	4		0.054	0.871	
18:3 undifferentiated....g	0.018		0	BFFN	4		0.005	0.080	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.030		0	BFFN	4		0.009	0.137	
20:5 n-3 (EPA)....g	0.003		18	AR	1		0.001	0.014	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.015		18	AR	1		0.004	0.068	
22:6 n-3 (DHA)....g	0.001		18	AR	1		0.000	0.005	
Fatty acids, total trans....g									
Cholesterol....mg	81		0	BFSN	4		23	369	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.194		0	A	1		0.055	0.880	
Threonine....g	1.179		0	A	1		0.334	5.347	
Isoleucine....g	1.343		0	A	1		0.381	6.090	
Leucine....g	2.347		0	A	1		0.666	10.648	
Lysine....g	2.494		0	A	1		0.707	11.313	
Methionine....g	0.768		0	A	1		0.218	3.486	
Cystine....g	0.381		0	A	1		0.108	1.727	
Phenylalanine....g	1.166		0	A	1		0.330	5.287	
Tyrosine....g	0.940		0	A	1		0.267	4.265	
Valine....g	1.464		0	A	1		0.415	6.641	
Arginine....g	1.908		0	A	1		0.541	8.656	
Histidine....g	0.942		0	A	1		0.267	4.272	
Alanine....g	1.794		0	A	1		0.509	8.138	
Aspartic acid....g	2.688		0	A	1		0.762	12.193	
Glutamic acid....g	4.430		0	A	1		1.256	20.095	
Glycine....g	1.797		0	A	1		0.509	8.151	
Proline....g	1.407		0	A	1		0.399	6.381	
Serine....g	1.162		0	A	1		0.330	5.273	
Hydroxyproline....g	0.310		0	BFPN	4		0.088	1.406	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 23629

Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23625

Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw

URMIS #2237

Refuse: 17% Bone and connective tissue, 3.05%, separable fat, 14.02%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	72.51	0.394	10	A	1		20.56	328.91	
Energy kcal	135		0	NC	4		38	613	
Energy kJ	566		0	NC	4		160	2567	
Protein (N x 6.25) g	21.91	0.115	10	A	1		6.21	99.39	
Total lipid (fat) g	4.62	0.204	10	A	1		1.31	20.96	
Ash g	1.09	0.043	10	A	1		0.31	4.95	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	28		0	BFNN	4		8	129	
Iron, Fe mg	1.63		0	BFNN	4		0.46	7.41	
Magnesium, Mg mg	23		0	BFNN	4		7	106	
Phosphorus, P mg	205		0	BFNN	4		58	929	
Potassium, K mg	342		0	BFNN	4		97	1551	
Sodium, Na mg	57		0	BFNN	4		16	258	
Zinc, Zn mg	4.14		0	BFNN	4		1.18	18.80	
Copper, Cu mg	0.073		0	BFNN	4		0.021	0.329	
Manganese, Mn mg	0.014		0	BFNN	4		0.004	0.064	
Selenium, Se µg	25.5		0	BFNN	4		7.2	115.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.061		0	BFPN	4		0.017	0.275	
Riboflavin mg	0.107		0	BFPN	4		0.030	0.487	
Niacin mg	7.420		0	BFPN	4		2.104	33.657	
Pantothenic acid mg	0.652		0	BFPN	4		0.185	2.959	
Vitamin B-6 mg	0.601		0	BFPN	4		0.170	2.728	
Folate, total µg	13		0	BFPN	4		4	59	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	13		0	BFPN	4		4	59	
Folate, DFE µg	13		0	NC	4		4	59	
Choline, total mg	91.5		0	BFPN	4		25.9	415.1	
Betaine mg	13.5		0	BFPN	4		3.8	61.0	
Vitamin B-12 µg	1.19		0	BFPN	4		0.34	5.39	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.33		0	BFSN	4		0.09	1.49	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.0	0.3	
Vitamin D IU	2		0	BFFN	4		1	11	
Vitamin K (phylloquinone) µg	1.3		0	BFSN	4		0.4	6.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23625

Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.709		0	NC	4		0.485	7.753	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.000		0	BFFN	4		0.000	0.000	
13:0....g									
14:0....g	0.117		0	BFFN	4		0.033	0.530	
15:0....g									
16:0....g	1.026		0	BFFN	4		0.291	4.654	
17:0....g									
18:0....g	0.566		0	BFFN	4		0.161	2.569	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.860		0	NC	4		0.527	8.437	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.143		0	BFFN	4		0.041	0.648	
17:1....g									
18:1 undifferentiated....g	1.715		0	BFFN	4		0.486	7.777	
20:1....g	0.003		0	BFFN	4		0.001	0.012	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.214		0	NC	4		0.061	0.970	
18:2 undifferentiated....g	0.161		0	BFFN	4		0.046	0.731	
18:3 undifferentiated....g	0.010		0	BFFN	4		0.003	0.046	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.029		0	BFFN	4		0.008	0.130	
20:5 n-3 (EPA)....g	0.002		15	AR	1		0.001	0.009	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.011		15	AR	1		0.003	0.050	
22:6 n-3 (DHA)....g	0.001		15	AR	1		0.000	0.005	
Fatty acids, total trans....g									
Cholesterol....mg	61		0	BFSN	4		17	276	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.144		0	A	1		0.041	0.653	
Threonine....g	0.875		0	A	1		0.248	3.971	
Isoleucine....g	0.997		0	A	1		0.283	4.522	
Leucine....g	1.743		0	A	1		0.494	7.906	
Lysine....g	1.852		0	A	1		0.525	8.400	
Methionine....g	0.571		0	A	1		0.162	2.588	
Cystine....g	0.283		0	A	1		0.080	1.283	
Phenylalanine....g	0.865		0	A	1		0.245	3.926	
Tyrosine....g	0.698		0	A	1		0.198	3.167	
Valine....g	1.087		0	A	1		0.308	4.931	
Arginine....g	1.417		0	A	1		0.402	6.427	
Histidine....g	0.699		0	A	1		0.198	3.172	
Alanine....g	1.332		0	A	1		0.378	6.043	
Aspartic acid....g	1.996		0	A	1		0.566	9.053	
Glutamic acid....g	3.289		0	A	1		0.933	14.921	
Glycine....g	1.334		0	A	1		0.378	6.052	
Proline....g	1.045		0	A	1		0.296	4.738	
Serine....g	0.863		0	A	1		0.245	3.915	
Hydroxyproline....g	0.230		0	BFPN	4		0.065	1.044	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 23625

Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23588

Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled

URMIS #1422

Refuse: 16% Bone and connective tissue, 4.85%, separable fat, 11.31%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	65.47	0.568	10	A	1		18.56	296.99	
Energy kcal	170		0	NC	4		48	771	
Energy kJ	711		0	NC	4		202	3225	
Protein (N x 6.25) g	29.34	0.485	10	A	1		8.32	133.08	
Total lipid (fat) g	4.96	0.269	10	A	1		1.41	22.50	
Ash g	1.20	0.020	10	A	1		0.34	5.46	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	21		0	BFNN	4		6	96	
Iron, Fe mg	1.81		0	BFNN	4		0.51	8.19	
Magnesium, Mg mg	25		0	BFNN	4		7	115	
Phosphorus, P mg	238		0	BFNN	4		68	1081	
Potassium, K mg	386		0	BFNN	4		109	1750	
Sodium, Na mg	62		0	BFNN	4		18	281	
Zinc, Zn mg	5.37		0	BFNN	4		1.52	24.37	
Copper, Cu mg	0.080		0	BFNN	4		0.023	0.362	
Manganese, Mn mg	0.011		0	BFNN	4		0.003	0.048	
Selenium, Se µg	36.6		0	BFNN	4		10.4	166.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.084		0	BFPN	4		0.024	0.380	
Riboflavin mg	0.155		0	BFPN	4		0.044	0.705	
Niacin mg	8.574		0	BFPN	4		2.431	38.891	
Pantothenic acid mg	0.578		0	BFPN	4		0.164	2.622	
Vitamin B-6 mg	0.648		0	BFPN	4		0.184	2.940	
Folate, total µg	10		0	BFPN	4		3	45	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	10		0	BFPN	4		3	45	
Folate, DFE µg	10		0	NC	4		3	45	
Choline, total mg	111.7		0	BFPN	4		31.7	506.9	
Betaine mg	14.7		0	BFPN	4		4.2	66.6	
Vitamin B-12 µg	1.40		0	BFPN	4		0.40	6.36	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.37		0	BFSN	4		0.10	1.67	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.0	0.4	
Vitamin D IU	3		0	BFFN	4		1	15	
Vitamin K (phylloquinone) µg	1.3		0	BFSN	4		0.4	5.9	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23588

Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.889		0	NC	4		0.535	8.567	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.002		0	BFFN	4		0.001	0.008	
12:0....g	0.006		0	BFFN	4		0.002	0.025	
13:0....g									
14:0....g	0.134		0	BFFN	4		0.038	0.609	
15:0....g									
16:0....g	1.100		0	BFFN	4		0.312	4.990	
17:0....g									
18:0....g	0.647		0	BFFN	4		0.183	2.935	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.980		0	NC	4		0.561	8.982	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.149		0	BFFN	4		0.042	0.676	
17:1....g									
18:1 undifferentiated....g	1.829		0	BFFN	4		0.519	8.297	
20:1....g	0.002		0	BFFN	4		0.001	0.008	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.196		0	NC	4		0.056	0.889	
18:2 undifferentiated....g	0.142		0	BFFN	4		0.040	0.643	
18:3 undifferentiated....g	0.013		0	BFFN	4		0.004	0.059	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.022		0	BFFN	4		0.006	0.101	
20:5 n-3 (EPA)....g	0.003		18	AR	1		0.001	0.014	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.015		18	AR	1		0.004	0.068	
22:6 n-3 (DHA)....g	0.001		18	AR	1		0.000	0.005	
Fatty acids, total trans....g									
Cholesterol....mg	77		0	BFSN	4		22	347	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.193		0	A	1		0.055	0.875	
Threonine....g	1.172		0	A	1		0.332	5.316	
Isoleucine....g	1.335		0	A	1		0.378	6.054	
Leucine....g	2.334		0	A	1		0.662	10.586	
Lysine....g	2.479		0	A	1		0.703	11.246	
Methionine....g	0.764		0	A	1		0.217	3.465	
Cystine....g	0.379		0	A	1		0.107	1.717	
Phenylalanine....g	1.159		0	A	1		0.329	5.256	
Tyrosine....g	0.935		0	A	1		0.265	4.241	
Valine....g	1.455		0	A	1		0.413	6.602	
Arginine....g	1.897		0	A	1		0.538	8.605	
Histidine....g	0.936		0	A	1		0.265	4.247	
Alanine....g	1.784		0	A	1		0.506	8.090	
Aspartic acid....g	2.672		0	A	1		0.758	12.121	
Glutamic acid....g	4.404		0	A	1		1.249	19.978	
Glycine....g	1.786		0	A	1		0.506	8.103	
Proline....g	1.399		0	A	1		0.397	6.344	
Serine....g	1.156		0	A	1		0.328	5.242	
Hydroxyproline....g	0.308		0	BFPN	4		0.087	1.398	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 23588

Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23584

Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, raw

URMIS #1422

Refuse:14% Bone and connective tissue, 3.26%,separable fat, 11.04%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	73.31	0.341	10	A	1		20.78	332.52	
Energy kcal	127		0	NC	4		36	576	
Energy kJ	531		0	NC	4		151	2409	
Protein (N x 6.25) g	22.27	0.187	10	A	1		6.31	101.00	
Total lipid (fat) g	3.54	0.237	10	A	1		1.00	16.03	
Ash g	1.19	0.027	10	A	1		0.34	5.38	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	22		0	BFNN	4		6	101	
Iron, Fe mg	1.61		0	BFNN	4		0.46	7.32	
Magnesium, Mg mg	23		0	BFNN	4		7	106	
Phosphorus, P mg	211		0	BFNN	4		60	958	
Potassium, K mg	357		0	BFNN	4		101	1617	
Sodium, Na mg	56		0	BFNN	4		16	253	
Zinc, Zn mg	4.00		0	BFNN	4		1.13	18.14	
Copper, Cu mg	0.077		0	BFNN	4		0.022	0.347	
Manganese, Mn mg	0.011		0	BFNN	4		0.003	0.050	
Selenium, Se µg	30.8		0	BFNN	4		8.7	139.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.075		0	BFPN	4		0.021	0.339	
Riboflavin mg	0.120		0	BFPN	4		0.034	0.543	
Niacin mg	6.469		0	BFPN	4		1.834	29.342	
Pantothenic acid mg	0.654		0	BFPN	4		0.185	2.966	
Vitamin B-6 mg	0.628		0	BFPN	4		0.178	2.849	
Folate, total µg	13		0	BFPN	4		4	59	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	13		0	BFPN	4		4	59	
Folate, DFE µg	13		0	NC	4		4	59	
Choline, total mg	93.0		0	BFPN	4		26.4	421.9	
Betaine mg	13.7		0	BFPN	4		3.9	62.0	
Vitamin B-12 µg	0.94		0	BFPN	4		0.27	4.27	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.28		0	BFSN	4		0.08	1.29	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	AS	1		0.0	0.2	
Vitamin D IU	2		0	BFFN	4		1	9	
Vitamin K (phylloquinone) µg	1.1		0	BFSN	4		0.3	5.2	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 23584

Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.307		0	NC	4		0.370	5.927	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.000		0	BFFN	4		0.000	0.000	
13:0....g									
14:0....g	0.089		0	BFFN	4		0.025	0.405	
15:0....g									
16:0....g	0.784		0	BFFN	4		0.222	3.558	
17:0....g									
18:0....g	0.433		0	BFFN	4		0.123	1.964	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.422		0	NC	4		0.403	6.449	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.109		0	BFFN	4		0.031	0.495	
17:1....g									
18:1 undifferentiated....g	1.311		0	BFFN	4		0.372	5.945	
20:1....g	0.002		0	BFFN	4		0.001	0.009	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.167		0	NC	4		0.047	0.757	
18:2 undifferentiated....g	0.123		0	BFFN	4		0.035	0.558	
18:3 undifferentiated....g	0.008		0	BFFN	4		0.002	0.036	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.022		0	BFFN	4		0.006	0.099	
20:5 n-3 (EPA)....g	0.002		15	AR	1		0.001	0.009	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.011		15	AR	1		0.003	0.050	
22:6 n-3 (DHA)....g	0.001		15	AR	1		0.000	0.005	
Fatty acids, total trans....g									
Cholesterol....mg	59		0	BFSN	4		17	268	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.146		0	A	1		0.041	0.664	
Threonine....g	0.889		0	A	1		0.252	4.035	
Isoleucine....g	1.013		0	A	1		0.287	4.595	
Leucine....g	1.771		0	A	1		0.502	8.034	
Lysine....g	1.882		0	A	1		0.533	8.535	
Methionine....g	0.580		0	A	1		0.164	2.630	
Cystine....g	0.287		0	A	1		0.081	1.303	
Phenylalanine....g	0.879		0	A	1		0.249	3.989	
Tyrosine....g	0.710		0	A	1		0.201	3.218	
Valine....g	1.105		0	A	1		0.313	5.011	
Arginine....g	1.440		0	A	1		0.408	6.531	
Histidine....g	0.711		0	A	1		0.201	3.223	
Alanine....g	1.354		0	A	1		0.384	6.140	
Aspartic acid....g	2.028		0	A	1		0.575	9.200	
Glutamic acid....g	3.343		0	A	1		0.948	15.162	
Glycine....g	1.356		0	A	1		0.384	6.150	
Proline....g	1.061		0	A	1		0.301	4.815	
Serine....g	0.877		0	A	1		0.249	3.978	
Hydroxyproline....g	0.234		0	BFPN	4		0.066	1.061	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 23584

Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13319
Beef, variety meats and by-products, brain, cooked, pan-fried

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	70.75		1		1		60.14	248.33	
Energy kcal	196		0		4		167	688	
Energy kJ	820				4		697	2878	
Protein (N x 6.25) g	12.57		1		1		10.68	44.12	
Total lipid (fat) g	15.83		1		1		13.46	55.56	
Ash g	1.58		1		1		1.34	5.55	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	9		1		1		8	32	
Iron, Fe mg	2.22		1		1		1.89	7.79	
Magnesium, Mg mg	15		1		1		13	53	
Phosphorus, P mg	386		1		1		328	1355	
Potassium, K mg	354		1		1		301	1243	
Sodium, Na mg	158		1		1		134	555	
Zinc, Zn mg	1.35		1		1		1.15	4.74	
Copper, Cu mg	0.220		1		1		0.187	0.772	
Manganese, Mn mg	0.032		1		1		0.027	0.112	
Selenium, Se µg	26.0	3.326	4	A	1		22.1	91.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	3.3		1		1		2.8	11.6	
Thiamin mg	0.130		1		1		0.111	0.456	
Riboflavin mg	0.260		1		1		0.221	0.913	
Niacin mg	3.780		1		1		3.213	13.268	
Pantothenic acid mg	0.570		1		1		0.485	2.001	
Vitamin B-6 mg	0.390		1		1		0.332	1.369	
Folate, total µg	6		1		1		5	21	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	6		1		1		5	21	
Folate, DFE µg	6		0	NC	4		5	21	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	15.20		1		1		12.92	53.35	
Vitamin A, RAE µg	0		0		4		0	0	
Retinol µg	0		0		4		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0		4		0	0	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 13319

Beef, variety meats and by-products, brain, cooked, pan-fried

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	3.740		0		1		3.179	13.127	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.000		0		4		0.000	0.000	
13:0....g									
14:0....g	0.070		0		1		0.060	0.246	
15:0....g									
16:0....g	1.980		0		1		1.683	6.950	
17:0....g									
18:0....g	1.620		0		1		1.377	5.686	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.980		0		1		3.383	13.970	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.110		0		1		0.094	0.386	
17:1....g									
18:1 undifferentiated....g	3.470		0		1		2.950	12.180	
20:1....g	0.240		0		1		0.204	0.842	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.310		0		1		1.964	8.108	
18:2 undifferentiated....g	0.840		0		1		0.714	2.948	
18:3 undifferentiated....g	0.050		0		1		0.043	0.176	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.290		0		1		0.247	1.018	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.290		0		1		0.247	1.018	
22:6 n-3 (DHA)....g	0.670		0		1		0.570	2.352	
Fatty acids, total trans....g									
Cholesterol....mg	1995		0		4		1696	7002	
Phytosterols....mg	0		0		1		0	0	
Amino Acids:									
Tryptophan....g	0.103		0		1		0.088	0.362	
Threonine....g	0.597		0		1		0.507	2.095	
Isoleucine....g	0.487		0		1		0.414	1.709	
Leucine....g	0.943		0		1		0.802	3.310	
Lysine....g	0.752		0		1		0.639	2.640	
Methionine....g	0.261		0		1		0.222	0.916	
Cystine....g	0.223		0		1		0.190	0.783	
Phenylalanine....g	0.635		0		1		0.540	2.229	
Tyrosine....g	0.446		0		1		0.379	1.565	
Valine....g	0.617		0		1		0.524	2.166	
Arginine....g	0.686		0		1		0.583	2.408	
Histidine....g	0.320		0		1		0.272	1.123	
Alanine....g	0.696		0		1		0.592	2.443	
Aspartic acid....g	1.126		0		1		0.957	3.952	
Glutamic acid....g	1.534		0		1		1.304	5.384	
Glycine....g	0.593		0		1		0.504	2.081	
Proline....g	0.521		0		1		0.443	1.829	
Serine....g	0.728		0		1		0.619	2.555	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13319

Beef, variety meats and by-products, brain, cooked, pan-fried

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 351g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13320
Beef, variety meats and by-products, brain, cooked, simmered

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	74.86		1	A	1		63.63	292.69	
Energy kcal	151		0	NR	4		128	590	
Energy kJ	630		0	A	1		536	2463	
Protein (N x 6.25) g	11.67		1	A	1		9.92	45.64	
Total lipid (fat) g	10.53		1	A	1		8.95	41.18	
Ash g	1.46		1	A	1		1.24	5.70	
Carbohydrate, by difference g	1.48		0	NC	4		1.26	5.78	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	9		1	A	1		8	37	
Iron, Fe mg	2.30		1	A	1		1.96	8.99	
Magnesium, Mg mg	12		1	A	1		10	45	
Phosphorus, P mg	335		1	A	1		285	1310	
Potassium, K mg	244		1	A	1		207	954	
Sodium, Na mg	108		1	A	1		92	422	
Zinc, Zn mg	1.09		1	A	1		0.93	4.26	
Copper, Cu mg	0.230		1	A	1		0.196	0.899	
Manganese, Mn mg	0.028		1	A	1		0.024	0.109	
Selenium, Se µg	21.8		1	A	1		18.5	85.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	10.5		1	A	1		8.9	41.1	
Thiamin mg	0.069		1	A	1		0.058	0.269	
Riboflavin mg	0.217		1	A	1		0.184	0.848	
Niacin mg	3.620		1	A	1		3.077	14.154	
Pantothenic acid mg	1.210		1	A	1		1.029	4.731	
Vitamin B-6 mg	0.143		1	A	1		0.122	0.559	
Folate, total µg	5		2	A	1		4	20	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	5		2	A	1		4	20	
Folate, DFE µg	5		0	NC	4		4	20	
Choline, total mg	490.9		0	NR	4		417.3	1919.5	
Betaine mg									
Vitamin B-12 µg	10.10		1	A	1		8.59	39.49	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	6		0	AS	1		5	23	
Retinol µg	0		1	A	1		0	0	
Carotene, beta µg	70		1	A	1		60	274	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	117		0	AS	1		99	457	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	1.67		2	A	1		1.42	6.53	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		2	A	1		0.00	0.00	
Tocopherol, gamma mg	0.06		2	A	1		0.05	0.23	
Tocopherol, delta mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, alpha mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, beta mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, gamma mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, delta mg	0.00		2	A	1		0.00	0.00	
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	0.1		2	A	1		0.1	0.4	

NDB No. 13320

Beef, variety meats and by-products, brain, cooked, simmered

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.394		0	NC	4		2.035	9.361	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		1	A	1		0.000	0.000	
12:0....g	0.000		1	A	1		0.000	0.000	
13:0....g									
14:0....g	0.029		0	A	1		0.025	0.113	
15:0....g	0.000		1	A	1		0.000	0.000	
16:0....g	0.974		0	A	1		0.828	3.808	
17:0....g	0.032		0	A	1		0.027	0.125	
18:0....g	1.305		0	A	1		1.109	5.103	
20:0....g	0.018		0	A	1		0.015	0.070	
22:0....g	0.035		0	A	1		0.030	0.137	
24:0....g									
Fatty acids, total monounsaturated....g	1.882		0	NC	4		1.600	7.359	
14:1....g	0.000		1	A	1		0.000	0.000	
15:1....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated....g	0.023		0	A	1		0.020	0.090	
17:1....g									
18:1 undifferentiated....g	1.667		0	A	1		1.417	6.518	
20:1....g	0.193		0	A	1		0.164	0.755	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.632		0	NC	4		1.387	6.381	
18:2 undifferentiated....g	0.039		0	A	1		0.033	0.152	
18:3 undifferentiated....g	0.000		0	NR	4		0.000	0.000	
18:3 n-3 c,c,c (ALA)....g	0.000		1	A	1		0.000	0.000	
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000		1	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000		1	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.355		0	A	1		0.302	1.388	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	NR	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.383		0	A	1		0.326	1.498	
22:6 n-3 (DHA)....g	0.855		0	BFFN	4		0.727	3.343	
Fatty acids, total trans....g	0.510		1	A	1		0.434	1.994	
Cholesterol....mg	3100		1	A	1		2635	12121	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 391g: 1 piece, cooked, excluding refuse

NDB No. 13320
Beef, variety meats and by-products, brain, cooked, simmered

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate**3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13318
Beef, variety meats and by-products, brain, raw

Refuse: 22% Blood clots and membranes 22.45%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	76.29		1	A	1		21.63	86.20	
Energy kcal	143		0	NC	4		41	162	
Energy kJ	600		0	NC	4		170	678	
Protein (N x 6.25) g	10.86		1	A	1		3.08	12.27	
Total lipid (fat) g	10.30		1	A	1		2.92	11.63	
Ash g	1.51		1	A	1		0.43	1.70	
Carbohydrate, by difference g	1.05		0	NC	4		0.30	1.19	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	43		1	A	1		12	48	
Iron, Fe mg	2.55		1	A	1		0.72	2.88	
Magnesium, Mg mg	13		1	A	1		4	14	
Phosphorus, P mg	362		1	A	1		103	409	
Potassium, K mg	274		1	A	1		78	310	
Sodium, Na mg	126		1	A	1		36	142	
Zinc, Zn mg	1.02		1	A	1		0.29	1.15	
Copper, Cu mg	0.287		1	A	1		0.081	0.324	
Manganese, Mn mg	0.026		1	A	1		0.007	0.029	
Selenium, Se µg	21.3		1	A	1		6.0	24.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	10.7		1	A	1		3.0	12.1	
Thiamin mg	0.092		1	A	1		0.026	0.104	
Riboflavin mg	0.199		1	A	1		0.056	0.225	
Niacin mg	3.550		1	A	1		1.006	4.012	
Pantothenic acid mg	2.010		1	A	1		0.570	2.271	
Vitamin B-6 mg	0.226		1	A	1		0.064	0.255	
Folate, total µg	3		2	A	1		1	3	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	3		2	A	1		1	3	
Folate, DFE µg	3		0	NC	4		1	3	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	9.51		1	A	1		2.70	10.75	
Vitamin A, RAE µg	7		0	AS	1		2	8	
Retinol µg	0		1	A	1		0	0	
Carotene, beta µg	88		1	A	1		25	100	
Carotene, alpha µg	0		1	A	1		0	0	
Cryptoxanthin, beta µg	0		1	A	1		0	0	
Vitamin A, IU IU	147		0	AS	1		42	166	
Lycopene µg	0		1	A	1		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.99		2	A	1		0.28	1.12	
Tocopherol, beta mg	0.00		2	A	1		0.00	0.00	
Tocopherol, gamma mg	0.05		2	A	1		0.01	0.06	
Tocopherol, delta mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, alpha mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, beta mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, gamma mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, delta mg	0.00		2	A	1		0.00	0.00	
Vitamin D (D2 + D3) µg									
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	0.0		2	A	1		0.0	0.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13318

Beef, variety meats and by-products, brain, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.300		0	NC	4		0.652	2.599	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		1	A	1		0.000	0.000	
10:0....g	0.000		1	A	1		0.000	0.000	
12:0....g	0.000		1	A	1		0.000	0.000	
13:0....g									
14:0....g	0.026		1	A	1		0.007	0.029	
15:0....g	0.000		1	A	1		0.000	0.000	
16:0....g	0.919		1	A	1		0.261	1.038	
17:0....g	0.031		1	A	1		0.009	0.035	
18:0....g	1.273		1	A	1		0.361	1.439	
20:0....g	0.017		1	A	1		0.005	0.019	
22:0....g	0.034		1	A	1		0.010	0.038	
24:0....g									
Fatty acids, total monounsaturated....g	1.890		0	NC	4		0.536	2.136	
14:1....g	0.000		1	A	1		0.000	0.000	
15:1....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated....g	0.021		1	A	1		0.006	0.024	
17:1....g									
18:1 undifferentiated....g	1.646		1	A	1		0.467	1.860	
20:1....g	0.222		1	A	1		0.063	0.251	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.586		0	NC	4		0.450	1.792	
18:2 undifferentiated....g	0.041		1	A	1		0.012	0.047	
18:3 undifferentiated....g	0.000		0	AS	1		0.000	0.000	
18:3 n-3 c,c,c (ALA)....g	0.000		1	A	1		0.000	0.000	
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000		1	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000		1	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.319		1	A	1		0.090	0.361	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.374		0	BFFN	4		0.106	0.423	
22:6 n-3 (DHA)....g	0.851		0	BFFN	4		0.241	0.962	
Fatty acids, total trans....g	0.610		1	A	1		0.173	0.689	
Cholesterol....mg	3010		1	A	1		853	3401	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

NDB No. 13318
Beef, variety meats and by-products, brain, raw

Food Group: 13 Beef Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13322
Beef, variety meats and by-products, heart, cooked, simmered

Refuse: 16% Fat and valves, 16.39%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	65.67		1	A	1		55.82		
Energy kcal	165		0	A	1		140		
Energy kJ	690		0	A	1		587		
Protein (N x 6.25) g	28.48		1	A	1		24.21		
Total lipid (fat) g	4.73		1	A	1		4.02		
Ash g	0.97		1	A	1		0.82		
Carbohydrate, by difference g	0.15		0	NC	4		0.13		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	5		1	A	1		4		
Iron, Fe mg	6.38		1	A	1		5.42		
Magnesium, Mg mg	21		1	A	1		18		
Phosphorus, P mg	254		1	A	1		216		
Potassium, K mg	219		1	A	1		186		
Sodium, Na mg	59		1	A	1		50		
Zinc, Zn mg	2.87		1	A	1		2.44		
Copper, Cu mg	0.559		1	A	1		0.475		
Manganese, Mn mg	0.033		1	A	1		0.028		
Selenium, Se µg	38.9		1	A	1		33.1		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.101		1	A	1		0.086		
Riboflavin mg	1.210		1	A	1		1.029		
Niacin mg	6.680		1	A	1		5.678		
Pantothenic acid mg	1.600		1	A	1		1.360		
Vitamin B-6 mg	0.245		1	A	1		0.208		
Folate, total µg	5		2	A	1		4		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	5		2	A	1		4		
Folate, DFE µg	5		0	NC	4		4		
Choline, total mg	228.8		0	BFPN	4		194.5		
Betaine mg	4.1		0	BFPN	4		3.5		
Vitamin B-12 µg	10.80		1	A	1		9.18		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	0		0	AS	1		0		
Retinol µg	0		1	A	1		0		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	0		0	AS	1		0		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.29		2	A	1		0.25		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg	0.00		2	A	1		0.00		
Tocopherol, gamma mg	0.03		2	A	1		0.03		
Tocopherol, delta mg	0.00		2	A	1		0.00		
Tocotrienol, alpha mg	0.03		2	A	1		0.03		
Tocotrienol, beta mg	0.00		2	A	1		0.00		
Tocotrienol, gamma mg	0.00		2	A	1		0.00		
Tocotrienol, delta mg	0.00		2	A	1		0.00		
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1		
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	0.1		0	BFFN	4		0.1		
Vitamin D IU	3		0	BFFN	4		3		
Vitamin K (phylloquinone) µg	0.5		2	A	1		0.4		

NDB No. 13322

Beef, variety meats and by-products, heart, cooked, simmered

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.404		1	A	1		1.193		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g	0.000		1	A	1		0.000		
12:0....g	0.000		1	A	1		0.000		
13:0....g									
14:0....g	0.050		1	A	1		0.043		
15:0....g	0.016		1	A	1		0.014		
16:0....g	0.610		1	A	1		0.519		
17:0....g	0.047		1	A	1		0.040		
18:0....g	0.669		1	A	1		0.569		
20:0....g	0.006		1	A	1		0.005		
22:0....g	0.006		1	A	1		0.005		
24:0....g									
Fatty acids, total monounsaturated....g	1.011		1	A	1		0.859		
14:1....g	0.006		1	A	1		0.005		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.059		1	A	1		0.050		
17:1....g									
18:1 undifferentiated....g	0.936		1	A	1		0.796		
20:1....g	0.010		1	A	1		0.009		
22:1 undifferentiated....g	0.000		0	Z	7		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.985		1	A	1		0.837		
18:2 undifferentiated....g	0.736		1	A	1		0.626		
18:3 undifferentiated....g	0.019		0	NC	4		0.016		
18:3 n-3 c,c,c (ALA)....g	0.012		1	A	1		0.010		
18:3 n-6 c,c,c....g	0.007		1	A	1		0.006		
18:3i....g									
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g	0.011		1	A	1		0.009		
20:3 undifferentiated....g	0.000		1	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.219		1	A	1		0.186		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA)....g	0.000		0	Z	7		0.000		
Fatty acids, total trans....g	0.160		1	A	1		0.136		
Cholesterol....mg	212		1	A	1		180		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

NDB No. 13322
Beef, variety meats and by-products, heart, cooked, simmered

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate**3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13321
Beef, variety meats and by-products, heart, raw

Refuse: 29% Fat, veins and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	77.11		1	A	1		21.86	87.13	
Energy kcal	112		0	NC	4		32	126	
Energy kJ	467		0	NC	4		133	528	
Protein (N x 6.25) g	17.72		1	A	1		5.02	20.02	
Total lipid (fat) g	3.94		1	A	1		1.12	4.45	
Ash g	1.10		1	A	1		0.31	1.24	
Carbohydrate, by difference g	0.14		0	NC	4		0.04	0.15	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	7		1	A	1		2	8	
Iron, Fe mg	4.31		1	A	1		1.22	4.87	
Magnesium, Mg mg	21		1	A	1		6	24	
Phosphorus, P mg	212		1	A	1		60	240	
Potassium, K mg	287		1	A	1		81	324	
Sodium, Na mg	98		1	A	1		28	110	
Zinc, Zn mg	1.70		1	A	1		0.48	1.92	
Copper, Cu mg	0.396		1	A	1		0.112	0.447	
Manganese, Mn mg	0.035		1	A	1		0.010	0.040	
Selenium, Se µg	21.8		1	A	1		6.2	24.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	2.0		1	A	1		0.6	2.3	
Thiamin mg	0.238		1	A	1		0.067	0.269	
Riboflavin mg	0.906		1	A	1		0.257	1.024	
Niacin mg	7.530		1	A	1		2.135	8.509	
Pantothenic acid mg	1.790		1	A	1		0.507	2.023	
Vitamin B-6 mg	0.279		1	A	1		0.079	0.315	
Folate, total µg	3		2	A	1		1	3	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	3		2	A	1		1	3	
Folate, DFE µg	3		0	NC	4		1	3	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	8.55		1	A	1		2.42	9.66	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		1	A	1		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		1	A	1		0	0	
Cryptoxanthin, beta µg	0		1	A	1		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	17		1	A	1		5	19	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.22		2	A	1		0.06	0.25	
Tocopherol, beta mg	0.00		2	A	1		0.00	0.00	
Tocopherol, gamma mg	0.02		2	A	1		0.01	0.02	
Tocopherol, delta mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, alpha mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, beta mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, gamma mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, delta mg	0.00		2	A	1		0.00	0.00	
Vitamin D (D2 + D3) µg									
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	0.0		2	A	1		0.0	0.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13321

Beef, variety meats and by-products, heart, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.383		1	A	1		0.392	1.563	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		1	A	1		0.000	0.000	
10:0....g	0.000		1	A	1		0.000	0.000	
12:0....g	0.000		1	A	1		0.000	0.000	
13:0....g									
14:0....g	0.067		1	A	1		0.019	0.076	
15:0....g	0.016		1	A	1		0.005	0.018	
16:0....g	0.621		1	A	1		0.176	0.702	
17:0....g	0.051		1	A	1		0.014	0.058	
18:0....g	0.623		1	A	1		0.177	0.704	
20:0....g	0.005		1	A	1		0.001	0.006	
22:0....g	0.000		1	A	1		0.000	0.000	
24:0....g									
Fatty acids, total monounsaturated....g	1.137		1	A	1		0.322	1.285	
14:1....g	0.007		1	A	1		0.002	0.008	
15:1....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated....g	0.059		1	A	1		0.017	0.067	
17:1....g									
18:1 undifferentiated....g	1.060		1	A	1		0.301	1.198	
20:1....g	0.011		1	A	1		0.003	0.012	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.546		1	A	1		0.155	0.617	
18:2 undifferentiated....g	0.395		1	A	1		0.112	0.446	
18:3 undifferentiated....g	0.016		0	AS	1		0.005	0.018	
18:3 n-3 c,c,c (ALA)....g	0.011		1	A	1		0.003	0.012	
18:3 n-6 c,c,c....g	0.005		1	A	1		0.001	0.006	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.007		1	A	1		0.002	0.008	
20:3 undifferentiated....g	0.000		1	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.128		1	A	1		0.036	0.145	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans....g	0.180		1	A	1		0.051	0.203	
Cholesterol....mg	124		1	A	1		35	140	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

NDB No. 13321
Beef, variety meats and by-products, heart, raw

Food Group: 13 Beef Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13324
Beef, variety meats and by-products, kidneys, cooked, simmered

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	66.88		1	A	1		56.85		
Energy kcal	158		0	NC	4		135		
Energy kJ	663		0	NC	4		563		
Protein (N x 6.25) g	27.27		1	A	1		23.18		
Total lipid (fat) g	4.65		1	A	1		3.96		
Ash g	1.31		1	A	1		1.11		
Carbohydrate, by difference g	0.00		0	Z	7		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	19		1	A	1		16		
Iron, Fe mg	5.80		1	A	1		4.93		
Magnesium, Mg mg	12		1	A	1		11		
Phosphorus, P mg	304		1	A	1		258		
Potassium, K mg	135		1	A	1		115		
Sodium, Na mg	94		1	A	1		80		
Zinc, Zn mg	2.84		1	A	1		2.41		
Copper, Cu mg	0.564		1	A	1		0.479		
Manganese, Mn mg	0.185		1	A	1		0.157		
Selenium, Se µg	168.0		1	A	1		142.8		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.160		1	A	1		0.136		
Riboflavin mg	2.970		1	A	1		2.525		
Niacin mg	3.920		1	A	1		3.332		
Pantothenic acid mg	1.560		1	A	1		1.326		
Vitamin B-6 mg	0.391		1	A	1		0.332		
Folate, total µg	83		2	A	1		71		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	83		2	A	1		71		
Folate, DFE µg	83		0	NC	4		71		
Choline, total mg	513.2		0	NR	4		436.2		
Betaine mg									
Vitamin B-12 µg	24.90		1	A	1		21.17		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	0		0	AS	1		0		
Retinol µg	0		1	A	1		0		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	0		0	AS	1		0		
Lycopene µg	23		1	A	1		19		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.08		2	A	1		0.07		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg	0.00		2	A	1		0.00		
Tocopherol, gamma mg	0.00		2	A	1		0.00		
Tocopherol, delta mg	0.00		2	A	1		0.00		
Tocotrienol, alpha mg	0.03		2	A	1		0.03		
Tocotrienol, beta mg	0.00		2	A	1		0.00		
Tocotrienol, gamma mg	0.00		2	A	1		0.00		
Tocotrienol, delta mg	0.00		2	A	1		0.00		
Vitamin D (D2 + D3) µg	1.1		82	AS	1		0.9		
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	1.1		46	A	1		0.9		
Vitamin D IU	45		46	A	1		38		
Vitamin K (phylloquinone) µg	0.0		2	A	1		0.0		

NDB No. 13324

Beef, variety meats and by-products, kidneys, cooked, simmered

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.439		0	NC	4		1.223		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g	0.000		1	A	1		0.000		
12:0....g	0.000		1	A	1		0.000		
13:0....g									
14:0....g	0.020		1	A	1		0.017		
15:0....g	0.016		1	A	1		0.014		
16:0....g	0.649		1	A	1		0.552		
17:0....g	0.038		1	A	1		0.032		
18:0....g	0.617		1	A	1		0.524		
20:0....g	0.023		1	A	1		0.020		
22:0....g	0.076		1	A	1		0.064		
24:0....g									
Fatty acids, total monounsaturated....g	0.960		0	NC	4		0.816		
14:1....g	0.000		1	A	1		0.000		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.069		1	A	1		0.059		
17:1....g									
18:1 undifferentiated....g	0.868		1	A	1		0.738		
20:1....g	0.023		1	A	1		0.020		
22:1 undifferentiated....g	0.000		0	Z	7		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.138		0	NC	4		0.967		
18:2 undifferentiated....g	0.626		1	A	1		0.532		
18:3 undifferentiated....g	0.022		0	A	1		0.018		
18:3 n-3 c,c,c (ALA)....g	0.011		1	A	1		0.009		
18:3 n-6 c,c,c....g	0.011		1	A	1		0.009		
18:3i....g									
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g	0.026		1	A	1		0.022		
20:3 undifferentiated....g	0.000		1	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.443		1	A	1		0.376		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA)....g	0.000		0	Z	7		0.000		
Fatty acids, total trans....g	0.270		1	A	1		0.230		
Cholesterol....mg	716		1	A	1		609		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

NDB No. 13324
Beef, variety meats and by-products, kidneys, cooked, simmered

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate**3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13323
Beef, variety meats and by-products, kidneys, raw

Refuse: 16% Fat, veins and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	77.89		1	A	1		22.08	88.01	
Energy kcal	99		1	A	1		28	111	
Energy kJ	413		0	A	1		117	466	
Protein (N x 6.25) g	17.40		1	A	1		4.93	19.66	
Total lipid (fat) g	3.09		1	A	1		0.88	3.49	
Ash g	1.33		1	A	1		0.38	1.51	
Carbohydrate, by difference g	0.29		0	NC	4		0.08	0.33	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	13		1	A	1		4	15	
Iron, Fe mg	4.60		1	A	1		1.30	5.20	
Magnesium, Mg mg	17		1	A	1		5	19	
Phosphorus, P mg	257		1	A	1		73	290	
Potassium, K mg	262		1	A	1		74	296	
Sodium, Na mg	182		1	A	1		52	206	
Zinc, Zn mg	1.92		1	A	1		0.54	2.17	
Copper, Cu mg	0.426		1	A	1		0.121	0.481	
Manganese, Mn mg	0.142		1	A	1		0.040	0.160	
Selenium, Se µg	141.0		1	A	1		40.0	159.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	9.4		1	A	1		2.7	10.6	
Thiamin mg	0.357		1	A	1		0.101	0.403	
Riboflavin mg	2.840		1	A	1		0.805	3.209	
Niacin mg	8.030		1	A	1		2.277	9.074	
Pantothenic acid mg	3.970		1	A	1		1.125	4.486	
Vitamin B-6 mg	0.665		1	A	1		0.189	0.751	
Folate, total µg	98		2	A	1		28	111	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	98		2	A	1		28	111	
Folate, DFE µg	98		0	NC	4		28	111	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	27.50		1	A	1		7.80	31.08	
Vitamin A, RAE µg	419		0	AS	1		119	473	
Retinol µg	419		1	A	1		119	473	
Carotene, beta µg	0		1	A	1		0	0	
Carotene, alpha µg	0		1	A	1		0	0	
Cryptoxanthin, beta µg	0		1	A	1		0	0	
Vitamin A, IU IU	1397		0	AS	1		396	1578	
Lycopene µg	20		1	A	1		6	23	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.22		2	A	1		0.06	0.25	
Tocopherol, beta mg	0.00		2	A	1		0.00	0.00	
Tocopherol, gamma mg	0.02		2	A	1		0.01	0.02	
Tocopherol, delta mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, alpha mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, beta mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, gamma mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, delta mg	0.00		2	A	1		0.00	0.00	
Vitamin D (D2 + D3) µg	1.1		82	AS	1		0.3	1.3	
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	1.1		46	A	1		0.3	1.3	
Vitamin D IU	45		46	A	1		13	50	
Vitamin K (phylloquinone) µg	0.0		2	A	1		0.0	0.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 13323

Beef, variety meats and by-products, kidneys, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.868		1	A	1		0.246	0.981	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		1	A	1		0.000	0.000	
10:0....g	0.000		1	A	1		0.000	0.000	
12:0....g	0.000		1	A	1		0.000	0.000	
13:0....g									
14:0....g	0.021		1	A	1		0.006	0.024	
15:0....g	0.010		1	A	1		0.003	0.011	
16:0....g	0.393		1	A	1		0.111	0.444	
17:0....g	0.023		1	A	1		0.007	0.026	
18:0....g	0.374		1	A	1		0.106	0.423	
20:0....g	0.012		1	A	1		0.003	0.014	
22:0....g	0.035		1	A	1		0.010	0.040	
24:0....g									
Fatty acids, total monounsaturated....g	0.586		1	A	1		0.166	0.662	
14:1....g	0.000		1	A	1		0.000	0.000	
15:1....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated....g	0.039		1	A	1		0.011	0.044	
17:1....g									
18:1 undifferentiated....g	0.535		1	A	1		0.152	0.605	
20:1....g	0.012		1	A	1		0.003	0.014	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.545		1	A	1		0.155	0.616	
18:2 undifferentiated....g	0.292		1	A	1		0.083	0.330	
18:3 undifferentiated....g	0.013		0	A	1		0.004	0.015	
18:3 n-3 c,c,c (ALA)....g	0.007		1	A	1		0.002	0.008	
18:3 n-6 c,c,c....g	0.006		1	A	1		0.002	0.007	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.012		1	A	1		0.003	0.014	
20:3 undifferentiated....g	0.000		1	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.228		1	A	1		0.065	0.258	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans....g	0.100		1	A	1		0.028	0.113	
Cholesterol....mg	411		1	A	1		117	464	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

NDB No. 13323
Beef, variety meats and by-products, kidneys, raw

Food Group: 13 Beef Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13326

Beef, variety meats and by-products, liver, cooked, braised

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	58.81	0.523	4	A	1		39.99		
Energy kcal	191		0	NC	4		130		
Energy kJ	801		0	NC	4		545		
Protein (N x 6.25) g	29.08	0.273	4	A	1		19.77		
Total lipid (fat) g	5.26	0.310	4	A	1		3.57		
Ash g	1.74	0.054	4	A	1		1.18		
Carbohydrate, by difference g	5.13		0	NC	4		3.49		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	6	0.236	4	A	1		4		
Iron, Fe mg	6.54	0.289	4	A	1		4.45		
Magnesium, Mg mg	21	1.220	4	A	1		14		
Phosphorus, P mg	497	13.219	4	A	1		338		
Potassium, K mg	352	8.196	4	A	1		239		
Sodium, Na mg	79	1.522	4	A	1		54		
Zinc, Zn mg	5.30	0.138	4	A	1		3.60		
Copper, Cu mg	14.283	2.902	4	A	1		9.712		
Manganese, Mn mg	0.356	0.040	4	A	1		0.242		
Selenium, Se µg	36.1	1.581	4	A	1		24.5		
Vitamins:									
Vitamin C, total ascorbic acid mg	1.9		0	BFYN	4		1.3		
Thiamin mg	0.194	0.010	4	A	1		0.132		
Riboflavin mg	3.425	0.158	4	A	1		2.329		
Niacin mg	17.525	0.594	4	A	1		11.917		
Pantothenic acid mg	7.110	0.151	4	A	1		4.835		
Vitamin B-6 mg	1.017	0.032	4	A	1		0.691		
Folate, total µg	253	35.836	4	A	1		172		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	253	35.836	4	A	1		172		
Folate, DFE µg	253		0	NC	4		172		
Choline, total mg	426.0	14.562	4	AS	1		289.7		
Betaine mg	5.6	1.041	4	A	1		3.8		
Vitamin B-12 µg	70.58	9.397	4	A	1		47.99		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	9442		0	AS	1		6421		
Retinol µg	9428	554.487	4	A	1		6411		
Carotene, beta µg	162	52.642	4	A	1		110		
Carotene, alpha µg	11	0.000	4	A	1		8		
Cryptoxanthin, beta µg	11	0.000	4	A	1		8		
Vitamin A, IU IU	31714		0	AS	1		21566		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.51		8	A	1		0.35		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg	0.00		2	A	1		0.00		
Tocopherol, gamma mg	0.06		6	A	1		0.04		
Tocopherol, delta mg	0.00		2	A	1		0.00		
Tocotrienol, alpha mg	0.00		2	A	1		0.00		
Tocotrienol, beta mg	0.00		2	A	1		0.00		
Tocotrienol, gamma mg	0.00		2	A	1		0.00		
Tocotrienol, delta mg	0.00		2	A	1		0.00		
Vitamin D (D2 + D3) µg	1.2		0	AS	1		0.8		
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	1.2		46	A	1		0.8		
Vitamin D IU	49		46	A	1		33		
Vitamin K (phylloquinone) µg	3.3	0.905	4	A	1		2.3		

NDB No. 13326

Beef, variety meats and by-products, liver, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg	0.0	0.000	4	A	1		0.0		
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.947		0	NC	4		2.004		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g	0.000	0.000	4	A	1		0.000		
12:0....g	0.000	0.000	4	A	1		0.000		
13:0....g									
14:0....g	0.038	0.005	4	A	1		0.026		
15:0....g	0.013	0.003	4	A	1		0.009		
16:0....g	0.794	0.045	4	A	1		0.540		
17:0....g	0.071	0.001	4	A	1		0.048		
18:0....g	2.015	0.052	4	A	1		1.370		
20:0....g	0.000	0.000	4	A	1		0.000		
22:0....g	0.016	0.003	4	A	1		0.011		
24:0....g									
Fatty acids, total monounsaturated....g	1.124		0	NC	4		0.764		
14:1....g	0.000	0.000	4	A	1		0.000		
15:1....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated....g	0.083	0.009	4	A	1		0.056		
17:1....g	0.022	0.002	4	A	1		0.015		
18:1 undifferentiated....g	1.016	0.039	4	A	1		0.691		
20:1....g	0.003	0.002	4	A	1		0.002		
22:1 undifferentiated....g	0.000		0	Z	7		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.109		0	NC	4		0.754		
18:2 undifferentiated....g	0.000		0	Z	7		0.000		
18:2 n-6 c,c....g	0.659	0.041	4	A	1		0.448		
18:2 CLAs....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.000		0	Z	7		0.000		
18:3 n-3 c,c,c (ALA)....g	0.017	0.003	4	A	1		0.011		
18:3 n-6 c,c,c....g	0.025	0.001	4	A	1		0.017		
18:3i....g									
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g	0.011	0.004	4	A	1		0.007		
20:3 undifferentiated....g	0.000	0.000	4	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.397	0.023	4	A	1		0.270		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA)....g	0.000		0	Z	7		0.000		
Fatty acids, total trans....g	0.365	0.011	4	A	1		0.248		
Cholesterol....mg	396	9.340	4	A	1		269		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.368		0	A	1		0.250		
Threonine....g	1.215		0	A	1		0.826		
Isoleucine....g	1.352		0	A	1		0.919		
Leucine....g	2.670		0	A	1		1.816		
Lysine....g	2.247		0	A	1		1.528		
Methionine....g	0.759		0	A	1		0.516		
Cystine....g	0.526		0	A	1		0.357		
Phenylalanine....g	1.515		0	A	1		1.030		
Tyrosine....g	1.128		0	A	1		0.767		

NDB No. 13326

Beef, variety meats and by-products, liver, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Valine....g	1.761		0	A	1		1.198		
Arginine....g	1.735		0	A	1		1.180		
Histidine....g	0.879		0	A	1		0.598		
Alanine....g	1.627		0	A	1		1.107		
Aspartic acid....g	2.694		0	A	1		1.832		
Glutamic acid....g	3.652		0	A	1		2.483		
Glycine....g	1.627		0	A	1		1.107		
Proline....g	1.343		0	A	1		0.914		
Serine....g	1.265		0	A	1		0.860		
Hydroxyproline....g	0.046		1	A	1		0.031		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 68g: 1 slice

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13327
Beef, variety meats and by-products, liver, cooked, pan-fried

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	62.01	0.472	4	A	1		50.23		
Energy kcal	175		0	NC	4		142		
Energy kJ	734		0	NC	4		595		
Protein (N x 6.25) g	26.52	0.425	4	A	1		21.48		
Total lipid (fat) g	4.68	0.344	4	A	1		3.79		
Ash g	1.63	0.099	4	A	1		1.32		
Carbohydrate, by difference g	5.16		0	NC	4		4.18		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	6	0.154	4	A	1		4		
Iron, Fe mg	6.17	0.351	4	A	1		5.00		
Magnesium, Mg mg	22	0.793	4	A	1		18		
Phosphorus, P mg	485	8.689	4	A	1		393		
Potassium, K mg	351	9.283	4	A	1		284		
Sodium, Na mg	77	3.166	4	A	1		62		
Zinc, Zn mg	5.23	0.242	4	A	1		4.23		
Copper, Cu mg	14.588	2.589	4	A	1		11.816		
Manganese, Mn mg	0.356	0.018	4	A	1		0.288		
Selenium, Se µg	32.8	1.572	4	A	1		26.6		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.7		1	A	1		0.6		
Thiamin mg	0.177	0.009	4	A	1		0.143		
Riboflavin mg	3.425	0.277	4	A	1		2.774		
Niacin mg	17.475	1.182	4	A	1		14.155		
Pantothenic acid mg	6.943	0.149	4	A	1		5.623		
Vitamin B-6 mg	1.027	0.019	4	A	1		0.832		
Folate, total µg	260	35.631	4	A	1		211		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	260	35.631	4	A	1		211		
Folate, DFE µg	260		0	NC	4		211		
Choline, total mg	418.2		0	AS	1		338.8		
Betaine mg	6.3	1.100	4	A	1		5.1		
Vitamin B-12 µg	83.13	7.201	4	A	1		67.33		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	7744		0	AS	1		6273		
Retinol µg	7728	890.659	4	A	1		6259		
Carotene, beta µg	182	40.450	4	A	1		147		
Carotene, alpha µg	11	0.000	4	A	1		9		
Cryptoxanthin, beta µg	21	6.459	4	A	1		17		
Vitamin A, IU IU	26088		0	AS	1		21132		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.46		6	A	1		0.37		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg	0.00		2	A	1		0.00		
Tocopherol, gamma mg	0.06		6	A	1		0.05		
Tocopherol, delta mg	0.00		2	A	1		0.00		
Tocotrienol, alpha mg	0.00		2	A	1		0.00		
Tocotrienol, beta mg	0.00		2	A	1		0.00		
Tocotrienol, gamma mg	0.00		2	A	1		0.00		
Tocotrienol, delta mg	0.00		2	A	1		0.00		
Vitamin D (D2 + D3) µg	1.2		82	AS	1		1.0		
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	1.2		46	A	1		1.0		
Vitamin D IU	49		46	A	1		40		
Vitamin K (phylloquinone) µg	3.9	1.241	4	A	1		3.2		

NDB No. 13327

Beef, variety meats and by-products, liver, cooked, pan-fried

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg	0.0	0.000	4	A	1		0.0		
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.530		0	NC	4		2.049		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g	0.000	0.000	4	A	1		0.000		
12:0....g	0.000	0.000	4	A	1		0.000		
13:0....g									
14:0....g	0.037	0.006	4	A	1		0.030		
15:0....g	0.014	0.001	4	A	1		0.012		
16:0....g	0.724	0.077	4	A	1		0.586		
17:0....g	0.060	0.001	4	A	1		0.049		
18:0....g	1.680	0.023	4	A	1		1.361		
20:0....g	0.000	0.000	4	A	1		0.000		
22:0....g	0.015	0.003	4	A	1		0.012		
24:0....g									
Fatty acids, total monounsaturated....g	1.106		0	NC	4		0.896		
14:1....g	0.003	0.002	4	A	1		0.002		
15:1....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated....g	0.086	0.012	4	A	1		0.070		
17:1....g	0.021	0.002	4	A	1		0.017		
18:1 undifferentiated....g	0.987	0.088	4	A	1		0.800		
20:1....g	0.008	0.002	4	A	1		0.007		
22:1 undifferentiated....g	0.000		0	Z	7		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.021		0	NC	4		0.827		
18:2 undifferentiated....g	0.000		0	Z	7		0.000		
18:2 n-6 c,c....g	0.624	0.032	4	A	1		0.506		
18:2 CLAs....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.036		0	AS	1		0.029		
18:3 n-3 c,c,c (ALA)....g	0.017	0.003	4	A	1		0.013		
18:3 n-6 c,c,c....g	0.019	0.001	4	A	1		0.015		
18:3i....g									
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g	0.017	0.004	4	A	1		0.014		
20:3 undifferentiated....g	0.000	0.000	4	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.308	0.034	4	A	1		0.249		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA)....g	0.000		0	Z	7		0.000		
Fatty acids, total trans....g	0.335	0.014	4	A	1		0.271		
Cholesterol....mg	381	12.176	4	A	1		308		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.335		0	A	1		0.272		
Threonine....g	1.108		0	A	1		0.897		
Isoleucine....g	1.233		0	A	1		0.998		
Leucine....g	2.435		0	A	1		1.972		
Lysine....g	2.048		0	A	1		1.659		
Methionine....g	0.692		0	A	1		0.561		
Cystine....g	0.479		0	A	1		0.388		
Phenylalanine....g	1.382		0	A	1		1.119		
Tyrosine....g	1.029		0	A	1		0.833		

NDB No. 13327

Beef, variety meats and by-products, liver, cooked, pan-fried

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Valine....g	1.606		0	A	1		1.301		
Arginine....g	1.582		0	A	1		1.281		
Histidine....g	0.802		0	A	1		0.649		
Alanine....g	1.484		0	A	1		1.202		
Aspartic acid....g	2.456		0	A	1		1.990		
Glutamic acid....g	3.330		0	A	1		2.697		
Glycine....g	1.484		0	A	1		1.202		
Proline....g	1.225		0	A	1		0.992		
Serine....g	1.154		0	A	1		0.934		
Hydroxyproline....g	0.046		1	A	1		0.037		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 81g: 1 slice

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13325
Beef, variety meats and by-products, liver, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	70.81	0.191	4	A	1		60.19		
Energy kcal	135		0	NC	4		115		
Energy kJ	564		0	NC	4		479		
Protein (N x 6.25) g	20.36	0.152	4	A	1		17.30		
Total lipid (fat) g	3.63	0.205	4	A	1		3.09		
Ash g	1.31	0.087	4	A	1		1.11		
Carbohydrate, by difference g	3.89		0	NC	4		3.31		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	5	0.135	4	A	1		4		
Iron, Fe mg	4.90	0.469	4	A	1		4.17		
Magnesium, Mg mg	18	0.275	4	A	1		16		
Phosphorus, P mg	387	5.977	4	A	1		329		
Potassium, K mg	313	3.301	4	A	1		266		
Sodium, Na mg	69	2.266	4	A	1		59		
Zinc, Zn mg	4.00	0.328	4	A	1		3.40		
Copper, Cu mg	9.755	1.366	4	A	1		8.292		
Manganese, Mn mg	0.310	0.018	4	A	1		0.263		
Selenium, Se µg	39.7	4.532	4	A	1		33.7		
Vitamins:									
Vitamin C, total ascorbic acid mg	1.3		1	A	1		1.1		
Thiamin mg	0.189	0.007	4	A	1		0.160		
Riboflavin mg	2.755	0.075	4	A	1		2.342		
Niacin mg	13.175	0.987	4	A	1		11.199		
Pantothenic acid mg	7.173	0.209	4	A	1		6.097		
Vitamin B-6 mg	1.083	0.018	4	A	1		0.920		
Folate, total µg	290	42.956	4	A	1		246		
Folic acid µg	0		0	NR	4		0		
Folate, food µg	290	42.956	4	A	1		246		
Folate, DFE µg	290		0	NC	4		246		
Choline, total mg	333.3		0	AS	1		283.3		
Betaine mg	4.4	0.738	4	A	1		3.8		
Vitamin B-12 µg	59.30	4.090	4	A	1		50.41		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	4968		0	AS	1		4223		
Retinol µg	4948	1321.819	4	A	1		4205		
Carotene, beta µg	232	203.476	4	A	1		197		
Carotene, alpha µg	11	0.000	4	A	1		10		
Cryptoxanthin, beta µg	13	1.705	4	A	1		11		
Vitamin A, IU IU	16898		0	AS	1		14363		
Lycopene µg	0	0.000	4	A	1		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.38		8	A	1		0.32		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg	0.00		2	A	1		0.00		
Tocopherol, gamma mg	0.07		8	A	1		0.06		
Tocopherol, delta mg	0.00		2	A	1		0.00		
Tocotrienol, alpha mg	0.00		2	A	1		0.00		
Tocotrienol, beta mg	0.00		2	A	1		0.00		
Tocotrienol, gamma mg	0.00		2	A	1		0.00		
Tocotrienol, delta mg	0.00		2	A	1		0.00		
Vitamin D (D2 + D3) µg	1.2		82	AS	1		1.0		
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	1.2		46	A	1		1.0		
Vitamin D IU	49		46	A	1		42		
Vitamin K (phylloquinone) µg	3.1	0.683	4	A	1		2.7		

NDB No. 13325

Beef, variety meats and by-products, liver, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg	0.0	0.000	4	A	1		0.0		
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.233		0	NC	4		1.048		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000	0.000	4	A	1		0.000		
10:0....g	0.000	0.000	4	A	1		0.000		
12:0....g	0.000	0.000	4	A	1		0.000		
13:0....g									
14:0....g	0.015	0.003	4	A	1		0.013		
15:0....g	0.007	0.001	4	A	1		0.006		
16:0....g	0.312	0.044	4	A	1		0.265		
17:0....g	0.030	0.001	4	A	1		0.025		
18:0....g	0.862	0.022	4	A	1		0.732		
20:0....g	0.000	0.000	4	A	1		0.000		
22:0....g	0.009	0.001	4	A	1		0.007		
24:0....g									
Fatty acids, total monounsaturated....g	0.479		0	NC	4		0.407		
14:1....g	0.000	0.000	4	A	1		0.000		
15:1....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated....g	0.036	0.008	4	A	1		0.031		
17:1....g	0.013	0.003	4	A	1		0.011		
18:1 undifferentiated....g	0.423	0.051	4	A	1		0.360		
20:1....g	0.007	0.001	4	A	1		0.006		
22:1 undifferentiated....g	0.000		0	Z	7		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.465		0	NC	4		0.395		
18:2 undifferentiated....g	0.299		0	NR	4		0.254		
18:2 n-6 c,c....g	0.299	0.017	4	A	1		0.254		
18:2 CLAs....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.016		0	NR	4		0.014		
18:3 n-3 c,c,c (ALA)....g	0.007	0.001	4	A	1		0.006		
18:3 n-6 c,c,c....g	0.009	0.001	4	A	1		0.008		
18:3i....g									
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g	0.010	0.001	4	A	1		0.009		
20:3 undifferentiated....g	0.000	0.000	4	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.141	0.028	4	A	1		0.120		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA)....g	0.000		0	Z	7		0.000		
Fatty acids, total trans....g	0.170	0.016	4	A	1		0.145		
Cholesterol....mg	275	7.620	4	A	1		234		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.263		1	A	1		0.224		
Threonine....g	0.869		1	A	1		0.739		
Isoleucine....g	0.967		1	A	1		0.822		
Leucine....g	1.910		1	A	1		1.624		
Lysine....g	1.607		1	A	1		1.366		
Methionine....g	0.543		1	A	1		0.462		
Cystine....g	0.376		1	A	1		0.320		
Phenylalanine....g	1.084		1	A	1		0.921		
Tyrosine....g	0.807		1	A	1		0.686		

NDB No. 13325
Beef, variety meats and by-products, liver, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Valine....g	1.260		1	A	1		1.071		
Arginine....g	1.241		1	A	1		1.055		
Histidine....g	0.629		1	A	1		0.535		
Alanine....g	1.164		1	A	1		0.989		
Aspartic acid....g	1.927		1	A	1		1.638		
Glutamic acid....g	2.612		1	A	1		2.220		
Glycine....g	1.164		1	A	1		0.989		
Proline....g	0.961		1	A	1		0.817		
Serine....g	0.905		1	A	1		0.769		
Hydroxyproline....g	0.046		1	A	1		0.039		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13329
Beef, variety meats and by-products, lungs, cooked, braised

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	76.40	1.255	4		1		64.94	231.49	
Energy kcal	120		0		4		102	364	
Energy kJ	502				4		427	1521	
Protein (N x 6.25) g	20.40	0.404	3		1		17.34	61.81	
Total lipid (fat) g	3.70	0.058	3		1		3.15	11.21	
Ash g	1.10	0.058	3		1		0.94	3.33	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	11		0		1		9	33	
Iron, Fe mg	5.40		0		1		4.59	16.36	
Magnesium, Mg mg	10		0		1		9	30	
Phosphorus, P mg	178		0		1		151	539	
Potassium, K mg	173		0		1		147	524	
Sodium, Na mg	101		0		1		86	306	
Zinc, Zn mg	1.64		0		1		1.39	4.97	
Copper, Cu mg	0.221		0		1		0.188	0.670	
Manganese, Mn mg	0.015		0		1		0.013	0.045	
Selenium, Se µg	50.3		0	BFYN	4		42.8	152.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	32.7		0		1		27.8	99.1	
Thiamin mg	0.035		0		1		0.030	0.106	
Riboflavin mg	0.143		0		1		0.122	0.433	
Niacin mg	2.492		0		1		2.118	7.551	
Pantothenic acid mg	0.623		0		1		0.530	1.888	
Vitamin B-6 mg	0.020		0		1		0.017	0.061	
Folate, total µg	8		0		1		7	24	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	8		0		1		7	24	
Folate, DFE µg	8		0	NC	4		7	24	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	2.59		0		1		2.20	7.85	
Vitamin A, RAE µg	12		0		1		10	35	
Retinol µg	12		0		1		10	35	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	39		0		1		33	118	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 13329

Beef, variety meats and by-products, lungs, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.270		0		1		1.080	3.848	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.060		0		1		0.051	0.182	
15:0....g									
16:0....g	0.670		0		1		0.570	2.030	
17:0....g									
18:0....g	0.350		0		1		0.298	1.061	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.950		0		1		0.808	2.879	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.140		0		1		0.119	0.424	
17:1....g									
18:1 undifferentiated....g	0.700		0		1		0.595	2.121	
20:1....g	0.030		0		1		0.026	0.091	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.510		0		1		0.434	1.545	
18:2 undifferentiated....g	0.250		0		1		0.213	0.758	
18:3 undifferentiated....g	0.030		0		1		0.026	0.091	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.210		0		1		0.179	0.636	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	277		0		1		235	839	
Phytosterols....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan....g	0.186		0		1		0.158	0.564	
Threonine....g	0.761		0		1		0.647	2.306	
Isoleucine....g	0.973		0		1		0.827	2.948	
Leucine....g	1.498		0		1		1.273	4.539	
Lysine....g	1.446		0		1		1.229	4.381	
Methionine....g	0.408		0		1		0.347	1.236	
Cystine....g	0.313		0		1		0.266	0.948	
Phenylalanine....g	0.829		0		1		0.705	2.512	
Tyrosine....g	0.460		0		1		0.391	1.394	
Valine....g	1.005		0		1		0.854	3.045	
Arginine....g	1.234		0		1		1.049	3.739	
Histidine....g	0.620		0		1		0.527	1.879	
Alanine....g	1.260		0		1		1.071	3.818	
Aspartic acid....g	1.231		0		1		1.046	3.730	
Glutamic acid....g	2.174		0		1		1.848	6.587	
Glycine....g	0.924		0		1		0.785	2.800	
Proline....g	2.089		0		1		1.776	6.330	
Serine....g	1.028		0		1		0.874	3.115	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13329

Beef, variety meats and by-products, lungs, cooked, braised

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 303g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13328
Beef, variety meats and by-products, lungs, raw

Refuse: 24% Blood clots and membranes

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	79.38	0.732	8		1		22.50	89.70	
Energy kcal	92		0		4		26	104	
Energy kJ	385				4		109	435	
Protein (N x 6.25) g	16.20	0.574	5		1		4.59	18.31	
Total lipid (fat) g	2.50	0.498	7		1		0.71	2.83	
Ash g	0.98	0.020	5		1		0.28	1.11	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	10		0		1		3	11	
Iron, Fe mg	7.95	0.533	4		1		2.25	8.98	
Magnesium, Mg mg	14		0		1		4	16	
Phosphorus, P mg	224		0		1		64	253	
Potassium, K mg	340		1		1		96	384	
Sodium, Na mg	198		0		1		56	224	
Zinc, Zn mg	1.61	0.067	10		1		0.46	1.82	
Copper, Cu mg	0.260		0		1		0.074	0.294	
Manganese, Mn mg	0.019		0		1		0.005	0.021	
Selenium, Se µg	44.3		0	BFZN	4		12.6	50.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	38.5	0.850	5		1		10.9	43.5	
Thiamin mg	0.047	0.033	3		1		0.013	0.053	
Riboflavin mg	0.230		2		1		0.065	0.260	
Niacin mg	4.000		1		1		1.134	4.520	
Pantothenic acid mg	1.000		1		1		0.284	1.130	
Vitamin B-6 mg	0.040		2		1		0.011	0.045	
Folate, total µg	11		0		1		3	12	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	11		0		1		3	12	
Folate, DFE µg	11		0	NC	4		3	12	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	3.81	0.591	3		1		1.08	4.31	
Vitamin A, RAE µg	14		0		1		4	16	
Retinol µg	14		0		1		4	16	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	46		0		1		13	52	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 13328

Beef, variety meats and by-products, lungs, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.860		0		1		0.244	0.972	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.040		0		1		0.011	0.045	
15:0....g									
16:0....g	0.450		0		1		0.128	0.509	
17:0....g									
18:0....g	0.230		0		1		0.065	0.260	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.640		0		1		0.181	0.723	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.090		0		1		0.026	0.102	
17:1....g									
18:1 undifferentiated....g	0.470		0		1		0.133	0.531	
20:1....g	0.020		0		1		0.006	0.023	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.340		0		1		0.096	0.384	
18:2 undifferentiated....g	0.170		0		1		0.048	0.192	
18:3 undifferentiated....g	0.020		0		1		0.006	0.023	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.140		0		1		0.040	0.158	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	242		1		1		69	273	
Phytosterols....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan....g	0.148		3		1		0.042	0.167	
Threonine....g	0.604		4		1		0.171	0.683	
Isoleucine....g	0.772		3		1		0.219	0.872	
Leucine....g	1.190		3		1		0.337	1.345	
Lysine....g	1.148		4		1		0.325	1.297	
Methionine....g	0.324		5		1		0.092	0.366	
Cystine....g	0.249		4		1		0.071	0.281	
Phenylalanine....g	0.658		4		1		0.187	0.744	
Tyrosine....g	0.365		4		1		0.103	0.412	
Valine....g	0.798		3		1		0.226	0.902	
Arginine....g	0.980		3		1		0.278	1.107	
Histidine....g	0.492		3		1		0.139	0.556	
Alanine....g	1.001		1		1		0.284	1.131	
Aspartic acid....g	0.977		1		1		0.277	1.104	
Glutamic acid....g	1.726		1		1		0.489	1.950	
Glycine....g	0.734		1		1		0.208	0.829	
Proline....g	1.659		2		1		0.470	1.875	
Serine....g	0.816		1		1		0.231	0.922	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13328

Beef, variety meats and by-products, lungs, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate**3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13330

Beef, variety meats and by-products, mechanically separated beef, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	59.39	0.546	56		1		16.84	134.82	
Energy kcal	276		0		4		78	627	
Energy kJ	1155				4		327	2621	
Protein (N x 6.25) g	14.97	0.100	56		1		4.24	33.98	
Total lipid (fat) g	23.52	0.540	64		1		6.67	53.39	
Ash g	2.14	0.371	56		1		0.61	4.86	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	485	16.000	55		1		137	1101	
Iron, Fe mg	5.67	0.616	36		1		1.61	12.87	
Magnesium, Mg mg	17		0		4		5	39	
Phosphorus, P mg	324	9.075	28		1		92	735	
Potassium, K mg	277		0		4		79	629	
Sodium, Na mg	57		0		4		16	129	
Zinc, Zn mg	3.58	0.097	47		1		1.01	8.13	
Copper, Cu mg	0.056	0.002	20		1		0.016	0.127	
Manganese, Mn mg	0.012		0		4		0.003	0.027	
Selenium, Se µg	20.7		0	BFZN	4		5.9	47.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.072		0		4		0.020	0.163	
Riboflavin mg	0.118		0		4		0.033	0.268	
Niacin mg	2.546		0		4		0.722	5.779	
Pantothenic acid mg	0.279		0		4		0.079	0.633	
Vitamin B-6 mg	0.290		0		4		0.082	0.658	
Folate, total µg	5		0		4		1	11	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	5		0		4		1	11	
Folate, DFE µg	5		0	NC	4		1	11	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	2.56		0		4		0.73	5.81	
Vitamin A, RAE µg	0		0		4		0	0	
Retinol µg	0		0		4		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0		4		0	0	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 13330

Beef, variety meats and by-products, mechanically separated beef, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	11.780		0		1		3.340	26.741	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.040	0.009	3		1		0.011	0.091	
13:0....g									
14:0....g	0.640	0.010	3		1		0.181	1.453	
15:0....g									
16:0....g	5.660	0.119	3		1		1.605	12.848	
17:0....g									
18:0....g	4.870	0.190	3		1		1.381	11.055	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.440		0		1		2.393	19.159	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.560	0.017	3		1		0.159	1.271	
17:1....g									
18:1 undifferentiated....g	7.590	0.178	3		1		2.152	17.229	
20:1....g	0.070	0.001	3		1		0.020	0.159	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.760		0		1		0.215	1.725	
18:2 undifferentiated....g	0.590	0.020	3		1		0.167	1.339	
18:3 undifferentiated....g	0.170	0.008	3		1		0.048	0.386	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	209	11.006	18		1		59	474	
Phytosterols....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan....g	0.168		0		4		0.048	0.381	
Threonine....g	0.474		30		1		0.134	1.076	
Isoleucine....g	0.584		30		1		0.166	1.326	
Leucine....g	1.199		30		1		0.340	2.722	
Lysine....g	1.161		30		1		0.329	2.635	
Methionine....g	0.426		30		1		0.121	0.967	
Cystine....g	0.230		30		1		0.065	0.522	
Phenylalanine....g	0.644		30		1		0.183	1.462	
Tyrosine....g	0.381		30		1		0.108	0.865	
Valine....g	0.915		30		1		0.259	2.077	
Arginine....g	1.154		30		1		0.327	2.620	
Histidine....g	0.443		30		1		0.126	1.006	
Alanine....g	1.005		30		1		0.285	2.281	
Aspartic acid....g	1.312		30		1		0.372	2.978	
Glutamic acid....g	2.121		30		1		0.601	4.815	
Glycine....g	1.238		30		1		0.351	2.810	
Proline....g	0.922		30		1		0.261	2.093	
Serine....g	0.570		30		1		0.162	1.294	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13330

Beef, variety meats and by-products, mechanically separated beef, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 227g: 8 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate**3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13332

Beef, variety meats and by-products, pancreas, cooked, braised

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	55.60	0.346	3		1		47.26	123.43	
Energy kcal	271		0		4		230	602	
Energy kJ	1134				4		964	2517	
Protein (N x 6.25) g	27.10	0.693	3		1		23.04	60.16	
Total lipid (fat) g	17.20	0.635	3		1		14.62	38.18	
Ash g	1.50	0.000	3		1		1.28	3.33	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	16		0		4		14	36	
Iron, Fe mg	2.61		0		4		2.22	5.79	
Magnesium, Mg mg	21		0		4		18	47	
Phosphorus, P mg	453		0		4		385	1006	
Potassium, K mg	246		0		4		209	546	
Sodium, Na mg	60		0		4		51	133	
Zinc, Zn mg	4.60		0		1		3.91	10.21	
Copper, Cu mg	0.089		0		4		0.076	0.198	
Manganese, Mn mg	0.208		0		4		0.177	0.462	
Selenium, Se µg	48.5		0	BFYN	4		41.2	107.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	20.3		0		4		17.3	45.1	
Thiamin mg	0.180		0		1		0.153	0.400	
Riboflavin mg	0.485		0		1		0.412	1.077	
Niacin mg	3.970		0		1		3.375	8.813	
Pantothenic acid mg	4.248		0		1		3.611	9.431	
Vitamin B-6 mg	0.180		0		1		0.153	0.400	
Folate, total µg	3		0		4		3	7	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	3		0		4		3	7	
Folate, DFE µg	3		0	NC	4		3	7	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	16.60		0		1		14.11	36.85	
Vitamin A, RAE µg	0		0		1		0	0	
Retinol µg	0		0		1		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0		1		0	0	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 13332

Beef, variety meats and by-products, pancreas, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	5.900		0		4		5.015	13.098	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.000		0		4		0.000	0.000	
13:0....g									
14:0....g	0.140		0		4		0.119	0.311	
15:0....g									
16:0....g	3.160		0		4		2.686	7.015	
17:0....g									
18:0....g	2.210		0		4		1.879	4.906	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.930		0		4		5.041	13.165	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.020		0		4		0.867	2.264	
17:1....g									
18:1 undifferentiated....g	4.900		0		4		4.165	10.878	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.200		0		4		2.720	7.104	
18:2 undifferentiated....g	1.870		0		4		1.590	4.151	
18:3 undifferentiated....g	0.120		0		4		0.102	0.266	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.740		0		4		0.629	1.643	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	262		0		4		223	582	
Phytosterols....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan....g	0.351		0		1		0.298	0.779	
Threonine....g	1.257		0		1		1.068	2.791	
Isoleucine....g	1.370		0		1		1.165	3.041	
Leucine....g	2.116		0		1		1.799	4.698	
Lysine....g	1.999		0		1		1.699	4.438	
Methionine....g	0.490		0		1		0.417	1.088	
Cystine....g	0.347		0		4		0.295	0.770	
Phenylalanine....g	1.127		0		1		0.958	2.502	
Tyrosine....g	1.184		0		1		1.006	2.628	
Valine....g	1.453		0		1		1.235	3.226	
Arginine....g	1.548		0		1		1.316	3.437	
Histidine....g	0.533		0		1		0.453	1.183	
Alanine....g	1.388		0		4		1.180	3.081	
Aspartic acid....g	2.602		0		1		2.212	5.776	
Glutamic acid....g	2.272		0		1		1.931	5.044	
Glycine....g	1.652		0		1		1.404	3.667	
Proline....g	1.388		0		4		1.180	3.081	
Serine....g	1.084		0		4		0.921	2.406	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13332

Beef, variety meats and by-products, pancreas, cooked, braised

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 222g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13331
Beef, variety meats and by-products, pancreas, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	65.20	2.078	3		1		18.48	73.68	
Energy....kcal	235		0		4		67	266	
Energy....kJ	983				4		279	1111	
Protein (N x 6.25)....g	15.70	0.462	3		1		4.45	17.74	
Total lipid (fat)....g	18.60	2.252	3		1		5.27	21.02	
Ash....g	1.30	0.058	3		1		0.37	1.47	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	9		2		1		3	10	
Iron, Fe....mg	2.22		2		1		0.63	2.51	
Magnesium, Mg....mg	18		2		1		5	20	
Phosphorus, P....mg	327		2		1		93	370	
Potassium, K....mg	276		2		1		78	312	
Sodium, Na....mg	67		2		1		19	76	
Zinc, Zn....mg	2.58	0.108	35		1		0.73	2.92	
Copper, Cu....mg	0.060		2		1		0.017	0.068	
Manganese, Mn....mg	0.150	0.005	12		1		0.043	0.170	
Selenium, Se....µg	24.7		0	BFNN	4		7.0	27.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	13.7	0.581	5		1		3.9	15.5	
Thiamin....mg	0.140		0		1		0.040	0.158	
Riboflavin....mg	0.445		2		1		0.126	0.503	
Niacin....mg	4.450		2		1		1.262	5.029	
Pantothenic acid....mg	3.900		2		1		1.106	4.407	
Vitamin B-6....mg	0.200		1		1		0.057	0.226	
Folate, total....µg	3		0		1		1	3	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	3		0		1		1	3	
Folate, DFE....µg	3		0	NC	4		1	3	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	14.00		2		1		3.97	15.82	
Vitamin A, RAE....µg	0	0.000	3		1		0	0	
Retinol....µg	0	0.000	3		1		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0	0.000	3		1		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 13331

Beef, variety meats and by-products, pancreas, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	6.410		0		4		1.817	7.243	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.000		0		4		0.000	0.000	
13:0....g									
14:0....g	0.150		0		4		0.043	0.170	
15:0....g									
16:0....g	3.430		0		4		0.972	3.876	
17:0....g									
18:0....g	2.400		0		4		0.680	2.712	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.440		0		4		1.826	7.277	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.110		0		4		0.315	1.254	
17:1....g									
18:1 undifferentiated....g	5.330		0		4		1.511	6.023	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.470		0		4		0.984	3.921	
18:2 undifferentiated....g	2.030		0		4		0.576	2.294	
18:3 undifferentiated....g	0.130		0		4		0.037	0.147	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.800		0		4		0.227	0.904	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	205		0		1		58	232	
Phytosterols....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan....g	0.203		4		1		0.058	0.229	
Threonine....g	0.728		5		1		0.206	0.823	
Isoleucine....g	0.794		5		1		0.225	0.897	
Leucine....g	1.226		5		1		0.348	1.385	
Lysine....g	1.158		5		1		0.328	1.309	
Methionine....g	0.284		4		1		0.081	0.321	
Cystine....g	0.201		0		4		0.057	0.227	
Phenylalanine....g	0.653		5		1		0.185	0.738	
Tyrosine....g	0.686		1		1		0.194	0.775	
Valine....g	0.842		5		1		0.239	0.951	
Arginine....g	0.897		5		1		0.254	1.014	
Histidine....g	0.309		5		1		0.088	0.349	
Alanine....g	0.804		0		4		0.228	0.909	
Aspartic acid....g	1.507		1		1		0.427	1.703	
Glutamic acid....g	1.316		2		1		0.373	1.487	
Glycine....g	0.957		1		1		0.271	1.081	
Proline....g	0.804		0		4		0.228	0.909	
Serine....g	0.628		0		4		0.178	0.710	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13331

Beef, variety meats and by-products, pancreas, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate**3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13334
Beef, variety meats and by-products, spleen, cooked, braised

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	69.98	0.718	4		1		59.48	215.54	
Energy kcal	145		0		4		123	447	
Energy kJ	607				4		516	1869	
Protein (N x 6.25) g	25.10	0.346	3		1		21.34	77.31	
Total lipid (fat) g	4.20	0.289	3		1		3.57	12.94	
Ash g	1.60	0.058	3		1		1.36	4.93	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	12		0		1		10	37	
Iron, Fe mg	39.36		0		1		33.46	121.23	
Magnesium, Mg mg	19		0		1		16	59	
Phosphorus, P mg	305		0		1		259	939	
Potassium, K mg	284		0		1		241	875	
Sodium, Na mg	57		0		1		48	176	
Zinc, Zn mg	2.79		0		1		2.37	8.59	
Copper, Cu mg	0.924		0		1		0.785	2.846	
Manganese, Mn mg	0.075		0		1		0.064	0.231	
Selenium, Se µg	91.4		0	BFYN	4		77.7	281.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	50.3		0		1		42.8	154.9	
Thiamin mg	0.048		0		1		0.041	0.148	
Riboflavin mg	0.300		0		1		0.255	0.924	
Niacin mg	5.567		0		1		4.732	17.146	
Pantothenic acid mg	0.876		0		4		0.745	2.698	
Vitamin B-6 mg	0.040		0		1		0.034	0.123	
Folate, total µg	4		0		4		3	12	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	4		0		4		3	12	
Folate, DFE µg	4		0	NC	4		3	12	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	5.02		0		1		4.27	15.46	
Vitamin A, RAE µg	0		0		1		0	0	
Retinol µg	0		0		1		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0		1		0	0	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 13334

Beef, variety meats and by-products, spleen, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.390		0		4		1.182	4.281	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.020		0		4		0.017	0.062	
13:0....g									
14:0....g	0.100		0		4		0.085	0.308	
15:0....g									
16:0....g	0.750		0		4		0.638	2.310	
17:0....g									
18:0....g	0.540		0		4		0.459	1.663	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.120		0		4		0.952	3.450	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.160		0		4		0.136	0.493	
17:1....g									
18:1 undifferentiated....g	0.960		0		4		0.816	2.957	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.310		0		4		0.264	0.955	
18:2 undifferentiated....g	0.310		0		4		0.264	0.955	
18:3 undifferentiated....g	0.000		0		4		0.000	0.000	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	347		0		1		295	1069	
Phytosterols....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan....g	0.261		0		1		0.222	0.804	
Threonine....g	0.988		0		1		0.840	3.043	
Isoleucine....g	0.968		0		1		0.823	2.981	
Leucine....g	2.217		0		1		1.884	6.828	
Lysine....g	1.815		0		1		1.543	5.590	
Methionine....g	0.462		0		1		0.393	1.423	
Cystine....g	0.727		0		1		0.618	2.239	
Phenylalanine....g	1.008		0		1		0.857	3.105	
Tyrosine....g	0.715		0		1		0.608	2.202	
Valine....g	1.510		0		1		1.284	4.651	
Arginine....g	1.454		0		1		1.236	4.478	
Histidine....g	0.900		0		1		0.765	2.772	
Alanine....g	1.944		0		1		1.652	5.988	
Aspartic acid....g	1.771		0		1		1.505	5.455	
Glutamic acid....g	2.293		0		1		1.949	7.062	
Glycine....g	1.518		0		1		1.290	4.675	
Proline....g	1.518		0		1		1.290	4.675	
Serine....g	0.867		0		1		0.737	2.670	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13334

Beef, variety meats and by-products, spleen, cooked, braised

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 308g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13333
Beef, variety meats and by-products, spleen, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	77.20	0.864	8		1		21.89	87.24	
Energy kcal	105		0		4		30	119	
Energy kJ	439				4		125	496	
Protein (N x 6.25) g	18.30	0.856	5		1		5.19	20.68	
Total lipid (fat) g	3.00	0.548	7		1		0.85	3.39	
Ash g	1.38	0.020	5		1		0.39	1.56	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	9		1		1		3	10	
Iron, Fe mg	44.55		2		1		12.63	50.34	
Magnesium, Mg mg	22		1		1		6	25	
Phosphorus, P mg	296		1		1		84	334	
Potassium, K mg	429		2		1		122	485	
Sodium, Na mg	85		1		1		24	96	
Zinc, Zn mg	2.11	0.152	22		1		0.60	2.38	
Copper, Cu mg	0.168		2		1		0.048	0.190	
Manganese, Mn mg	0.073		1		1		0.021	0.082	
Selenium, Se µg	62.2		0	BFZN	4		17.6	70.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	45.5	1.297	5		1		12.9	51.4	
Thiamin mg	0.050		1		1		0.014	0.057	
Riboflavin mg	0.370		1		1		0.105	0.418	
Niacin mg	8.400		1		1		2.381	9.492	
Pantothenic acid mg	1.081		0		4		0.306	1.222	
Vitamin B-6 mg	0.070		1		1		0.020	0.079	
Folate, total µg	4		0		4		1	5	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	4		0		4		1	5	
Folate, DFE µg	4		0	NC	4		1	5	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	5.68	0.586	3		1		1.61	6.42	
Vitamin A, RAE µg	0	0.000	3		1		0	0	
Retinol µg	0	0.000	3		1		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0	0.000	3		1		0	0	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 13333

Beef, variety meats and by-products, spleen, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.000		0		4		0.284	1.130	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.010		0		4		0.003	0.011	
13:0....g									
14:0....g	0.070		0		4		0.020	0.079	
15:0....g									
16:0....g	0.530		0		4		0.150	0.599	
17:0....g									
18:0....g	0.380		0		4		0.108	0.429	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.780		0		4		0.221	0.881	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.120		0		4		0.034	0.136	
17:1....g									
18:1 undifferentiated....g	0.680		0		4		0.193	0.768	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.220		0		4		0.062	0.249	
18:2 undifferentiated....g	0.220		0		4		0.062	0.249	
18:3 undifferentiated....g	0.000		0		4		0.000	0.000	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	263		1		1		75	297	
Phytosterols....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan....g	0.190		4		1		0.054	0.215	
Threonine....g	0.720		3		1		0.204	0.814	
Isoleucine....g	0.706		3		1		0.200	0.798	
Leucine....g	1.616		3		1		0.458	1.826	
Lysine....g	1.323		3		1		0.375	1.495	
Methionine....g	0.337		3		1		0.096	0.381	
Cystine....g	0.530		1		1		0.150	0.599	
Phenylalanine....g	0.735		3		1		0.208	0.831	
Tyrosine....g	0.521		2		1		0.148	0.589	
Valine....g	1.101		3		1		0.312	1.244	
Arginine....g	1.060		2		1		0.301	1.198	
Histidine....g	0.656		2		1		0.186	0.741	
Alanine....g	1.417		1		1		0.402	1.601	
Aspartic acid....g	1.291		1		1		0.366	1.459	
Glutamic acid....g	1.672		1		1		0.474	1.889	
Glycine....g	1.107		1		1		0.314	1.251	
Proline....g	1.107		1		1		0.314	1.251	
Serine....g	0.632		1		1		0.179	0.714	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13333

Beef, variety meats and by-products, spleen, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate**3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13335
Beef, variety meats and by-products, suet, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	4.00		1		1		1.13	4.52	
Energy kcal	854		0		4		242	965	
Energy kJ	3573		0		4		1013	4038	
Protein (N x 6.25) g	1.50		1		1		0.43	1.70	
Total lipid (fat) g	94.00		1		1		26.65	106.22	
Ash g	0.10		1		1		0.03	0.11	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	2		0		4		1	2	
Iron, Fe mg	0.17		0		4		0.05	0.19	
Magnesium, Mg mg	1		0		4		0	1	
Phosphorus, P mg	15		0		4		4	17	
Potassium, K mg	16	0.019	7		1		5	18	
Sodium, Na mg	7		0		4		2	8	
Zinc, Zn mg	0.22		0		4		0.06	0.25	
Copper, Cu mg	0.007		0		4		0.002	0.008	
Manganese, Mn mg	0.001		0		4		0.000	0.001	
Selenium, Se µg	0.2		0	BFZN	4		0.1	0.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.007		0		4		0.002	0.008	
Riboflavin mg	0.013		0		4		0.004	0.015	
Niacin mg	0.259		0		4		0.073	0.293	
Pantothenic acid mg	0.058		0	BFPN	4		0.016	0.066	
Vitamin B-6 mg	0.030		0		4		0.009	0.034	
Folate, total µg	1		0		4		0	1	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	1		0		4		0	1	
Folate, DFE µg	1		0	NC	4		0	1	
Choline, total mg	5.6		0	BFPN	4		1.6	6.3	
Betaine mg	0.3		0	BFPN	4		0.1	0.4	
Vitamin B-12 µg	0.27		0		4		0.08	0.31	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	NC	4		0	0	
Retinol µg	0		0	NR	4		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0		4		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	1.50		0	NR	4		0.43	1.70	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	3.6		0	BFSN	4		1.0	4.1	
Dihydrophylloquinone µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4 µg									

NDB No. 13335

Beef, variety meats and by-products, suet, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	52.300		0		1		14.827	59.099	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.070		2		1		0.020	0.079	
13:0....g									
14:0....g	2.800	0.086	36		1		0.794	3.164	
15:0....g									
16:0....g	22.570	0.414	42		1		6.399	25.504	
17:0....g									
18:0....g	24.680	0.818	42		1		6.997	27.888	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	31.520		0		1		8.936	35.618	
14:1....g									
15:1....g									
16:1 undifferentiated....g	2.180	0.109	36		1		0.618	2.463	
17:1....g									
18:1 undifferentiated....g	28.860	0.700	42		1		8.182	32.612	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.170		0		1		0.899	3.582	
18:2 undifferentiated....g	2.150	0.234	40		1		0.610	2.430	
18:3 undifferentiated....g	0.860	0.092	31		1		0.244	0.972	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	68	2.168	5		1		19	77	
Phytosterols....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan....g	0.010		0	NR	4		0.003	0.011	
Threonine....g	0.060		0	NR	4		0.017	0.068	
Isoleucine....g	0.068		0	NR	4		0.019	0.077	
Leucine....g	0.119		0	NR	4		0.034	0.135	
Lysine....g	0.127		0	NR	4		0.036	0.143	
Methionine....g	0.039		0	NR	4		0.011	0.044	
Cystine....g	0.019		0	NR	4		0.005	0.022	
Phenylalanine....g	0.059		0	NR	4		0.017	0.067	
Tyrosine....g	0.048		0	NR	4		0.014	0.054	
Valine....g	0.074		0	NR	4		0.021	0.084	
Arginine....g	0.097		0	NR	4		0.027	0.110	
Histidine....g	0.048		0	NR	4		0.014	0.054	
Alanine....g	0.091		0	NR	4		0.026	0.103	
Aspartic acid....g	0.137		0	NR	4		0.039	0.154	
Glutamic acid....g	0.225		0	NR	4		0.064	0.254	
Glycine....g	0.091		0	NR	4		0.026	0.103	
Proline....g	0.072		0	NR	4		0.020	0.081	
Serine....g	0.059		0	NR	4		0.017	0.067	
Hydroxyproline....g	0.016		0	BFPN	4		0.004	0.018	
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 13335
Beef, variety meats and by-products, suet, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13338

Beef, variety meats and by-products, thymus, cooked, braised

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	52.83	3.015	4		1		44.91	201.28	
Energy kcal	319		0	NC	4		271	1215	
Energy kJ	1335				4		1134	5085	
Protein (N x 6.25) g	21.85	1.436	4		1		18.57	83.25	
Total lipid (fat) g	24.98	7.172	4		1		21.23	95.17	
Ash g	1.53	0.085	4		1		1.30	5.83	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	10		0		4		9	38	
Iron, Fe mg	1.49		0		1		1.27	5.68	
Magnesium, Mg mg	10		0		4		9	38	
Phosphorus, P mg	364		1		1		309	1387	
Potassium, K mg	433		1		1		368	1650	
Sodium, Na mg	116		1		1		99	442	
Zinc, Zn mg	2.20		0		4		1.87	8.38	
Copper, Cu mg	0.043		0		4		0.037	0.164	
Manganese, Mn mg	0.099		0		4		0.084	0.377	
Selenium, Se µg	21.6		0	BFYN	4		18.4	82.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	30.2		0		1		25.7	115.1	
Thiamin mg	0.084		0		4		0.071	0.320	
Riboflavin mg	0.225		0		4		0.191	0.857	
Niacin mg	1.840		0		4		1.564	7.010	
Pantothenic acid mg	1.972		0		4		1.676	7.513	
Vitamin B-6 mg	0.080		0		4		0.068	0.305	
Folate, total µg	1		0		4		1	4	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	1		0		4		1	4	
Folate, DFE µg	1		0	NC	4		1	4	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	1.51		0		1		1.28	5.75	
Vitamin A, RAE µg	0		0		1		0	0	
Retinol µg	0		0		1		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0		1		0	0	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 13338

Beef, variety meats and by-products, thymus, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	8.610		0		4		7.319	32.804	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.000		0		4		0.000	0.000	
13:0....g									
14:0....g	0.200		0		4		0.170	0.762	
15:0....g									
16:0....g	4.600		0		4		3.910	17.526	
17:0....g									
18:0....g	3.220		0		4		2.737	12.268	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.640		0		4		7.344	32.918	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.490		0		4		1.267	5.677	
17:1....g									
18:1 undifferentiated....g	7.150		0		4		6.078	27.242	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	4.660		0		4		3.961	17.755	
18:2 undifferentiated....g	2.720		0		4		2.312	10.363	
18:3 undifferentiated....g	0.170		0		4		0.145	0.648	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	294		0		1		250	1120	
Phytosterols....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan....g	0.168		0		1		0.143	0.640	
Threonine....g	0.790		0		1		0.672	3.010	
Isoleucine....g	0.745		0		1		0.633	2.838	
Leucine....g	1.458		0		1		1.239	5.555	
Lysine....g	1.818		0		1		1.545	6.927	
Methionine....g	0.304		0		1		0.258	1.158	
Cystine....g	0.280		0		4		0.238	1.067	
Phenylalanine....g	0.626		0		1		0.532	2.385	
Tyrosine....g	0.454		0		4		0.386	1.730	
Valine....g	0.947		0		1		0.805	3.608	
Arginine....g	1.440		0		1		1.224	5.486	
Histidine....g	0.385		0		1		0.327	1.467	
Alanine....g	1.119		0		4		0.951	4.263	
Aspartic acid....g	2.098		0		4		1.783	7.993	
Glutamic acid....g	1.832		0		4		1.557	6.980	
Glycine....g	1.332		0		4		1.132	5.075	
Proline....g	1.119		0		4		0.951	4.263	
Serine....g	0.874		0		4		0.743	3.330	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13338

Beef, variety meats and by-products, thymus, cooked, braised

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 381g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13337
Beef, variety meats and by-products, thymus, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	67.80	0.756	4		1		19.22	76.61	
Energy kcal	236		0	NC	4		67	267	
Energy kJ	987				4		280	1116	
Protein (N x 6.25) g	12.18	1.262	5		1		3.45	13.76	
Total lipid (fat) g	20.35	1.486	4		1		5.77	23.00	
Ash g	1.38	0.085	4		1		0.39	1.56	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	7		0		4		2	8	
Iron, Fe mg	2.10	0.289	3		1		0.60	2.37	
Magnesium, Mg mg	14		0		4		4	16	
Phosphorus, P mg	393		1		1		111	444	
Potassium, K mg	360		1		1		102	407	
Sodium, Na mg	96		1		1		27	108	
Zinc, Zn mg	2.06		0		4		0.58	2.33	
Copper, Cu mg	0.048		0		4		0.014	0.054	
Manganese, Mn mg	0.120		0		4		0.034	0.136	
Selenium, Se µg	18.1		0	BFNN	4		5.1	20.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	34.0	1.476	5		1		9.6	38.4	
Thiamin mg	0.109		0		4		0.031	0.123	
Riboflavin mg	0.345		0		4		0.098	0.390	
Niacin mg	3.452		0		4		0.979	3.901	
Pantothenic acid mg	3.026		0		4		0.858	3.419	
Vitamin B-6 mg	0.160		0		4		0.045	0.181	
Folate, total µg	2		0		4		1	2	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	2		0		4		1	2	
Folate, DFE µg	2		0	NC	4		1	2	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	2.13	0.060	3		1		0.60	2.41	
Vitamin A, RAE µg	0	0.000	3		1		0	0	
Retinol µg	0	0.000	3		1		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0	0.000	3		1		0	0	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 13337

Beef, variety meats and by-products, thymus, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	7.010		0		4		1.987	7.921	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.000		0		4		0.000	0.000	
13:0....g									
14:0....g	0.160		0		4		0.045	0.181	
15:0....g									
16:0....g	3.750		0		4		1.063	4.238	
17:0....g									
18:0....g	2.630		0		4		0.746	2.972	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.050		0		4		1.999	7.967	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.220		0		4		0.346	1.379	
17:1....g									
18:1 undifferentiated....g	5.830		0		4		1.653	6.588	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.800		0		4		1.077	4.294	
18:2 undifferentiated....g	2.220		0		4		0.629	2.509	
18:3 undifferentiated....g	0.140		0		4		0.040	0.158	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	223		1		1		63	252	
Phytosterols....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan....g	0.094		2		1		0.027	0.106	
Threonine....g	0.440		1		1		0.125	0.497	
Isoleucine....g	0.415		1		1		0.118	0.469	
Leucine....g	0.813		1		1		0.230	0.919	
Lysine....g	1.013		1		1		0.287	1.145	
Methionine....g	0.170		1		1		0.048	0.192	
Cystine....g	0.156		0		4		0.044	0.176	
Phenylalanine....g	0.349		1		1		0.099	0.394	
Tyrosine....g	0.532		0		4		0.151	0.601	
Valine....g	0.528		1		1		0.150	0.597	
Arginine....g	0.803		1		1		0.228	0.907	
Histidine....g	0.214		1		1		0.061	0.242	
Alanine....g	0.624		0		4		0.177	0.705	
Aspartic acid....g	1.169		0		4		0.331	1.321	
Glutamic acid....g	1.021		0		4		0.289	1.154	
Glycine....g	0.743		0		4		0.211	0.840	
Proline....g	0.624		0		4		0.177	0.705	
Serine....g	0.487		0		4		0.138	0.550	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

NDB No. 13337

Beef, variety meats and by-products, thymus, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13340
Beef, variety meats and by-products, tongue, cooked, simmered

Refuse: 16% Skin and connective tissue, 5.74%; Cartilage and connective tissue,10.35%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	57.87		1	A	1		49.19		
Energy kcal	284		0	NC	4		241		
Energy kJ	1186		0	NC	4		1008		
Protein (N x 6.25) g	19.29		1	A	1		16.39		
Total lipid (fat) g	22.30		1	A	1		18.96		
Ash g	0.69		1	A	1		0.58		
Carbohydrate, by difference g	0.00		0	Z	7		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	5		1	A	1		4		
Iron, Fe mg	2.61		1	A	1		2.22		
Magnesium, Mg mg	15		1	A	1		13		
Phosphorus, P mg	145		1	A	1		123		
Potassium, K mg	184		1	A	1		156		
Sodium, Na mg	65		1	A	1		55		
Zinc, Zn mg	4.09		1	A	1		3.48		
Copper, Cu mg	0.148		1	A	1		0.126		
Manganese, Mn mg	0.018		1	A	1		0.015		
Selenium, Se µg	13.2		1	A	1		11.2		
Vitamins:									
Vitamin C, total ascorbic acid mg	1.3		1	A	1		1.1		
Thiamin mg	0.022		1	A	1		0.019		
Riboflavin mg	0.294		1	A	1		0.250		
Niacin mg	3.490		1	A	1		2.967		
Pantothenic acid mg	0.745		1	A	1		0.633		
Vitamin B-6 mg	0.155		1	A	1		0.132		
Folate, total µg	7		1	A	1		6		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	7		1	A	1		6		
Folate, DFE µg	7		0	NC	4		6		
Choline, total mg	155.0		0	BFPN	4		131.7		
Betaine mg	2.8		0	BFPN	4		2.4		
Vitamin B-12 µg	3.13		1	A	1		2.66		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	0		0	AS	1		0		
Retinol µg	0		1	A	1		0		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	0		0	AS	1		0		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.30		2	A	1		0.26		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg	0.00		2	A	1		0.00		
Tocopherol, gamma mg	0.03		2	A	1		0.03		
Tocopherol, delta mg	0.00		2	A	1		0.00		
Tocotrienol, alpha mg	0.05		2	A	1		0.04		
Tocotrienol, beta mg	0.00		2	A	1		0.00		
Tocotrienol, gamma mg	0.00		2	A	1		0.00		
Tocotrienol, delta mg	0.00		2	A	1		0.00		
Vitamin D (D2 + D3) µg	0.4		0	AS	1		0.3		
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	0.4		0	BFFN	4		0.3		
Vitamin D IU	15		0	BFFN	4		12		
Vitamin K (phylloquinone) µg	1.2		2	A	1		1.0		

NDB No. 13340

Beef, variety meats and by-products, tongue, cooked, simmered

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	8.125		0	NC	4		6.906		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g	0.000		1	A	1		0.000		
12:0....g	0.024		1	A	1		0.020		
13:0....g									
14:0....g	0.732		1	A	1		0.622		
15:0....g	0.126		1	A	1		0.107		
16:0....g	4.643		1	A	1		3.947		
17:0....g	0.253		1	A	1		0.215		
18:0....g	2.347		1	A	1		1.995		
20:0....g	0.000		1	A	1		0.000		
22:0....g	0.000		1	A	1		0.000		
24:0....g									
Fatty acids, total monounsaturated....g	10.102		0	NC	4		8.587		
14:1....g	0.192		1	A	1		0.163		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.929		1	A	1		0.790		
17:1....g									
18:1 undifferentiated....g	8.905		1	A	1		7.569		
20:1....g	0.076		1	A	1		0.065		
22:1 undifferentiated....g	0.000		0	Z	7		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.746		0	NC	4		0.634		
18:2 undifferentiated....g	0.526		1	A	1		0.447		
18:3 undifferentiated....g	0.091		0	AS	1		0.077		
18:3 n-3 c,c,c (ALA)....g	0.071		1	A	1		0.060		
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000		
18:3i....g									
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.000		1	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.058		1	A	1		0.049		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA)....g	0.000		0	Z	7		0.000		
Fatty acids, total trans....g	0.840		1	A	1		0.714		
Cholesterol....mg	132		1	A	1		112		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

NDB No. 13340
Beef, variety meats and by-products, tongue, cooked, simmered

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate**3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13339
Beef, variety meats and by-products, tongue, raw

Refuse: 16% Cartilage and connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	64.53	1.057	22		1		18.29	72.92	
Energy kcal	224		0	NC	4		64	253	
Energy kJ	937				4		266	1059	
Protein (N x 6.25) g	14.90	0.437	19		1		4.22	16.84	
Total lipid (fat) g	16.09	1.304	11		1		4.56	18.18	
Ash g	0.80	0.006	5		1		0.23	0.90	
Carbohydrate, by difference g	3.68		0	NC	4		1.04	4.16	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	6		1		1		2	7	
Iron, Fe mg	2.95	0.296	4		1		0.84	3.33	
Magnesium, Mg mg	16		1		1		5	18	
Phosphorus, P mg	133		1		1		38	150	
Potassium, K mg	315		2		1		89	356	
Sodium, Na mg	69		1		1		20	78	
Zinc, Zn mg	2.87		1		1		0.81	3.24	
Copper, Cu mg	0.170		1		1		0.048	0.192	
Manganese, Mn mg	0.026		1		1		0.007	0.029	
Selenium, Se µg	9.4	0.600	3	A	1		2.7	10.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	3.1	0.212	6		1		0.9	3.5	
Thiamin mg	0.125		2		1		0.035	0.141	
Riboflavin mg	0.340		1		1		0.096	0.384	
Niacin mg	4.240		1		1		1.202	4.791	
Pantothenic acid mg	0.653	0.041	3		1		0.185	0.738	
Vitamin B-6 mg	0.310		2		1		0.088	0.350	
Folate, total µg	7		1		1		2	8	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	7		1		1		2	8	
Folate, DFE µg	7		0	NC	4		2	8	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	3.79		2		1		1.07	4.28	
Vitamin A, RAE µg	0		0		4		0	0	
Retinol µg	0		0		4		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0		4		0	0	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 13339

Beef, variety meats and by-products, tongue, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	7.000		0		1		1.985	7.910	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.020		0		4		0.006	0.023	
12:0....g	0.090		0		4		0.026	0.102	
13:0....g									
14:0....g	0.570	0.038	4		1		0.162	0.644	
15:0....g									
16:0....g	4.220	0.198	4		1		1.196	4.769	
17:0....g									
18:0....g	2.100	0.477	4		1		0.595	2.373	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.240		0		1		2.053	8.181	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.550	0.036	4		1		0.156	0.622	
17:1....g									
18:1 undifferentiated....g	6.550	0.318	4		1		1.857	7.402	
20:1....g	0.140		0		4		0.040	0.158	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.900		0		1		0.255	1.017	
18:2 undifferentiated....g	0.580	0.042	4		1		0.164	0.655	
18:3 undifferentiated....g	0.000		1		1		0.000	0.000	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.310	0.077	3		1		0.088	0.350	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	87		1		1		25	98	
Phytosterols....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan....g	0.114		4		1		0.032	0.129	
Threonine....g	0.648		4		1		0.184	0.732	
Isoleucine....g	0.641		4		1		0.182	0.724	
Leucine....g	1.113		4		1		0.316	1.258	
Lysine....g	1.149		4		1		0.326	1.298	
Methionine....g	0.315		4		1		0.089	0.356	
Cystine....g	0.195		4		1		0.055	0.220	
Phenylalanine....g	0.615		4		1		0.174	0.695	
Tyrosine....g	0.482		4		1		0.137	0.545	
Valine....g	0.713		4		1		0.202	0.806	
Arginine....g	0.949		4		1		0.269	1.072	
Histidine....g	0.386		4		1		0.109	0.436	
Alanine....g	0.858		4		1		0.243	0.970	
Aspartic acid....g	1.361		4		1		0.386	1.538	
Glutamic acid....g	2.053		4		1		0.582	2.320	
Glycine....g	0.894		4		1		0.253	1.010	
Proline....g	0.696		4		1		0.197	0.786	
Serine....g	0.601		4		1		0.170	0.679	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

NDB No. 13339

Beef, variety meats and by-products, tongue, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 4.11

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23640
Beef, variety meats and by-products, tripe, cooked, simmered

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	81.65		1	A	1		69.40		
Energy kcal	94		0	NC	4		80		
Energy kJ	394		0	NC	4		335		
Protein (N x 6.25) g	11.71		1	A	1		9.96		
Total lipid (fat) g	4.05		1	A	1		3.45		
Ash g	0.60		1	A	1		0.51		
Carbohydrate, by difference g	1.99		0	NC	4		1.69		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	81		1	A	1		69		
Iron, Fe mg	0.66		1	A	1		0.56		
Magnesium, Mg mg	15		1	A	1		12		
Phosphorus, P mg	66		1	A	1		56		
Potassium, K mg	42		1	A	1		35		
Sodium, Na mg	68		1	A	1		57		
Zinc, Zn mg	1.71		1	A	1		1.45		
Copper, Cu mg	0.000		1	A	1		0.000		
Manganese, Mn mg	0.103		1	A	1		0.088		
Selenium, Se µg	11.8		1	A	1		10.0		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		1	A	1		0.0		
Thiamin mg	0.000		1	A	1		0.000		
Riboflavin mg	0.025		1	A	1		0.021		
Niacin mg	0.461		1	A	1		0.392		
Pantothenic acid mg	0.097		1	A	1		0.082		
Vitamin B-6 mg	0.000		1	A	1		0.000		
Folate, total µg	3		2	A	1		3		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	3		2	A	1		3		
Folate, DFE µg	3		0	NC	4		3		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.72		1	A	1		0.61		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	0		0	AS	1		0		
Retinol µg	0		1	A	1		0		
Carotene, beta µg	0		1	A	1		0		
Carotene, alpha µg	0		1	A	1		0		
Cryptoxanthin, beta µg	0		1	A	1		0		
Vitamin A, IU IU	0		0	AS	1		0		
Lycopene µg	0		1	A	1		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.14		2	A	1		0.12		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg	0.00		2	A	1		0.00		
Tocopherol, gamma mg	0.02		2	A	1		0.02		
Tocopherol, delta mg	0.00		2	A	1		0.00		
Tocotrienol, alpha mg	0.02		2	A	1		0.02		
Tocotrienol, beta mg	0.00		2	A	1		0.00		
Tocotrienol, gamma mg	0.00		2	A	1		0.00		
Tocotrienol, delta mg	0.00		2	A	1		0.00		
Vitamin D (D2 + D3) µg									
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	0.0		2	A	1		0.0		

NDB No. 23640

Beef, variety meats and by-products, tripe, cooked, simmered

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.357		1	A	1		1.153		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.000		1	A	1		0.000		
12:0....g	0.000		1	A	1		0.000		
13:0....g									
14:0....g	0.074		1	A	1		0.063		
15:0....g	0.027		1	A	1		0.023		
16:0....g	0.681		1	A	1		0.579		
17:0....g	0.088		1	A	1		0.075		
18:0....g	0.480		1	A	1		0.408		
20:0....g	0.000		1	A	1		0.000		
22:0....g	0.007		1	A	1		0.006		
24:0....g									
Fatty acids, total monounsaturated....g	1.604		1	A	1		1.363		
14:1....g	0.015		1	A	1		0.013		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.091		1	A	1		0.077		
17:1....g									
18:1 undifferentiated....g	1.477		1	A	1		1.255		
20:1....g	0.021		1	A	1		0.018		
22:1 undifferentiated....g	0.000		0	Z	7		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.208		1	A	1		0.177		
18:2 undifferentiated....g	0.137		1	A	1		0.116		
18:3 undifferentiated....g	0.008		0	NR	4		0.007		
18:3 n-3 c,c,c (ALA)....g	0.008		1	A	1		0.007		
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000		
18:3i....g									
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g	0.006		1	A	1		0.005		
20:3 undifferentiated....g	0.000		1	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.057		1	A	1		0.048		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA)....g	0.000		0	Z	7		0.000		
Fatty acids, total trans....g	0.200		1	A	1		0.170		
Cholesterol....mg	157		1	A	1		133		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 1 serving

NDB No. 23640
Beef, variety meats and by-products, tripe, cooked, simmered

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate**3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13341
Beef, variety meats and by-products, tripe, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	84.16		1	A	1		23.86	95.10	
Energy kcal	85		0	NC	4		24	96	
Energy kJ	355		0	NC	4		101	401	
Protein (N x 6.25) g	12.07		1	A	1		3.42	13.64	
Total lipid (fat) g	3.69		1	A	1		1.05	4.17	
Ash g	0.55		1	A	1		0.16	0.62	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	69		1	A	1		19	78	
Iron, Fe mg	0.59		1	A	1		0.17	0.67	
Magnesium, Mg mg	13		1	A	1		4	14	
Phosphorus, P mg	64		1	A	1		18	72	
Potassium, K mg	67		1	A	1		19	75	
Sodium, Na mg	97		1	A	1		27	109	
Zinc, Zn mg	1.42		1	A	1		0.40	1.60	
Copper, Cu mg	0.070		1	A	1		0.020	0.079	
Manganese, Mn mg	0.085		1	A	1		0.024	0.096	
Selenium, Se µg	12.5		1	A	1		3.5	14.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.000		1	A	1		0.000	0.000	
Riboflavin mg	0.064		1	A	1		0.018	0.072	
Niacin mg	0.881		1	A	1		0.250	0.996	
Pantothenic acid mg	0.227		1	A	1		0.064	0.257	
Vitamin B-6 mg	0.014		1	A	1		0.004	0.016	
Folate, total µg	5		2	A	1		1	6	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	5		2	A	1		1	6	
Folate, DFE µg	5		0	NC	4		1	6	
Choline, total mg	194.8		0	NR	4		55.2	220.1	
Betaine mg									
Vitamin B-12 µg	1.39		1	A	1		0.39	1.57	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		1	A	1		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.09		2	A	1		0.03	0.10	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		2	A	1		0.00	0.00	
Tocopherol, gamma mg	0.02		2	A	1		0.01	0.02	
Tocopherol, delta mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, alpha mg	0.02		2	A	1		0.01	0.02	
Tocotrienol, beta mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, gamma mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, delta mg	0.00		2	A	1		0.00	0.00	
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	0.0		2	A	1		0.0	0.0	

NDB No. 13341

Beef, variety meats and by-products, tripe, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.291		1	A	1		0.366	1.459	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		1	A	1		0.000	0.000	
12:0....g	0.000		1	A	1		0.000	0.000	
13:0....g									
14:0....g	0.070		1	A	1		0.020	0.079	
15:0....g	0.024		1	A	1		0.007	0.027	
16:0....g	0.643		1	A	1		0.182	0.727	
17:0....g	0.081		1	A	1		0.023	0.092	
18:0....g	0.463		1	A	1		0.131	0.523	
20:0....g	0.004		1	A	1		0.001	0.005	
22:0....g	0.006		1	A	1		0.002	0.007	
24:0....g									
Fatty acids, total monounsaturated....g	1.533		1	A	1		0.435	1.732	
14:1....g	0.015		1	A	1		0.004	0.017	
15:1....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated....g	0.088		1	A	1		0.025	0.099	
17:1....g									
18:1 undifferentiated....g	1.413		1	A	1		0.401	1.597	
20:1....g	0.017		1	A	1		0.005	0.019	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.180		1	A	1		0.051	0.203	
18:2 undifferentiated....g	0.116		1	A	1		0.033	0.131	
18:3 undifferentiated....g	0.011		0	AS	1		0.003	0.012	
18:3 n-3 c,c,c (ALA)....g	0.007		1	A	1		0.002	0.008	
18:3 n-6 c,c,c....g	0.004		1	A	1		0.001	0.005	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.005		1	A	1		0.001	0.006	
20:3 undifferentiated....g	0.000		1	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.048		1	A	1		0.014	0.054	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans....g	0.150		1	A	1		0.043	0.170	
Cholesterol....mg	122		1	A	1		35	138	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

NDB No. 13341
Beef, variety meats and by-products, tripe, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate**3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23501
USDA Commodity, beef patties with VPP, frozen, cooked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	58.54		1	A	1		39.81		
Energy kcal	247		0	NC	4		168		
Energy kJ	1033				4		703		
Protein (N x 6.25) g	15.64		1	A	1		10.64		
Total lipid (fat) g	16.94		1	A	1		11.52		
Ash g	0.99		1	A	1		0.67		
Carbohydrate, by difference g	7.89		0	NC	4		5.37		
Fiber, total dietary g	1.4		1	A	1		1.0		
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	39		1	A	1		26		
Iron, Fe mg	3.64		1	A	1		2.47		
Magnesium, Mg mg	49		1	A	1		33		
Phosphorus, P mg	235		1	A	1		160		
Potassium, K mg	325		1	A	1		221		
Sodium, Na mg	66		1	A	1		45		
Zinc, Zn mg	8.32		1	A	1		5.66		
Copper, Cu mg	0.251		1	A	1		0.171		
Manganese, Mn mg	0.350		1	A	1		0.238		
Selenium, Se µg	14.6		0	BFNN	4		9.9		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		1	A	1		0.0		
Thiamin mg	0.253		1	A	1		0.172		
Riboflavin mg	0.209		1	A	1		0.142		
Niacin mg	3.853		1	A	1		2.620		
Pantothenic acid mg	1.165		1	A	1		0.792		
Vitamin B-6 mg	0.264		1	A	1		0.180		
Folate, total µg	17		0	FLM	4		12		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	17		0	FLM	4		12		
Folate, DFE µg	17		0	NC	4		12		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	2.87		1	A	1		1.95		
Vitamin A, RAE µg	16		1	AS	1		11		
Retinol µg	14		1	A	1		10		
Carotene, beta µg	26		1	A	1		17		
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	89		1	AS	1		61		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 23501
USDA Commodity, beef patties with VPP, frozen, cooked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	6.253		1	A	1		4.252		
4:0....g	0.000		1	A	1		0.000		
6:0....g	0.000		1	A	1		0.000		
8:0....g	0.003		1	A	1		0.002		
10:0....g	0.013		1	A	1		0.009		
12:0....g	0.014		1	A	1		0.010		
13:0....g									
14:0....g	0.407		1	A	1		0.277		
15:0....g									
16:0....g	3.488		1	A	1		2.372		
17:0....g									
18:0....g	1.782		1	A	1		1.212		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.709		1	A	1		5.242		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.817		1	A	1		0.556		
17:1....g									
18:1 undifferentiated....g	6.672		1	A	1		4.537		
20:1....g	0.044		1	A	1		0.030		
22:1 undifferentiated....g	0.002		1	A	1		0.001		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.626		1	A	1		0.426		
18:2 undifferentiated....g	0.468		1	A	1		0.318		
18:3 undifferentiated....g	0.087		1	A	1		0.059		
18:4....g	0.000		1	A	1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.039		1	A	1		0.027		
20:5 n-3 (EPA)....g	0.004		1	A	1		0.003		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000		
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	38		1	A	1		26		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg									
Theobromine....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 68g: 1 patty

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 13 Beef Products

NDB No. 23506
USDA Commodity, beef patties with VPP, frozen, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	63.35		1	A	1		53.85		
Energy kcal	225		0	NC	4		191		
Energy kJ	941		0		4		800		
Protein (N x 6.25) g	15.21		1	A	1		12.93		
Total lipid (fat) g	16.48		1	A	1		14.01		
Ash g	1.12		1	A	1		0.95		
Carbohydrate, by difference g	3.84		0	NC	4		3.26		
Fiber, total dietary g	1.3		1	A	1		1.1		
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	29		1	A	1		25		
Iron, Fe mg	2.66		1	A	1		2.26		
Magnesium, Mg mg	36		1	A	1		31		
Phosphorus, P mg	190		1	A	1		162		
Potassium, K mg	294		1	A	1		250		
Sodium, Na mg	55		1	A	1		47		
Zinc, Zn mg	5.44		1	A	1		4.62		
Copper, Cu mg	0.163		1	A	1		0.139		
Manganese, Mn mg	0.252		1	A	1		0.214		
Selenium, Se µg	11.7		0	BFNN	4		9.9		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		1	A	1		0.0		
Thiamin mg	0.316		0	BFSN	4		0.269		
Riboflavin mg	0.220		0	BFSN	4		0.187		
Niacin mg	4.281		0	BFSN	4		3.639		
Pantothenic acid mg	1.456		0	BFSN	4		1.238		
Vitamin B-6 mg	0.440		0	BFSN	4		0.374		
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	3.59		0	BFSN	4		3.05		
Vitamin A, RAE µg	17		1	AS	1		15		
Vitamin A, IU IU	96		1	AS	1		82		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	5.872		1	A	1		4.991		
4:0 g	0.000		1	A	1		0.000		
6:0 g	0.000		1	A	1		0.000		
8:0 g	0.000		1	A	1		0.000		
10:0 g	0.013		1	A	1		0.011		
12:0 g	0.015		1	A	1		0.013		

NDB No. 23506
USDA Commodity, beef patties with VPP, frozen, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
13:0 g									
14:0 g	0.400		1	A	1		0.340		
15:0 g									
16:0 g	3.262		1	A	1		2.773		
17:0 g									
18:0 g	1.652		1	A	1		1.404		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	7.648		1	A	1		6.501		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.769		1	A	1		0.654		
17:1 g									
18:1 undifferentiated g	6.649		1	A	1		5.652		
20:1 g	0.049		1	A	1		0.042		
22:1 undifferentiated g	0.006		1	A	1		0.005		
24:1 c g									
Fatty acids, total polyunsaturated g	0.573		1	A	1		0.487		
18:2 undifferentiated g	0.452		1	A	1		0.384		
18:3 undifferentiated g	0.056		1	A	1		0.048		
18:4 g	0.000		1	A	1		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.033		1	A	1		0.028		
20:5 n-3 (EPA) g	0.004		1	A	1		0.003		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.009		1	A	1		0.008		
22:6 n-3 (DHA) g	0.009		1	A	1		0.008		
Fatty acids, total trans g									
Cholesterol mg	33		1	A	1		28		
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg									
Theobromine mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 1 serving

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13166
USDA Commodity, beef, canned

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	61.19	2.585	3	A	1		27.54	490.13	
Energy kcal	246		0	NC	4		111	1971	
Energy kJ	1030		0	NC	4		463	8248	
Protein (N x 6.25) g	20.52	1.067	3	A	1		9.23	164.37	
Total lipid (fat) g	17.57	1.857	3	A	1		7.91	140.74	
Ash g	1.07	0.081	3	A	1		0.48	8.57	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	10	0.517	3	A	1		4	80	
Iron, Fe mg	2.23	0.145	3	A	1		1.00	17.89	
Magnesium, Mg mg	16	0.333	3	A	1		7	125	
Phosphorus, P mg	140	5.774	3	A	1		63	1121	
Potassium, K mg	227	12.019	3	A	1		102	1816	
Sodium, Na mg	187	24.037	3	A	1		84	1495	
Zinc, Zn mg	4.87	0.393	3	A	1		2.19	38.98	
Copper, Cu mg	0.030	0.000	3	A	1		0.013	0.239	
Manganese, Mn mg	0.037	0.000	3	A	1		0.017	0.295	
Selenium, Se µg	9.1		2	A	1		4.1	73.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.024	0.001	3	A	1		0.011	0.190	
Riboflavin mg	0.168	0.006	3	A	1		0.076	1.345	
Niacin mg	4.330	0.059	3	A	1		1.948	34.683	
Pantothenic acid mg	0.125		2	A	1		0.056	1.001	
Vitamin B-6 mg	0.168	0.008	3	A	1		0.076	1.345	
Folate, total µg	2		2	A	1		1	16	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	2		2	A	1		1	16	
Folate, DFE µg	2		0	NC	4		1	16	
Choline, total mg	64.3		0	AS	1		28.9	515.3	
Betaine mg	4.7		1	A	1		2.1	37.3	
Vitamin B-12 µg	1.66	0.081	3	A	1		0.75	13.30	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	NR	4		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	1.96		2	A	1		0.88	15.66	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		2	A	1		0.00	0.00	
Tocopherol, gamma mg	0.02		2	A	1		0.01	0.14	
Tocopherol, delta mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, alpha mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, beta mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, gamma mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, delta mg	0.00		2	A	1		0.00	0.00	
Vitamin D (D2 + D3) µg									
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	9.6		2	A	1		4.3	76.6	

NDB No. 13166
USDA Commodity, beef, canned

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg	0.0		2	A	1		0.0	0.0	
Menaquinone-4....µg	7.6		2	A	1		3.4	61.2	
Lipids:									
Fatty acids, total saturated....g	8.590		0	NC	4		3.865	68.803	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		2	A	1		0.000	0.000	
10:0....g	0.010		2	A	1		0.004	0.079	
12:0....g	0.015		2	A	1		0.007	0.119	
13:0....g									
14:0....g	0.590		2	A	1		0.265	4.725	
15:0....g	0.105		2	A	1		0.047	0.841	
16:0....g	4.615		2	A	1		2.077	36.966	
17:0....g	0.280		2	A	1		0.126	2.242	
18:0....g	2.975		2	A	1		1.339	23.830	
20:0....g	0.000		2	A	1		0.000	0.000	
22:0....g	0.000		2	A	1		0.000	0.000	
24:0....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	7.890		0	NC	4		3.550	63.197	
14:1....g	0.140		2	A	1		0.063	1.121	
15:1....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated....g	0.695		2	A	1		0.313	5.567	
17:1....g	0.150		2	A	1		0.067	1.201	
18:1 undifferentiated....g	6.835		2	A	1		3.076	54.748	
20:1....g	0.070		2	A	1		0.032	0.561	
22:1 undifferentiated....g	0.000		2	A	1		0.000	0.000	
24:1 c....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total polyunsaturated....g	0.865		0	NC	4		0.389	6.925	
18:2 undifferentiated....g	0.500		2	A	1		0.225	4.004	
18:3 undifferentiated....g	0.160		2	A	1		0.072	1.282	
18:4....g	0.135		2	A	1		0.061	1.081	
20:2 n-6 c,c....g	0.000		2	A	1		0.000	0.000	
20:3 undifferentiated....g	0.010		2	A	1		0.004	0.080	
20:4 undifferentiated....g	0.035		2	A	1		0.016	0.280	
20:5 n-3 (EPA)....g	0.000		2	A	1		0.000	0.000	
21:5....g	0.000		2	A	1		0.000	0.000	
22:4....g	0.000		2	A	1		0.000	0.000	
22:5 n-3 (DPA)....g	0.025		2	A	1		0.011	0.199	
22:6 n-3 (DHA)....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	77	7.041	3	A	1		35	619	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.234		0	A	1		0.105	1.870	
Threonine....g	0.857		0	A	1		0.386	6.867	
Isoleucine....g	0.909		0	A	1		0.409	7.282	
Leucine....g	1.677		0	A	1		0.755	13.434	
Lysine....g	1.720		0	A	1		0.774	13.774	
Methionine....g	0.495		0	A	1		0.223	3.969	
Cystine....g	0.186		0	A	1		0.084	1.488	
Phenylalanine....g	0.848		0	A	1		0.382	6.793	
Tyrosine....g	0.724		0	A	1		0.326	5.802	
Valine....g	1.028		0	A	1		0.463	8.236	
Arginine....g	1.396		0	A	1		0.628	11.180	
Histidine....g	0.634		0	A	1		0.285	5.075	
Alanine....g	1.254		0	A	1		0.564	10.041	
Aspartic acid....g	1.968		0	A	1		0.886	15.764	
Glutamic acid....g	3.217		0	A	1		1.448	25.767	
Glycine....g	1.178		0	A	1		0.530	9.432	
Proline....g	0.991		0	A	1		0.446	7.935	
Serine....g	0.868		0	A	1		0.391	6.954	
Hydroxyproline....g	0.245		2	A	1		0.110	1.962	

NDB No. 13166
USDA Commodity, beef, canned

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 45g: 1 serving

Measure 2 = 801g: 1 can

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23502
USDA Commodity, beef, ground bulk/coarse ground, frozen, cooked

Hamburger
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	56.49		1	A	1		16.01		
Energy kcal	259		0	NC	4		73		
Energy kJ	1084		0		4		307		
Protein (N x 6.25) g	26.06		1	A	1		7.39		
Total lipid (fat) g	16.34		1	A	1		4.63		
Ash g	0.95		1	A	1		0.27		
Carbohydrate, by difference g	0.00		0	Z	7		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	9		1	A	1		2		
Iron, Fe mg	3.01		1	A	1		0.85		
Magnesium, Mg mg	24		1	A	1		7		
Phosphorus, P mg	221		1	A	1		63		
Potassium, K mg	333		1	A	1		94		
Sodium, Na mg	95		1	A	1		27		
Zinc, Zn mg	6.28		1	A	1		1.78		
Copper, Cu mg	0.140		1	A	1		0.040		
Manganese, Mn mg	0.016		0	BFNN	4		0.005		
Selenium, Se µg	15.9		0	BFNN	4		4.5		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.071		1	A	1		0.020		
Riboflavin mg	0.120		1	A	1		0.034		
Niacin mg	3.376		1	A	1		0.957		
Pantothenic acid mg	0.574		1	A	1		0.163		
Vitamin B-6 mg	0.132		1	A	1		0.037		
Folate, total µg	9		0	BFPN	4		3		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	9		0	BFPN	4		3		
Folate, DFE µg	9		0	NC	4		3		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	3.06		1	A	1		0.87		
Vitamin A, RAE µg	12		1	A	1		3		
Retinol µg	12		1	A	1		3		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	41		1	A	1		12		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 23502

USDA Commodity, beef, ground bulk/coarse ground, frozen, cooked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	5.744		1	A	1		1.628		
4:0....g	0.000		1	A	1		0.000		
6:0....g	0.000		1	A	1		0.000		
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.012		1	A	1		0.003		
12:0....g	0.013		1	A	1		0.004		
13:0....g									
14:0....g	0.368		1	A	1		0.104		
15:0....g									
16:0....g	3.219		1	A	1		0.913		
17:0....g									
18:0....g	1.654		1	A	1		0.469		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.504		1	A	1		2.127		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.767		1	A	1		0.217		
17:1....g									
18:1 undifferentiated....g	6.529		1	A	1		1.851		
20:1....g	0.054		1	A	1		0.015		
22:1 undifferentiated....g	0.000		1	A	1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.620		1	A	1		0.176		
18:2 undifferentiated....g	0.437		1	A	1		0.124		
18:3 undifferentiated....g	0.076		1	A	1		0.022		
18:4....g	0.000		1	A	1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.057		1	A	1		0.016		
20:5 n-3 (EPA)....g	0.007		1	A	1		0.002		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000		
22:6 n-3 (DHA)....g	0.006		1	A	1		0.002		
Fatty acids, total trans....g									
Cholesterol....mg	89		1	A	1		25		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

NDB No. 23508
USDA Commodity, beef, ground, bulk/coarse ground, frozen, raw

Hamburger
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	65.81		1	A	1		55.94		
Energy kcal	228		0	NC	4		194		
Energy kJ	954		0		4		811		
Protein (N x 6.25) g	17.37		0	BFSN	4		14.76		
Total lipid (fat) g	17.07		1	A	1		14.51		
Ash g	0.86		0	BFSN	4		0.73		
Carbohydrate, by difference g	0.00		0	Z	7		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	7		0	BFNN	4		6		
Iron, Fe mg	1.69		0	BFNN	4		1.44		
Magnesium, Mg mg	17		0	BFNN	4		14		
Phosphorus, P mg	122		0	BFNN	4		104		
Potassium, K mg	246		0	BFNN	4		209		
Sodium, Na mg	57		0	BFNN	4		48		
Zinc, Zn mg	3.59		0	BFNN	4		3.05		
Copper, Cu mg	0.062		0	BFNN	4		0.053		
Manganese, Mn mg	0.015		0	BFNN	4		0.013		
Selenium, Se µg	12.1		0	BFNN	4		10.3		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.056		0	BFSN	4		0.048		
Riboflavin mg	0.232		0	BFSN	4		0.197		
Niacin mg	4.207		0	BFSN	4		3.576		
Pantothenic acid mg	0.362		0	BFSN	4		0.308		
Vitamin B-6 mg	0.241		0	BFSN	4		0.205		
Folate, total µg	7		0	BFSN	4		6		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	7		0	BFSN	4		6		
Folate, DFE µg	7		0	NC	4		6		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	1.91		0	BFSN	4		1.62		
Vitamin A, RAE µg	0		0	BFSN	4		0		
Retinol µg	0		0	BFSN	4		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0	BFSN	4		0		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 23508

USDA Commodity, beef, ground, bulk/coarse ground, frozen, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	6.813		0	BFFN	4		5.791		
4:0....g	0.000		0	BFFN	4		0.000		
6:0....g	0.000		0	BFFN	4		0.000		
8:0....g	0.000		0	BFFN	4		0.000		
10:0....g	0.020		0	BFFN	4		0.017		
12:0....g	0.020		0	BFFN	4		0.017		
13:0....g									
14:0....g	0.470		0	BFFN	4		0.400		
15:0....g									
16:0....g	3.912		0	BFFN	4		3.325		
17:0....g									
18:0....g	2.041		0	BFFN	4		1.735		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.413		0	BFFN	4		6.301		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.680		0	BFFN	4		0.578		
17:1....g									
18:1 undifferentiated....g	6.403		0	BFFN	4		5.443		
20:1....g	0.020		0	BFFN	4		0.017		
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.710		0	BFFN	4		0.604		
18:2 undifferentiated....g	0.053		0	BFFN	4		0.045		
18:3 undifferentiated....g	0.070		0	BFFN	4		0.060		
18:4....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.080		0	BFFN	4		0.068		
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	69		0	BFFN	4		59		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg									
Theobromine....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 1 serving

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 23503
USDA Commodity, beef, patties (100%), frozen, cooked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	58.77		1	A	1		37.61		
Energy kcal	249		0	NC	4		159		
Energy kJ	1042				4		667		
Protein (N x 6.25) g	22.98		1	A	1		14.71		
Total lipid (fat) g	16.37		1	A	1		10.48		
Ash g	0.97		1	A	1		0.62		
Carbohydrate, by difference g	0.91		0	NC	4		0.58		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	8		1	A	1		5		
Iron, Fe mg	2.55		1	A	1		1.63		
Magnesium, Mg mg	19		1	A	1		12		
Phosphorus, P mg	183		1	A	1		117		
Potassium, K mg	233		1	A	1		149		
Sodium, Na mg	66		1	A	1		42		
Zinc, Zn mg	5.26		1	A	1		3.37		
Copper, Cu mg	0.064		0	BFNN	4		0.041		
Manganese, Mn mg	0.016		0	BFNN	4		0.010		
Selenium, Se µg	21.5		0	BFZN	4		13.8		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.051		1	A	1		0.033		
Riboflavin mg	0.186		1	A	1		0.119		
Niacin mg	2.940		1	A	1		1.882		
Pantothenic acid mg	0.606		1	A	1		0.388		
Vitamin B-6 mg	0.167		1	A	1		0.107		
Folate, total µg	8		0	BFPN	4		5		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	8		0	BFPN	4		5		
Folate, DFE µg	8		0	NC	4		5		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	3.50		1	A	1		2.24		
Vitamin A, RAE µg	11		1	A	1		7		
Retinol µg	11		1	A	1		7		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	35		1	A	1		22		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 23503
USDA Commodity, beef, patties (100%), frozen, cooked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	6.252		1	A	1		4.001		
4:0....g	0.000		1	A	1		0.000		
6:0....g	0.000		1	A	1		0.000		
8:0....g	0.004		1	A	1		0.003		
10:0....g	0.015		1	A	1		0.010		
12:0....g	0.013		1	A	1		0.008		
13:0....g									
14:0....g	0.405		1	A	1		0.259		
15:0....g									
16:0....g	3.531		1	A	1		2.260		
17:0....g									
18:0....g	1.764		1	A	1		1.129		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.081		1	A	1		5.172		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		1	A	1		0.000		
17:1....g									
18:1 undifferentiated....g	0.000		1	A	1		0.000		
20:1....g	0.048		1	A	1		0.031		
22:1 undifferentiated....g	0.000		1	A	1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.589		1	A	1		0.377		
18:2 undifferentiated....g	0.467		1	A	1		0.299		
18:3 undifferentiated....g	0.060		1	A	1		0.038		
18:4....g	0.000		1	A	1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.030		1	A	1		0.019		
20:5 n-3 (EPA)....g	0.007		1	A	1		0.004		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000		
22:6 n-3 (DHA)....g	0.003		1	A	1		0.002		
Fatty acids, total trans....g									
Cholesterol....mg	86		1	A	1		55		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 64g: 1 patty

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

NDB No. 23507
USDA Commodity, beef, patties (100%), frozen, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	64.72		1	A	1		55.01		
Energy kcal	204		0	NC	4		173		
Energy kJ	854		0		4		726		
Protein g	14.63		0	BFSN	4		12.44		
Total lipid (fat) g	15.69		1	A	1		13.34		
Ash g	0.68		0	BFSN	4		0.58		
Carbohydrate, by difference g	0.00		0	Z	7		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	7		0	BFNN	4		6		
Iron, Fe mg	1.93		0	BFNN	4		1.64		
Magnesium, Mg mg	18		0	BFNN	4		15		
Phosphorus, P mg	145		0	BFNN	4		123		
Potassium, K mg	269		0	BFNN	4		229		
Sodium, Na mg	74		0	BFNN	4		63		
Zinc, Zn mg	4.12		0	BFNN	4		3.50		
Copper, Cu mg	0.073		0	BFNN	4		0.062		
Manganese, Mn mg	0.017		0	BFNN	4		0.014		
Selenium, Se µg	14.8		0	BFZN	4		12.6		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.043		0	BFSN	4		0.037		
Riboflavin mg	0.160		0	BFSN	4		0.136		
Niacin mg	3.846		0	BFSN	4		3.269		
Pantothenic acid mg	0.309		0	BFSN	4		0.263		
Vitamin B-6 mg	0.214		0	BFSN	4		0.182		
Folate, total µg	6		0	BFSN	4		5		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	6		0	BFSN	4		5		
Folate, DFE µg	6		0	NC	4		5		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	2.05		0	BFSN	4		1.74		
Vitamin A, RAE µg	0		0	BFSN	4		0		
Retinol µg	0		0	BFSN	4		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0	BFSN	4		0		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 23507
USDA Commodity, beef, patties (100%), frozen, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	6.333		0	NR	4		5.383		
4:0....g	0.000		0	BFFN	4		0.000		
6:0....g	0.000		0	BFFN	4		0.000		
8:0....g	0.000		0	BFFN	4		0.000		
10:0....g	0.021		0	BFFN	4		0.018		
12:0....g	0.021		0	BFFN	4		0.018		
13:0....g									
14:0....g	0.472		0	BFFN	4		0.401		
15:0....g									
16:0....g	3.834		0	BFFN	4		3.259		
17:0....g									
18:0....g	1.985		0	BFFN	4		1.687		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.861		0	NR	4		5.832		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	BFFN	4		0.000		
17:1....g									
18:1 undifferentiated....g	0.000		0	BFFN	4		0.000		
20:1....g	6.860		0	BFFN	4		5.831		
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.643		0	NR	4		0.547		
18:2 undifferentiated....g	0.160		0	BFFN	4		0.136		
18:3 undifferentiated....g	0.276		0	BFFN	4		0.234		
18:4....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.208		0	BFFN	4		0.176		
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	53		0	BFFN	4		45		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg									
Theobromine....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)